



October 2018



Lewinsville Senior Center

Temporarily located at:

Great Falls Street
McLean, VA 22101
Phone: 703-442-9075, TTY 711
Fax: 703-748-1829

1515



Operating Hours
Monday - Friday, 9 a.m. - 4 p.m.
Business Hours
Monday - Friday, 8 a.m. - 4 p.m.

www.fairfaxcounty.gov/neighborhood-community-services

The Senior Center is Closed October 8th for Columbus Day.

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

OCTOBER 2018

Programs			
Program	When	Time	Description
Gentle Friends Yoga	Mondays	10:30 - 11:30 a.m.	Continuous health and wellness program.
Beginning Japanese	Mondays	Noon - 1 p.m.	Language class starting with the basics.
Tai Chi Chih with Julie	Mondays	1 - 2 p.m.	Continuous health and wellness program.
Tai Chi Chih with Julie	Mondays	2 - 3 p.m.	Continuous health and wellness program.
Gentle Friends Yoga	Tuesdays	10:30 - 11:30 a.m.	Continuous health and wellness program.
Ping Pong	Tuesdays	1 p.m.	Ping Pong
SAIL Exercise Program	Tuesdays	10:30 - 11:30 a.m.	Stay Active and Independent for Life.
Tai Chi Chih with Julie	Wednesdays	2 - 3 p.m.	Continuous health and wellness program.
Social Bridge	Wednesdays	2 - 3:30 p.m.	Open Bridge play. Tutoring available at each session.
18 Form Tai Chi	Thursdays	9:30 - 10:15 a.m.	Continuous health and wellness program.
SAIL Exercise Program	Thursdays	10:30 - 11:30 a.m.	Stay Active and Independent for Life.
Bio Energy Chi Gong	Thursdays	10:30 - 11:30 a.m.	Continuous health and wellness program.
Computer Class	Thursdays	Noon - 1:30 p.m.	Computer class held at the Senior Center
Ping Pong	Tuesdays	1 p.m.	Ping Pong
Tai Chi Form 24	Thursdays	1 - 2 p.m.	Continuous health and wellness program.
Tai Chi Chih with Julie	Fridays	10:30 - 11:30 a.m.	Continuous health and wellness program.
Knit & Crochet Club	Fridays	1:30 - 3 p.m.	One-on-one knit & crochet lessons, pattern sharing, and socializing. All levels welcome.
Classes - Must Sign Up (Registration for FALL SESSION begins August 21 at 8:30 AM)			
Class	When	Time	Description
Low Impact Aerobics	Mondays	9:15 - 10:15 a.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Intermediate Line Dance	Mondays	10:30 - 11:30 a.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Advanced Line Dance	Mondays	11:30 a.m. - 12:30 p.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Low Impact Aerobics	Tuesdays	9:15 - 10:15 a.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Zumba Gold	Tuesdays	10:30 - 11:30 a.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Strength & Core	Wednesdays	9:15 - 10:15 a.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Intermediate Line Dance	Wednesdays	10:30 - 11:30 a.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Advanced Line Dance	Wednesdays	11:30 a.m. - 12:30 p.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Floor and Stretch	Thursdays	9:15 - 10:15 a.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Zumba Gold	Thursdays	10:30 - 11:30 a.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Floor & Core	Fridays	9:15 - 10:15 a.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Beginner Plus Line Dance	Fridays	10:15 - 11:15 a.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Beginner Plus Line Dance	Fridays	11:15 a.m. - 12:15 p.m.	Cost \$10/Session. Fall Session 2018 runs September 4 - November 30
Special Events/Trips			
Event/Trip	When	Time	Description
Bingo	October 3, 2018	10:30 - 11:30 a.m.	Bingo for Prizes
Happiness 101	October 3, 2018	1 - 2 p.m.	Come on and be happy!
WalMart	October 5, 2018	10:30 a.m. - 1:30 p.m.	Trip of Necessity to WalMart
SAIL Exercise Program	October 9, 2018	10:30 - 11:30 a.m.	New SAIL Session begins
Parkinson's Café	October 10, 2018	11 a.m. - 1 p.m.	Support Group for Parkinson's patients, their caretakers and family.
Lunch Bunch	October 10, 2018	10:30 a.m. - 1:30 p.m.	Red Lobster
Fair Oaks Mall	October 12, 2018	10:30 a.m. - 1:30 p.m.	Trip of Necessity to Fair Oaks Mall
Laughter Yoga	October 15, 2018	11 a.m. - noon	Laughter Yoga with Eva
National Geographic Museum	October 16, 2018	10:30 a.m. - 1:30 p.m.	Join us for a visit to the National Geographic Museum
Birthday Celebration with LRR	October 17, 2018	Noon - 1:30 p.m.	Monthly Birthday Celebration with Lewinsville Retirement Residences followed by Happiness 101
Bingo	October 17, 2018	10:30 - 11:30 a.m.	Bingo for Prizes
Happiness 101	October 17, 2018	1 - 2 p.m.	Come on and be happy!
Target	October 19, 2018	10:30 a.m. - 1:30 p.m.	Trip of Necessity to Target
Aldi	October 26, 2018	10:30 a.m. - 1:30 p.m.	Trip of Necessity to Aldi
Visit to Providence Sr. Center	October 29, 2018	10:30 a.m. - 1:30 p.m.	Visit to Providence Senior Center
Boo Bash	October 31, 2018	11 a.m. - 1:30 p.m.	Halloween Party with a musical performance, lunch and a costume contest
Senior Source Visit	TBD	10:30 a.m. - 1:30 p.m.	Tour of Senior Source's Assistive Technology Lab
Community Meetings			
Meeting	When	Time	Description
Advisory Council			Lewinsville Senior Center is looking for new advisory council members.