



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

LEWINSVILLE SENIOR CENTER

Address: 1613 Great Falls Street

Enter Door B3 or B4

McLean, VA 22101

Hours: Monday – Friday, 9 a.m. to 4 p.m.

Closed Saturday and Sunday

Phone: 703-442-9075, TTY 711

September, October, and November 2023

***Schedule Subject to Change (Please contact center)**

ACTIVITIES

| Title | When | Time | Description |
|-----------------------------------|--------------------|-------------------------|---|
| Open Computer Lab | Monday – Friday | 9 a.m. – 2:30 p.m. | (Age 50+) Do your internet surfing, email, use the Microsoft Office Suite, paint & more. Three desktop workstations are available for member use. Self-guided activity. |
| Billiards | Monday – Friday | 9 a.m. – 2:30 p.m. | Play pool on our full-sized table. All equipment provided. Self-guided activity. |
| Open Table Games | Monday - Friday | 9 a.m. – 2:30 p.m. | (Age 50+) Open games that everyone can play! Self-guided activity. |
| Low Impact Aerobics | Mondays | 9 a.m. – 10 a.m. | Low impact cardio increasing heart rate while putting very little pressure on the joints. |
| Move it Mondays | Monday | 10:15 a.m. – 10:45 a.m. | Walking our way to a fresh new week. Indoor walking. |
| 18 Forms of Tai Chi with Jennifer | Monday | 11 a.m. – Noon | Martial Arts & Exercise combine to strengthen muscles, improve balance, stability & mobility. Space is limited, participation is based first come, first served. |
| S.A.I.L. Exercise Program | Mondays/Wednesdays | 1 p.m.—2 p.m. | Stay Active and Independent for Life -balance exercise program. Space is limited, participation is based first come, first served. |

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|-----------------------------------|--------------------|------------------------|---|
| Social Hour | Tuesdays | 12:30 p.m. – 1:30 p.m. | Rotating Activities. Please call center for more details. |
| Gentle Chair Yoga with Gity | Tuesdays/Thursdays | 10 a.m. – 11 a.m. | Continuous health and wellness program. Space is limited, participation is based first come, first served. |
| Bio Energy Chi Gong with Jennifer | Tuesday | 11 a.m. – Noon | Martial Arts & Exercise combine to strengthen muscles, improve balance, stability & mobility. Space is limited, participation is based first come, first served. |
| Walking Together Thursday | Thursdays | 10 a.m. – 10:45 a.m. | Indoor walking, outdoor walking weather permitting. |
| Farmer's Market Walk | Fridays | 10 a.m. – 11 a.m. | Walking club walking to McLean farmer's market when weather permitting. |

FEE-BASED CLASSES. Additional registration

| Title | When | Time | Description |
|-----------------------------------|------------|--------------------|---|
| Intermediate Line Dance | Mondays | 10 a.m. – 11 a.m. | Cost \$10/Session. Separate registration. |
| Advanced Line Dance | Mondays | 11 a.m. – Noon | Cost \$10/Session. Separate registration. |
| Zumba Gold/Zumba Toning | Tuesdays | 1:30 p.m. – 3 p.m. | Cost \$10/Session. Separate registration. |
| Intermediate Line Dance | Wednesdays | 10 a.m. – 11 a.m.. | Cost \$10/Session. Separate registration. |
| Advanced Line Dance | Wednesdays | 11 a.m. – Noon | Cost \$10/Session. Separate registration. |
| Zumba Gold/Zumba Toning | Thursdays | 1:30 p.m. – 3 p.m. | Cost \$10/Session. Separate registration. |
| Beginner's Line Dancing – Level 1 | Fridays | 10 a.m. – 11 a.m. | Cost \$10/Session. Separate registration. |
| Beginner's Line Dancing – Level 2 | Fridays | 11 a.m. – Noon | Cost \$10/Session. Separate registration. |

Special Events/Trips

| Title | When | Time | Description |
|------------------------------|----------|------------------------|---|
| Weekly Field Trips | Tuesdays | 10:15 a.m. – 1:30 p.m. | Trips are weekly and sign-up deadlines are on Tuesdays prior to trip. For additional information and trip details, please contact the center at 703-442-9075. |
| Monthly Birthday Celebration | TBD | Noon – 12:30 p.m. | Celebrating monthly birthdaysPlease contact center for additional information and RSVP. |

Center Closures

| Title | When | Time | Description |
|------------------------|-----------------------------|---------|--|
| Labor Day | Monday, September 4, 2023 | All Day | Lewinsville Senior Center is closed for the holiday. |
| Election Day | Tuesday, November 7, 2023 | All Day | Lewinsville Senior Center is closed for the holiday. |
| Veterans Day | Friday, November 10, 2023 | All Day | Lewinsville Senior Center is closed for the holiday. |
| Thanksgiving Day | Thursday, November 23, 2023 | All Day | Lewinsville Senior Center is closed for the holiday. |
| Day After Thanksgiving | Friday, November 24, 2023 | All Day | Lewinsville Senior Center is closed for the holiday. |