



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Lincolnia Senior Center

Address: 4710 North Chambliss Street, Alexandria, Virginia 22312

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

Phone: 703-914-0330, TTY 711

March 2020

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Chinese Painting	Mondays	10 a.m.	A handful of people participate in this group each week. Some of the group members have been taking Chinese painting for over 15 years! Everyone works at his/her own pace and on whatever project they have chosen. Experience in Chinese painting is required. Please bring your own supplies.
Current Events	Wednesday, March 4	10:30 a.m.	Sessions are led by a professional facilitator and built upon the personal experience and knowledge of the participants. This course is a discussion of the current issues of the day including politics, economy, health care, technology, local, state and national electors/candidates, scientific breakthroughs, foreign affairs, and general cultural issues. Sessions are led by a professional facilitator and built upon the personal experience and knowledge of the participants.
Books & Tea	Tuesday, March 31	12:45 p.m.	Join us for a lively discussion focused on the past month's reading. Join the discussion even if you haven't read the book and stay for the refreshments!
Dollmakers	Tuesdays	10 a.m. - noon	A friendly group that makes teaching dolls for area hospitals to use with their young patients. Doctors first

			<p>demonstrate on the doll so the child will be more comfortable with their upcoming procedure. The child then keeps their very own teaching doll.</p> <p>To register to be a volunteer with the Dollmakers please visit: www.fairfaxcounty.gov and search "Volunteer Solutions" to register and apply for volunteer opportunities.</p>
History with Real Professors	Thursdays	10:30 a.m.	<p>Get a unique and rewarding view of world history by immersing yourself in the fascinating story of the discoveries, inventions, upheavals, and ideas that shaped the modern world. Join our own Bill Deary for a 30-minute video then discussion.</p>
Machine Knitters	Second Wednesday of the month	10 a.m.	<p>Learn new skills at workshops and learn techniques from others. Demonstration machine provided. Experienced machine knitters are welcome. Please stop by the group to inquire.</p>
Mahjong	Mondays, Tuesdays, Wednesdays & Fridays	1 p.m.	<p>The Mahjong game is an ancient Chinese tile game and is like the Western "Gin Rummy" game. There is a diversified range of Mahjong that uses parallel basic rules, but different scoring and different plans, special hands, and tile combination. It consists of 144 tiles plus a wind indicator (4) and 3 dice. Mahjong is also called a solitaire game due to the resemblance. Most doctors in China call Mahjong the best way to prevent Alzheimer's Disease.</p>
Quilting Group	Tuesdays	Noon	<p>Lou Phelps will assist in determining individual and group interests. She has suggested projects such as small quilts, customized pillowcases, pillows, aprons, and placemats to name a few. Each person is asked to bring a shoe box to the next meeting with their name on the box to store their individual supplies. We are collecting donations of scraps of 100% cotton fabric; various colors of 100% cotton thread; straight pins; 1 ½ inch safety pins; and scissors. If sewing is not your forte then there will be many areas where you can</p>

			contribute to the projects such as ironing, cutting patterns, and pinning fabric.
Reeve-RxRelax Adaptive Yoga	Fridays	10 a.m.	Reeve-RxRelax Yoga is a tested method of teaching yoga and facilitating healthier lifestyles. The practice is gentle, subtle, powerful and fun. Yoga and mindfulness can be helpful for over 100 physical and mental health conditions, and this program creates a strong foundation for the body, a more robust brain, and a resilient outlook on life. This seated yoga class is brought to Fairfax County by a special partnership with The Christopher & Dana Reeve Foundation and RxRelax. No prior experience, special clothing or equipment is required. <u>Please bring socks to participate. No mat is required.</u> Please join us!
<u>CLASSES</u>			
Title	When	Time	Description
Spring Class Session	Sunday, March 1 – Saturday, May 30		Try a new pass time during the Winter Months! Thanks to rolling enrollment there is no wrong time to register! Try a new class or program today.
Aerobics	Mondays and Thursdays	9:15 a.m.	This class is low impact aerobics designed for older adults. The class includes weight bearing, warm-ups, resistance training, balance, coordination, flexibility, and stamina. Participants should bring a set of two- or three-pound weights.
Beginning Ballroom	Mondays	10:30 a.m.	Ballroom Dancing is for all who wish to participate. It is music of “sentimental forties,” i.e. foxtrot, rumba, waltz, cha cha, swing, triple swing, mamba, bosa nova, Viennese waltz, and special requests. This is an excellent opportunity for those taking ballroom dance lessons to have an opportunity to practice at a reasonable cost.
Intermediate/Advanced Ballroom	Mondays	11:30 a.m.	For the ballroom dancer that has mastered the basics, approved to move on by the instructor, and wants to work on technique.

Story Telling & Memoir	Saturdays	11 a.m. – 12:30 p.m.	Join Adam Whitley at this weekly class discussing theory, types and the craft of storytelling and memoir. The interactive class includes in-class prompts and writing exercises.
Beginning Argentine Tango	Saturdays	2:30 p.m.	Join Adam as he introduces the fundamentals of Argentine Tango for beginners.
Beginning Ballroom	Sundays	1 p.m.	Join Adam as he introduces the fundamentals of Ballroom Dance for beginners and those wishing to brush up on fundamentals.
Breathe & Stretch Workshop	Tuesdays	10:15 a.m.	Staff will lead students through seated gentle yoga poses concluded with a guided meditation.
Yoga	Tuesdays, 1 p.m.	9:30 a.m.	We will welcome our new yoga volunteer, Marina. Bring a mat and a small towel for class. About the class, gentle relaxing format with mat work, those that desire to use a chair are welcome to attend. Led by our volunteer Marina; you will meet your goal of relaxation and mindfulness.
Knitting Class	Wednesdays	2 p.m.	Learn a new skill or pick up a former interest! Beginners are welcome as well as experienced knitters. If you need assistance with interpreting a pattern, we have experts to help!
Line Dance with Kat	Wednesdays & Fridays	1:30 p.m.	Kat spans decades of music in order to teach popular line dances. From Michael Jackson to Psy, she will show dances that are done at the biweekly Northern Virginia Country Western Dance Association gathering here at Lincolnia Senior Center.
Blood Pressure Screening	Wednesday, March 18	10 a.m. - noon	Retired Nurse, Dana Goward, is offering FREE blood pressure screenings once a month. We had an amazing turn out last month so come early, get your number for your turn, relax - we'll call you when it's your turn. Bring your Blood Pressure Tracker to maintain your BP results.
Jazzercise	Mondays	10:45 a.m.	This class is FREE and is offered as part of a partnership with Jazzercise. This is a class for someone that is currently active in a fitness regimen. Please try out the class and go at your own pace. All members of senior

			centers are welcome! Please sign up in the activity binder.
Line Dance with Susie	Saturdays	10 a.m. - noon	Susie leads a powerful line dance class with both old and new steps. This class is geared towards intermediate/advanced line dancers. You certainly will be sweating!
SAIL (Stay Active and Independent for Life)	Mondays - Saturdays	Mondays & Thursdays 10:30 a.m. Tuesdays, Wednesdays & Fridays 11 a.m. Saturdays 1 p.m.	"There are up to 20 participants in each class and exercises can be done standing or sitting. The class includes aerobics, balance exercises, strength training with wrist and ankle weights, and stretching exercises. Classes are led by certified leaders who have attended training specific to leading SAIL classes for older adults. SAIL has been approved by the Administration for Community Living (ACL) (previously known as the Administration on Aging) as an evidence-based program. The SAIL exercise class is a strength, balance and fitness program for adults 65 and older that meets three times per week for one hour. There are up to 20 participants in each class and exercises can be done standing or sitting. The class includes aerobics, balance exercises, strength training with wrist and ankle weights, and stretching exercises. Classes are led by certified leaders who have attended training specific to leading SAIL classes for older adults. SAIL has been approved by the Administration for Community Living (ACL) (previously known as the Administration on Aging) as an evidence-based program.
Advanced Spanish Conversation Group	Mondays	12:45 p.m.	This group happily accepts new members who want to expand their knowledge of the Spanish language. All levels welcome.
Beginning Spanish Conversation Group	Thursdays	12:45 p.m.	This is for the beginning Spanish speaker to learn basic conversational Spanish, reading and writing.
Sunday Tea Dance	Sundays	2 p.m. – 4 p.m.	Join fellow ballroom dancers for a DJ dance. Tango, waltz, foxtrot, and the hokey pokey are all among the dances enjoyed by all. \$2 at the door.

Tai Chi	Mondays, Tuesdays, Thursdays	9 a.m.	MEETS AT MASON DISTRICT GOVERNMENT CENTER. This is an excellent class for stress relief. Tai Chi is a healthy, non-impact exercise and effective martial art. It features slow and graceful movements suitable for producing and maintaining general physical fitness and overall health. You must register for this class at Lincolnia Senior Center.
Beginning Tap	Thursdays	11:30 a.m.	Discovering a new talent or looking to relight a former interest? Try out a beginner Tap class. The group meets once a week with volunteer instructor Anne Renninger for the group and the Snappy Tapperse have performed over 300 times. In this class, you will learn routines to perform across Fairfax County and Northern Virginia.
Tap	Thursdays	1 p.m.	This group is better known as the Snappy Tappers and is designed for the more advanced tap dancer. Anne Renninger is the volunteer instructor for the group and the Snappy Tappers have performed over 300 times. In this class, you will learn routines to perform across Fairfax County and Northern Virginia.
Integral Tai Chi	Tuesdays & Fridays	9:15 a.m.	Integral Tai Chi combines Yoga, Tai Chi, and Chi Gung. The class promotes physical wellness, sharpen mental focus - the result is improved total wellbeing. Volunteer Instructor, Jack (Viet-Dung) Hoang, is a long-time instructor at two other centers and will add Lincolnia to his class locations. This class is free.
Acupressure	Fridays	11 a.m.	Join Jack, the instructor for Integral Tai Chi on Tuesday and Friday mornings at 9:15 a.m. In September, he will resume teaching his Acupressure techniques each week. This class will explain instead of using needles like with Acupuncture you will learn techniques using pressure to relieve pain and nausea.
Zumba Gold	Wednesdays & Fridays	12:30 p.m.	Zumba classes create a party like atmosphere that is incredibly fun, different, is so easy to follow, that EVERYONE of any age can do it!

<u>Special Events / Trips</u>			
Title	When	Time	Description
Trip: Schlesinger Hall, Northern Virginia Community College Campus Alexandria	Sunday, March 1	12:45 p.m. – 5 p.m.	“Big Band Concert, Charlie Parker Byrd” Sign up in advance. The trip requires a minimum of 8 people. Transportation fee is \$1.
Trip: The Mosaic District, shops and lunch at True Food	Tuesday, March 3	11:15 a.m. – 1:30 p.m.	Trip of necessity! Join us for shopping experiences around the local area. Trips will be to area shopping centers, farmer's markets, shopping malls, and clothing stores. Get your weekly shopping done without parking your car. Sign up in advance. The trip requires a minimum of 5 people. Transportation fee is \$1.
Consumer Affairs Protection Week Event	Wednesday, March 4	10:30 a.m. – 2 p.m.	Join Fairfax County Consumer Affairs and the Lincolnia Senior Center for presentations from: <ul style="list-style-type: none"> • The United States Postal Inspectors on fraud targeting senior citizens; 10:30 a.m. to 11:30 a.m. • United States Securities and Exchange Commission on investing in your future; 12:45 p.m. to 1:45 p.m. • Visit booths to receive information from: Area on Aging, Land Development Services, AARP, Office of Emergency Management, Adult Day Health Care, CareRing, Service Source, Neighborhood and Community Services, Census 2020, Senior Medicare Patrol, Virginia Department of the Treasury. This program is FREE and open to the community.
Trip: Trader Joe’s, Bailey’s Crossroads	Friday, March 13	10:15 a.m. - 1:30 p.m.	Trip of necessity! Join us for shopping experiences around the local area. Trips will be to area shopping centers, farmer's markets, shopping malls, and clothing stores. Get your weekly shopping done without parking your car. Sign up in advance. The trip requires a minimum of 5 people. Transportation fee is \$1.

Trip: Hirshorn Exhibit, Manifesto	Wednesday, March 18	10:15 a.m. – 2 p.m.	This exhibit examines the art historical impact of artist manifestos from the 20 th century to present day. Sign up in advance. The trip requires a minimum of 8 people. Transportation fee is \$1.
Trip: Walmart, Kingstowne	Friday, March 20	10:15 a.m. - 1:30 p.m.	Trip of necessity! Join us for shopping experiences around the local area. Trips will be to area shopping centers, farmer's markets, shopping malls, and clothing stores. Get your weekly shopping done without parking your car. Sign up in advance. The trip requires a minimum of 5 people. Transportation fee is \$1.
Trip: Korean Restaurant	Tuesday, March 24	11 a.m. – 2 p.m.	Join our lunch bunch group as we tour and dine at local area restaurants. This month we will visit a local Korean Restaurant. Please call the center for the exact location. The menu will be posted at the center for further review. Sign up in advance. The trip requires a minimum of 8 people. Transportation fee is \$1.
Trip: Wegman's, Hilltop Alexandria	Friday, March 27	10:15 a.m. – 2 p.m.	Trip of necessity! Join us for shopping experiences around the local area. Trips will be to area shopping centers, farmer's markets, shopping malls, and clothing stores. Get your weekly shopping done without parking your car. Sign up in advance. The trip requires a minimum of 5 people. Transportation fee is \$1.
<u>Meetings</u>			
Title	When	Time	Description
Advisory Council	Wednesday, March 11	10 a.m.	Elected representatives meet once a month to discuss issues concerning Lincolnia Senior Center. Any participant or community member is welcome and encouraged to be present at this monthly meeting.
Senior Citizen's Council Meeting	Friday, March 27	10:15 a.m.	This program is free and open to the community. Please call the center for more details about the discussion this coming month.