



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 2019

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Example: Tai Chi	Monday, January 28	11 a.m. to Noon	Short synopsis of what participants can expect from the event, essential details, etc.
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 6	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.
Coin Talk	Tuesday, April 2 First Tuesday every other month December, February, April, June,	1 p.m.	Our participant, Jack McCalman, is our local coin expert and will share his knowledge about unique coins. This lecture will be 15 minutes and allow for Questions and

	August, October, December		Answers afterwards. Sign up for the class in the Activity Book at the Front Desk.
Books & Tea	Tuesday, March 26	12:45 p.m.	Join us for a lively discussion focused on the past month's reading of Everything I Never Told You by Celeste NG. Join the discussion even if you haven't read the book and stay for the refreshments!
Doll makers	Tuesdays	10 a.m. - noon	A friendly group that makes teaching dolls for area hospitals to use with their young patients. Doctors first demonstrate on the doll so the child will be more comfortable with their upcoming procedure. The child then keeps their very own teaching doll. To register to be a volunteer with the Doll makers please visit: www.fairfaxcounty.gov and search "Volunteer Solutions" to register and apply for volunteer opportunities.
History with Real Professors	Thursdays	10:30 a.m.	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 Diary for a 30-minute video then discussion.
Machine Knitters	Second Wednesday of the month	10 a.m.	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.
Mahjong	Tuesdays, Wednesdays & Fridays	1 p.m.	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.
Quilting Group	Tuesdays	1 p.m.	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 contribute to the projects such as ironing, cutting patterns, and pinning fabric.
<u>CLASSES</u>			
Title	When	Time	Description
Winter Class Session	Sunday, December 2, 2018 - March 2, 2019		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. Dynabands and towels will be used and can be purchased from the instructor.
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, bossa 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.
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	Tuesday, March 5, 12, 19, 26	10:15 a.m.	Staff will lead students through seated gentle yoga poses concluded with a guided meditation.
Yoga	Wednesdays	9:30 a.m.	Gentle relaxing format with mat work, those that desire to use a chair are welcome to attend. Led by our

			volunteer Brenda; you will meet your goal of relaxation and mindfulness.
Knitting Class	Wednesdays	1 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.
Hydration Program: Skin Hydration	Wednesdays, March 6 & 20	12:45 p.m.	You know that you should drink plenty of fluids, especially, in the summer months!! Come to our new program called, "Wet Your Whistle." Learn about why it's important for older adults to drink plenty of liquids in a variety of forms!!! Each week, we will introduce you to some beverages that will add fluid to your system. So, come and wet your whistle with us!!!
Blood Pressure Screening	Wednesday, March 27	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	Tuesdays	12:45 p.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.	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, Tuesdays, Wednesdays, Thursdays, Fridays, Saturdays	11 a.m. (Thursdays 10:30 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.

			<p>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.</p> <p style="text-align: center;">"</p>
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.	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 beforehand.
Beginning Tap	Thursdays	noon	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	Mondays and 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: Walmart, Kingstown	Friday, March 1	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.
St. Patrick's Day with Johnny Cash	Tuesday, March 5	10:45 a.m.	Wear your green and get ready for a day filled with Cash, Mr. Johnny Cash! It's going to be a blast. This program is FREE and open to the community. Please bring a friend, neighbor or family member to the festivities!
Trip: Trader Joes, Bailey's Crossroads	Friday, March 8	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: Ayres Variety Store, Arlington	Friday, March 15	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: Mom's Market, Arlington	Friday, March 22	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: Target, Springfield	Friday, March 29	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.
<u>Community Meetings</u>			
Title	When	Time	Description
Advisory Council	Second Wednesday	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.



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Current Events	Wednesday, April 3	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.
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	August, October, December		
Books & Tea	Tuesday, April 30	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 demonstrate on the doll so the child will be more comfortable with their upcoming procedure. The child then keeps their very own teaching doll. 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.
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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!

CLASSES

Title	When	Time	Description
Winter Class Session	Sunday, December 2, 2018 - March 2, 2019		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.
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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	Tuesday, April 2, 9, 16, 23, 30	10:15 a.m.	Staff will lead students through seated gentle yoga poses concluded with a guided meditation.
Yoga	Cancelled until re advertised	9:30 a.m.	Gentle relaxing format with mat work, those that desire to use a chair are welcome to attend. Led by our volunteer Brenda; you will meet your goal of relaxation and mindfulness.
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Blood Pressure Screening	Wednesday, April 10	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

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			This class will explain instead of using needles like with Acupuncture you will learn techniques using pressure to relieve pain and nausea.
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<u>Special Events / Trips</u>			
Title	When	Time	Description
Trip: Wegman's Fairfax	Friday, April 5	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.
Ms. Senior Virginia Performance	Tuesday, April 9	10:45 a.m.	The former contestants of the Ms. Senior Virginia Pageant are coming to show us their variety of talents! There may be dancing, singing, reciting of poetry, and maybe even a surprise guest impersonator that we all love! You don't want to miss this show! There will be gowns and glitz. Our favorite DJ, Sam Fanelli, will be there! Free and open to the community.
Trip: Walmart, Kingstowne	Friday, April 12	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: Mom's Market, Arlington	Friday, April 19	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: Salvation Army, Annandale	Wednesday, April 24	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

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Trip: Scam Jam Fraud Prevention Event	Saturday, April 27	8 a.m. – 2 p.m.	<p>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.</p> <p>Every day, hundreds of local residents lose their hard-earned money to a variety of fraud schemes. In fact, every 2 seconds, a con artist steals someone’s identity!</p> <p>To strike back against scammers, AARP Virginia and Fairfax County Government’s Silver Shield Task Force are bringing together top experts and law enforcement officials to present at a free informational Scam Jam. The presenters will discuss scams targeting Virginians, such as fake solicitor schemes, bogus investment deals, lottery scams, email fraud, a grandparent ruse and the latest identity theft shams.</p> <p>Your documents will be shredded on-site free of charge. Please, no plastics or electronics.</p> <p>Light refreshments and lunch will be served.</p> <p>Registration is required for lunch. www.aarp.org/FairfaxScamJam or call 1-877-926-8300.</p> <p>\$1 for the bus and admission is FREE. Registration is required.</p> <p>Driving? Find the information below: Saturday, April 27, 2019 Presentation: 9 a.m. – 1 p.m. Shred Truck On-site: 8 a.m. – Noon or until the truck is full</p> <p>Fairfax County Government Center 12000 Government Center Parkway Fairfax, VA 22035 Register for lunch and to attend with this link provided above.</p>

Advisory Council	Second Wednesday	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.
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