



Fairfax County

# Neighborhood & Community Services

[www.fairfaxcounty.gov/neighborhood-community-services](http://www.fairfaxcounty.gov/neighborhood-community-services)

## Little River Glen Senior Center

**Address:** 4001 Barker Court  
Fairfax, VA 22032

**Hours:** Monday – Friday, 9 a.m. to 4 p.m.  
See [www.littleriverglenseniocenter.org](http://www.littleriverglenseniocenter.org) for further details.

**Phone:** 703-503-8703, TTY 711

### March 2020

#### PROGRAMS / ACTIVITIES

| Title                             | When    | Time                | Description   |
|-----------------------------------|---------|---------------------|---|
| Open Computer Lab                 | Daily   | 9 a.m. to 3:50 p.m. | Open computer lab   |
| Exercise Equipment                | Daily   | 9 a.m. to 4 p.m.    | Variety of exercise equipment   |
| Morning Activity                  | Daily   | 10:15 a.m.          | Various   |
| Lunch                             | Daily   | Noon                | Meals are prepared at a high school and delivered daily. Must preorder one day in advance.      |
| Chair Exercise                    | Daily   | 11:10 a.m.          | 50 minutes of seated exercises.   |
| Computer Help w/Reggie            | Monday  | 10 a.m. to Noon     | Basic computer help   |
| Creative Crafters                 | Monday  | 10 a.m. to Noon     | Create your favorite craft with any type of materials.  |
| SAIL Class 3                      | Monday  | 11:15 a.m.          | 50 minutes of standing exercise designed to help maintain and increase your balance.            |
| Computer Help w/Steve             | Tuesday | 10 a.m. to Noon     | Basic computer help   |
| ESL: English Conversation w/Neil  | Tuesday | 10 a.m. to 11 a.m.  | Learn English grammar, words and phrases.   |
| SAIL Class 1 & 2                  | Tuesday | 10:30 a.m.          | 50 minutes of standing and seated exercise designed to help maintain and increase your balance. |
| ESL: English Conversation w/Susan | Tuesday | 11 a.m. to 12 p.m.  | Learn English grammar, words and phrases.   |
| Tai Chi Video                     | Tuesday | 9:45 a.m.           | Every Tuesday we will play a Tai Chi Video  |
| Afternoon Tea                     | Tuesday | 1 p.m.              | Join us for tea and discussion.   |
| LRG Chorus                        | Tuesday | 1 p.m.              | Sing songs in a group. Learn songs for a concert performance.                                   |

|                                |                    |                 |  |
|--------------------------------|--------------------|-----------------|--|
| Knit & Crochet Club            | Tuesday            | 2 p.m.          | All levels of knitting and crocheting. Learn about different needles or teach someone about different yarns or patterns. |
| Chair Exercise                 | Tuesday & Thursday | 2:30 p.m.       | 50 minutes of seated exercises.  |
| Rx Relax Evening               | Tuesday            | 6:00pm-7:00pm   | Relax, Restore, Rejuvenate with simple easy to do movements, breathing techniques, meditative exercises                  |
| Open Art Studio                | Wednesday          | 9 a.m. to Noon  | Participants learn from each other craft ideas or projects, and help each other learn different skills.                  |
| Computer Help w/Cheryl         | Wednesday          | 10 a.m. to Noon | Basic computer help  |
| Beginner Tap Dance             | Wednesday          | 9 a.m.          | Learn a new skill and exercise as you practice.  |
| Intermediate Tap Dance         | Wednesday          | 10 a.m.         | Practice choreographed dances to perform at various locations in the county.   |
| Great Courses                  | Wednesdays         | 10:15 a.m.      | DVD Lecture series   |
| Tai Chi: Rou Li Ball           | Wednesday          | Noon            | Practice the art of Rou Li Ball.   |
| Brain Fitness                  | Wednesday          | 1 p.m.          | Get your brain moving with some brain games  |
| Tai Chi Practice Club          | Wednesday          | 1 p.m.          | Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.                 |
| Tai Chi Practice Club          | Wednesday          | 2 p.m.          |  |
| Computer Help with John        | Thursday           | 10-2 p.m.       | Basic computer help  |
| Tai Chi Video                  | Thursday           | 9:45 a.m.       | Every Thursday we will play a Tai Chi Video  |
| Morning Activity               | Thursdays          | 10:15 a.m.      | Programs Vary  |
| SAIL Class 1 & 2               | Thursday           | 10:30 a.m.      | 50 minutes of seated and standing exercise designed to help maintain and increase your balance.                          |
| Table Tennis                   | Thursday           | 1:30 p.m.       | Come and play table tennis (Ping Pong)   |
| Reeve Rx Relax                 | Friday             | 10:00am         | Relax, Restore, Rejuvenate with simple easy to do movements, breathing techniques, meditative exercises                  |
| Computer Help with Keith       | Friday             | 10-2 p.m.       | Basic computer help  |
| SAIL Class 3                   | Friday             | 12:30 p.m.      | 50 minutes of standing exercise designed to help maintain and increase your balance.                                     |
| Dresses for Children in Africa | Friday             | 12:45 p.m.      | Cutting and sewing material to make dresses for children in Africa.  |
| Bingo                          | Friday             | 12:50 p.m.      | Interact socially in a mildly competitive environment.   |
| Beginner Spanish               | Friday             | 1 p.m.          | Learn beginning Spanish.   |
| <b>CLASSES</b>                 |                    |                 |  |
| <b>Title</b>                   | <b>When</b>        | <b>Time</b>     | <b>Description</b>   |
| Mat Yoga                       | Monday             | 8:50 a.m.       | Yoga using floor mats.   |
| Zumba Gold w/Millette          | Monday             | 10:15 a.m.      | Easy to follow Zumba concentrating on balance, range of motion and coordination.   |

|                         |           |                      |   |
|-------------------------|-----------|----------------------|---|
| Chair Yoga              | Monday    | 10:00 a.m.           | Yoga in a chair.  |
| Line Dance w/Lilly      | Monday    | 12:15pm              | Learn to line dance   |
| Line Dance w/Lilly      | Monday    | 1:15pm               | Learn to line dance   |
| Zumba Toning w/Millette | Tuesday   | 9 a.m.               | Easy to follow Zumba, building coordination and strength.   |
| Essentrics              | Tuesday   | 1:00 pm              |   |
| Zumba Gold w/Millette   | Wednesday | 9:00 a.m.            | Easy to follow Zumba concentrating on balance, range of motion and coordination.                                  |
| Zumba Gold w/Millette   | Wednesday | 10:15 a.m.           | Easy to follow Zumba concentrating on balance, range of motion and coordination.                                  |
| Acrylic Painting Class  | Wednesday | 10 a.m. & 12:30 p.m. | Same art class but 2 different times. Learn acrylic painting techniques   |
| Gentle Yoga DVD         | Thursday  | 10:10 a.m.           | Yoga in a chair.  |
| Piano Lessons           | Thursday  | 9 a.m. to 1 p.m.     | Play and listen to music. Learn new concepts. (15 minutes per student)  |
| Chair Yoga              | Thursday  | 12:45 p.m.           | Yoga in a chair.  |
| Voice Class             | Thursday  | 1:15 p.m.            | Rehearse songs, focusing on specific techniques needed in each song. Perform a recital at the end of the session. |
| Mat Yoga                | Thursday  | 2:00 p.m.            | Yoga using floor mats.  |
| Zumba Toning w/Millette | Friday    | 9 a.m.               | Easy to follow Zumba, building coordination and strength.   |

Spring Session Registration begins Tuesday, March 3<sup>rd</sup> at 9 am.

Spring Session Classes began March 9<sup>th</sup> and run through May 29<sup>th</sup>

### Trips

| Title                      | When                              | Time       | Description                                |
|----------------------------|-----------------------------------|------------|--|
| Walmart/Target, Fair Lakes | Thursday, March 5 <sup>th</sup>   | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.)   |
| Safeway/Michaels           | Thursday, March 12 <sup>th</sup>  | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.)   |
| Walmart/Target, Fair Lakes | Friday, March 19 <sup>th</sup>    | 9:30 a.m.  | Shopping trip (return pick up at 1 p.m.)   |
| Tax Assistance Trip        | Wednesday, March 19 <sup>th</sup> | 10:00 a.m. | Tax Assistance Trip. (return Pick up 1pm ) |
| Shoppers                   | Wednesday, March 25 <sup>th</sup> | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.)   |
| Museum of the Bible        | Tuesday, March 31 <sup>st</sup>   | 10:00 a.m. | Museum (return pick up at 1 p.m.)          |

### Special Events

| Title                    | When                             | Time    | Description                         |
|--------------------------|----------------------------------|---------|-------------------------------------|
| Donut Sale               | Tuesday, March 3 <sup>rd</sup>   | 9:00am  | Advisory Council Donut Sale         |
| Financial Presentation   | Wednesday, March 4 <sup>th</sup> | 12:45pm | Social Security and how to Maximize |
| SAIL information Session | Friday, March 6 <sup>th</sup>    | 10:00am | Info on SAIL and Fitness check      |

|                                    |                                   |                 |   |
|------------------------------------|-----------------------------------|-----------------|---|
| Blood Pressure Screening           | Tuesday, March 10 <sup>th</sup>   | 10:00am-11:00am | A nurse will take blood pressure for our members  |
| LRG Advisory Council Meeting       | Wednesday, March 10 <sup>th</sup> | 11:00am         | LRG Advisory Council meeting is the second Tuesday of each month                          |
| Birthday Celebration               | Wednesday, March 11 <sup>th</sup> | 12:45pm         | Celebrate March Birthdays and dance to live music   |
| ShamrockRs Performance             | Friday, March 13 <sup>th</sup>    | 10:15am         | St. Patrick's Day celebration with music and dancing                                      |
| Show and Tell                      | Monday, March 16 <sup>th</sup>    | 1:00 pm         | Enjoy learning about community resources and interact with other leaders in the community |
| Tech Talk: Staying Connected       | Wednesday, March 18 <sup>th</sup> | 1:00 a.m.       | Learning how to stay connected viral.   |
| ICS Visit                          | Thursday, March 19 <sup>th</sup>  | 12:45pm.        | Interact with 3 <sup>rd</sup> graders in this intergenerational event.                    |
| DMV Connect                        | Friday, March 20 <sup>th</sup>    | 9am-3pm.        | Taking care of DMV needs  |
| Census 2020 Presentation           | Monday March 23                   | 12:45           | Learn about the 2020 Census   |
| Jewelry Making Workshop (Virtual)  | Tuesday, March 25 <sup>th</sup>   | 1:00pm-2:15pm   | Create a new piece of jewelry (Virtual)   |
| Women's History Month Presentation | Thursday March 26th               | 12:45           | Presentation on Clara Barton  |
| Jewelry Making                     | Tuesday, March 31st               | 1:00 p.m.       | Create a new piece of jewelry.  |