



December 2018



Little River Glen Senior Center

4001 Barker Court, Fairfax, VA 22032
 Phone: 703-503-8703, TTY 711



www.fairfaxcounty.gov/neighborhood-community-services

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

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

Closed: December 24 & 25

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

December 2018

Programs

See www.littleriverglenseniorcenter.org for further details.

Program	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
Kings in the Corner	Daily	10 a.m.	Card game
Group Activity/Group Discussion	Daily	10:15 a.m.	Group discussion or group game.
Lunch	Daily	Noon	Meals are prepared at a high school and delivered daily. Must preorder one day in advance.
Group Activity/Group Discussion	Daily	1 p.m.	Group discussion or group game.
Chair Exercise	Daily	11:10 a.m.	50 minutes of seated exercises.
Chair Exercise Video	Daily	3 p.m.	Video led seated exercises.
Computer Help with Dan	Monday	10 a.m. - 2 p.m.	Basic computer help
ESL: English Conversation w/Pam	Monday	11 a.m.	Learn English grammar, words and phrases.
Beginner Arabic	Monday	11 a.m.	Learn Arabic
Creative Crafters	Monday	10 a.m. to noon	Create your favorite craft with any type of materials.
SAIL Class 3	Monday	11:30 a.m.	50 minutes of standing exercise designed to help maintain and increase your balance.
Basic Chinese (Mandarin) w/Rebekah	Monday	2 p.m.	Participants can learn and practice basic skills to speak Chinese.
Computer Help w/Steve	Tuesday	10 a.m. to noon	Basic computer help
ESL: English Conversation w/Claudia	Tuesday	10 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/Linda	Tuesday	11 a.m. to noon	Learn English grammar, words and phrases.
Current Events *NEW TIME*	Tuesday	11 a.m.	Come join the current events group to discuss the current things are in the news and share your thoughts (NO CLASS August 14th)
Tai Chi Video	Tuesday	9:45 a.m.	Every Tuesday we will play a Tai Chi Video
Mahjong	Tuesday	11:30 a.m.	A social Chinese tile game
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.
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
Tap Dance	Wednesday	10 a.m.	Practice choreographed dances to perform at various locations in the county.
Rummikub	Wednesday	10 a.m.	A social American tile game
Morning Activity	Wednesdays	10:15 a.m.	Programs Vary
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.	Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.
Computer Help with John	Thursday	10 a.m. - 2 p.m.	Basic computer help
Tai Chi Video	Thursday	9:45 a.m.	Every Thursday we will play a Tai Chi Video
History program with James	Thursdays	10:15 a.m.	James discusses various history topics each week.
SAIL Class 1 & 2	Thursday	10:30 a.m.	50 minutes of seated and standing exercise designed to help maintain and increase your balance.
Spanish Class	Thursday	12:30 p.m.	Learn Spanish grammar, words and phrases.
Yoga mat or chair	Thursday	2:30 p.m.	Yoga can be done on mat, in chair or with chair
Computer Help with Keith	Friday	10 a.m. - 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.
Fee Based Classes			
Class	When	Time	Description
Yoga I	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.
Gentle Yoga	Monday	10:10 a.m.	Yoga in a chair.
Line Dance w/Barbara	Monday	1 p.m.	Beginner line dancing class.
Zumba Toning w/Millette	Tuesday	9 a.m.	Easy to follow Zumba, building coordination and strength.
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
Yoga I	Thursday	8:50 a.m.	Yoga using floor mats.
Gentle Yoga	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)
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.
Zumba Toning w/Millette	Friday	9 a.m.	Easy to follow Zumba, building coordination and strength.
Line Dance w/Mi	Friday	10:10 to 11:30 a.m.	Adv Beginner line dancing class.
Next Class Registration is December 4th at 9 a.m., and classes begin December 10th			
Special Events/Trips			
Event/Trip	When	Time	Description
Walmart/Target, Fair Lakes	Thursday, December 6	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
DAR Concert	Saturday, December 18	1:30 p.m.	Come and shop for some goods from the Amish.
Wegman's	Thursday, December 13	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Trip to Herndon	Wednesday, December 19	10:30 a.m.	Head to Herndon for the Harmony Heritage Singers
Walmart/Target, Fair Lakes	Thursday, December 20	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Walmart/Target, Fair Lakes	Thursday, December 27	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Community Events			
Community	When	Time	Description
Medicare Talk	Monday, December 3	1 p.m.	Come and learn about medicare.
Birthday Party w/ Terry Lee Ryan	Wednesday, December 5	12:45 p.m.	Join in the fun as we celebrate December Birthdays
Tap Show	Friday, December 7	1 p.m.	Come and see our talented group of tappers.
Show and Tell w/ Lougenia Carnell	Monday, December 10	1 p.m.	Come see what is to be shared. Bring your own story or item to share with the group.
Blood Pressure Screening	Tuesday, December 11	10 a.m.	Have your blood pressure taken
Lake Braddock Music Group	Tuesday, December 11	10:15 a.m.	Come and hear the music group from Lake Braddock High School
Advisory Council	Tuesday, December 11	11 a.m.	LRG Advisory Council meeting is the second Tuesday of each month.
Maranatha's Concert	Tuesday, December 11	1 p.m.	Listen to the musical stylings of the Maranatha's
Holiday Party	Monday, December 17	12:45 p.m.	Come and enjoy the season as we celebrate together.
Chorus Holiday Concert	Tuesday, December 18	1 p.m.	Come and enjoy the holiday songs of the season.