



**October 2018**



# Little River Glen Senior Center

4001 Barker Court, Fairfax, VA 22032  
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.

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

## OCTOBER 2018

### Programs

See [www.littleriverglenseniocenter.org](http://www.littleriverglenseniocenter.org) for further details.

Program	When	Time	Description
Open Computer Lab	Daily	9 a.m. - 3:50 p.m.	Open computer lab
Exercise Equipment	Daily	9 a.m. - 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 - 2 p.m.	Basic computer help
ESL: English Conversation w/Pam	Monday	11 a.m.	Learn English grammar, words and phrases.
Arabic Beginner	Monday	11 a.m.	Learn Arabic
Creative Crafters	Monday	10 a.m. - 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. - noon	Basic computer help
ESL: English Conversation w/Claudia	Tuesday	10 - 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. - 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. - 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. - 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 - 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 - 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.
Great Decisions	Friday, October 26	10:15 a.m.	Come and listen to a lecture and then join in on the discussion on various world topics

  

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.
Arcylic Painting Class	Wednesday	10 a.m. & 12:30 p.m.	Same art class but 2 different times. Learn arcylic 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. - 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 - 11:30 a.m.	Adv Beginner line dancing class.

Class Session began September 4th  
Class Session runs through November

Special Events/Trips			
Event/Trip	When	Time	Description
Walmart/Target, Fair Lakes	Thursday, October 4	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Wegman's	Thursday, October 11	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Concert Trip at NOVA	Saturday, October 13	6 p.m.	Come and hear military music group
Occoquan Boat Trip	Friday, October 19	10:30 a.m.	Enjoy a trip on the Potomac
Walmart/Target, Fair Lakes	Thursday, October 18	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Shoppers	Thursday, October 25	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)

Community Events			
Community	When	Time	Description
Flu Shots	Tuesday, October 2	10 a.m. - 2 p.m.	Call to reserve your space
Blood Pressure Screening	Tuesday, October 9	10 a.m.	Have your blood pressure taken
Advisory Council	Tuesday, October 9	11 a.m.	LRG Advisory Council meeting is the second Tuesday of each month.
Show and Tell w/ Lougenia Carnell	Monday, October 15	1 p.m.	Come see what is to be shared. Bring your own story or item to share with the group.
Birthday Party w/ Aaron	Thursday, October 18	12:45 p.m.	Join in the fun as we celebrate October Birthdays
United Nations Day Event	Wednesday, October 24	12:45 p.m.	Celebrate Colutires from Around the world
Great Decisions 2018: In the Shadow of Mandela	Friday, September 26	10:15 a.m.	Great Decisions is America's largest discussion program on world affairs.