



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Little River Glen Senior Center

Address: 4001 Barker Court
Fairfax, VA 22032

Hours: Monday – Friday, 8 a.m. to 4 p.m.

Phone: 703-503-8703, TTY 711

September 2023 - November 2023

PROGRAMS / ACTIVITIES

| Title | When | Time | Description |
|--------------------------|----------|------------------------|--|
| Open Computer Lab | Daily | 9-4 p.m. | Open computer lab |
| Exercise Equipment | Daily | 8-4 p.m. | Open use for a variety of exercise equipment. |
| Open Art Making | Daily | 9–2 p.m. | Open communal a.m. Art & Crafts |
| Lunch | Daily | Noon | Meals are served daily. Must preorder by noon of the previous day in advance to be eligible. |
| Ping Pong | Daily | 2 p.m. | Open use of Ping Pong table and equipment for play. |
| Computer Help | Daily | Varies (10 a.m.- Noon) | Computer assistance |
| Table Games | Daily | 8 – 4 p.m. | Learn and participate in new board games. |
| This Week In History | Mondays | 10 a.m. | Learn and enjoy conversation about different historical events throughout history for the week. |
| Chair Exercise w/ Stacey | Mon-Fri | 11 a.m. | Exercises focused on strengthening and stretching and of course fun! |
| Mind & Body | Mondays | 3 p.m. | Tai chi for beginners |
| Wii Bowling | Tuesdays | 9:30 a.m. | Group game of Wii Bowling. |
| LRG Tap | Tuesdays | 10 a.m. - Noon | Self-run center TAP Club |
| Brain Games w/ Stacey | Tuesdays | 10:15 a.m. | Interact socially in a memory-based activity. |
| LRG Chorus | Tuesdays | 1 p.m. | Self-run center Chorus group. |
| Knit & Crochet Club | Tuesdays | 2 p.m. | All levels of knitting and crocheting. Participants will be able to learn about different needles, yarns, or patterns. |

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| Art Workshop with George | September 13 & 27 | 10 a.m. | A volunteer led art workshop |
| Art Workshop with George | October 11 & 25 | 10 a.m. | A volunteer led art workshop |
| Art Workshop with George | November 8 & 22 | 10 a.m. | A volunteer led art workshop |
| Art Workshop with Yolanda | September 6 & 20 | 10 a.m. | A volunteer led art workshop |
| Art Workshop with Yolanda | October 4 & 18 | 10 a.m. | A volunteer led art workshop |
| Art Workshop with Yolanda | November 1 & 15 | 10 a.m. | A volunteer led art workshop |
| Name That Tune | Wednesdays | 9:30 a.m. | Enjoy music and guessing the song of your old-time favorites! |
| Music & Memories | Wednesday | 11 a.m. | Listen to music to reflect and enjoy |
| Karaoke w/ Gladys | Wednesday | 12:45 p.m. | Join us for singing our favorite songs Karaoke style. |
| Cornhole w/ Deb | Wednesdays | 1:30 p.m. | Join us for a game of cornhole on the patio with our friends. |
| Mind & Body | Thursday | 9:15 a.m. – 10 a.m. | Tai chi for beginners |
| Brain Games w/ Stacey | Thursday | 9:30 a.m. | Interact socially in a memory-based activity. |
| Great Courses w/ Ronja | Thursday | 10 a.m. | Group Discussion about various historical events. |
| Creative Writing w/ Theresa | Thursday | 1 p.m. | Group creative writing with various prompts lead by Rec Therapist Theresa |
| Guided Meditation w/ Theresa | Fridays | 9:30 a.m. | Join our Rec Therapist Theresa for a guided meditation to start your day off right! |
| Diamond Dot Art w/ Deb | Fridays | 10 a.m. | Diamond Dot Art Projects that you work on each week. |
| Word Games w/ Eileen | Friday | 11:15 a.m. | Brain Game activities for participants to enjoy. |
| Creative Writing w/ Theresa | Friday | 1 p.m. | Group creative writing with various prompts lead by Rec Therapist Theresa |
| Tai Chi Club | Fridays | 1 p.m.-3 p.m. | A volunteer led Group Tai Chi. |
| Bingo | Fridays | 1 p.m. | Interact socially in a mildly competitive environment. |
| Jewelry Making | September 18 | 10 a.m. | Interacting socially through the art of crafting jewelry |
| Jewelry Making | October 16 | 10 a.m. | Interacting socially through the art of crafting jewelry |
| Jewelry Making | November 20 | 10 a.m. | Interacting socially through the art of crafting jewelry |
| CLASSES | | | |
| Title | When | Time | Description |
| Mat Yoga | Monday | 9 a.m. | Floor Yoga. |
| Chair Yoga | Monday | 10 a.m. | Chair based/Gentle Yoga exercises. |
| Zumba Gold w/ Millette | Monday | 10:10 a.m. | Zumba (Combination of Fast/gentle pace) focused on building Coordination and Strength |
| SAIL (Level 3) | Monday | 11:15 a.m. | 60 minutes of standing and or/sitting exercises designed to help maintain and increase your balance. |

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| Dancing Around the World w/ Therea | Monday | 1 p.m. | Led by our Rec Therapist Theresa. Join us for a class learning dances from around the world. |
| SAIL (Level 1 & 2) | Tuesday | 10 a.m. | 60 minutes of standing and/or sitting exercises designed to help maintain and increase your balance. |
| Intermediate Spanish w/ Gladys | Tuesday | 11 a.m. | Intermediate class to learning Spanish with our Assistant Director, Gladys Melgar. Practice and learn without stress! |
| SAIL (Level 1 & 2) | Wednesday | 10 a.m. | 60 minutes of standing and or/sitting exercises designed to help maintain and increase your balance |
| Zumba Gold w/Millette | Wednesday | 9 a.m. | Zumba (Fast pace) focused on building Coordination and Strength |
| SAIL (Level 1 & 2) | Thursday | 10 a.m. | 60 minutes of standing and/or sitting exercises designed to help maintain and increase your balance. |
| Piano | Thursday | 9a.m. – 1 p.m. | 15 min increments of Piano lessons |
| Voice Class | Thursday | 1:30 p.m.-2:30 p.m. | Instructor Led Class that does a group voice class singing a variety of songs. |
| Beginner ESL | Thursday | 11 a.m. | Entry level beginner's English language courses |
| Beginner Spanish w/ Gladys (New Class) | Thursday (starting October 12) | TBD | Beginner class to learning Spanish with our Assistant Director, Gladys Melgar. Each week has a different topic and fun activities to learn the Spanish language! |
| Dance Fitness w/ Joy | Friday | 9 a.m. | 45-minute dance fitness class led by our Volunteer Joy. |
| Chair Yoga | Friday | 10 a.m. | Chair based/seated yoga. |
| Zumba Gold Toning w/Millette | Friday | 10 a.m. | Zumba (Bring your 1 Lb. or less weights) focused on building Coordination and Strength |
| Chair Yoga | Friday | 11 a.m. | Chair based/seated yoga. |
| Special Events / Trips | | | |
| Title | When | Time | Description |
| Walmart/Target Fair Lakes | September 7 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| National Harbor | September 12 | 10:15 a.m. | A special trip to National Harbor to shop and have lunch. |
| Wegman's Fairfax | September 14 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| Safeway/Michaels Panam Shopping Center | September 21 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| Cracker Barrell | September 22 | 10:30 a.m. | A special trip to have brunch together at the Sterling Cracker Barrell. |
| Giant/Ross Seven Corners | September 28 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| Walmart/Target Fair Lakes | October 5 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |

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| Frying Pan Park | October 10 | 10:15 a.m. | A special trip to Frying Pan Park to visit the animals and tour the grounds. |
| Wegmans Fairfax | October 12 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| Hmart Fairfax | October 19 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| Kings Park Shopping Center Giant | October 26 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| Old Town Alexandria | October 27 | 10:15 a.m. | A special trip to Old Town Alexandria to enjoy the sights, shopping, and lunch. |
| Walmart/Target Fair Lakes | November 2 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| Wegmans Fairfax | November 9 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| Lidl/Dollar Tree Burke | November 16 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| Air & Space Museum: Steven F. Udvar-Hazy Center | November 17 | 10:15 a.m. | A special trip to the Air & Space Museum in Chantilly. |
| Amish Market | November 21 | 10:15 a.m. | A special trip to the Amish Market to shop their holiday delights. |
| Kingstowne Shopping Center | November 30 | 10:30 a.m. | Shopping trip (return pick up at 1 p.m.) |
| September Birthday Celebration | September 12 | 12:30p.m. | Celebration for all December birthdays |
| October Birthday Celebration | October 10 | 12:30p.m. | Celebration for all January birthdays |
| November Birthday Celebration | November 14 | 12:30p.m. | Celebration for all February birthdays |
| Show and Tell w/ Lougenia Carnell | September 18 | 1 p.m. | Volunteer led Show & Tell, with Lougenia Carnell, usually on the 3 rd Monday of each month |
| Show and Tell w/ Lougenia Carnell | October 16 | 1 p.m. | Volunteer led Show & Tell, with Lougenia Carnell, usually on the 3 rd Monday of each month |
| Show and Tell w/ Lougenia Carnell | November 20 | 1 p.m. | Volunteer led Show & Tell, with Lougenia Carnell, usually on the 3 rd Monday of each month |
| Community Meetings | | | |
| Title | When | Time | Description |
| Advisory Council Meeting | September 6 | 11 a.m. | Advisory Council Monthly meeting/Second Wednesday of each month |
| Advisory Council Meeting | October 11 | 11 a.m. | Advisory Council Monthly meeting/Second Wednesday of each month |
| Advisory Council Meeting | November 8 | 11 a.m. | Advisory Council Monthly meeting/Second Wednesday of each month |