



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Pimmit Hills Senior Center

Address: 7510 Lisle Ave
Falls Church, VA 22043

Hours: Monday – Friday, 9:00am to 4:00pm

Phone: 703.734.3338 (TTY 711)

March 2020

ACTIVITIES

Title	When	Time	Description
Rummikub	Monday - Friday	9:30am	The popular tile game is open for play all day! Play with your friends & make new ones!
Backgammon	Monday – Friday	10am – 3:30pm	Classic game of skill, strategy & luck! One of oldest games for two players!
Open Computer Lab	Monday – Friday	9am – 3:30pm	(Age 50+) Do your internet surfing, email, use the Microsoft Office Suite, paint & more. Three desktop work stations are available for member use.
Chorus	Monday/Friday	11:30am – 12:15pm	Sing the classics! Song material available in Chinese & English. Folk songs & popular music from both cultures featured.
Ping Pong	Monday/Friday	Upon Request	Play ping pong on our full sized mobile table. Please coordinate with center staff in advance.
Billiards	Monday – Friday	9am – 3:30pm	Play pool on one of our full-sized tables. All equipment provided.
Playing Cards	Monday - Friday	9am – 3:30pm	(Age 50+) Open games that include single & double deck play! Self-guided activity.
Bingo	Wednesday/Friday	12:30pm	A social gathering game for everyone. All equipment provided.

Mahjongg	Monday/Friday	10:30am – 3:30pm	Popular Chinese tile game akin to the Western card game of “Rummy”. A game of skill, strategy, calculation & chance
Asian Arts & Crafts	Monday/Friday	10am – 12pm	Explore various creative mediums such as collage, watercolor painting, chalk, pastels, sketch, beadwork & jewelry making. Make a project you can proudly show off or take home to enjoy! All skill levels welcome. Some projects utilize essential components of, & exhibition of, Chinese Flair; however, many projects feature comprehensive elements of all universal arts & crafts. Materials provided for some projects. Please see instructors for more information.
Tri-Ominos	Monday/Friday	10am – 3:30pm	(Age 50+) Tri-Ominos adds a whole new dimension to dominoes, creating extra strategy, extra play, and extra fun! It's a fast-moving game that's easy to learn, and great for 2-4 players.
Line Dance	Monday	1pm – 3pm	(Age 50+) Fitness without fuss! Perhaps the most fun way to work out. Explore diversity in line dance styles to a variety of music. No prior experience required, all skill levels welcome! FREE
SAIL Exercise	Monday/Friday	9:30am – 10:30am	(Age 50+) Stay Active and Independent for Life is a 12 week Fall Prevention class that includes cardio, balance, mobility & weight training. Prescreen & Fitness test required. Ask staff for details. FREE
SAIL Exercise	Tuesday/Thursday	10:30am – 11:30am	(Age 50+) Stay Active and Independent for Life is a 12 week Fall Prevention class that includes cardio, balance, mobility & weight training. Prescreen & Fitness test required. Ask staff for details. FREE
5 Elements Exercise/27 Form Tai Chi	Monday/Friday	11:30am – 12:20pm 12:30pm – 1:30pm	A class that utilizes breathing, visualizations & movements to work the entire body at once. Tai Chi Chuan was created by applying the concept of Tai Chi to very natural movements, using relaxation & breathing to generate health, longevity, & internal strength/power. FREE
Bio Chi Gong/18 Forms Tai Chi	Mon/Wed/Fri	10:30am – 11:30am	(Age 50+) Martial Arts & Exercise combine to strengthen muscles, improve balance, stability & mobility. FREE

Iranian Music & Dancing	Tuesday/Thursday	1pm – 2:30pm	(Age 50+) An exciting way to burn calories after lunch! Join us in traditional Persian folk dances to a variety of Persian music genres. FREE
Gentle Yoga/Reeve RxRelax Adaptive Yoga	Tuesday	12:45pm – 1:45pm	(Age 50+) Gentle Yoga – FREE may be done seated or standing (~30 minutes). Simple moves to help improve flexibility, circulation & balance. Reeve RxRelax - seated yoga class (~30 minutes) uses simple exercises combined with an emphasis on breath & meditation. No prior experience, special clothing or equipment is required. No experience necessary, all skill levels welcome.
Gentle Stretch & Meditation	Wednesday	9:30am-10:25pm	(Age 50+) FREE class that aides in opening energy channels to meditation. Class uses gentle stretches with yoga breathing techniques to improve health & reduce stress. No experience necessary; all skill levels welcome; yoga mat suggested but not required. All stretches may be done seated or on mat.
Piano Lessons – Individual	Wednesday	11:30am-12:30pm	Join our talented instructor, Judy for individual 15-minute lessons. Please schedule your time slot & coordinate directly with Judy at the center. All experience levels welcome. FREE
Ballroom Dance	Friday	1:30pm-3:30pm	(Age 50+) PHSC welcomes M. Qingxian Li! Mr. Qingxian Li is a master and expert in domestic ballroom dancing (Waltz and Jitterbug) and has a profound understanding of the relationship between dancing and health. No experience necessary, all skill levels welcome. FREE
CLASSES			
Title	When	Time	Description
Watercolors & One Stroke Painting	Monday/Friday	10:30am – 11:30am	(Age 50+) Learn the basics or refine existing skill in these paint mediums! Special focus on Chinese Art, but all forms are encouraged. No prior experience necessary. All skill levels welcome. Materials provided. FREE
ESOL	Monday/Friday	10:30am – 11:30am	(Age 50+) Beginner level instruction on English as a Second Language. All backgrounds welcome! Additional curriculum for native Chinese speakers. FREE

<u>Special Events / Trips</u>			
Title	When	Time	Description
Herndon Senior Center	Tuesday, March 3 rd	ALL DAY	PHSC will be CLOSED in observance of election day activities. All Fastran riders will be rerouted to Herndon Senior Center for the day. All PHSC participants are encouraged to attend other centers.
Alborz	Tuesday, March 10 th	10:30am-1:30pm	Fastran trip \$1.00/Registration required.
Costco (Chantilly)	Friday, March 13 th	10:30am-1:30pm	Fastran trip \$1.00/Registration required.
Nowruz Celebration	Thursday, March 19 th	4:00pm-8:30pm	Join PHSC at Providence Community Center in celebration Nowruz 2020 – Persian New Year! Dinner, Entertainment, Dancing & Social Time! Entrance fee - Members: \$25.00/Non-Members: \$30.00 RSVP & Registration deadline: Friday, March 6 th .
US Botanical Garden DC	Saturday, March 21 st	9:30am-2:00pm	Visit the United States Botanic Garden (USBG) is a living plant museum that informs visitors about the importance, and often irreplaceable value, of plants to the well-being of humans and to earth's fragile ecosystems. Please plan to pack a lunch/snack & water. Fastran trip \$1.00/Registration required.
Hibachi Grill & Buffet	Tuesday, March 24 th	10:30am-1:30pm	Fastran trip \$1.00/Registration required.
Eden Center: Good Fortune	Friday, March 27 th	10:30am-1:30pm	Fastran trip \$1.00/Registration required.
<u>Community Meetings</u>			
Title	When	Time	Description
n/a			