



**October 2018**



# Pimmit Hills Senior Center

7510 Lisle Avenue, Falls Church, VA 22043  
**Phone:** 703-734-3338, TTY 711  
**Fax:** 703-748-1835



9 a.m. - 4 p.m. Weekdays  
 Closed on Weekends

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

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

## OCTOBER 2018

Activities			
Program	When	Time	Description
Rummikub	Monday - Friday	9:30 a.m.	The popular tile game is back! Play with your friends, and make new ones!
Backgammon	Tuesday/Wednesday/ Thursday	10 a.m./1 p.m./ 9:30 a.m.	Classic game of skill, strategy and luck! One of the oldest games for two players.
Open Computer Lab	Monday - Friday	9 a.m. - 3:30 p.m.	(Age 50+) Do your Internet Surfing, Email, Microsoft Office projects, paint, and so much more here! Four PC's available for member use.
Ping Pong	Monday/Friday	9 a.m./1:30 p.m.	Play Ping Pong on our full sized mobile table.
Billiards	Monday - Friday	open	Play pool on one of our full sized tables. All equipment provided.
Bingo	Wednesday/Friday	12:30 p.m.	A social gathering game for everyone. All equipment provided.
Mahjongg	Monday/Friday	10:30 a.m. - 3:30 p.m.	Popular Chinese tile game akin to the Western card game of "Rummy". A game of skill, strategy, calculation, and chance.
Asian Arts & Crafts	Monday/Friday	10 a.m. - noon	Explore various creative mediums such as collage, watercolor painting, chalk, pastels, sketch, beadwork and jewelry making. Make a project you can proudly show off or take home and enjoy! All skill levels welcome. Some projects utilize essential components of, and exhibition of Chinese Flair, however many projects feature comprehensive elements of all universal arts and crafts. Materials provided for some projects. Please see instructors for more information.
Line Dance	Monday	1 - 3 p.m.	(Age 50+) Fitness without fuss! Perhaps the funnest way to work out. Explore diversity in line dance styles to a variety of music. No prior experience needed, all skill levels welcome! Registration required to participate. FREE
SAIL Exercise	Tuesday	10:30 a.m.	(Age 50+) Stay Active and Independent for Life-12 week Fall Prevention including cardio, balance and mobility, and weight training. FREE
SAIL Exercise	Thursday	10:30 a.m.	(Age 50+) Stay Active and Independent for Life-12 week Fall Prevention including cardio, balance and mobility, and weight training. Prescreen andFit test required. FREE
SAIL Exercise	Monday/Friday	9:30 a.m.	(Age 50+) Stay Active and Independent for Life-12 week Fall Prevention including cardio, balance and mobility, and weight training. Prescreen andFit test required. FREE
27 Form Tai Chi Exercise	Wednesday	11 a.m. - noon	An exercise that utilizes breathing, visualizations and movements to work the entire body all at once, Tai Chi Chuan was crated by applying the concept of Tai Chi to very natural movements using relaxation and breathing to generate health, longevity and internal strength and power. FREE
Bio Chi Gong	Wednesday	10 - 11 a.m.	(Age 50+) Martial Arts and Exercise combine to strengthen muscles, improve balance and mobility.
18 Form Tai Chi/Chi Gong	Friday	10:30 - 11:30 a.m.	(Age 50+) Martial Arts and Exercise combine to strengthen muscles, improve balance and mobility.
5 Elements Exercise	Friday	11:30 a.m. - 12:30 p.m.	<b>(Age 50+)An exercise to improve</b> overall health and vitality, healing the body
Iranian Music & Dancing	Tuesday/Thursday	1 - 2:30 p.m.	(Age 50+) An exciting way to burn calories after lunch! Join us in traditional Persian folk dance to a variety of Persian music genres.
Programs			
Class	When	Time	Description
Bio Chi Gong	Monday	11 a.m. - noon	(Age 50+) Martial Arts and Exercise combine to strengthen muscles, improve balance and mobility. FREE
Watercolors & One Stroke Painting	Monday/Friday	10:30 - 11:30 a.m.	(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 needed. All skill levels welcome. Materials provided. FREE
ESOL	Monday/Friday	10:30 - 11:30 a.m.	(Age 50+) Beginner level instruction on English as a Second Language. All backgrounds welcome! Additional curriculum for native Chinese speakers. FREE
Special Events/Trips			
Event/Trip	When	Time	Description
Golden Buffet	Friday, October 12	10:30 a.m. - 1:30 p.m.	Enjoy the traditional all-you-can-eat Chinese buffet offered in a light-filled eating area with comfy seating Fastran \$1:00/RR
Shamshiry	Tuesday, October 16	10:30 a.m. - 1:30 p.m.	Enjoy the eatery hidden in an office park with Persian cuisine such as kebabs & rice dishes in a modest room. Fastran \$1:00/RR
Cox Farm	Saturday, October 20	9:30 a.m. - 1 p.m.	Explore Fall Festival in the largest and most popular seasonal event destination in the Washington DC area. Fastran \$1:00/RR
Halloween/Birthday Party	ursday, October 25	11:30 a.m. - 1:30 p.m.	Halloween costume and birthday party in PHSC
Halloween /Birthday Party	Friday, October 26	11:30 a.m. - 1:30 p.m.	Halloween costume and birthday party in PHSC
National Harbor	Friday, October 26	10:30 a.m. - 1:30 p.m.	Stroll, shop and enjoy the amazing outdoor public art. Fastran \$1:00/Lunch \$2:00/RR
Walmart	Tuesday, October 30	10:30 a.m. - 1:30 p.m.	Trip of necessity to Fair Lakes Fastran \$1 \$\$/RR
Community Meetings			
Meeting	When	Time	Description
T.O.P.S	Wednesday	10:30 a.m.	Community group for weight loss support. All ages 18+welcome. Please see staff for more details.