



Fairfax County

# Neighborhood & Community Services

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

## PIMMIT HILLS SENIOR CENTER

Address: 7510 Lisle Avenue  
Falls Church, VA 22043

Hours: Monday – Friday, 8 a.m. to 4 p.m.  
Programming from 9 a.m. to 2:30 p.m.  
CLOSED Saturday and Sunday

Phone: 703-734-3338, TTY 711

### September 2023

#### Special Dates and Closures

Title	When	Time	Description
Labor Day Holiday	Friday, September 1	Relocate to Lewinsville Senior Center	On Friday, September 1, we will relocate to Lewinsville, as Pimmit Hills Center will be closed.
Labor Day Holiday	Monday, September 4	Closed	On Monday, September 4, we will be closed for the Federal Holiday
Yom Kippur	Monday, September 25	Closed	We will relocate to Lewinsville Senior Center, as the Pimmit Hills Center will be closed for the day. Yom Kippur is the highest holy day for the Jewish Faith.

#### Programs/Activities

Title	When	Time	Description
Open Computer Lab	Monday-Friday	9am - 2:30pm	Do your internet surfing, email, use the Microsoft office suite, paint & more. Two desktop workstations are available for member use.
Backgammon	Monday-Friday	10am - 2:30pm	Classic game of skill, strategy & luck! One of oldest games for two players!
Rummikub	Monday-Friday	9am - 2:30pm	The popular tile game is open for play all day! Play with your friends & make new ones!

Billiards	Monday-Friday	9am - 2:30pm	Play pool on one of our full-sized tables. All equipment provided.
Playing Cards	Monday-Friday	9am - 2:30pm	Open games that include single & double deck play! Self-guided activity.
Wii Fun	Monday-Friday	Upon Request	A virtual way to enjoy things like bowling, golf, tennis and other fun activities on a Wii game system
Mahjongg	Monday & Friday	9am - 2:30pm	Popular Chinese tile game akin to the Western card game of "Rummy". A game of skill, strategy, calculation & chance
Social Hour: Iranian Music & Dancing	Tuesday & Thursday	1pm - 2:30pm	An exciting way to burn calories after lunch! Join us in traditional Persian folk dances to a variety of Persian music genres.
Bingo	Wednesday	1pm - 2pm	A competitive, social and interactive game of bingo.
<b>Classes</b>			
<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Arthritis Exercise (In Person) (FREE)	Tuesday & Thursday	10:30am - 11:30am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
Arthritis Exercise (In Person) (FREE)	Monday	10 am -11 am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
S.A.I.L. Exercise Program (VIRTUAL – Livestream) (FREE)	Wednesday	10:30am - 11:30am	Stay Active and Independent for Life - VIRTUAL balance exercise program.
Bio-Energy Chi Gong/ 18 Forms Tai Chi (FREE)	Fridays	10:30am - 11:30am	Both Classes seek to balance one's internal "chi" in order to increase "life-energy" through mediation and movement. Among physical benefits are improved posture, balance, strength and coordination as well as reduced aches and pains.
Chinese Dancing	Fridays	9:30am – 10:30 am	Come over, and learn some traditional Chinese Dances
ESOL – Iranian/English	Wednesday	10:30am – 11:30am	(Age 50+) FREE class
<b>SPECIAL EVENTS/TRIPS</b>			
<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Tyson's Corner Mall	Wednesday, Sept. 6	10am – 1:30pm	Fastran trip \$1/registration required. Approximate return time based on traffic. Please remember to bring money for lunch purchased on the trip.

Air & Space Museum Udvar Hazy	Monday, Sept. 11	10 am – 1:30pm	Fastran trip \$1/registration required. Approximate return time based on traffic. Please remember to bring money for lunch purchased on the trip.
Walmart	Wednesday, Sept. 20	10 am – 1:30pm	Fastran trip \$1/registration required. Approximate return time based on traffic. Please remember to bring money for lunch purchased on the trip.
Great Wall Grocery Store	Monday, Sept. 25	10am – 1:30pm	Fastran trip \$1/registration required. Approximate return time based on traffic. Please remember to bring money for lunch purchased on the trip. <b>TRIP DEPARTS FROM LEWINSVILLE SENIOR CENTER!</b>
September Birthday Party	Thursday, Sept. 28 Friday, Sept. 29	Noon – 1pm	September Birthday Party for participants at the center!



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### October 2023

#### SPECIAL DATES AND CLOSURES

Title	When	Time	Description
Halloween	Tuesday, October 31	TBA	Come and celebrate Halloween with members of our community, big and small!

#### PROGRAMS/ACTIVITIES

Title	When	Time	Description
Open Computer Lab	Monday-Friday	9am - 2:30pm	Do your internet surfing, email, use the Microsoft office suite, paint & more. Two desktop workstations are available for member use.
Backgammon	Monday-Friday	10am - 2:30pm	Classic game of skill, strategy & luck! One of oldest games for two players!
Rummikub	Monday-Friday	9am - 2:30pm	The popular tile game is open for play all day! Play with your friends & make new ones!
Billiards	Monday-Friday	9am - 2:30pm	Play pool on one of our full-sized tables. All equipment provided.
Playing Cards	Monday-Friday	9am - 2:30pm	Open games that include single & double deck play! Self-guided activity.
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Bingo	Wednesday	1pm - 2pm	A competitive, social and interactive game of bingo.
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Title	When	Time	Description
Arthritis Exercise (In Person) (FREE)	Monday	10 am – 11 am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
Arthritis Exercise (In Person) (FREE)	Tuesday & Thursday	10:30 am-11:30 am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
S.A.I.L. Exercise Program (VIRTUAL – Livestream) (FREE)	Wednesday	10:30am - 11:30am	Stay Active and Independent for Life - VIRTUAL balance exercise program.
Bio-Energy Chi Gong/ 18 Forms Tai Chi (FREE)	Fridays	10:30am - 11:30am	(Age 50+) Both Classes seek to balance one’s internal “chi” in order to increase “life-energy” through mediation and movement. Among physical benefits are improved posture, balance, strength and coordination as well as reduced aches and pains.
ESOL – Iranian/English	Wednesday	10:30am – 11:30am	(Age 50+) FREE class
<u>SPECIAL EVENTS/TRIPS</u>			
Title	When	Time	Description
<p>All October Trips are TBD  Will be updated midway through September  If you need more information, please call the center at 703-734-3338</p>			



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### November 2023

#### SPECIAL DATES AND CLOSURES

Title	When	Time	Description
Election Day	Tuesday, November 7	Closed	We will be closed as our site is a polling place for the election.
Veteran's Day	Friday, November 10	Closed	We will be closed for the Federal Holiday, remembering our veterans of the Armed Forces.
Day before Thanksgiving	Wednesday, Nov. 22	Relocate to Lewinsville Senior Center	The Pimmit Hills Center will be closed the day before Thanksgiving. We will relocate to Lewinsville.
Thanksgiving	Thursday, November 23 Friday, November 24	Closed	We will be closed for the Thanksgiving Holiday.

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Arthritis Exercise (In Person) (FREE)	Tuesday & Thursday	10:30 am-11:30am	Join us for a seated and standing class working on full range of motion strength and balance and cardiovascular exercises.
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