



*December 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.

**December 2018**

**Activities**

Program	When	Time	Description
Chorus	Monday/Friday	10:30 a.m./11:30 a.m.	Sing the classics! Song material available in Chinese and English. Folk songs and popular music from both cultures featured.
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. Please call center staff in advance.
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. FREE.
Open Dance/Fitness Class	Friday	12:30 - 1:30 p.m.	(Age 50+) Fitness & Fun! Class will incorporate very basic line dancing, zumba, dance fitness & stretching songs.
18 Form Tai Chi/Chi Gong	Friday	10:30 a.m. - 11:30 a.m.	(Age 50+) Martial Arts and Exercise combine to strengthen muscles, improve balance and mobility. FREE.
5 Elements Exercise	Friday	11:30 a.m. - 12:30 p.m.	(Age 50+)An exercise to improve overall health and vitality, healing the body. FREE.
Iranian Music & Dancing	Tuesday/Thursday	1 p.m. - 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
Ceramics	Monday	9 - 11 a.m.	Fees will be determined by the instructor.
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	Tuesday, December 4	10:30 a.m. - 1:30 p.m.	Trip \$1 /Registration is required.
Pimmit Holidays Arts & Craft Show	Thursday/Friday, December 6/7	10:30 a.m. - 1 p.m.	\$4.00 for each table, Registration is required \$/RR
Crossroads Tabletop Tavern	Tuesday, December 11	10:30 a.m. - 1:30 p.m.	Join us to enjoy a new restaurant for gaming, fun & good food in Manassas. Fastran \$1/RR.
Bull Run Festival of Lights & Golden Corral	Saturday, December 15	3:30 - 7:30 p.m.	Enjoy holiday lights & dinner with your friends in Manassas. Fastran \$1/RR.

Special Events/Trips			
Event/Trip	When	Time	Description
Toys for Tots to Fair Oaks Hospital	Tuesday, December 18	10:30 a.m. - 1:30 p.m.	Every child deserves a little Christmas Cheer. Fastran \$1/RR.
Harmony Heritage Singers Party	Wednesday, December 18	10:15 a.m. - 1:30 p.m.	Enjoy holiday cheer with Herndon SC. Total attendance for the event is 22 participants. Fastran \$1/RR.
Merry Christmas with Deena Jiva at Pimmit SC	Friday, December 21	Noon - 1 p.m.	Join us in celebrating the Christmas holiday with Deena at Pimmit SC.
New Year's Eve Celebration at Pimmit SC	Thursday/Friday , December 27/28	9 a.m. - 2 p.m.	Join us in ringing in the New Year at Pimmit SC.
Birthday Party	Thursday/Friday, December 27/28	Noon - 1:30 p.m.	December Birthday Party in PHSC
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.