



Fairfax County

# Neighborhood & Community Services

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

## Providence Community Center

**Address:** 3001 Vaden Drive  
Fairfax, VA 22031

**Hours:** Monday – Saturday, 9:00 a.m. to 10:00 p.m.

**Phone:** 703-865-0520, TTY 711

### SEPTEMBER 2023

#### IMPORTANT DATES / EVENTS

Title	When	Time	Description
<b>Labor Day Holiday Weekend</b>	Saturday, Sept. 2 – Monday, Sept. 4	ALL DAY	Holiday Weekend – Center Closed Saturday - Monday
<b>SACC in session: Fairfax Public School Holiday</b>	Friday, Sept. 1 Monday, Sept. 25	7 a.m. – 6:15 p.m.	FCPS will be closed. SACC will be open for those enrolled in the SACC program at Providence.
<b>NVSO Table Tennis Tournament</b>	Saturday, Sept. 23	9 a.m.-6 p.m.	Senior Olympics Table Tennis Tournament.

## CENTER PROGRAMS

Title	When	Time	Description
SACC After-School Program	Monday – Friday	7-8:45 a.m. and 4-6 p.m.	Before and after school care for K-6th grade. Please call 703-449-8989 to register. SACC uses the gym, classrooms, computer lab, and the art room during their program time.
Teens in Action After- School Program	Monday - Friday	3-6 p.m.	<p>After-School activities and programs for teens in 7th - 12th grade to include an afternoon meal. The Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve personal resiliency, participate in project-based learning (PBL) and social emotional learning (SEL) activities and projects, and most importantly, have fun!</p> <p>Teens will also participate in recreational games and activities for STEAM, homework help, cultural experiences, the arts, character development, mentoring, fitness and nutrition, and leadership opportunities.</p>
Senior Program	Monday - Friday	9-4 p.m.	Activities, socialization, and community outings for adults 50+. Please see senior calendar for a detailed schedule. Lunch and transportation are available upon request and may require a fee. Please see senior staff for more information.

## FAMILY & YOUTH PROGRAMS

Title	When	Time	Description
Special Olympics Basketball Program	Mondays	6:15-7:30 p.m.	This program is for Older Teens and Adults with disabilities learning basketball skills, team sportsmanship, mentoring and more.
Intergenerational "Rook n Roll" Chess Club	Mondays & Thursdays	6-9 p.m.	Friendly chess games; all levels welcome. Learn to play chess or test your skills against others. Children under 18 years of age <b>must be accompanied by a parent.</b>

Teen Volleyball	Tuesdays	4-5 p.m.	Teens will learn basic volleyball skills while learning life skills, sportsmanship skills, teamwork skills and more.
Family Arts & Crafts	Tuesdays	6-7 p.m.	Families, please join us for a chance to explore your creativity and get to know other families in the community. This program is for parents/guardians and their children up to 6 <sup>th</sup> grade.
Family Gym Time	Wednesdays and Saturdays	Wednesdays 6:15-7:30 p.m. Saturdays 9:30-11:15 a.m.	Open gym time for families with children <b>12 years and under</b> .
Teen Poetry Club	Thursdays (Starting 9/14)	4-5 p.m.	Teen Poetry Club that focuses on poetry structure, creation of poetry and other literary arts and their performance such as spoken word and rap.
TEEN Late Night in the Zone	Fridays	6-7:45 p.m.	Are you looking for a safe place to hang with your friends and chill? Come to Providence where you can play basketball, volleyball, soccer, video games, pool, ping pong, board games, and more!!
Family Ping Pong	Saturdays (Half Gym)	9:30-11:15 a.m.	Open play for families with children <b>11 years and under</b> . Parents/Guardians must stay with their children at all times.

## SENSORY ROOM

Title	When	Time	Description
1 on 1 Sessions	Monday - Friday	By appointment	Therapeutic sessions for individuals with physical, intellectual, and developmental disabilities utilizing elements of the Sensory Room to achieve specific and desired goals.
SPARC Your Senses	Monday, Wednesday, Friday	1 - 2 p.m.	Members of the SPARC Program participate in various sensory activities ranging from relaxation, reminiscing, cognition, and stimulation.
Sensational Explorers (ITC Program)	Tuesdays	10:30 - 11:15 a.m.	This program is coordinated with Fairfax County Infant and Toddler Connection and registration is done through ITC. Kids 0-3 years of age explore and experience various sensory elements all within a social environment.
Sensory Magic with SACC	Tuesdays Wednesdays	4 - 5 p.m. 4:45 - 5:45 p.m.	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement and music. (Kids under 12 not allowed in the facility during SACC hours unless enrolled in SACC.)

Senior Sensory Exploration	Thursdays	12:45 - 1:45 p.m.	Come reduce your stress by enjoying music in a vibroacoustic chair, massage pad, or sound shell chair. Attendance is based on first come first served. No more than five people at a time.
Teen Poetry Club	Thursdays	4 - 5 p.m.	Poetry Club for teens that focuses on poetry structure, creation of poetry, other literary arts, and performance such as spoken word and rap.
Friday Sensations 1 September 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , & 29 <sup>th</sup>	Fridays	9:15 - 10 a.m.	Inclusive program is designed for children 7-18 months old. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Friday Sensations 2 September 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , & 29 <sup>th</sup>	Fridays	10:15 - 11 a.m.	Inclusive program is designed for children for 1 – 2 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Friday Sensations 3 September 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , & 29 <sup>th</sup>	Fridays	11:30 a.m. - 12:15 p.m.	Inclusive program is designed for children for 2 - 3 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.

Saturday Sensations 1 September 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , & 30 <sup>th</sup>	Saturdays	9:15 - 10 a.m.	Inclusive program is designed for children for 1 - 2 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Saturday Sensations 2 September 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , & 30 <sup>th</sup>	Saturdays	10:15 - 11 a.m.	Inclusive program is designed for children for 2 - 3 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Saturday Sensations 3 September 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , & 30 <sup>th</sup>	Saturdays	11:30 a.m. - 12:15 p.m.	Inclusive program is designed for children for 3 - 4 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Saturday Sensations 4 September 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , & 30 <sup>th</sup>	Saturdays	12:30 - 1:15 p.m.	Inclusive program is designed for children for 4 - 5 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.

## COMPUTER LAB

Title	When	Time	Description
Adults & Seniors Open Lab	Monday – Friday	9 a.m.-3 p.m.	Computer Lab open for Adults and Seniors. <b>Printing is limited to 5 pages per day.</b>
Teen After-School Program	Tuesday & Thursday	3-6 p.m.	Computer Lab utilized for the Teen program only.
SACC After-School Program	Monday/Wednesday/ Friday	3-6 p.m.	Computer Lab utilized for the SACC program only.
Intergenerational Lab Time	Monday - Friday	6-7:45 p.m.	Computer Lab can be utilized for participants of all ages. Teens must be accompanied by a staff member.
Teen Poetry Club	Thursdays	4-5 p.m.	Providence’s Teen Poetry Club - A world where words dance, emotions unfurl, and creativity knows no bounds. A haven for young wordsmiths to share their innermost thoughts and dreams through the art of poetry. Whether you're a seasoned poet or just beginning to explore the magic of verse, this club is a space to express, connect, and inspire. Join us as we gather weekly to explore themes, experiment with styles, and celebrate the power of language. Discover the beauty of self-expression as we weave emotions into stanzas and stories, forging friendships and fostering a lifelong love for the written word.

Providence Lego Club	Wednesday September 13 and 27	6-7 p.m.	<p>Calling all young builders and dreamers! Unleash your creativity brick by brick in our Youth LEGO Club. Dive into a world where imagination knows no limits and engineering meets endless possibilities. Whether you're a master builder or just starting to stack your bricks, this club is your portal to constructing wonders and sharing your unique designs. Come build with us, where every creation is a testament to the power of youthful ingenuity!</p> <p><b>*Grades K - 7<sup>th</sup>. Children must be registered to attend. Must be accompanied with a parent/ guardian.</b></p>
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### FITNESS CLASSES

Title	When	Time	Description
S.A.I.L. Program	Monday and Wednesday	10:15-11:15 a.m.	<p><i>Must be registered and take assessment</i></p> <p><b>Stay Active for Independent Living (SAIL)</b> is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This meets for 12 weeks. This program is free. <b>You must register and attend all sessions.</b></p>
Chair Yoga w/Rachel (classroom 2) Senior Program	Wednesday	10:30-11:30 a.m.	<p>Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement.</p> <p><i>Must be registered</i></p>



Senior Program-Chair Yoga w/Rachel (classroom 2)	Wednesday	12:45-1:45 p.m.	<p>Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement.</p> <p><i>Must be registered. For Senior Program members only</i></p>
Senior Program-Line Dancing 1	Wednesday	12-1 p.m.	<p>This class is intended for people with some prior line dancing experience, including familiarity with basic steps or step combinations and comfort making turns. Students will enhance their dance skills and continue developing footwork and posture. Dances include cha-cha, tango, waltz, rumba, mambo, etc, using internationally famous music/songs. Choreography in this level is designed for beginners or high beginners. \$10.00 per session.</p> <p><i>Must be registered. For Senior Program members only</i></p>
Senior Program- Line Dancing 2	Wednesday Gym	1:15-2:15 p.m.	<p>This class is for people who wish to further advance their line dance skills with more variety or more complicated movements and step combinations. Choreography in this class is designed for high beginner to intermediate level. \$10.00 per session. <i>Must be registered. For Senior Program members only</i></p>
Chair Yoga w/Ania-Senior Program	Thursday Sensory Room	9:45-10:45 a.m.	<p>Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement.</p> <p><i>Must be registered. For Senior Program members only</i></p>

Tai Chi 1	Thursday Gym	12:15-1:15 p.m.	Gentle low impact mind and body exercise through Chi Gong and then instructions of Yang style Tai chi 8 form and the first half of the 24 form. Focus will be on fundamentals including relaxation, posture, Tai Chi Walk, basic movements and balance. <i>Must be registered. For 18+ members</i>
Tai Chi 2	Friday Gym	9:15-10:15 a.m.	Participants should be familiar with the Tai Chi 1 class contents and basics Tai Chi movements. Class will start with Chi Gong and tai Chi 8 form warmups then the Yan style Tai Chi 25 complete form instructions. <i>Must be registered. For 18+ members</i>
Senior Program- Chair Yoga w/Rachel (classroom 2)	Friday	10:30-11:30 a.m.	Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement. <i>Must be registered and a member of the senior program</i>
Senior Program -Chair Yoga w/Rachel (classroom 2)	Friday	12:45-1:45 p.m.	Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement. <i>Must be registered and a member of the senior program.</i>

## GYMNASIUM

Activity	When	Time	Description
SACC Program	Monday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Senior Program: SAIL Program	Monday	10:15-11:30 a.m.	<p><i>Must be registered and take assessment.</i></p> <p><b>Stay Active for Independent Living (SAIL)</b> is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This meets for 12 weeks. This program is free. <b>You must register and attend all sessions.</b></p>
Senior Basketball 50+	Monday	12-2 p.m.	Open basketball play for ages 50+ only. Participants do not need to be part of the Senior Program.
Teens in Action After School Program	Monday (Half Gym from 5-6 p.m.)	3-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Monday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Special Olympics Basketball Program	Monday	6:15-7:15 p.m.	Special Olympics Basketball Program. Must get in contact with the coach before beginning this program.
Adult Ping Pong	Monday (Half Gym)	7:45-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
Adult Badminton	Monday (Half Gym)	7:45-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>

SACC Program	Tuesday	7- 8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Senior Program: Pickleball	Tuesday (Half gym)	9:30-11:30 a.m.	Open play for senior program members only.
Senior Program: Table Tennis	Tuesday (Half gym)	9:30-11:30 a.m.	Open play for senior program members only.
Senior Program: Badminton	Tuesday	1-3 p.m.	Open play for senior program members only.
Teens in Action After School Program	Tuesday (Half Gym from 5-6 p.m.)	3:15-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade. Teen Volleyball 4-5 p.m.
SACC After School Program	Tuesday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Wheelchair Rugby Practice and Scrimmages	Tuesday	6:30-9:30 p.m.	Join the Medstar Wheelchair Rugby program for adults <b>ages 18+ who are out of HS</b> . If interested, please join a practice and speak to the Wheelchair Rugby Coach.
SACC Program	Wednesday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Senior Program: SAIL Program	Wednesday	10:15-11:30 a.m.	<i>Must be registered and take assessment.</i> Stay Active for Independent Living (SAIL) is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This meets for 12 weeks. This program is free. <b>You must register and attend all sessions.</b>

Senior Program-Line Dancing 1	Wednesday	12-1 p.m.	This class is intended for people with some prior line dancing experience, including familiarity with basic steps or step combinations and comfort making turns. Students will enhance their dance skills and continue developing footwork and posture. Dances include cha-cha, tango, waltz, rumba, mambo, etc, using internationally famous music/songs. Choreography in this level is designed for beginners or high beginners. \$10.00 per session. <i>Must be registered. For Senior Program members only</i>
Senior Program- Line Dancing 2	Wednesday Gym	1:15-2:15 p.m.	This class is for people who wish to further advance their line dance skills with more variety or more complicated movements and step combinations. Choreography in this class is designed for high beginner to intermediate level. \$10.00 per session. <i>Must be registered. For Senior Program members only</i>
Teens in Action After School Program	Wednesday (Half Gym from 5-6 p.m.)	3-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Wednesday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Adult Badminton	Wednesday (Half Gym)	6:15-7:45 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
Family Gym Time	Wednesday (Half Gym)	6:15-7:45 p.m.	Open gym time for families with children <b>11 years and under.</b>
Adult Pickleball	Wednesday	8-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
SACC Program	Thursday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Badminton	Thursday	9:30-11:30 a.m.	Open badminton play for 18+

Tai Chi 1	Thursday	12:15-1:15 p.m.	Gentle low impact mind and body exercise through Chi Gong and then instructions of Yang style Tai chi 8 form and the first half of the 24 form. Focus will be on fundamentals including relaxation, posture, Tai Chi Walk, basic movements and balance. <i>Must be registered. For 18+ members</i>
Pickleball	Thursday	1:30-3 p.m.	Open pickleball play for 18+
Teens in Action After School Program	Thursday (Half Gym from 5-6pm)	3:15-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Thursday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Teen Open Gym	Thursday (Half Gym)	6:15-7:45 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
Adult Ping Pong	Thursday (Half Gym)	6:15-7:45 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
Adult Basketball	Thursday	8-9:45 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
SACC Program	Friday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Tai Chi 2	Friday	9:15-10:15 a.m.	Participants should be familiar with the Tai Chi 1 class contents and basics Tai Chi movements. Class will start with Chi Gong and tai Chi 8 form warmups then the Yan style Tai Chi 25 complete form instructions. <i>Must register for class</i>
Senior Basketball 50+	Friday	10:30 a.m.-12:30 p.m.	Open basketball play for ages 50+ only. Participants do not need to be part of the Senior Program.
Senior Program: Pickleball	Friday	1-3 p.m.	Open pickleball play for senior program members only.

Teens in Action After School Program	Friday (Half Gym from 5-6pm)	3:15-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Friday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
TEEN Late Night in the Zone	Friday	6-7:45 p.m.	Are you looking for a safe place to hang with your friends and chill? Come to Providence where you can play basketball, volleyball, soccer, video games, pool, ping pong, board games, and more!!
Adult Volleyball	Friday	8-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
Family Ping Pong	Saturday (Half Gym)	9:30-11:15 a.m.	Open play for families with children <b>11 years and under.</b> Parents/Guardians must stay with their children at all times. <i>No play on September 23 due to event in gym</i>
Family Gym Time	Saturday (Half Gym)	9:30-11:15 a.m.	Open gym for families with children <b>11 years and under.</b> Parents/Guardians must stay with their children at all times. <i>No play on September 23 due to event in gym</i>
Adult Pickleball	Saturday	11:45 a.m.-1:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b> <i>No play on September 23 due to event in gym</i>
Adult Badminton	Saturday	2-3:45 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b> <i>No play on September 23 due to event in gym</i>
Teen Open Basketball	Saturday	4-5:45 p.m.	Open gym for teens 12-18 years old in 7 <sup>th</sup> - 12 <sup>th</sup> grade. <i>No play on September 23 due to event in gym</i>
Adult Basketball	Saturday	6-7:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
Adult Volleyball	Saturday	7:45-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>

## COMMUNITY MEETINGS / RENTALS

Title	When	Time	Description
<p style="text-align: center;"><b>Facility Building Usage and Rentals</b> <i>(Please check with Providence Community Center for more details)</i></p>	<p style="text-align: center;">Monday - Friday</p>       <p style="text-align: center;">Saturdays</p>	<p style="text-align: center;">6:30-9:30 p.m.</p>       <p style="text-align: center;">9:30 a.m.-9:30 p.m.</p>	<p><b>Guidelines:</b></p> <ul style="list-style-type: none"><li>• Applications must be submitted 4 weeks prior to the requested date.</li><li>• Applications will be processed within one week after submission.</li><li>• Payment must be made on the day of the reservation date.</li><li>• Payments are made to DNCS – Providence CC by cash, check or money order.</li><li>• All rentals are limited to a maximum of 4 hours which includes set up and clean up.</li><li>• All rentals are for one room only, and the capacity for the rooms are 40 people.</li><li>• Applicants must be 18 years or older and must be a Fairfax County Resident.</li><li>• Tables and chairs will be provided based on the number requested.</li><li>• Rental Room must be re-arranged in the same way it was found before the event.</li><li>• Absolutely NO Alcohol or Tobacco permitted on the premises (inside or outside).</li></ul>





Fairfax County

# Neighborhood & Community Services

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## Providence Community Center

**Address:** 3001 Vaden Drive  
Fairfax, VA 22031

**Hours:** Monday – Saturday, 9:00 a.m. to 10:00 p.m.

**Phone:** 703-865-0520, TTY 711

### October 2023

#### IMPORTANT DATES / EVENTS

Title	When	Time	Description
<b>SACC in session: Fairfax Public School Holiday</b>	Monday, October 9	7 a.m. – 6:15 p.m.	FCPS will be closed. SACC will be open for those enrolled in the SACC program at Providence.
<b>Chinese American Health Fair</b>	Saturday, October 14	11:30 a.m.-4:30 p.m.	Health Fair for all to include a doctor consult, vision, hearing, EKG screenings, weight check, B/P check, flu shots and pre-registered applicants will get blood work completed for \$10.00 prior to the health fair.
<b>Community Day and Haunted House</b>	Saturday, October 21	Community Day Hours 11 a.m.-2 p.m. Haunted House Hours 3 p.m.-6 p.m.	Please join us for a day of fun for all. We will have Vendors, Games, Face Painting, Food, Giveaways, Arts & Crafts, and more.

<p><b>Early Voting at Providence Community Center</b></p>	<p>Starting Thursday, October 26 through Saturday, November 4</p>	<p>Please see description</p>	<p><b><u>October 26 - November 4</u></b>  Weekdays: 1 p.m. – 7 p.m.  Saturdays (October 28, November 4): 9 a.m. – 5 p.m.  Sunday (October 29): 1 p.m. – 5 p.m.</p>
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**CENTER PROGRAMS**

Title	When	Time	Description
<p>SACC After-School Program</p>	<p>Monday – Friday</p>	<p>7-8:45 a.m. and 4-6 p.m.</p>	<p>Before and after school care for K-6th grade. Please call 703-449-8989 to register. SACC uses the gym, classrooms, computer lab, and the art room during their program time.</p>
<p>Teens in Action After- School Program</p>	<p>Monday - Friday</p>	<p>3-6 p.m.</p>	<p>After-School activities and programs for teens in 7th - 12th grade to include an afternoon meal. The Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve personal resiliency, participate in project-based learning (PBL) and social emotional learning (SEL) activities and projects, and most importantly, have fun!</p> <p>Teens will also participate in recreational games and activities for STEAM, homework help, cultural experiences, the arts, character development, mentoring, fitness and nutrition, and leadership opportunities.</p>
<p>Senior Program</p>	<p>Monday - Friday</p>	<p>9-4 p.m.</p>	<p>Activities, socialization, and community outings for adults 50+. Please see senior calendar for a detailed schedule. Lunch and transportation are available upon request and may require a fee. Please see senior staff for more information.</p>

## FAMILY & YOUTH PROGRAMS

Title	When	Time	Description
Special Olympics Basketball Program	Mondays	6:15-7:30 p.m.	This program is for Older Teens and Adults with disabilities learning basketball skills, team sportsmanship, mentoring and more.
Intergenerational "Rook n Roll" Chess Club	Mondays & Thursdays	6-9 p.m.	Friendly chess games; all levels welcome. Learn to play chess or test your skills against others. Children under 18 years of age <b>must be accompanied by a parent.</b>
Teen Volleyball	Tuesdays	4-5 p.m.	Teens will learn basic volleyball skills while learning life skills, sportsmanship skills, teamwork skills and more.
Family Arts & Crafts	Tuesdays	6-7 p.m.	Families, please join us for a chance to explore your creativity and get to know other families in the community. This program is for parents/guardians and their children up to 6 <sup>th</sup> grade.
Family Gym Time	Wednesdays and Saturdays	Wednesdays 6:15-7:30 p.m. Saturdays 9:30-11:15 a.m.	Open gym time for families with children <b>11 years and under.</b>
Teen Poetry Club	Thursdays	4-5 p.m.	Teen Poetry Club that focuses on poetry structure, creation of poetry and other literary arts and their performance such as spoken word and rap.
TEEN Late Night in the Zone	Fridays	6-7:45 p.m.	Are you looking for a safe place to hang with your friends and chill? Come to Providence where you can play basketball, volleyball, soccer, video games, pool, ping pong, board games, and more!!
Family Ping Pong	Saturdays (Half Gym)	9:30-11:15 a.m.	Open play for families with children <b>11 years and under.</b> Parents/Guardians must stay with their children at all times.

## SENSORY ROOM

Title	When	Time	Description
1 on 1 Sessions	Monday - Friday	By appointment	Therapeutic sessions for individuals with physical, intellectual, and developmental disabilities utilizing elements of the Sensory Room to achieve specific and desired goals.
SPARC Your Senses	Monday, Wednesday, Friday	1 - 2 p.m.	Members of the SPARC Program participate in various sensory activities ranging from relaxation, reminiscing, cognition, and stimulation.
Sensational Explorers (ITC Program)	Tuesdays	10:30 - 11:15 a.m.	This program is coordinated with Fairfax County Infant and Toddler Connection and registration is done through ITC. Kids 0-3 years of age explore and experience various sensory elements all within a social environment.
Sensory Magic with SACC	Tuesdays Wednesdays	4 - 5 p.m. 4:45 - 5:45 p.m.	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement and music. (Kids under 12 not allowed in the facility during SACC hours unless enrolled in SACC.)
Senior Sensory Exploration	Thursdays	12:45 - 1:45 p.m.	Come reduce your stress by enjoying music in a vibroacoustic chair, massage pad, or sound shell chair. Attendance is based on first come first served. No more than five people at a time.
Teen Poetry Club	Thursdays	4 - 5 p.m.	Poetry Club for teens that focuses on poetry structure, creation of poetry, other literary arts, and performance such as spoken word and rap.

<p>Friday Sensations 1 October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, &amp; 27<sup>th</sup></p>	<p>Fridays</p>	<p>9:15 - 10 a.m.</p>	<p>Inclusive program is designed for children 7-18 months old. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.</p>
<p>Friday Sensations 2 October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, &amp; 27<sup>th</sup></p>	<p>Fridays</p>	<p>10:15 - 11 a.m.</p>	<p>Inclusive program is designed for children for 1 – 2 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.</p>
<p>Friday Sensations 3 October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, &amp; 27<sup>th</sup></p>	<p>Fridays</p>	<p>11:30 a.m. - 12:15 p.m.</p>	<p>Inclusive program is designed for children for 2 - 3 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.</p>
<p>Saturday Sensations 1 October 7<sup>th</sup>, 14<sup>th</sup>, &amp; 28<sup>th</sup></p>	<p>Saturdays</p>	<p>9:15 - 10 a.m.</p>	<p>Inclusive program is designed for children for 1 - 2 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.</p>
<p>Saturday Sensations 2 October 7<sup>th</sup>, 14<sup>th</sup>, &amp; 28<sup>th</sup></p>	<p>Saturdays</p>	<p>10:15 - 11 a.m.</p>	<p>Inclusive program is designed for children for 2 - 3 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.</p>

Saturday Sensations 3 October 7 <sup>th</sup> , 14 <sup>th</sup> , & 28 <sup>th</sup>	Saturdays	11:30 a.m. - 12:15 p.m.	Inclusive program is designed for children for 3 - 4 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Saturday Sensations 4 October 7 <sup>th</sup> , 14 <sup>th</sup> , & 28 <sup>th</sup>	Saturdays	12:30 - 1:15 p.m.	Inclusive program is designed for children for 4 - 5 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
<b><u>COMPUTER LAB</u></b>			
<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Adults & Seniors Open Lab	Monday – Friday	9 a.m.-3 p.m.	Computer Lab open for Adults and Seniors. <b>Printing is limited to 5 pages per day.</b>
Teen After-School Program	Tuesday & Thursday	3-6 p.m.	Computer Lab utilized for the Teen program only.
SACC After-School Program	Monday/Wednesday/ Friday	3-6 p.m.	Computer Lab utilized for the SACC program only.

Intergenerational Lab Time	Monday - Friday	6-7:45 p.m.	Computer Lab can be utilized for participants of all ages. Teens must be accompanied by a staff member.
Teen Poetry Club	Thursdays	4-5 p.m.	<p>Providence's Teen Poetry Club - A world where words dance, emotions unfurl, and creativity knows no bounds. A haven for young wordsmiths to share their innermost thoughts and dreams through the art of poetry. Whether you're a seasoned poet or just beginning to explore the magic of verse, this club is a space to express, connect, and inspire. Join us as we gather weekly to explore themes, experiment with styles, and celebrate the power of language. Discover the beauty of self-expression as we weave emotions into stanzas and stories, forging friendships and fostering a lifelong love for the written word.</p>
Providence Lego Club	Wednesday October 18	6-7 p.m.	<p>Calling all young builders and dreamers! Unleash your creativity brick by brick in our Youth LEGO Club. Dive into a world where imagination knows no limits and engineering meets endless possibilities. Whether you're a master builder or just starting to stack your bricks, this club is your portal to constructing wonders and sharing your unique designs. Come build with us, where every creation is a testament to the power of youthful ingenuity!</p> <p><b>*Grades K - 7<sup>th</sup>. Children must be registered to attend. Must be accompanied with a parent/ guardian.</b></p>

## FITNESS CLASSES

Title	When	Time	Description
S.A.I.L. Program	Monday and Wednesday	10:15-11:15 a.m.	<p><i>Must be registered and take assessment</i></p> <p><b>Stay Active for Independent Living (SAIL)</b> is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This meets for 12 weeks. This program is free. <b>You must register and attend all sessions.</b></p>
Chair Yoga w/Rachel (classroom 2) Senior Program	Wednesday	10:30-11:30 a.m.	<p>Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement.</p> <p><i>Must be registered</i></p>
Senior Program-Chair Yoga w/Rachel (classroom 2)	Wednesday	12:45-1:45 p.m.	<p>Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement.</p> <p><i>Must be registered. For Senior Program members only</i></p>



Senior Program-Line Dancing 1	Wednesday	12-1 p.m.	This class is intended for people with some prior line dancing experience, including familiarity with basic steps or step combinations and comfort making turns. Students will enhance their dance skills and continue developing footwork and posture. Dances include cha-cha, tango, waltz, rumba, mambo, etc, using internationally famous music/songs. Choreography in this level is designed for beginners or high beginners. \$10.00 per session. <i>Must be registered. For Senior Program members only</i>
Senior Program- Line Dancing 2	Wednesday Gym	1:15-2:15 p.m.	This class is for people who wish to further advance their line dance skills with more variety or more complicated movements and step combinations. Choreography in this class is designed for high beginner to intermediate level. \$10.00 per session. <i>Must be registered. For Senior Program members only</i>
Chair Yoga w/Ania-Senior Program	Thursday Sensory Room	9:45-10:45 a.m.	Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement. <i>Must be registered. For Senior Program members only</i>
Tai Chi 1	Thursday Gym	12:15-1:15 p.m.	Gentle low impact mind and body exercise through Chi Gong and then instructions of Yang style Tai chi 8 form and the first half of the 24 form. Focus will be on fundamentals including relaxation, posture, Tai Chi Walk, basic movements and balance. <i>Must be registered. For 18+ members</i>

Tai Chi 2	Friday Gym	9:15-10:15 a.m.	Participants should be familiar with the Tai Chi 1 class contents and basics Tai Chi movements. Class will start with Chi Gong and tai Chi 8 form warmups then the Yan style Tai Chi 25 complete form instructions. <i>Must be registered. For 18+ members</i>
Senior Program- Chair Yoga w/Rachel (classroom 2)	Friday	10:30-11:30 a.m.	Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement. <i>Must be registered and a member of the senior program</i>
Senior Program -Chair Yoga w/Rachel (classroom 2)	Friday	12:45-1:45 p.m.	Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement. <i>Must be registered and a member of the senior program.</i>

## GYMNASIUM

Activity	When	Time	Description
SACC Program	Monday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Senior Program: SAIL Program	Monday	10:15-11:30 a.m.	<p><i>Must be registered and take assessment.</i></p> <p><b>Stay Active for Independent Living (SAIL)</b> is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This meets for 12 weeks. This program is free. <b>You must register and attend all sessions.</b></p>
Senior Basketball 50+	Monday	12-2 p.m.	Open basketball play for ages 50+ only. Participants do not need to be part of the Senior Program.
Teens in Action After School Program	Monday (Half Gym from 5-6 p.m.)	3-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Monday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Special Olympics Basketball Program	Monday	6:15-7:15 p.m.	<p>Special Olympics Basketball Program.</p> <p>Must get in contact with the coach before beginning this program.</p>

Adult Ping Pong	Monday (Half Gym)	7:45-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
Adult Badminton	Monday (Half Gym)	7:45-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
SACC Program	Tuesday	7- 8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Senior Program: Pickleball	Tuesday (Half gym)	9:30-11:30 a.m.	Open play for senior program members only.
Senior Program: Table Tennis	Tuesday (Half gym)	9:30-11:30 a.m.	Open play for senior program members only.
Senior Program: Badminton	Tuesday	1-3 p.m.	Open play for senior program members only.
Teens in Action After School Program	Tuesday (Half Gym from 5-6 p.m.)	3:15-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade. Teen Volleyball 4-5 p.m.
SACC After School Program	Tuesday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Wheelchair Rugby Practice and Scrimmages	Tuesday	6:30-9:30 p.m.	Join the Medstar Wheelchair Rugby program for adults <b>ages 18+ who are out of HS.</b> If interested, please join a practice and speak to the Wheelchair Rugby Coach.
SACC Program	Wednesday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.

Senior Program: SAIL Program	Wednesday	10:15-11:30 a.m.	<p><i>Must be registered and take assessment.</i></p> <p><b>Stay Active for Independent Living (SAIL)</b> is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This meets for 12 weeks. This program is free. <b>You must register and attend all sessions.</b></p>
Senior Program-Line Dancing 1	Wednesday	12-1 p.m.	<p>This class is intended for people with some prior line dancing experience, including familiarity with basic steps or step combinations and comfort making turns. Students will enhance their dance skills and continue developing footwork and posture. Dances include cha-cha, tango, waltz, rumba, mambo, etc, using internationally famous music/songs. Choreography in this level is designed for beginners or high beginners. \$10.00 per session. <i>Must be registered. For Senior Program members only</i></p>
Senior Program- Line Dancing 2	Wednesday Gym	1:15-2:15 p.m.	<p>This class is for people who wish to further advance their line dance skills with more variety or more complicated movements and step combinations. Choreography in this class is designed for high beginner to intermediate level. \$10.00 per session. <i>Must be registered. For Senior Program members only</i></p>
Teens in Action After School Program	Wednesday (Half Gym from 5-6 p.m.)	3-6 p.m.	<p>Open gym for teens 12 – 18 years old in 7<sup>th</sup> – 12<sup>th</sup> grade.</p>
SACC After School Program	Wednesday (Half Gym)	5-6 p.m.	<p>Open gym for School Aged Children in the SACC program.</p>
Adult Badminton	Wednesday (Half Gym)	6:15-7:45 p.m.	<p>Open play for adults <b>ages 18+ who are out of HS.</b></p>

Family Gym Time	Wednesday (Half Gym)	6:15-7:45 p.m.	Open gym time for families with children <b>11 years and under.</b>
Adult Pickleball	Wednesday	8-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
SACC Program	Thursday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Badminton	Thursday	9:30-11:30 a.m.	Open badminton play for 18+
Tai Chi 1	Thursday	12:15-1:15 p.m.	Gentle low impact mind and body exercise through Chi Gong and then instructions of Yang style Tai chi 8 form and the first half of the 24 form. Focus will be on fundamentals including relaxation, posture, Tai Chi Walk, basic movements and balance. <i>Must be registered. For 18+ members</i>
Pickleball	Thursday	1:30-3 p.m.	Open pickleball play for 18+
Teens in Action After School Program	Thursday (Half Gym from 5-6pm)	3:15-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Thursday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Teen Open Gym	Thursday (Half Gym)	6:15-7:45 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
Adult Ping Pong	Thursday (Half Gym)	6:15-7:45 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>

Adult Basketball	Thursday	8-9:45 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
SACC Program	Friday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Tai Chi 2	Friday	9:15-10:15 a.m.	Participants should be familiar with the Tai Chi 1 class contents and basics Tai Chi movements. Class will start with Chi Gong and tai Chi 8 form warmups then the Yan style Tai Chi 25 complete form instructions. <i>Must register for class</i>
Senior Basketball 50+	Friday	10:30 a.m.-12:30 p.m.	Open basketball play for ages 50+ only. Participants do not need to be part of the Senior Program.
Senior Program: Pickleball	Friday	1-3 p.m.	Open pickleball play for senior program members only.
Teens in Action After School Program	Friday (Half Gym from 5-6pm)	3:15-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Friday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
TEEN Late Night in the Zone	Friday	6-7:45 p.m.	Are you looking for a safe place to hang with your friends and chill? Come to Providence where you can play basketball, volleyball, soccer, video games, pool, ping pong, board games, and more!!

Adult Volleyball	Friday	8-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
Family Ping Pong	Saturday (Half Gym)	9:30-11:15 a.m.	Open play for families with children <b>11 years and under.</b> Parents/Guardians must stay with their children at all times. <i>No play on October 21 due to event in gym</i>
Family Gym Time	Saturday (Half Gym)	9:30-11:15 a.m.	Open gym for families with children <b>11 years and under.</b> Parents/Guardians must stay with their children at all times. <i>No play on September 23 due to event in gym</i>
Adult Pickleball	Saturday	11:45 a.m.-1:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b> <i>No play on October 21 due to event in gym</i>
Adult Badminton	Saturday	2-3:45 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b> <i>No play on October 21 due to event in gym</i>
Teen Open Basketball	Saturday	4-5:45 p.m.	Open gym for teens 12-18 years old in 7 <sup>th</sup> - 12 <sup>th</sup> grade. <i>No play on October 21 due to event in gym</i>
Adult Basketball	Saturday	6-7:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b> <i>No play on October 21 due to event in gym</i>
Adult Volleyball	Saturday	7:45-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b> <i>No play on October 21 due to event in gym</i>







Fairfax County

# Neighborhood & Community Services

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

## Providence Community Center

**Address:** 3001 Vaden Drive  
Fairfax, VA 22031

**Hours:** Monday – Saturday, 9:00 a.m. to 10:00 p.m.

**Phone:** 703-865-0520, TTY 711

### November 2023

#### IMPORTANT DATES / EVENTS

Title	When	Time	Description
<b>SACC in session: Fairfax Public School Holiday</b>	Friday, Nov. 3 Monday, Nov. 6 Wednesday, Nov 22	7 a.m. – 6:15 p.m.	FCPS will be closed. SACC will be open for those enrolled in the SACC program at Providence.
<b>Election Day</b>	Tuesday, November 7 <sup>th</sup>	All Day	The center will be open for Voting only. No activities will be taking place.
<b>Veteran’s Day Holiday Weekend</b>	Friday – Sunday, November 10 – 12	All Day	The Center will be Closed in observance of the Veteran’s Day Holiday, and will re-open on Monday, November 13 <sup>th</sup> .

<b>Family Thanksgiving Dinner</b>	Thursday, November 16	6-7:30 p.m.	Family dinner and fun for families attending Providence Community Center. Please call the center to register your family for the dinner starting October 31.
<b>Thanksgiving Holiday Weekend</b>	Thursday – Sunday, November 23 – 26	All Day – Center Closed	The Center will be Closed in observance of the Thanksgiving Holiday Weekend, and will re-open on Monday, November 27 <sup>th</sup> .

### CENTER PROGRAMS

Title	When	Time	Description
SACC After-School Program	Monday – Friday	7-8:45 a.m. and 4-6 p.m.	Before and after school care for K-6th grade. Please call 703-449-8989 to register. SACC uses the gym, classrooms, computer lab, and the art room during their program time.
Teens in Action After- School Program	Monday - Friday	3-6 p.m.	<p>After-School activities and programs for teens in 7th - 12th grade to include an afternoon meal. The Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve personal resiliency, participate in project-based learning (PBL) and social emotional learning (SEL) activities and projects, and most importantly, have fun!</p> <p>Teens will also participate in recreational games and activities for STEAM, homework help, cultural experiences, the arts, character development, mentoring, fitness and nutrition, and leadership opportunities.</p>
Senior Program	Monday - Friday	9-4 p.m.	Activities, socialization, and community outings for adults 50+. Please see senior calendar for a detailed schedule. Lunch and transportation are available upon request and may require a fee. Please see senior staff for more information.

## FAMILY & YOUTH PROGRAMS

Title	When	Time	Description
Special Olympics Basketball Program	Mondays	6:15-7:30 p.m.	This program is for Older Teens and Adults with disabilities learning basketball skills, team sportsmanship, mentoring and more.
Intergenerational "Rook n Roll" Chess Club	Mondays & Thursdays	6-9 p.m.	Friendly chess games; all levels welcome. Learn to play chess or test your skills against others. Children under 18 years of age <b>must be accompanied by a parent.</b>
Teen Volleyball	Tuesdays	4-5 p.m.	Teens will learn basic volleyball skills while learning life skills, sportsmanship skills, teamwork skills and more.
Family Arts & Crafts	Tuesdays	6-7 p.m.	Families, please join us for a chance to explore your creativity and get to know other families in the community. This program is for parents/guardians and their children up to 6 <sup>th</sup> grade.
Family Gym Time	Wednesdays and Saturdays	Wednesdays 6:15-7:30 p.m. Saturdays 9:30-11:15 a.m.	Open gym time for families with children <b>11 years and under.</b>
Teen Poetry Club	Thursdays	4-5 p.m.	Teen Poetry Club that focuses on poetry structure, creation of poetry and other literary arts and their performance such as spoken word and rap.
Intergenerational "Rook n Roll" Chess Club	Mondays & Thursdays	6-9 p.m.	Friendly chess games; all levels welcome. Learn to play chess or test your skills against others. Children under 18 years of age <b>must be accompanied by a parent.</b>
TEEN Late Night in the Zone	Fridays	6-7:45 p.m.	Are you looking for a safe place to hang with your friends and chill? Come to Providence where you can play

			basketball, volleyball, soccer, video games, pool, ping pong, board games, and more!!
Family Ping Pong	Saturdays (Half Gym)	9:30-11:15 a.m.	Open play for families with children <b>11 years and under</b> . Parents/Guardians must stay with their children at all times.
<u><b>SENSORY ROOM</b></u>			
Title	When	Time	Description
1 on 1 Sessions	Monday - Friday	By appointment	Therapeutic sessions for individuals with physical, intellectual, and developmental disabilities utilizing elements of the Sensory Room to achieve specific and desired goals.
SPARC Your Senses	Monday, Wednesday, Friday	1 - 2 p.m.	Members of the SPARC Program participate in various sensory activities ranging from relaxation, reminiscing, cognition, and stimulation.
Sensational Explorers (ITC Program)	Tuesdays	10:30 - 11:15 a.m.	This program is coordinated with Fairfax County Infant and Toddler Connection and registration is done through ITC. Kids 0-3 years of age explore and experience various sensory elements all within a social environment.
Sensory Magic with SACC	Tuesdays Wednesdays	4 - 5 p.m. 4:45 - 5:45 p.m.	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement and music. (Kids under 12 not allowed in the facility during SACC hours unless enrolled in SACC.)

Senior Sensory Exploration	Thursdays	12:45 - 1:45 p.m.	Come reduce your stress by enjoying music in a vibroacoustic chair, massage pad, or sound shell chair. Attendance is based on first come first served. No more than five people at a time.
Teen Poetry Club	Thursdays	4 - 5 p.m.	Poetry Club for teens that focuses on poetry structure, creation of poetry, other literary arts, and performance such as spoken word and rap.
Friday Sensations 1 November 3 <sup>rd</sup> & 17 <sup>th</sup>	Fridays	9:15 - 10 a.m.	Inclusive program is designed for children 7-18 months old. Little ones explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Friday Sensations 2 November 3 <sup>rd</sup> & 17 <sup>th</sup>	Fridays	10:15 - 11 a.m.	Inclusive program is designed for children for 1 – 2 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Friday Sensations 3 November 3 <sup>rd</sup> & 17 <sup>th</sup>	Fridays	11:30 a.m. - 12:15 p.m.	Inclusive program is designed for children for 2 - 3 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Saturday Sensations 1 November 4 <sup>th</sup> & 18 <sup>th</sup>	Saturdays	9:15 - 10 a.m.	Inclusive program is designed for children for 1 - 2 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.

Saturday Sensations 2 November 4 <sup>th</sup> & 18 <sup>th</sup>	Saturdays	10:15 - 11 a.m.	Inclusive program is designed for children for 2 - 3 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Saturday Sensations 3 November 4 <sup>th</sup> & 18 <sup>th</sup>	Saturdays	11:30 a.m. - 12:15 p.m.	Inclusive program is designed for children for 3 - 4 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
Saturday Sensations 4 November 4 <sup>th</sup> & 18 <sup>th</sup>	Saturdays	12:30 - 1:15 p.m.	Inclusive program is designed for children for 4 - 5 years old. Sensory seekers explore different sights, sounds, textures, and movement. This program also serves as a great way to meet other families. Registration for this program is required.
<b><u>COMPUTER LAB</u></b>			
<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Adults & Seniors Open Lab	Monday – Friday	9 a.m.-3 p.m.	Computer Lab open for Adults and Seniors.  <b>Printing is limited to 5 pages per day.</b>
Teen After-School Program	Tuesday & Thursday	3-6 p.m.	Computer Lab utilized for the Teen program only.

SACC After-School Program	Monday/Wednesday/ Friday	3-6 p.m.	Computer Lab utilized for the SACC program only.
Intergenerational Lab Time	Monday - Friday	6-7:45 p.m.	Computer Lab can be utilized for participants of all ages. Teens must be accompanied by a staff member.
Teen Poetry Club	Thursdays	4-5 p.m.	Providence's Teen Poetry Club - A world where words dance, emotions unfurl, and creativity knows no bounds. A haven for young wordsmiths to share their innermost thoughts and dreams through the art of poetry. Whether you're a seasoned poet or just beginning to explore the magic of verse, this club is a space to express, connect, and inspire. Join us as we gather weekly to explore themes, experiment with styles, and celebrate the power of language. Discover the beauty of self-expression as we weave emotions into stanzas and stories, forging friendships and fostering a lifelong love for the written word.
Providence Lego Club	Wednesday November 1 and 15	6-7 p.m.	<p>Calling all young builders and dreamers! Unleash your creativity brick by brick in our Youth LEGO Club. Dive into a world where imagination knows no limits and engineering meets endless possibilities. Whether you're a master builder or just starting to stack your bricks, this club is your portal to constructing wonders and sharing your unique designs. Come build with us, where every creation is a testament to the power of youthful ingenuity!</p> <p><b>*Grades K - 7<sup>th</sup>. Children must be registered to attend. Must be accompanied with a parent/ guardian.</b></p>



## FITNESS CLASSES

Title	When	Time	Description
S.A.I.L. Program	Monday and Wednesday	10:15-11:15 a.m.	<p><i>Must be registered and take assessment</i></p> <p><b>Stay Active for Independent Living (SAIL)</b> is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This meets for 12 weeks. This program is free. <b>You must register and attend all sessions.</b></p>
Chair Yoga w/Rachel (classroom 2) Senior Program	Wednesday	10:30-11:30 a.m.	<p>Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement.</p> <p><i>Must be registered</i></p>
Senior Program-Chair Yoga w/Rachel (classroom 2)	Wednesday	12:45-1:45 p.m.	<p>Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement.</p> <p><i>Must be registered. For Senior Program members only</i></p>

Senior Program-Line Dancing 1	Wednesday	12-1 p.m.	This class is intended for people with some prior line dancing experience, including familiarity with basic steps or step combinations and comfort making turns. Students will enhance their dance skills and continue developing footwork and posture. Dances include cha-cha, tango, waltz, rumba, mambo, etc, using internationally famous music/songs. Choreography in this level is designed for beginners or high beginners. \$10.00 per session. <i>Must be registered. For Senior Program members only</i>
Senior Program- Line Dancing 2	Wednesday Gym	1:15-2:15 p.m.	This class is for people who wish to further advance their line dance skills with more variety or more complicated movements and step combinations. Choreography in this class is designed for high beginner to intermediate level. \$10.00 per session. <i>Must be registered. For Senior Program members only</i>
Chair Yoga w/Ania-Senior Program	Thursday Sensory Room	9:45-10:45 a.m.	Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement. <i>Must be registered. For Senior Program members only</i>
Tai Chi 1	Thursday Gym	12:15-1:15 p.m.	Gentle low impact mind and body exercise through Chi Gong and then instructions of Yang style Tai chi 8 form and the first half of the 24 form. Focus will be on fundamentals including relaxation, posture, Tai Chi Walk, basic movements and balance. <i>Must be registered. For 18+ members</i>

Tai Chi 2	Friday Gym	9:15-10:15 a.m.	Participants should be familiar with the Tai Chi 1 class contents and basics Tai Chi movements. Class will start with Chi Gong and tai Chi 8 form warmups then the Yan style Tai Chi 25 complete form instructions. <i>Must be registered. For 18+ members</i>
Senior Program- Chair Yoga w/Rachel (classroom 2)	Friday	10:30-11:30 a.m.	Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement. <i>Must be registered and a member of the senior program</i>
Senior Program -Chair Yoga w/Rachel (classroom 2)	Friday	12:45-1:45 p.m.	Want to try yoga but find getting to the floor a challenge? Come explore your mind-body connection with the support of a chair. No experience, flexibility, or fitness level required. This is a gentle approach to stretching, building strength, maintaining alertness, and improving balance. Please wear clothing that is comfortable and does not restrict your movement. <i>Must be registered and a member of the senior program.</i>

## GYMNASIUM

Activity	When	Time	Description
SACC Program	Monday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Senior Program: SAIL Program	Monday	10:15-11:30 a.m.	<p><i>Must be registered and take assessment.</i></p> <p><b>Stay Active for Independent Living (SAIL)</b> is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This meets for 12 weeks. This program is free. <b>You must register and attend all sessions.</b></p>
Senior Basketball 50+	Monday	12-2 p.m.	Open basketball play for ages 50+ only. Participants do not need to be part of the Senior Program.
Teens in Action After School Program	Monday (Half Gym from 5-6 p.m.)	3-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Monday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Special Olympics Basketball Program	Monday	6:15-7:15 p.m.	Special Olympics Basketball Program. Must get in contact with the coach before beginning this program.
Adult Ping Pong	Monday (Half Gym)	7:45-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
Adult Badminton	Monday (Half Gym)	7:45-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>

SACC Program	Tuesday	7- 8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Senior Program: Pickleball	Tuesday (Half gym)	9:30-11:30 a.m.	Open play for senior program members only.
Senior Program: Table Tennis	Tuesday (Half gym)	9:30-11:30 a.m.	Open play for senior program members only.
Senior Program: Badminton	Tuesday	1-3 p.m.	Open play for senior program members only.
Teens in Action After School Program	Tuesday (Half Gym from 5-6 p.m.)	3:15-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade. Teen Volleyball 4-5 p.m.
SACC After School Program	Tuesday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Wheelchair Rugby Practice and Scrimmages	Tuesday	6:30-9:30 p.m.	Join the Medstar Wheelchair Rugby program for adults <b>ages 18+ who are out of HS</b> . If interested, please join a practice and speak to the Wheelchair Rugby Coach.
SACC Program	Wednesday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Senior Program: SAIL Program	Wednesday	10:15-11:30 a.m.	<i>Must be registered and take assessment.</i> Stay Active for Independent Living (SAIL) is a strength, balance and fitness program for adults 55 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. This

			meets for 12 weeks. This program is free. <b>You must register and attend all sessions.</b>
Senior Program-Line Dancing 1	Wednesday	12-1 p.m.	This class is intended for people with some prior line dancing experience, including familiarity with basic steps or step combinations and comfort making turns. Students will enhance their dance skills and continue developing footwork and posture. Dances include cha-cha, tango, waltz, rumba, mambo, etc, using internationally famous music/songs. Choreography in this level is designed for beginners or high beginners. \$10.00 per session. <i>Must be registered. For Senior Program members only</i>
Senior Program- Line Dancing 2	Wednesday Gym	1:15-2:15 p.m.	This class is for people who wish to further advance their line dance skills with more variety or more complicated movements and step combinations. Choreography in this class is designed for high beginner to intermediate level. \$10.00 per session. <i>Must be registered. For Senior Program members only</i>
Teens in Action After School Program	Wednesday (Half Gym from 5-6 p.m.)	3-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Wednesday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Adult Badminton	Wednesday (Half Gym)	6:15-7:45 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
Family Gym Time	Wednesday (Half Gym)	6:15-7:45 p.m.	Open gym time for families with children <b>11 years and under.</b>
Adult Pickleball	Wednesday	8-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>

SACC Program	Thursday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.
Badminton	Thursday	9:30-11:30 a.m.	Open badminton play for 18+
Tai Chi 1	Thursday	12:15-1:15 p.m.	Gentle low impact mind and body exercise through Chi Gong and then instructions of Yang style Tai chi 8 form and the first half of the 24 form. Focus will be on fundamentals including relaxation, posture, Tai Chi Walk, basic movements and balance. <i>Must be registered. For 18+ members</i>
Pickleball	Thursday	1:30-3 p.m.	Open pickleball play for 18+
Teens in Action After School Program	Thursday (Half Gym from 5-6pm)	3:15-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Thursday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
Teen Intramural Basketball	Thursday (Full Gym)	6:15-7:45 p.m.	Intramural basketball player. <b>This is for 7-12<sup>th</sup> graders <u>NOT</u> on their school basketball team.</b>
Adult Basketball	Thursday	8-9:45 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
SACC Program	Friday	7-8:30 a.m.	Open gym for School Aged Children in the SACC program before school.

Tai Chi 2	Friday	9:15-10:15 a.m.	Participants should be familiar with the Tai Chi 1 class contents and basics Tai Chi movements. Class will start with Chi Gong and tai Chi 8 form warmups then the Yan style Tai Chi 25 complete form instructions. <i>Must register for class</i>
Senior Basketball 50+	Friday	10:30 a.m.-12:30 p.m.	Open basketball play for ages 50+ only. Participants do not need to be part of the Senior Program.
Senior Program: Pickleball	Friday	1-3 p.m.	Open pickleball play for senior program members only.
Teens in Action After School Program	Friday (Half Gym from 5-6pm)	3:15-6 p.m.	Open gym for teens 12 – 18 years old in 7 <sup>th</sup> – 12 <sup>th</sup> grade.
SACC After School Program	Friday (Half Gym)	5-6 p.m.	Open gym for School Aged Children in the SACC program.
TEEN Late Night in the Zone	Friday	6-7:45 p.m.	Are you looking for a safe place to hang with your friends and chill? Come to Providence where you can play basketball, volleyball, soccer, video games, pool, ping pong, board games, and more!!
Adult Volleyball	Friday	8-9:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b>
Family Ping Pong	Saturday (Half Gym)	9:30-11:15 a.m.	Open play for families with children <b>11 years and under.</b> Parents/Guardians must stay with their children at all times.
Family Gym Time	Saturday (Half Gym)	9:30-11:15 a.m.	Open gym for families with children <b>11 years and under.</b> Parents/Guardians must stay with their children at all times.
Adult Pickleball	Saturday	11:45 a.m.-1:30 p.m.	Open play for adults <b>ages 18+ who are out of HS.</b> <i>No play on September 23 due to event in gym</i>



