



*December 2018*



# Providence Community Center

3001 Vaden Drive, Fairfax, VA 22031  
Phone: 703-865-0520, TTY 711



**Operating Hours**  
Monday - Saturday, 9 a.m. - 10 p.m.  
We will be Closed December 22, 24, and 25

[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

### Important Dates/Events

Programs	When	Time	Description
Fitness Classes Registrations	Monday, December 17 to Friday, December 21	9 a.m - 10 p.m	Register for Winter Fitness sessions. Please register for center membership or senior membership first. As a reminder class spots are limited, class registration comes in a first come first serve basis.
TIA Winter Camp	Wednesday, December 26 to Friday, January 4	9 a.m - 5 p.m	Winter breaks offers an engaging, healthy and affordable recreation program for children to learn, play and serve. Activities include team sports, games, arts and crafts, cultural field trips and much more! Snacks are served.

### Programs

Programs	When	Time	Description
SACC (during school year)	Monday - Friday	7 - 8:45 a.m. & 3 - 6:15 p.m.	Before and after school care for K-6th grade. Please call 703-449-8989 to register. SACC uses the gym, classrooms and art room Monday - Friday, 3 p.m. - 6:15 p.m.
SACC Winter Program	Monday - Friday	7 a.m. - 6:15 p.m.	SACC Winter Program from December 26 to January 4. Please call 703-449-8989 to register.
Teens in Action After-School Program	Monday - Friday (Last day Friday 12/21)	3 - 6 p.m.	Activities and programs for youth 7th - 12th grade. The Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve their personal resiliency, and most importantly, have fun! Teens can use the gym, game room, arts & crafts room, and the multipurpose room Monday - Friday, from 3 - 6 p.m.
Teen Leadership Council	Tuesdays	6:30 - 8:30 p.m.	The Youth Leadership council is designed to educate and motivate high school students to become engaged citizens and leaders in their community. Students participate in the weekly learning sessions, and act as "ambassadors" for the center. Students learn about local government's role in their everyday lives and are given an opportunity to interact with county leaders and policy-makers. Students will also gain the skills necessary to become future leaders.

Senior Program	Monday - Friday	9 a.m. - 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.
ESL for Senior Program	Mondays	11 a.m. - noon	ESL for beginners. This free class is offered to those that have registered with the senior program.
ESL for Adults	Mondays	7 - 9 p.m.	Free ESL class for beginners. Must a registered member of the community center.
SPARC	Monday, Wednesday, Friday	10 a.m. - 2 p.m.	Specially Adapated Recreation Club: Provides dynamic, enduring learning opportunities for adults with life-long disAbilities in a natural community setting.
Open Art Studio	Wednesdays	10 a.m. - noon	Bring your own supplies. The open arts studio provides the perfect opportunity for communal self- critique of art pieces as well as general socializing among peers. 19+

### Fitness Classes: Registration begins December 18

Classes	When	Time	Description
S.A.I.L Program	Monday & Wednesday Gym	10:15 - 11:15 a.m.	Stay Active & Independent for Life. This is a free program for members of the senior program. You must register prior to participating and you must commit to the 12 week session, as you are assessed through out the program.
Zumba Gold w/Any (Senior Program)	Monday Gym	9:10 - 10:10 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session
Line Dancing (Senior Program)	Monday Gym	1 - 3 p.m.	Choreographed moves to music from around the world. \$10.00 per session. Must register to participate.
Tai Chi 1	Tuesday Gym	9:10 - 10:10 a.m.	Gentle low impact mind and body exercise thru instructional and practice of Chi Gong and Yang style Tai Chi 24 and eventually 32 Forms. Focus will be on relaxation, correct postures and basic movements. \$5.00 per session. Must register to participate.
Level 1 Pickleball (Senior Program)	Tuesday Gym	9:30 - 10:30 a.m.	Instructional Pickleball for those that are new to the game. \$5.00 per session. Must register to participate.
Zumba Gold w/Celia (Senior Program)	Tuesday Gym	10:30 - 11:30 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session.
Zumba	Tuesday Gym	11:30 - 12:30 p.m.	Open to adults and seniors: Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 18+ \$5.00

## Fitness Classes: Registration begins December 18

Classes	When	Time	Description
Yoga	Tuesday Classroom 2	Noon - 1 p.m.	General Yoga open to adults and seniors. \$5.00 per session. Must register to participate.
Level 2 Pickleball (Senior Program)	Wednesday Gym	9:30 - 10:30 a.m.	Instructional pickleball for those that have basic pickleball knowledge, or have tested out of beginners pickleball. \$5.00 per session. Must register to participate.
Level 3 Pickleball (Senior Program)	Wednesday Gym	10:30 - 11:30 a.m.	Instructional pickleball for those that have advanced from Advanced Beginners class or have a good understanding of the game. \$5.00 per session. Must register to participate
Beginners Line Dancing	Wednesday Gym	11:45 a.m. - 1:15 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$10.00 per session.
Yoga (Senior Program)	Wednesday Classroom 2	Noon - 1 p.m.	General Yoga open to senior participants only. \$5.00 per session. Must register to participate.
Intermediate Line Dancing	Wednesday Gym	1:30 - 3 p.m.	Choreographed moves to music from around the world. \$10.00 per session. Must register to participate.
Family Zumba	Wednesday Gym	6:30 - 7:30 p.m.	Join Tahiri for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family. Must register during registration
Functional Fitness (Senior Program)	Thursday Gym	9:30 - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session. Must register to participate.
Yoga	Thursday Gym	Noon - 1 p.m.	General Yoga open to adults and seniors. \$5.00 per session. Must register to participate.
Zumba	Thursday Gym	1 - 2 p.m.	Open to adults and seniors: Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 18+ \$5.00
Beginner 2 Tai Chi	Thursday Gym	2:15 - 3:15 p.m.	Gentle low impact mind and body exercise thru Chi Gong and Yang style Tai Chi 8 and 16 Forms. Focus will be fundamentals including relaxation, posture and basic forms of movements. \$5.00 per session
Intermediate Tai Chi	Friday Gym	9:10 - 10:10 a.m.	Designed for those who has background of Yang style Taiji or already familiar with Tai Chi 8, 16, or 24-Form, Instructions will focus on Chen Style 18-Form and may be part of Tai Chi 48-Form depending on the level of participants. \$5.00 per session. Must register to participate.
Chair Exercise (for Senior Program)	Friday Gym	10 - 11 a.m.	Cardio and strength training exercises done seated and standing. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session. Must register to participate.

**Current session ends December 15**

## Family and Youth Programs

Classes	When	Time	Description
Family Zumba	Wednesday Gym	6:30 - 7:30 p.m.	Join Tahiri for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family. Must register during registration
Youth Arts & Crafts	Tuesday & Thursday	6 - 8 p.m.	Craft program for Children ages 6 years. - 11 years. old. Parents must stay in the facility for safety reasons.
"Rook n Roll" Chess Club	Wednesday & Thursday	6:30 - 8:30 p.m.	Friendly chess games; all levels welcome. Learn to play chess or test your skills against others.
Family Gym Time	Thursdays	6 - 8 p.m.	Open gym time for families with children 12 years and under.
Teen Zone Weekend Program	Saturday Nights	7 - 9 p.m.	Looking for something to do Saturday nights? Come hang here! The Teen Zone Saturday Program is open to teens (Ages 12-18) from 7 - 9 p.m. at Providence Community Center. You'll find lots of exciting recreational, educational and cultural programs in a fun, laid-back environment. Teens must be registered members of Providence Community Center.
Tot Time	Saturdays	9 - 10 a.m.	Open tot time is for families with children 4 years of age and under to interact with other toddlers and engage in physical activities in the gym.

## Sensory Room

Event	When	Time	Description
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.
Stretching and Meditation for Adults & Seniors	Monday & Wednesday	11:15 a.m. - noon	Open to adults and seniors. Come attend a relaxing environment that focuses on stretching various body parts and learning meditation techniques.
Sensory Storytime with Oakton Library	Last Monday of each month	10 a.m. - noon	An interactive story that involves, movement, song and dance. For ages 6 and under. Registration is required and done through Oakton Library
Teen Sensorium (homework/study time)	Tuesday	5 - 7 p.m.	Are you feeling overstimulated? Do you need a quiet place to study or do homework? Come to the sensory room to escape the everyday challenges and find a calming and quiet place to be productive.

## Sensory Room

Event	When	Time	Description
Sensory Magic w/ SACC	Tuesday & Thursday	4:30 - 5:30 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.)
Open Relaxation Station for Adults & Seniors	Tuesday & Thursday	1 - 2 p.m.	Come reduce your stress by enjoying music in a vibroacoustic beanbag, massage pad, or soundshell chair. Attendance is based on first come first served. No more than five people at a time.
Sensational Explorers (ITC Program)	Wednesday	10 - 11 a.m.	This program is coordinated with Fairfax County Infant and Toddler Connection and registration for this program is done through the ITC . Ages 0-3 years of age explore and experience various sensory experiences all within a social environment.
Chime Through Your Senses	Two Thursdays a month	10:30 - 11:30 a.m.	Adults and seniors attend the sensory room weekly for sensory exploration and relaxation. This program is in coordination and reserved for Chimes Day Program.
Friday Sensations 1	Friday	9 - 10 a.m.	Inclusive program is designed for children 9 months -23 months of age. 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	Friday	10 - 11 a.m.	Inclusive program is designed for children for 2 and 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	Saturday	9 - 10 a.m.	Inclusive Program is designed for children 2 and 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 2	Saturday	10 - 11 a.m.	Inclusive Program is designed for children 4 and 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.
Saturday Sensations 3	Saturday	11 a.m. - noon	Inclusive Program is designed for children 4 and 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

Adult: Open Lab	Monday - Friday	9 a.m. - 3 p.m.	Computer Lab Open for Adults and Seniors for open use. Printing limited to 5 pages per day.
Open Lab	Monday, Wednesday, Friday	6 - 8 p.m.	Computer Lab Open for all age groups for open use. Printing limited to 5 pages per day.
K-6	STEM	6:30 - 7:30 p.m.	Science, Technology, Engineering and Math becomes exciting through hands on projects that cover different topics.
Senior Program: Available for One on One Help	Tuesday & Thursday	10 a.m. - 2 p.m.	Available to answer questions on how to use computers, to navigate the internet safely, how to set up social media accounts, how to set up email accounts, e.t.c. Available for questions on how to use Mobile devices such as phones and tablets.
TEEN After-School Program	Monday-Friday	3 - 4:30 p.m.	Homework Help, Time to do school projects on computers.
TEEN STEM Program	Tuesdays and Thursday	4 - 5 p.m.	Project Based Learning: This year, we will focus on Photo Journalism. Find a cause that speaks to you and document it through photos to share with the community. Art work will be displayed in the Spring at various County Facilities.
Girl's Who Code	Thursdays	6 - 8 p.m.	Computer Lab Reserved for Girls Who Code. Girls Who Code is a nation wide initiative that aims to support and increase the number of girls and women in the Computer Science field. Providence will be hosting the first GWC club for Thursday evenings. Call (703) 865-0541 for information.
SACC	Monday, Wednesday, Friday	4 - 6 p.m.	SACC Programming

## Gymnasium

Recreation	When	Time	Description
S.A.I.L Program	Monday & Wednesday Gym	10:15 - 11:15 a.m.	Stay Active & Independent for Life. This is a free program for members of the senior program. You must register prior to participating and you must commit to the 12 week session, as you are assessed through out the program.

Zumba Gold w/Anya (Senior Program)	Monday Gym	9:10 - 10:10 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session
Senior Men's Basketball	Monday	11:30 a.m. - 12:45 p.m.	Open play for Men 50 + Half court for
Pickleball (Senior Program)	Monday	1 - 3 p.m.	Pickleball senior program community members. Half court
Line Dancing (Senior Program)	Monday Gym	1 - 3 p.m.	Choreographed moves to music from around the world. \$10.00 per session. Must register to participate.
SACC	Monday Gym	7 - 8:45 a.m. & 3 - 6:30 p.m.	Before and after school care for K-6th grade, program uses half gym. Please call 703-449-8989 to register. SACC uses the gym, classrooms and art room Monday - Friday, 3 - 6:15 p.m.
TEEN After-School Program	Monday Gym	4 - 5 p.m.	Volleyball time for teens in high school, Ages 12-18. Half the gym.
TEEN After-School Program	Monday Gym	5 - 6 p.m.	Basketball time for teens in high school, Ages 12-18. Half the gym.
Basketball Buds	Monday Gym	6 - 7 p.m.	Basketball buds is an hour of basketball skills and games for individuals with special needs.
TEEN Open Gym	Monday Gym	7:15 - 7:45 p.m.	Open play, for teens 13-17 years old.
Adult Badminton	Monday Gym	8 - 9:45 p.m.	Open badminton play, adults 18+ years old
Tai Chi 1	Tuesday Gym	9:10 - 10:10 a.m.	Gentle low impact mind and body exercise thru instructional and practice of Chi Gong and Yang style Tai Chi 24 and eventually 32 Forms. Focus will be on relaxation, correct postures and basic movements. \$5.00 per session. Must register to participate.
Zumba Gold w/Celia	Tuesday Gym	10:30 - 11:30 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session
Zumba	Tuesday Gym	11:30 a.m. - 12:30 p.m.	Open to adults and seniors: Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 18+ \$5.00
Zumba Gold w/Celia (Senior Program)	Tuesday	10:30 - 11:30 a.m.	Zumba for adults 50 and older who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. \$5.00 per session.



Zumba	Tuesday	11:30 a.m. - 12:30 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session. Must register to participate
Senior Coed Soccer	Tuesday	12:30 - 2 p.m.	Open play for senior members 50+. Coed
SACC	Tuesday Gym	7 - 8:45 a.m. & 3 - 6:30 p.m.	Before and after school care for K-6th grade, program uses half gym. Please call 703-449-8989 to register. SACC uses the gym, classrooms and art room Monday-Friday 3pm-6:15pm.
TEEN After-School Program	Tuesday Gym	4 - 7 p.m.	Soccer time for teens in high school, Ages 12-18. Half the gym.
Wheelchair Rugby	Tuesday	7:30 - 9:30 p.m.	A wheelchair rugby league for adults 18+
Beginners Line Dancing	Wednesday Gym	11:45 a.m. - 1:15 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$10.00 per session.
Yoga	Wednesday	Noon - 1 p.m.	General Yoga open to senior participants only. \$5.00 per session. Must register to participate.
Badminton (Senior Program)	Wednesdays	1 - 3 p.m.	Open badminton play. Half court
Intermediate Line Dancing	Wednesday Gym	1:30 - 3 p.m.	Choreographed moves to music from around the world. \$10.00 per session. Must register to participate.
SACC	Wednesday Gym	7 - 8:45 a.m. & 3 - 6:30 p.m.	Before and after school care for K-6th grade, program uses half gym. Please call 703-449-8989 to register. SACC uses the gym, classrooms and art room Monday - Friday, 3 - 6:15 p.m.
TEEN After-School Program	Wednesday Gym	4 - 7 p.m.	Badminton time for teens in high school, Ages 12-18. Half the gym.
Family Zumba	Wednesday Gym	6:30 - 7:30 p.m.	Join Tahiri for some family fun Zumba. Zumba will feature kid friendly routines based on original Zumba choreography. Families with children ages 5-12 only. \$5.00 per family. Must register during registration
Adult Coed Soccer	Wednesday	7:30 - 9:45 p.m.	Open gym for adults ages 18+ to play soccer and practice skills.
Open Table Tennis	Thursday	9 a.m. - noon	Open play for 18+ members.
Functional Fitness (for Senior Program)	Thursday	9:30 - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$5.00 per session.
Badminton	Thursday	10:45 a.m. - 12:45 p.m.	Open badminton play for community members 18+
Yoga	Thursday Gym	Noon - 1 p.m.	General Yoga open to adults and seniors. \$5.00 per session. Must register to participate.

Zumba	Thursday	1 - 2 p.m.	Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Adult 19+ \$5.00 per session.
	Thursday Gym	2:15 - 3:15	Gentle low impact mind and body exercise thru Chi Gong and Yang style Tai Chi 8 and 16 Forms. Focus will be fundamentals including relaxation, posture and basic forms of movements. \$5.00 per session
SACC	Thursday Gym	7 a.m. - 8:45 a.m. & 3 p.m. - 6:30 p.m.	Before and after school care for K-6th grade, program uses half gym. Please call 703-449-8989 to register. SACC uses the gym, classrooms and art room Monday - Friday, 3 - 6:15 p.m.
TEEN After-School Program	Thursday Gym	4 - 6 p.m.	NCS Soccer practice time for teens in high school, Ages 12-18. Half the gym.
Family Gym Time	Thursday	6 - 8 p.m.	Open gym time for families with children <b>12 years and under</b> . (half gym)
Open Pickleball (Adult)	Thursday	6 - 8 p.m.	Open gym time for <b>adults 18+</b> to play pickleball. (half gym)
Adult Basketball	Thursday	8 - 9:45 p.m.	Open gym for <b>adults ages 18+</b> to play Basketball and practice skills. NO TEENS.
Intermediate Tai Chi	Friday Gym	9:10 - 10:10 a.m.	Designed for those who has background of Yang style Taiji or already familiar with Tai Chi 8, 16, or 24-Form, Instructions will focus on Chen Style 18-Form and may be part of Tai Chi 48-Form depending on the level of participants. \$5.00 per session. Must register to participate.
Chair Exercise (for Senior Program)	Friday	10 - 11 a.m.	Cardio and strength training exercises done seated. This type of exercise is excellent for arthritis, joint related issues, or recovering from injury. \$5.00 per session.
Senior Men's Basketball	Friday	11:15 - 12:45 p.m.	Men's basketball for ages 50+. Half court for the summer
Open Pickleball	Friday	1 - 3 p.m.	Open Picklball play for all community members. Half court
SACC	Friday Gym	7 - 8:45 a.m. & 3 - 6:30 p.m.	Before and after school care for K-6th grade, program uses half gym. Please call 703-449-8989 to register. SACC uses the gym, classrooms and art room Monday - Friday, 3 - 6:15 p.m.
TEEN Afterschool Program	Friday Gym	4 - 6 p.m.	NCS Soccer practice time for teens in high school, Ages 12-18. Half the gym.
Teen Zone Friday	Friday	6 - 8 p.m.	Teens in grades 7th- 12th, welcome to participate in activities such ping pong, boardgames, video games, and physical active games
Adult Volleyball	Friday	8 - 9:45 p.m.	Open Gym for adult 18 + to play volleyball and practice skills.
Tot Time	Saturday	9 - 10 a.m.	Open tot time is for families with children 4 years of age and under to interact with others and engage in sensory motor activities in the gym

Zumba	Saturday	10 - 11 a.m.	Join Celia for a sweating good time! Zumba involves dance and aerobic elements. The choreograph incorporates hip-hop, soca, samba, salsa, merengue and other latin dances. Teens and adults. \$5.00 per session.
Youth and Families Open Gym	Saturday	Noon - 1:45 p.m.	Open Gym for families with children 12yrs. And under
Teen Open Gym	Saturday	2 - 3:45 p.m.	Free play for Teens 7th - 12th grade (middle and high school).
Badminton	Saturday	4 - 5:45 p.m.	Open play for adults ages 18+ ONLY
Adult Basketball	Saturday	6 - 7:45 p.m.	Open play for adults ages 18+ ONLY
Adult Volleyball	Saturday	8 - 9:30 p.m.	Open play for adults ages 18+ ONLY

## Community Meetings/Rentals

Activity	When	Time	Description
Facility Building Usage and Rentals (Please check with Providence Community Center for more details).	Monday - Friday	6:30 - 9:30 p.m.	Guidelines: <ul style="list-style-type: none"> <li>Applications must be submitted 4 weeks prior to the requested date.</li> <li>Payment must be made on the day of the reservation date.</li> <li>All rentals are limited to a maximum of 4 hours which includes set up and clean up.</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 arranged in the same way it was found before the event.</li> <li>Absolutely NO Alcohol or Tobacco permitted on premises (inside or outside).</li> </ul>
Facility Building Usage and Rentals (Please check with Providence Community Center for more details).	Saturday	9 a.m. - 9:30 p.m.	Guidelines: <ul style="list-style-type: none"> <li>Applications must be submitted 4 weeks prior to the requested date.</li> <li>Payment must be made on the day of the reservation date.</li> <li>All rentals are limited to a maximum of 4 hours which includes set up and clean up.</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 arranged in the same way it was found before the event.</li> <li>Absolutely NO Alcohol or Tobacco permitted on premises (inside or outside).</li> </ul>