



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Providence Senior Program

Address: 3001 Vaden Drive
Fairfax, VA 22031

Hours: Monday – Friday, 9 a.m. – 4 p.m.

Phone: 703-865-0520, TTY 711

September 2023

IMPORTANT DATES / EVENTS / TRIPS

Title	When	Time	Description
Labor Day Holiday Weekend	Saturday, Sept. 2 – Monday, Sept. 4	ALL DAY	Holiday Weekend – Center Closed Saturday - Monday
SACC in session: Fairfax Public School Holiday	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. Space may be limited.
NVSO Table Tennis Tournament	Saturday, Sept. 23	9 a.m.-6 p.m.	Senior Olympics Table Tennis Tournament.
SIGN UP FOR MEDICARE 101 With VICAP	Please see description		Need help navigating medicare options. VICAP will be hosting a Medicare workshop on October 19 starting at 10:15 a.m. Please sign up at the front desk.
McLean Farmer's Market	September 1 September 12	10 a.m.	\$1.00 Transportation Get your local produce and goods at the Mclean Farmer's Market.

Let's Do Lunch!	September 5 September 19 September 26	10:30-2 p.m.	September 5: Glory Days September 19: Olive Garden September 26: Picnic at Lake Fairfax \$1.00 transportation
HAPPY BIRTHDAY	September 6	12 p.m.	Join us to celebrate everyone who has a birthday in September!
National Harbor	September 8	10 a.m. – 2 p.m.	Enjoy a nice meal or some shopping on the waterfront at National Harbor. \$1.00 transportation
Fall Prevention Bingo	September 11	1 p.m.	Join us for BINGO while learning ways to prevent falls.
Presentation by Fairfax Fire Department: Emergency Preparedness	September 13	12:45 p.m.	Join us for a presentation by the Fire Department: Emergency Management on Emergency Preparedness.
Fall Prevention Presentation	September 18	1 p.m.	Northern Virginia Fall Prevention will be joining us to discuss ways we can prevent falls.
Walmart	September 22	10 a.m. – 12 p.m.	Get all your grocery and household needs at Walmart. We will return in time for lunch.
BINGO	September 25	1 p.m.	BINGO!

National Zoo	September 29	10 a.m. – 2 p.m.	Come see the Mei Xiang, Xiao Qi Ji and Tian Tian, the Panda's before they return to China. Or, catch Birds in Flight and get an up-close look at exotic birds. \$1.00 transportation
<u>ACTIVITIES</u>			
Title	When	Time	Description
Lunch	M-F	12 p.m. – 12:30 p.m.	Please see staff for requirements to join program. Must order lunch by 1 p.m., day before. Lunch must be received by 12:15 p.m., or it is sold to someone else.
Rummikub	M-F	9 a.m. – 4 p.m.	Play rummikub with your fellow peers. Cognitive stimulation while having fun!
Mah Jongg	M-F	9 a.m. – 4 p.m.	Mah Jongg drop in.
Table Tennis	M-F	9 a.m. – 4 p.m.	Table tennis in multipurpose room 2.
Billiards	M-F	9 a.m. – 4 p.m.	Open billiards play with community members.
Independent word searches	Monday	10 a.m.	Get your wheels turning
Chinese Painting and Calligraphy Painting Practice	Monday	9 – 11:30 a.m.	Practice your Chinese and Calligraphy painting during open practice time. Limited supplies available. Please bring your own supplies if preferred.
Crochet	Monday	1 – 2 p.m.	Join us for socialization and crochet. Don't know how, come learn amongst your peers. Supplies available upon request
Chinese Calligraphy Class	Tuesday	9 – 11:30 a.m.	Free Chinese Calligraphy Class. Limited supplies available. Please bring your own supplies if preferred.
Tech Help with Jose	First Tuesday of the month	10:30 a.m.	Need help navigating your new device? Not sure how to use social media or download pictures? Get all your technology questions answered by Jose.
Teatime	Tuesday	1 p.m.	Join us for some tea and snacks

Watercolor Class	Tuesday	1 p.m. – 3 p.m.	Free watercolor class. Limited supplies available. Please bring your own supplies if preferred.
Chinese Painting and Calligraphy Painting Practice	Wednesday	9 – 11:30 a.m.	Practice your Chinese and Calligraphy painting during open practice time. Limited supplies available. Please bring your own supplies if preferred.
Open Acrylic Painting	Wednesday	1-3 p.m.	Join our open art space to create paintings with you fellow peers. Limited supplies available. Please bring your own supplies if preferred.
Chinese Calligraphy Class	Thursday	9:30 – 12 p.m.	Free Chinese Calligraphy Class. Limited supplies available. Please bring your own supplies if preferred.
Sensory Exploration	Thursday	12:45 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.
Chinese Painting Class	Friday	9:30 – 11:30 a.m.	Free Chinese painting class. Limited supplies available. Please bring your own supplies if preferred.

FITNESS CLASSES

September 5 – November 17

Title	When	Time	Description
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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>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. You must register and attend all sessions.</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.</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>

			<i>Must be registered.</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.</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.</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</i>
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COMPUTER LAB

Title	When	Time	Description
Adult Open Lab	Monday – Friday	9:00 am – 3 p.m.	Computer Lab Open for Adults and Seniors use. Printing limited to 5 pages per day.

RECREATION

Title	When	Time	Description
Table Tennis	M-F	9 – 4 p.m.	Open Play in Multipurpose room 2.
Billiards	M-F	9 – 4 p.m.	Open billiards play.
Sr. Basketball 50+	Monday Friday	M: 12 – 2 p.m. F: 10:30 – 12:30	Basketball play for ages 50+ (full court)
Senior Pickleball	Tuesday Friday	T: 9:30 – 11:30 a.m. F: 1 – 3 p.m.	Tuesday is half court. Friday is full court.
Table Tennis	Tuesday	9:30-11:30	Half court
Senior Badminton	Tuesday	1 – 3 p.m.	Open play for senior program members only.
Adult Badminton	Thursday	9:30 – 11:30 a.m.	Open play for adults 18+ full court
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Senior Pickleball	Friday	1 – 3 p.m.	Open play, full court.



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October 2023

IMPORTANT DATES / EVENTS / TRIPS

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SACC in session: Fairfax Public School Holiday	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.
Chinese American Health Fair	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.
Community Day and Haunted House	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.

Early Voting at Providence Community Center	Starting Thursday, October 26 through Saturday, November 4	Please see description	<u>October 26 - November 4</u> 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.
NO TABLE TENNIS In Senior Room	October 26 – November 4		NO Table tennis due to Voting
McLean Farmer's Market and Fall Festival	October 3 October 13 (fall Fest)	10 a.m.	\$1.00 Transportation Get your local produce and goods at the Mclean Farmer's Market. October 13 Mclean Farmer's Market will be having their fall fest!
HAPPY BIRTHDAY	October 4	12 p.m.	Join us to celebrate everyone who has a birthday in September!
Safeway	October 10	10– 12 p.m.	Get all your grocery needs at Safeway
Walmart	October 17	10 – 12 p.m.	Get all your household and grocery needs at Walmart
Presentation by Fairfax Fire Department	October 18	12:45 p.m.	Join us for a presentation by the Fairfax County Fire Department
MEDICARE WORKSHOP	October 19	10:15 a.m.	Need help navigating medicare options. VICAP will be hosting a Medicare workshop on October 19 starting at 10:15 a.m. Please sign up at the front desk.
Lunch at Mosaic	October 20	10:30 a.m.	Grab a bite to eat and do some shopping at the Mosaic District. Matchbox 20, Ted Bulletin's, Bartaco, Colada Shop, CAVA, Jinya Ramen Bar and so much more!

Halloween Party	October 24	10:30 a.m.	Come dressed in your spookiest costume and win a prize. We promise it will be a fun and ghouling time!
U.S. Army Museum	October 27	10 a.m. – 2 p.m.	Visit the new U.S. Army Museum. \$1.00 Transportation.

ACTIVITIES

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November 2023

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SACC in session: Fairfax Public School Holiday	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.
Election Day	November 7	All Day	The center will be open for Voting only. No activities will be taking place.
NO TABLE TENNIS In Senior Room	November 7	All Day	NO Table tennis due to Voting
CLOSED	Nov. 10 Nov. 23 and 24	All Day	November 10: Veteran’s Day Holiday November 23-24: Thanksgiving Holiday
HAPPY BIRTHDAY	November 1	12 p.m.	Join us to celebrate everyone who has a birthday in September!
TRIP TBD	November 3	10 a.m.	Trip location to be determined.

Walmart	November 9	10 – 12 p.m.	Get all your household and grocery needs at Walmart
Thanksgiving Luncheon	November 14	10 a.m. – 1 p.m.	Join us for our annual Thanksgiving Luncheon. Please sign up at the front desk.
Presentation by Fairfax Fire Department	November 15	12:45 p.m.	Join us for a presentation by the Fairfax County Fire Department
Town of Occoquan	November 17	10 a.m. – 2 p.m.	Visit the quant town of Occoquan. Enjoy a nice meal or shopping near the Occoquan river.
IHOP	November 21	11 a.m. – 1 p.m.	Grab a late breakfast or lunch at IHOP.

ACTIVITIES

Title	When	Time	Description
Lunch	M-F	12 p.m. – 12:30 p.m.	Please see staff for requirements to join program. Must order lunch by 1 p.m., day before. Lunch must be received by 12:15 p.m., or it is sold to someone else.
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COMPUTER LAB

Title	When	Time	Description
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Adult Open Lab	Monday – Friday	9:00 am – 3 p.m.	Computer Lab Open for Adults and Seniors use. Printing limited to 5 pages per day.
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RECREATION

Title	When	Time	Description
Table Tennis	M-F	9 – 4 p.m.	Open Play in Multipurpose room 2.
Billiards	M-F	9 – 4 p.m.	Open billiards play.
Sr. Basketball 50+	Monday Friday	M: 12 – 2 p.m. F: 10:30 – 12:30	Basketball play for ages 50+ (full court)
Senior Pickleball	Tuesday Friday	T: 9:30 – 11:30 a.m. F: 1 – 3 p.m.	Tuesday is half court. Friday is full court.
Table Tennis	Tuesday	9:30-11:30	Half court
Senior Badminton	Tuesday	1 – 3 p.m.	Open play for senior program members only.
Adult Badminton	Thursday	9:30 – 11:30 a.m.	Open play for adults 18+ full court
Adult Pickleball	Thursday	1:30 – 3 p.m.	Open play for adults 18+ full court
Senior Pickleball	Friday	1 – 3 p.m.	Open play, full court.