



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Providence Senior Program

Address: 3001 Vaden Drive
Fairfax, VA 22031

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

Phone: 703-865-0520, TTY 711

MARCH 2020

IMPORTANT DATES / EVENTS / TRIPS

Title	When	Time	Description
Lotte	3/3/20	10:00am - 1:00pm	Asian market chain stocking groceries & produce, plus Japanese, Korean & Chinese prepared foods.
Consumer Affairs at Lincolnia	3/4/20	10:00am – 1:00pm	Consumer Affairs most often refers to a government office dealing with matters of consumer protection. In different jurisdictions,
Wegmans	3/12/20	10:00am – 1:00pm	From fresh fruits and veggies to delicious whole grains, discover easy ways to get more plant-forward foods on your plate
National Museum of Women	3/17/20	10:00am – 1:00pm	The National Museum of Women in the Arts, located in Washington, D.C., is "the only major museum in the world solely dedicated" to celebrating women's achievements in the visual, performing, and literary arts
MGM Art Collection / Shops	3/25/20	10:00am - 1:00pm	The MGM National Harbor Heritage Art Collection features amazing pieces from more than a dozen artists. Their work is displayed throughout the resort,

PROGRAMS

Title	When	Time	Description
Jewelry making with Zi.	Monday	10:30 a.m.	Learn how to make your own Jewelry with Zi. Starts January 13 th .
Reeves Rx-Relax Adapted Yoga	Monday	11:15 a.m. – 12 p.m.	Limited seating. Must have registered to participate Reeve-RxRelax Yoga is a tested method of teaching yoga and facilitating healthier lifestyles. The practice is gentle, subtle, powerful and fun. Yoga and mindfulness can be helpful for over 100 physical and mental health conditions, and this program creates a strong foundation for the body, a more robust brain, and a resilient outlook on life. This seated yoga class is brought to Fairfax County by a special partnership with The Christopher & Dana Reeve Foundation and RxRelax.
Walking Club	Monday/Wednesday	1-1:30 p.m.	All ability levels are welcome to join! Free to all. We will be indoors during inclement weather.
Reeves Rx-Relax Adapted Yoga	Thursday	12:50-1:20 p.m.	Limited seating. Must have registered to participate Reeve-RxRelax Yoga is a tested method of teaching yoga and facilitating healthier lifestyles. The practice is gentle, subtle, powerful and fun. Yoga and mindfulness can be helpful for over 100 physical and mental health conditions, and this program creates a strong foundation for the body, a more robust brain, and a resilient outlook on life. This seated yoga class is brought to Fairfax County by a special partnership with The Christopher & Dana Reeve Foundation and RxRelax.
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.

S.A.I.L. -A	Monday and Wednesday *Must attend both classes*	10:15-11:15 a.m.	Stay Active for Independent Living (SAIL) is a strength, balance and fitness program for adults 65 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. Class has limited space.
Meditation with Bekah	Tuesday	12:50-1:20 p.m.	Unwind after a day full of activities with Meditation with Bekah. First come, first serve.
Jam Session	Wednesday	10-3 p.m.	Are you interested in singing or playing with fellow participants? Join us in the arts and crafts room and jam out!
Arts & Crafts with Diane	January 16 & 30	9-12 p.m.	Arts and Crafts with Diane
Knitting Group	Thursday	10 a.m. - 12 p.m.	Join us for a knitting good time. Prefer to crochet? That's ok, join us!
Senior Sensory Experience	Tuesday and Thursday	1 p.m. - 1:30 p.m.	Come relax or stimulate your senses in the sensory room!
Chinese Calligraphy	Tuesday & Friday	10-12 p.m.	Chinese Calligraphy, free for all. Calligraphy is taught by peers.
Chinese Painting	Tuesday & Friday	9-12 p.m.	Chinese painting class, free for all. Painting taught by peers.
S.A.I.L. -B	Thursday and Friday *Must attend both classes*	Thursday: 10:45 a.m. Friday: 11 a.m.	Stay Active for Independent Living (SAIL) is a strength, balance and fitness program for adults 65 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.

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Cooking Club with Leah *NEW*	Friday	11 a.m.	Join Leah in the kitchen and make delicious treats to share with Tea Time with Greg.
Tea time with Greg	Friday	1-1:45 p.m.	Join us for some social time while we sip to some delicious tea and treats made by the cooking club.
<u>FITNESS CLASSES: Ends March 28</u>			
Title	When	Time	Description
Zumba Gold with Anya	Monday	9:05-10 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. \$10.00 per session
S.A.I.L.-A	Monday and Wednesday	10:05-11:15 a.m.	Stay Active for Independent Living (SAIL) is a strength, balance and fitness program for adults 65 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. Class has limited space.

Reeves Rx-Relax Adapted Yoga	Monday Thursday Sensory Room	Monday at 11:15 - 11:45 a.m. Thursday at 1:00-1:30 p.m.	Limited seating. This program is done all seated. NO mats are required. Registration is required. Reeve-RxRelax Yoga is a tested method of teaching yoga and facilitating healthier lifestyles. The practice is gentle, subtle, powerful and fun. Yoga and mindfulness can be helpful for over 100 physical and mental health conditions, and this program creates a strong foundation for the body, a more robust brain, and a resilient outlook on life. This seated yoga class is brought to Fairfax County by a special partnership with The Christopher & Dana Reeve Foundation and RxRelax.
Tai Chi 1	Tuesday Gym	9:05-10:05 a.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
Chair Yoga	Tuesday Classroom 2	10:15-11 a.m.	Enjoy yoga from your chair! This is a video based, free activity.
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. \$10.00 per session
Adult Zumba	Tuesday Gym	11:30-12:30	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+ \$10.00
Chair Dancing	Wednesday Classroom 2	10:15 - 11 a.m.	Great cardiovascular activity with props all from the comfort of your chair. This is a video based, free activity.
Beginners Line Dancing	Wednesday Gym	11:30-12:45 p.m.	Come enjoy a cardio workout to choreographed dancing. Dance to songs from all over the world! \$10.00 per session.
Intermediate Line Dancing	Wednesday Gym	1-2:15 p.m.	Have the basics of line dancing down? Ready for a little more of a challenge? \$10.00 per session.
Functional Fitness	Thursday Gym	9:30 - 10:30 a.m.	Low to mild intensity, aerobic fitness class. Use of moderate weights is encouraged. \$10.00 per session. Must register to participate.

S.A.I.L. -B	Thursday and Friday *Must attend both classes*	Thursday: 10:45 a.m. Friday: 11 a.m.	Stay Active for Independent Living (SAIL) is a strength, balance and fitness program for adults 65 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. Class has limited space.
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Adult 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+ \$10.00 session. Must register to participate.
Tai Chi 2	Thursday Gym	2:15-3:15 p.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. \$10.00 session. Must register to participate.
Tai Chi 3	Friday Gym	9:05-10 a.m.	Participants should at least be familiar with the 24 form. This intermediate Tai Chi class will warm up with Yang style Tai Chi 24 form a few times, then learn a new form with mixed elements from Yang, Sun, Wu and Chen styles such as Tai Chi 32 or 48 forms. \$10 session. Must register to participate.
Chair Exercise	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. \$10.00 per session. Must register to participate.
Reeves Rx-Relax Adapted Yoga	Friday Sensory Room	3:15 -4 a.m.	Limited seating. This program is done all seated. NO mats are required. Registration is required. Reeve-RxRelax Yoga is a tested method of teaching yoga and facilitating healthier lifestyles. The practice is

gentle, subtle, powerful and fun. Yoga and mindfulness can be helpful for over 100 physical and mental health conditions, and this program creates a strong foundation for the body, a more robust brain, and a resilient outlook on life. This seated yoga class is brought to Fairfax County by a special partnership with The Christopher & Dana Reeve Foundation and RxRelax.

COMPUTER LAB

Title	When	Time	Description
Adult Open Lab	Monday – Friday	9:00 am – 3:00 pm	Computer Lab Open for Adults and Seniors for open use. Printing limited to 5 pages per day.
Intergenerational Lab Time	Monday – Friday	6:00 pm – 8:00 pm	Computer Lab Open for all age groups for open use. *Printing limited to 5 pages per day.

RECREATION

Title	When	Time	Description
Table Tennis	M-F	9-3 pm	Free open play in the senior room. Open to senior program members only. Only 1 table. Not available during events.
Sr. Men's Basketball	Monday	11:30-12:45 p.m.	Basketball play (Full Court)
NEW Walking Club	Monday/Wednesday	1-1:30 p.m.	All ability levels are welcome to join! Free to all. We will be walking outside, weather permitting.
Pickleball	Monday	1-3 p.m.	Open pickleball play for seniors only. Full Court
Competitive Badminton	Monday	8-9:45 p.m.	Competitive Play for adults and seniors
Sr. Coed Soccer	Tuesday	1-2:30 p.m.	Coed soccer for ages 50+. Full court
Table Tennis (gym)	Wednesday	9-12 p.m.	Open play for adults and seniors
Senior Badminton/Pickleball	Wednesday	2:20-3:50 p.m.	Open play (half) court)
Pickleball	Thursday	6 p.m.-8 p.m.	Open pickleball play for adults and seniors. (half court)
Sr. Men's Basketball	Friday	12:15-2:15 p.m.	Basketball play (Full Court)
Badminton	Friday	2:20-3:50 p.m.	Open play for adults and seniors
Competitive Badminton	Saturday	6-7:45 p.m.	Competitive play for adults and seniors.