



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

South County Senior Center

Address: 8350 Richmond Hwy.
suite 325
Alexandria VA 22309

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

Phone: 703-704-6216, TTY 711

March 2020

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Reeve-RxRelax Adaptive Yoga	Monday/Thursday	10 a.m.	This is a tested method of teaching Yoga and facilitating healthier lifestyle changes! Offers a “tune-up” of the mind and Body!
Mat Medium Impact Exercise	Mon./Wed./Fri.	10:30 a.m.	A low impact chair/floor exercise class
Game Day	Monday	11 a.m.	Just like the TV show with the cool prizes but fun for all
Jazzercise	Monday	1 p.m.	Upbeat cardio class- done in a chair or standing your choice
Current events, scrabble, month in review	Monday	11:30 am.	
S.A.I.L. exercise	Tuesday/Thursday	10:30	Evidence based Fall prevention exercise program
Reeve-RxRelax Adaptive Yoga	Tuesday	1:15 p.m.	This is a tested method of teaching Yoga and facilitating healthier lifestyle changes! Offers a “tune-up” of the mind and Body!
Creative Writing	Tuesday	11 a.m.	
Bingo	Wednesday	10:30 a.m.	Play bingo sponsored by advisory council see staff for details
Tai Chi	Wednesday	1 p.m.	Exercise class
Blood Pressure Check	Thursday	10 a.m.	Get your blood pressure checked at the center, however this is not a medical evaluation
Fit to Dance 2	Thursday	1 p.m.	Dancing exercise class (either Chair or standing)

CLASSES

Title	When	Time	Description
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Civics Class with Dan	Friday	11:15 a.m.	Learn lessons from history in current events and how they impact us today in a group discussion setting
Cooking Club	Tuesday 3/17and 3/31	9 a.m.	Early sign up required sign up is closed for this session
<u>Special Events / Trips</u>			
Title	When	Time	Description
Trip: National Portrait Gallery	Monday, 3/2	10:30 a.m.	Come view Portraits such as, 20th Century Americans, In Memoriam: Kobe Bryant, Recent Acquisitions, Women of Progress: Early Camera Portraits, Storied Women of the Civil War, America's Presidents, One Life: Marian Anderson, and so much more! All trips of necessity had a \$1 fee. Shopping/lunch is on your own.
Trip: Dutch Market	Thursday, 3/5	12:30 p.m.	All trips of necessity had a \$1 fee. Shopping/lunch is on your own.
Fire Prevention Presentation	Wednesday, 3/4	12:30 p.m.	
Dance Performance: Shamrocks	Monday, 3/9	12:30 p.m.	
Recycling presentation	Tuesday, 3/10	11:45 p.m.	
Trip: Walmart/Shrimp Shack	Friday, 3/13	10:30 a.m.	All trips of necessity had a \$1 fee. Shopping/lunch is on your own.
Trip: Potomac Mills Mall	Monday, 3/16	10:30 a.m.	All trips of necessity had a \$1 fee. Shopping/lunch is on your own.
Trip: Cheddar Scratch Kitchen	Tuesday, 3/24	10:30 a.m.	All trips of necessity had a \$1 fee. Shopping/lunch is on your own.
Trip: Workhouse Lucy Burns Museum	Friday, 3/27	10:30 a.m.	Learn about 91 years of History at the workhouse, including about the suffragist that were imprisoned there for picketing at the White House, take a tour of the cells and also enjoy a walk around the grounds of the workhouse, pack a picnic lunch to enjoy! All trips of necessity had a \$1 fee. Shopping/lunch is on your own.
<u>Community Meetings</u>			
Advisory Council	Wednesday, 3/4	12:30 p.m.	Be involved in the council, give input, share ideas, help make decisions about program in the center