



**October 2018**



## South County Senior Center

South County Senior Center  
8350 Richmond Hwy. suite 325  
Alexandria, VA 22309  
Phone: 703-704-6216, TTY 711



Operating Hours  
Monday - Friday, 9 a.m. - 4 p.m.  
Senior + Program: Days and hours vary

[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.

### October 2018

#### Programs

Program	When	Time	Description
Mat medium impact exercise	Monday, Wednesday & Friday	10:30 a.m.	
Wheel of Fortune	Monday	11 a.m.	
Star of the Month	Monday	1 p.m.	
Jazzercise	Monday	1 p.m.	
Trivia activities	Thursday	1 p.m.	
Cooking Club	Tuesday	10 a.m.	
Bowl Mania	Tuesday	10:30 a.m.	
S.A.I.L. Exercise Program	Tuesday/Thursday	11:15 a.m.	
Walking Club	Tuesday/Thursday	12:30 p.m.	
Bingo	Wednesday	10:30 a.m.	
Computer help	Wednesday	11 a.m.	
Arts and Crafts	Thursday	10:30 a.m.	
Puzzles/trivia	Thursday	1 p.m.	
Matter of balance	Friday	10:30 a.m.	
Line Dance	Friday	12:30 p.m.	
Music	Friday	1 p.m.	

#### Classes

Class	When	Time	Description
Basic Sign Language	Wednesday	11:30 a.m.	
Basic Spanish with Corazon	Wednesday	1 p.m.	
Civics Class with Dan	Friday	11:15 a.m.	

#### Special Events/Trips

Event/Trip	When	Time	Description
Trip: Cox Farm	10/1/2018	10:30 a.m.	Advance reservations are required for all trips. A \$1 bus fee unless otherwise noted. Lunch is on your own
Trip: Movies	10/2/2018	10:15 a.m.	Advance reservations are required for all trips. A \$1 bus fee unless otherwise noted. Lunch is on your own
Springfield Town Center	10/4/2018	10:30 a.m.	Advance reservations are required for all trips. A \$1 bus fee unless otherwise noted. Lunch is on your own.
Trip: Dutch Market	10/9/2018	10:30 a.m.	Advance reservations are required for all trips. A \$1 bus fee unless otherwise noted. Lunch is on your own.
Trip: The Wharf	10/15/2018	10:30 a.m.	Advance reservations are required for all trips. A \$1 bus fee unless otherwise noted. Lunch is on your own.
Trip: Bowling	10/18/2018	10:30 a.m.	Advance reservations are required for all trips. A \$1 bus fee unless otherwise noted. Lunch is on your own. Please bring \$6.50 cash for admission and shoe rental.
Trip: American History Museum	10/19/2018	10:30 a.m.	Advance reservations are required for all trips. A \$1 bus fee unless otherwise noted. Lunch is on your own.
Presentation: Fire and Rescue	10/3/2018	Noon	
National Pizza month: Pizza Day	10/11/2018	Noon	
Fall Craft	10/11/2018	12:30 p.m.	
Performance: Linda George	10/17/1948	12:30 p.m.	
National Fossil Day Activity	10/17/2018	1 p.m.	
Earthquake Drill	10/18/2018	10:18 a.m.	
Costume Contest	10/31/2018	12:30 p.m.	
Fall Activities	10/31/2018	1 p.m.	

#### Community Meetings

Meeting	When	Time	Description
South County Advisory Council Meeting	10/3/2018	12:30 p.m.	1st Wednesday of each month. Open to all participants.