



Fairfax County

# Neighborhood & Community Services

## Sully Community Center

Hours: Monday - Saturday  
9 a.m. - 9 p.m.

Address:  
13800 Wall Road,  
Herndon, VA 2017

Phone: 703-322-4475, TTY 711

### SEPTEMBER 2023

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
School Age Child Care (SACC)	Monday - Friday	7 a.m. - 10:30 a.m. and 2:30 p.m. - 6:15 p.m.	Children and Youth Program. Before and after school care for K-6 <sup>th</sup> grade. SACC promotes the well-being of individuals, families, and communities by providing affordable, safe and educational care for children before and after school and full day care during FCPS breaks. <b>Please call 703-449-8989 to register.</b>
Teen After School Program	Monday - Friday	2 p.m. – 6 p.m.	Out-of-school programing provides a structured and engaging environment <b>for teens in grades 7<sup>th</sup>-12<sup>th</sup> graders.</b> Teens will participate in recreational games and activities, STEAM, homework help, cultural, arts, mentoring, fitness, nutrition, and leadership opportunities. Activities are facilitated by staff.
Sully Senior Program	Monday - Friday	9 a.m. – 4 p.m.	This program is to engage with older adults in our community and provide a supportive environment that encourages them to be active physically and mentally. The center provides physical, educational, and social activities for active adults aged 50+. <b>Lunch and transportation may be available upon request and may require a fee. Please see senior staff for more information.</b> Please see senior calendar for a detailed schedule.

Therapeutic Recreation Services	Monday - Friday	11 a.m.-7 p.m.	Therapeutic Recreation Services provides opportunities for children and adults with disabilities to develop the skills that enable them to participate in the recreation and leisure programs of their choice. The inclusion specialist provides services and programs for individuals of all abilities, allowing and promoting access to the sensory space to all participants.
HealthWorks for Northern Virginia	Monday, Wed. to Friday Tuesdays	8 a.m.-5 p.m. 8 a.m. – 8 p.m.	HealthWorks provides comprehensive primary health care services. Services include are: Comprehensive primary medical care for ages newborn and up, including laboratory, pediatric dentist, and behavioral health. <b>Please call 703-443-2000 for more information.</b>
Women, Infants, and Children (WIC) Program	Monday - Friday	8 a.m.- 4:30 p.m.	Breastfeeding promotion and support are provided by the WIC Program through assistance and education, peer counselors, classes, supplies, and equipment.
Shepherd’s Center of Western Fairfax Count	Monday – Friday (One visit per week)	3-4 hours (variable) daily.	SCWFC offers free transportation for necessary medical and Western Fairfax Christian Ministry Food Pantry appointments for those unable to drive themselves. <b>Please call for more information.</b>
Homework Help	Monday - Friday	2:30 p.m. – 3:30 p.m.	Teen Program. Programs provide support and help to participants for completing school assignments and projects. <b>Participants need to register in the teen afterschool program.</b>

**FAMILY PROGRAM**

Title	When	Time	Description
Teen Friday Night	1 <sup>st</sup> and 3 <sup>rd</sup> Friday of the month. (September 01, 15)	6 p.m. – 8 p.m.	Come to Sully where you can play basketball, chess, board games, VR, drones and more! <b>Teens must be registered members with Sully Teen Community Center to participate.</b>
Family Cultural Night “Fiesta Hispana”	September 21	6 p.m. - 8 p.m.	Families are welcome to join us for a night of cultural exchange and family engagement to celebrate Hispanic heritage month. This program is for the whole family.

Teen Chess Club	Monday	4 – 5 p.m.	Want a place to play chess with your peers, and make new friends? Come and join us at Sully Teen Afterschool chess club. All playing levels are welcome. <b>Teens must be registered members with Sully Teen Community Center to participate.</b>
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Checkmate! Teen Program	Fourth Friday of the month <b>September 15</b>	5 – 6 p.m.	Whether you've been playing for years or have always wanted to learn, this is your chance to sharpen your skills. Players can compete in a casual friendly game or learn the fundamentals of this classic game of strategy. Dominic Wallington, a Virginia champion, is here to put you through your pace. <b>Only for Middle and High schoolers.</b>
Artie Party with Munny	3rd Saturday of the month (September 15)	10 am – 11 a.m.	This program is for youth ( <b>younger than 13 years old</b> ) and their parents. Come to join us to spend family time together while having fun and making creative projects. A <b>general membership is required for all participants.</b>
Financial Literacy Program for teenagers	2 <sup>nd</sup> Tuesday of each Month (September 12)	5 p.m. - 6 p.m.	Financial Literacy is a vital life skill that people of all ages need to understand. This life skill is used in many ways to provide for one's basic needs, plan and save for future savings, financial emergencies, and charitable contributions. During the Financial Literacy Classes, we will teach you the basics of earning, saving, spending, and investing money to meet your current and future financial goals. All are encouraged to take notes during class. Age: <b>Middle and High School students only. Participants will need to be register in the Teens in Action Camp.</b>
Family Open Gym	Monday, Wednesday, Friday <b>Tuesdays, Thursdays</b> Saturday	6 pm – 7 p.m. <b>1 – 2 p.m.</b> 9 am – 11 a.m.	Bring your family and shoot some basketball or kick around a soccer ball. Parents/Guardians must always stay with their children. Family gym time is for families with children under 13 years old. <b>**Center closed on September 02 and September 04.</b>
<b><u>FITNESS CLASSES</u></b>			
<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Supervised Exercise Room (Senior/Adults)	2nd Saturday of the month (September 9)	10 a.m. – Noon	One-on-one session with an instructor for scheduling time for a training/orientation on how to use the exercise equipment and machines. Supervise time in exercise room. <b>Please call to schedule a 30 min. session.</b>
Fitness Equipment	Monday - Saturday	9 a.m. - 9 p.m.	Use fitness equipment for a fun workout. <b>This room is available for adults 13+ years old.</b>

Gentle Mat Yoga with Holly	Mondays <i>Yoga Room</i>	9 a.m. - 10 a.m.	Gentle Yoga focuses on strengthening, stretching, and balance with poses standing, kneeling, and lying on the mat. Breathing exercises and basic meditation are also practiced. <b>Beginners and advanced beginners are welcome!</b>
Strength Training	Mondays <i>Gym</i>	10:30 a.m. - 11:30 a.m.	Hand weights are used to strengthen muscles to music.
Strength Training /SAIL	Tuesdays <i>Gym</i>	10:30 a.m. - 11:30 a.m.	Fun seated or standing fitness class to strengthen muscles and to improve balance for adults 50+.
Tai Chi Class	Wednesday <i>Yoga Room</i>	10:15 - 11:15 a.m. <b>Beginner</b> 11:30 a.m. – 12:30 p.m. <b>Intermediate</b>	A gentle movements class to develop strength and balance. <b>Requires Senior Center membership. For senior program members only.</b>
Advanced Line Dancing Club	Tuesdays, Thursdays <i>Yoga Room</i>	12:30 a.m. - 1 p.m.	Adults who enjoy line dancing meet for free advanced level dancing. Just dancing, not instructions. <b>A rotation class time is included.</b>
Beginning Line Dancing Class	Tuesdays, Thursdays <i>Yoga Room</i>	1 p.m. - 1:30 p.m.	Adults who enjoy line dancing meet for fun beginner level dances to learn the basic steps. <b>A rotation class time is included.</b>
Intermediate Line Dancing Club	Tuesdays, Thursdays <i>Yoga Room</i>	1:30 p.m. - 2:30 p.m.	Adults who enjoy line dancing meet for free intermediate level dancing. <b>A rotation class time is included.</b>
Gentle Mat Yoga with Karthika	Wednesdays <i>Yoga Room</i>	9 a.m. - 10 a.m.	A gentle floor yoga, strengthening, balancing and flexibility for advanced beginners.
Jazzercise LO	Wednesday, Thursday <i>Gym</i>	10:30 a.m. - 11:30 a.m.	Fun, choreographed exercise class with trendy music.
S.A.I.L.	Fridays <i>Gym</i>	10:30 a.m. – 11:30 p.m.	Stay Active for Independent Living (S.A.I.L.) is a strength, balance, and fitness program for adults 50 +. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. <b>Requires Older Adults program membership.</b>

Zumba Gold	Fridays <i>Yoga room</i>	1 – 2 p.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much, much, more. <b>This program is for adults 50+. Requires Older Adults program membership.</b>
Zumba	Saturdays <i>Yoga room</i>	9:30 – 10:30 a.m.	Zumba is a fitness program, intended as a total-body cardio and aerobic that involves cardio and Latin-inspired dance. <b>This class is open to adults over the age of 18. A center general membership is required.</b>
<u>GYMNASIUM</u>			
Title	When	Time	Description

Family Open Gym	Monday, Wednesday, Friday <i>Tuesdays, Thursdays</i> Saturday	6 pm – 7 p.m. <i>1 – 2 p.m.</i> 9 am – 11 a.m.	Bring your family and shoot some basketball or kick around a soccer ball. Parents/Guardians must always stay with their children. Family gym time is for families with children under 13 years old. <b>**Center closed on September 2 and September 4.</b>
Senior Morning Fitness Program	Monday- Friday	10 a.m. – Noon	Senior fitness programs for community members and senior center participants. Classes vary depending on the day, including Jazzercise, Strengths, Cardio Drumming, SAIL, please check the fitness class schedule. <b>Classes open to seniors 50+ years old. A center membership is required.</b>
SACC	Monday- Friday	4 p.m. – 5 p.m.	Gym activities for SACC participants (must be registered in SACC). <b>**Center closed on September 2 and September 4.</b>
Teens	Monday, Wednesday, Friday <i>Saturday</i> Tuesdays	5 p.m. – 6 p.m. <i>6 p.m. – 8 p.m.</i> 4 p.m. – 5 p.m.	Gym activities for Teens Afterschool program participants (must be registered in Sully afterschool programs). <b>**Center closed on September 2 and September 4.</b>
Adult Open Gym	Wednesday	1 – 4 p.m.	Community members have access to the indoor basketball courts to organize and run their own athletic activities. The use of the gym will operate on a first come, first served basis, with rotations. <b>This class is open to adults over the age of 18. A center general membership is</b>

			<b>required.</b>
Pick-Up Badminton	Friday Thursday Saturday	2 – 4 p.m. 5 – 7 p.m. 4:30 – 6 p.m.	Open Badminton play for adults <b>ages 18+ who are out of HS to play Badminton and practice skills.</b> <b>**Center closed on September 2.</b>
Pick-Up Pickleball	Tuesday, Thursday Wednesday Saturday	2 – 4 p.m. 7 – 8:45 p.m. 3 – 4:30 p.m.	Open Pickleball play for adults ages 18+ who are out of HS to play Pickleball and practice skills. <b>**Center closed on September 2.</b>
Pick-Up Volleyball	Mondays	7 – 8:45 p.m.	Open Volleyball play for adults <b>ages 18+ who are out of HS to play Volleyball and practice skills.</b> <b>**The center closed on September 2 through September 4.</b>
Pick-Up Basketball	Monday The 2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month (Sept. 8, Sept.22) Saturday	2 – 4 p.m. 7 – 8:45 p.m. 1 – 3 p.m.	Open Basketball play for adults ages 18+ who are out of HS to play Basketball and practice skills. <b>**Center closed on September 2 through September 4.</b>
Tennis table/Ping Pong	(Gym Half court) Tuesday & Thursday Saturday Thursday	10:30 a.m. - 11:30 a.m. 11a.m. – 1 p.m. 5 – 7 p.m.	On Wednesday and Thursday, Senior Center participants will enjoy playing tennis. On Saturday, Open Tennis is played for any community members. <b>**Center closed on September 2 through September 4.</b>
Teen Friday Night @ Gym	1 <sup>st</sup> , 3 <sup>rd</sup> Friday of the month (September 01, 15)	6 – 8 p.m.	Come to Sully where you can play basketball, volleyball, soccer, ping pong, board games and more! Teens must be registered members with the Sully Teen Community Center to participate.
Teen Saturday Night @ Gym	Saturday	6 – 8 p.m.	Come to Sully where you can play basketball, volleyball, soccer, ping pong, board games and more! Teens must be registered members with the Sully Teen Community Center to participate. <b>*Center closed on September 2.</b>

**TECHNOLOGY PROGRAMS**

Title	When	Time	Description
Teen Tech Time	Tuesday, Thursday	3 p.m. - 4 p.m.	Portable lab utilized during the afterschool teen program.

SACC Tech Time	Wednesday, Friday	4 p.m. – 5:30 p.m.	Portable lab utilized for the SACC program.
Beginner Level Tech Time	Thursday <i>Art &amp; craft room</i>	1 – 2 p.m.	Computer Basics classes for senior center participants ( <b>50+ years</b> ). Come and join us! <b>Requires Older Adults program membership.</b>

Senior Center Computer Basics Class	Tuesdays <i>Art &amp; craft room</i>	1 – 2 p.m.	Computer Basics classes for senior center participants ( <b>50+ years</b> ). Come and join us! <b>Requires Older Adults program membership.</b>
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**TR-SENSORY ROOM**

Title	When	Time	Description
1 on 1 sessions	Monday-Friday	By appointment	Therapeutic sessions for individuals with physical, intellectual, and developmental disabilities utilizing different elements of the Sensory Room to achieve specific and desired goals. <b>Please call to the center to schedule your appointment</b>
Adult/Senior Open Relaxation Station	Monday & Wednesday  Friday	<b>Group 1:</b> 11:15 -11:45 a.m. <b>Group 2:</b> 12:30 -1:30 p.m.  12:30 p.m.	Come and reduce your stress by enjoying music in a vibroacoustic or sound shell chair, the soothing colors of the fiber optics and bubble tubes. Attendance is based on first come first served. No more than three people at a time.
Spark Your Senses with SACC	Monday & Wednesday	4:30-5:30pm	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement and music.
Thursday Little Sensations (Fall Programming)	Thursdays (Sept. 7, 14, 21, 28)	10:30am-11:15am or 11:30 a.m. - 12:15 p.m.	Come enjoy an inclusive program with your little one! This program is designed for children 2-3 years old and under. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents could also meet and share resources. <b>Spots are Limited: Registration is required.</b>
Friday Little Sensations (Fall Programming)	Fridays (Sept. 8, 15, 22, 29)	10:30am-11:15am or 11:30 a.m. - 12:15 p.m.	Come enjoy an inclusive program with your little one! This program is designed for children 12 months-23 months of age. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents could also meet and share resources. <b>Spaces are Limited: Registration is required.</b>
Saturday Move to the music. <b>Session I</b>	Third Saturday of the month (September 16)	12:30 p.m. - 1:15 p.m.	This Inclusive program is designed for children in ages <b>4 to 7 years old</b> . Sensory seekers, explore motion and movement to a wide range of kid-friendly music. <b>Spaces are Limited: Registration is required.</b>

Saturday Move to the music. <b>Session II</b>	Third Saturday of the month (September 16)	1:30 p.m. - 2:15 p.m.	This Inclusive program is designed for children in ages <b>8 to 10 years old</b> . Sensory seekers, explore motion and movement to a wide range of kid-friendly music. <b>Spaces are Limited: Registration is required.</b>
Teen Poetry Club	Every-other Tuesday (September 12 & 26)	4 pm- 5 pm	Poetry Club for Teen afterschool participants that focuses on poetry structure, creation of poetry, other literary arts, and performance such as spoken word and rap. <b>(Teens in afterschool program registration)</b>

### Special Events / Trips

Title	When	Time	Description
FCPS Labor Day Break	Friday September 01	9 a.m. – 5 p.m.	SACC & Teen Out of school program all day
Labor Day Holiday	Sept. 02 through Sept. 04	All Day	Center is closed in observance of County Holiday
Student Holiday	Monday, September 25	All Day	FCPS student holiday. SACC & Teen Out of school program all day.
<b>Sully Community Day</b>	<b>Saturday, September 30</b>	<b>11 a.m. – 2 p.m.</b>	<b>Come and join us to celebrate one year of our community center grand opening! A family event for the whole family, enjoy music, food, games, demos, performances, and activities for all ages.</b>

### Community Meetings

Title	When	Time	Description
Senior Advisory Council	Fourth Thursday of the month (September 28)	11:30 a.m. - 12:30 p.m.	The Sully Senior Center Advisory Council serves as the voice of the senior program participant working in partnership with the center's Director. Their purpose is to provide input and recommendations on the planning, development, implementation, and evaluation of the senior center services, programs, and activities including educational, sports, recreational and cultural to encompass the surrounding community.

Facility Use	Monday- Friday <i>Saturdays</i>	4:30 p.m. – 8:30 p.m. 9:30 a.m. – 8:30 p.m.	Please call to Sully Community Center for more details or come in person for picking up an application request form. Applications must be submitted <b>2 weeks prior</b> to the request date.
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Fairfax County

# Neighborhood & Community Services

## Sully Community Center

**Address:**  
13800 Wall Road,  
Herndon, VA 2017

**Hours:** Monday - Saturday 9  
a.m. - 9 p.m.

**Phone:** 703-322-4475, TTY 711

### OCTOBER 2023

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
School Age Child Care (SACC)	Monday - Friday	7 - 10:30 a.m. and 2:30 p.m. - 6:15 p.m.	Children and Youth Program. Before and after school care for K-6 <sup>th</sup> grade. SACC promotes the well-being of individuals, families, and communities by providing affordable, safe, and educational care for children before and after school and full day care during FCPS breaks. <b>Please call 703-449-8989 to register.</b>
Teen After School Program	Monday - Friday	2 p.m. – 6 p.m.	Out-of-school programing provides a structured and engaging environment <b>for teens in grades 7<sup>th</sup>-12<sup>th</sup> graders.</b> Teens will participate in recreational games and activities, STEAM, homework help, cultural, arts, mentoring, fitness, nutrition, and leadership opportunities. Activities are facilitated by staff.
Sully Senior Program	Monday - Friday	8 a.m. – 4 p.m.	This program engages with older adults in our community and provides a supportive environment that encourages them to be active physically and mentally. The center provides physical, educational, and social activities for active adults aged 50+. <b>Lunch and transportation may be available upon request and may require a fee.</b> Please see senior calendar for a detailed schedule. <b>Please see senior staff for more information.</b>
SACC Summer Camp	Monday - Friday	7 a.m. – 6:15 p.m.	The School Age Child Care program provides fun, safe and educational care for children in kindergarten - sixth grade during school vacation (spring break). <b>Registration is required.</b>

Therapeutic Recreation Services	Monday - Friday	11 a.m.-7 p.m.	Therapeutic Recreation Services provides opportunities for children and adults with disabilities to develop the skills that enable them to participate in the recreation and leisure programs of their choice. The inclusion specialist provides services and programs for individuals of all abilities, allowing and promoting access to the sensory space to all participants. <b>Please call to the center to make an appointment</b>
HealthWorks for Northern Virginia	M, W, Th, F Tuesdays	8 a.m.- 5 p.m. 8 a.m. – 8 p.m.	HealthWorks provides comprehensive primary health care services. Services include are: Comprehensive primary medical care for ages newborn and up, including laboratory, dentist pediatric and behavioral health. <b>Please call 703-443-2000 for more information.</b>
Women, Infants, and Children (WIC) Program	Monday - Friday	8 a.m. - 4:30 p.m.	Breastfeeding promotion and support are provided by the WIC Program through assistance and education, peer counselors, classes and supplies and equipment.
Shepherd's Center of Western Fairfax Count	Monday – Friday (One visit per week)	3-4 hours (variable) daily	SCWFC offers free transportation for necessary medical and Western Fairfax Christian Ministry Food Pantry appointments for those unable to drive themselves. <b>Please call for more information.</b>

### FAMILY PROGRAM

Title	When	Time	Description
Family Fun Night "Pumpkin Carnival"	Thursday, October 26	5 p.m. - 8 p.m.	Families are welcome to join us for a night of fun games and engagement! This program is for parents/guardians and their children up to 6th grade.

Financial Literacy Program for teenagers	2 <sup>nd</sup> Tuesday of each month (October 10)	5 p.m. - 6 p.m.	Financial Literacy is a vital life skill that people of all ages need to understand. This life skill is used in many ways to provide for one's basic needs, plan and save for future savings, financial emergencies, and charitable contributions. During the Financial Literacy Classes, we will teach you the basics of earning, saving, spending, and investing money to meet your current and future financial goals. All are encouraged to take notes during class. Age: <b>Middle and High School students only. Participants will need to be register in the Teens in Action Camp.</b>
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Checkmate! Teen Program	Third Friday of the month October 20	5 – 6 p.m.	Whether you've been playing for years or have always wanted to learn, this is your chance to sharpen your skills. Players can compete in a casual friendly game or learn the fundamentals of this classic game of strategy. Dominic Wallington, a Virginia champion, is here to put you through your pace. <b>Only for Middle and High schoolers.</b>
Artie Party with Munny	2 <sup>nd</sup> and 4 <sup>th</sup> Saturday of the month (October 14, October 28)	10 am – 11 a.m.	This program is for youth ( <b>younger than 13 years old</b> ) and their parents. Come to join us to spend family time together while having fun and making creative projects.
Financial Literacy Program for teenagers	2 <sup>nd</sup> Tuesday of each Month (October 10)	5 p.m. - 6 p.m.	Financial Literacy is a vital life skill that people of all ages need to understand. This life skill is used in many ways to provide for one's basic needs, plan and save for future savings, financial emergencies, and charitable contributions. During the Financial Literacy Classes, we will teach you the basics of earning, saving, spending, and investing money to meet your current and future financial goals. All are encouraged to take notes during class. Age: <b>Middle and High School students only. Participants will need to be register in the Teens in Action Camp.</b>
Family Open Gym	Mon., Wed., Fri. Tuesdays, Thursdays Saturday	6 pm – 7 p.m. 1 – 2 p.m. 9 am – 11 a.m.	Bring your family and shoot some basketball or kick around a soccer ball. Parents/Guardians must always stay with their children. Family gym time is for families with children under 13 years old.

### FITNESS CLASSES

Title	When	Time	Description
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Supervised Exercise Room (Senior/Adults)	1 <sup>st</sup> Saturday of the month (October 7th)	10 a.m. – Noon noon.	One-on-one session with an instructor for scheduling time for a training/orientation on how to use the exercise equipment and machines. Supervise time in exercise room. <b>Please call to the center to schedule a 30 min. session.</b>
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Fitness Equipment	Monday - Saturday	9 a.m. - 9 p.m.	Use fitness equipment for a fun workout. <b>This room is available for adults 18+ years old.</b>
Gentle Mat Yoga with Holly	Mondays <i>Yoga Room</i>	9 a.m. - 10 a.m.	Gentle Yoga focuses on strengthening, stretching, and balance with poses standing, kneeling, and lying on the mat. Breathing exercises and basic meditation are also practiced. <b>Beginners and advanced beginners are welcome!</b>
Strength Training	Mondays <i>Gym</i>	10:30 a.m. - 11:30 a.m.	Hand weights are used to strengthen muscles to music.
Strength Training/SAIL	Tuesdays <i>Gym</i>	10:30 a.m. - 11:30 a.m.	Fun seated or standing fitness class to strengthen muscles and to improve balance for adults 50+.
Tai Chi Class	Wednesday <i>Yoga Room</i>	10:15 - 11:15 a.m. <b>Beginner</b> 11:30 a.m. - 12:30 p.m. <b>Intermediate</b>	A gentle movements class to develop strength and balance.  <b>Requires Senior Center membership. For senior program members only.</b>
Advanced Line Dancing Club	Tuesdays, Thursdays <i>Yoga Room</i>	12:30 a.m. - 1 p.m.	Adults who enjoy line dancing meet for free advanced level dancing. Just dancing, not instructions. <b>A rotation class time is included.</b>
Beginning Line Dancing Class	Tuesdays, Thursdays <i>Yoga Room</i>	1 p.m. - 1:30 p.m.	Adults who enjoy line dancing meet for fun beginner level dances to learn the basic steps. <b>A rotation class time is included.</b>
Intermediate Line Dancing Club	Tuesdays, Thursdays <i>Yoga Room</i>	1:30 p.m. - 2:30 p.m.	Adults who enjoy line dancing meet for free intermediate level dancing. <b>A rotation class time is included.</b>
Gentle Mat Yoga with Karthika	Wednesdays <i>Yoga Room</i>	9 a.m. - 10 a.m.	A gentle floor yoga, strengthening, balancing and flexibility for advanced beginners.
Jazzercise LO	Wednesday & Thursday <i>Gym</i>	10:30 a.m. - 11:30 a.m.	Fun, choreographed exercise class with trendy music.
S.A.I.L.	Fridays <i>Gym</i>	10:30 a.m. - 11:30 p.m.	Stay Active for Independent Living (S.A.I.L.) is a strength, balance, and fitness program for adults 50 +. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. Requires Older Adults program membership.

Zumba Gold	Fridays <i>Yoga room</i>	1 – 2 p.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much, much, more. <b>This program is for adults 50+. Requires Older Adults program membership.</b>
Zumba	Saturdays <i>Yoga room</i>	9:30 – 10:30 a.m.	Zumba is a fitness program, intended as a total-body cardio and aerobic that involves cardio and Latin-inspired dance. <b>This class is open to adults over the age of 18. A center general membership is required.</b>

<b>GYMNASIUM</b>			
Title	When	Time	Description
Family Open Gym	Monday, Wed., Friday <i>Tuesdays, Thursdays</i> Saturday	6 pm – 7 p.m. <i>1 – 2 p.m.</i> 9 am – 11 a.m.	Bring your family and shoot some basketball or kick around a soccer ball. Parents/Guardians must always stay with their children. Family gym time is for families with children under 13 years old.
SACC	Monday, Wednesday, Thursday, Friday	4 p.m. – 5 p.m.	Gym activities for SACC participants (must be registered in SACC).
Teens	Monday, Wed., Friday <i>Saturday</i> Thursday	5 p.m. – 6 p.m. <i>6 p.m. – 8 p.m.</i> 4 p.m. – 5 p.m.	Gym activities for Teens Afterschool program participants (must be registered in Sully afterschool programs).
Pick-Up Badminton	Friday <i>Thursday</i> Saturday	2 – 4 p.m. <i>5 – 7 p.m.</i> 4:30 – 6 p.m.	Open Badminton play for adults <b>ages 18+ who are out of HS to play Badminton and practice skills.</b>
Pick-Up Pickleball	<i>Tuesday, Thursday</i> Wednesday <i>Saturday</i>	<i>2 – 4 p.m.</i> 7 – 8:45 p.m. <i>3 – 4:30 p.m.</i>	Open Pickleball play for adults ages 18+ who are out of HS to play Pickleball and practice skills.
Pick-Up Volleyball	Mondays	7 – 8:45 p.m.	Open Volleyball play for adults <b>ages 18+ who are out of HS to play Volleyball and practice skills.</b>

Pick-Up Basketball	Monday  The 2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month (October 13 and October 27)  Saturday	2 – 4 p.m.  7 – 8:45 p.m.  1 – 3 p.m.	Open Basketball play for adults ages 18+ who are out of HS to play Basketball and practice skills.
Tennis table/Ping Pong	(Gym Half court) Tuesdays & Thursday Saturdays	10:30 a.m. - 11:30 a.m. 11a.m. – 1 p.m.	On Wednesday and Thursday, Senior Center participants will enjoy playing tennis. On Saturday, Open Tennis is played for any community members..
Teen Friday Night @ Gym	1st, 3rd Friday of the month. (October 06, 20)	6 – 8 p.m.	Come to Sully where you can play basketball, volleyball, soccer, ping pong, board games and more! Teens must be registered members with the Sully Teen Community Center to participate.
Teen Saturday Night @ Gym	Saturday	6 – 8 p.m.	Come to Sully where you can play basketball, volleyball, soccer, ping pong, board games and more! Teens must be registered members with the Sully Teen Community Center to participate.
<b>TECHNOLOGY PROGRAMS</b>			
<b>Time</b>			
<b>Title</b>	<b>When</b>		<b>Description</b>
Teen Tech Time	Tuesday, Thursday	3 p.m. - 4 p.m.	Portable lab utilized during the afterschool teen program.
SACC Tech Time	Wednesday, Friday	4 p.m. – 5:30 p.m.	Portable lab utilized for the SACC program.
Beginner Level Tech Time	Thursday <i>Art &amp; craft room</i>	1 – 2 p.m.	Computer Basics classes for senior center participants <b>(50+ years)</b> . Come and join us! <b>Requires Older Adults program membership.</b>
Senior Center Computer Basics Class	Tuesdays <i>Art &amp; craft room</i>	1 – 2 p.m.	Computer Basics classes for senior center participants <b>(50+ years)</b> . Come and join us! <b>Requires Older Adults program membership.</b>

TR -SENSORY ROOM

Title	When	Time	Description
1 on 1 sessions	Monday-Friday	By appointment	Therapeutic sessions for individuals with physical, intellectual, and developmental disabilities utilizing different elements of the Sensory Room to achieve specific and desired goals. <b>Please call the center to schedule your appointment.</b>
TRS S.M.I.L.E.	October 14, 21, 28	10 a.m. – 1 p.m.	The S.M.I.L.E. program is an integrated play program for children with and without disabilities. Children can participate in a variety of early learning activities such as arts and crafts, sports, group games and more! <b>Registration is required. Please call the TRS main line (703-324-5532, TTY 711) for more information.</b>
Adult/Senior Open Relaxation Station	Monday & Wednesday  Friday	<b>Group 1:</b> 11:15 -11:45 a.m. <b>Group 2:</b> 12:30 -1:30 p.m. 12:30 p.m.	Come and reduce your stress by enjoying music in a vibroacoustic or sound shell chair, the soothing colors of the fiber optics and bubble tubes. Attendance is based on first come first served. No more than three people at a time.
Spark Your Senses with SACC	Monday & Wednesday	4:30-5:30pm	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement and music.
Thursday Little Sensations (Fall Programming)	Thursdays (October 5, 12, 19, 26)	10:30am-11:15am or 11:30 a.m. - 12:15 p.m.	Come enjoy an inclusive program with your little one! This program is designed for children 2-3 years old and under. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents could also meet and share resources. <b>Spots are Limited: Registration is required.</b>
Friday Little Sensations (Fall Programming)	Fridays (October 6, 13, 20, 27)	10:30am-11:15am or 11:30 a.m. - 12:15 p.m.	Come enjoy an inclusive program with your little one! This program is designed for children 12 months-23 months of age. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents could also meet and share resources. <b>Spaces are Limited: Registration is required.</b>
Saturday Move to the music. <b>Session I</b>	Third Saturday of the month (October 21)	12:30 p.m. - 1:15 p.m.	This Inclusive program is designed for children in ages <b>4 to 7 years old</b> . Sensory seekers, explore motion and movement to a wide range of kid-friendly music.  <b>Spaces are Limited: Registration is required.</b>

Saturday Move to the music. <b>Session II</b>	Third Saturday of the month (October 21)	1:30 p.m. - 2:15 p.m.	This Inclusive program is designed for children in ages <b>8 to 10 years old</b> . Sensory seekers, explore motion and movement to a wide range of kid-friendly music. <b>Spaces are Limited: Registration is required.</b>
Teen Poetry Club	Every-other Tuesday (October 10, 24)	4 pm- 5 pm	Poetry Club for Teens In Action participants that focuses on poetry structure, creation of poetry, other literary arts, and performance such as spoken word and rap. <b>(Teens not allowed in the facility during TIA hours unless enrolled in TIA.)</b>
<u>Special Events / Trips</u>			
Title	When	Time	Description
Student Holiday	Monday October 9th	All Day	FCPS student holiday. SACC & Teen Out of school program all day.

<u>Community Meetings</u>			
Title	When	Time	Description
Senior Advisory Council	The fourth Thursday of the month <b>(October 26)</b>	11:30 a.m. - 12:30 p.m.	The Sully Senior Center Advisory Council serves as the voice of the senior program participant working in partnership with the center's Director. Their purpose is to provide input and recommendations on the planning, development, implementation, and evaluation of the senior center services, programs, and activities including educational, sports, recreational and cultural to encompass the surrounding community.
Facility Use	Monday- Friday Saturdays	4:30 p.m. – 8:30 p.m. 9:30 a.m. – 8:30 p.m.	Please call to Sully Community Center for more details or come in person for picking up an application request form. Applications must be submitted <b>4 weeks prior</b> to the request date.





Fairfax County

# Neighborhood & Community Services

## Sully Community Center

**Address:**  
13800 Wall Road,  
Herndon, VA 2017

**Hours:** Monday - Saturday  
9 a.m. - 9 p.m.

**Phone:** 703-322-4475, TTY 711

### NOVEMBER 2023

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
School Age Child Care (SACC)	Monday - Friday	7 - 10:30 a.m. and 2:30 p.m. - 6:15 p.m.	Children and Youth Program. Before and after school care for K-6 <sup>th</sup> grade. SACC promotes the well-being of individuals, families, and communities by providing affordable, safe and educational care for children before and after school and full day care during FCPS breaks. <b>Please call 703-449-8989 to register.</b>
Teen After School Program	Monday - Friday	2 p.m. – 6 p.m.	Out-of-school programming provides a structured and engaging environment <b>for teens in grades 7<sup>th</sup>-12<sup>th</sup> graders.</b> Teens will participate in recreational games and activities, STEAM, homework help, cultural, arts, mentoring, fitness, nutrition, and leadership opportunities. Activities are facilitated by staff.
Sully Senior Program	Monday - Friday	8 a.m. – 4 p.m.	This program engages with older adults in our community and provides a supportive environment that encourages them to be active physically and mentally. The center provides physical, educational, and social activities for active adults aged 50+. <b>Lunch and transportation are available upon request and may require a fee. Please see senior staff for more information.</b> Please see senior calendar for a detailed schedule.

Therapeutic Recreation Services	Monday - Friday	8 a.m.-4:30 p.m.	Therapeutic Recreation Services provides opportunities for children and adults with disabilities to develop the skills that enable them to participate in the recreation and leisure programs of their choice. The inclusion specialist provides services and programs for individuals of all abilities, allowing and promoting access to the sensory space to all participants.
HealthWorks for Northern Virginia	Monday, Wed, Thursday, Friday Tuesdays	8 a.m.-5 p.m. 8 a.m. – 8 p.m.	HealthWorks provides comprehensive primary health care services. Services include are: Comprehensive primary medical care for ages newborn and up, including laboratory and behavioral health. Please call to (703) 443-2000.
Women, Infants, and Children (WIC) Program	Monday - Friday	8 a.m.-4:30 p.m.	Breastfeeding promotion and support are provided by the WIC Program through assistance and education, peer counselors, classes and supplies and equipment.
Shepherd's Center of Western Fairfax Count	Monday – Friday (One visit per week)	3-4 hours (variable) daily	SCWFC offers free transportation for necessary medical and Western Fairfax Christian Ministry Food Pantry appointments for those unable to drive themselves. <b>Please call for more information.</b>
Homework Help	Tuesday - Wednesday	3:30 p.m. – 4:30 p.m.	Teen Program. Programs provide support and help to participants for completing school assignments and projects.

### FAMILY PROGRAM

Title	When	Time	Description
Teen Friday Night	1 <sup>st</sup> and 3 <sup>rd</sup> Friday of the month. (November 3, 17)	6:30 p.m. – 8:30 p.m.	Come to Sully where you can play basketball, chess, board games, VR, drones and more! Teens must be registered members with Sully Teen Community Center to participate.
Family Fun Night "A Community Thanksgiving Gathering"	Thursday, November 16	6 p.m. - 8 p.m.	Families are welcome to join us for a night of fun games and engagement! This program is for parents/guardians and their children. up to 6th grade.
Teen Chess Club	Monday	4 – 5 p.m.	Want a place to play chess with your peers, and make new friends? Come and join us at Sully Teen Afterschool chess club. All playing levels are welcome. Teens must be registered members with Sully Teen Community Center to participate.
Checkmate! Teen Program	Third Friday of the month <i>November 17</i>	5 – 6 p.m.	Whether you've been playing for years or have always wanted to learn, this is your chance to sharpen your skills. Players can compete in a casual friendly game or learn the fundamentals of this classic game of strategy. <b>Only for Middle and High schoolers.</b>

Artie Party with Munny	1 <sup>st</sup> and 3 <sup>rd</sup> Saturday of the month (November 3, 17)	10 am – 11 a.m.	This program is for youth ( <b>younger than 13 years old</b> ) and their parents. Come to join us to spend family time together while having fun and making creative projects. A <b>Membership is required for all participants.</b>
Financial Literacy Program for teenagers	2 <sup>nd</sup> Tuesday of each Month (November 14)	5 p.m. - 6 p.m.	Financial Literacy is a vital life skill that people of all ages need to understand. This life skill is used in many ways to provide for one's basic needs, plan and save for future savings, financial emergencies, and charitable contributions. During the Financial Literacy Classes, we will teach you the basics of earning, saving, spending, and investing money to meet your current and future financial goals. All are encouraged to take notes during class. Age: <b>Middle and High School students only. Participants will need to be registered in the Teens in Action Camp.</b>
Family Open Gym	Monday, Wed., Friday Tuesdays, Thursdays Saturday	6 pm – 7 p.m.  1 – 2 p.m.  9 am – 11 a.m.	Bring your family and shoot some basketball or kick around a soccer ball. Parents/Guardians must always stay with their children. Family gym time is for families with children under 13 years old.

### FITNESS CLASSES

Title	When	Time	Description
Supervised Exercise Room (Senior/Adults)	1st Saturday of the month (November 4)	10 a.m. – Noon	One-on-one session with an instructor for scheduling time for a training/orientation on how to use the exercise equipment and machines. Supervise time in exercise room. <b>Please call to schedule a 30 min. session.</b>
Fitness Equipment	Monday - Saturday	9 a.m. - 9 p.m.	Use fitness equipment for a fun workout. <b>This room is available for adults 13+ years old.</b>

Gentle Mat Yoga with Holly	Mondays <i>Yoga Room</i>	9 a.m. - 10 a.m.	Gentle Yoga focuses on strengthening, stretching, and balance with poses standing, kneeling, and lying on the mat. Breathing exercises and basic meditation are also practiced. <b>Beginners and advanced beginners are welcome!</b>
Strength Training	Mondays <i>Gym</i>	10:30 a.m. - 11:30 a.m.	Hand weights are used to strengthen muscles to music.

Strength Training /SAIL	Tuesdays <i>Gym</i>	10:30 a.m. - 11:30 a.m.	Fun seated or standing fitness class to strengthen muscles and to improve balance for adults 50+.
Tai Chi Class	Wednesday <i>Yoga Room</i>	10:15 - 11:15 a.m. <b>Beginner</b> 11:30 a.m. – 12:30 p.m. <b>Intermediate</b>	A gentle movements class to develop strength and balance. <b>Requires Senior Center membership. For senior program members only.</b>
Advanced Line Dancing Club	Tuesdays, Thursdays <i>Yoga Room</i>	12:30 a.m. - 1 p.m.	Adults who enjoy line dancing meet for free advanced level dancing. Just dancing, not instructions. <b>A rotation class time is included.</b>
Beginning Line Dancing Class	Tuesdays, Thursdays <i>Yoga Room</i>	1 p.m. - 1:30 p.m.	Adults who enjoy line dancing meet for fun beginner level dances to learn the basic steps. <b>A rotation class time is included.</b>
Intermediate Line Dancing Club	Tuesdays, Thursdays <i>Yoga Room</i>	1:30 p.m. - 2:30 p.m.	Adults who enjoy line dancing meet for free intermediate level dancing. <b>A rotation class time is included.</b>
Gentle Mat Yoga with Karthika	Wednesdays <i>Yoga Room</i>	9 a.m. - 10 a.m.	A gentle floor yoga, strengthening, balancing and flexibility for advanced beginners.
Jazzercise LO	Wednesday & Thursday <i>Gym</i>	10:30 a.m. - 11:30 a.m.	Fun, choreographed exercise class with trendy music.
S.A.I.L.	Fridays <i>Yoga Room</i>	10:30 a.m. – 11:30 p.m.	Stay Active for Independent Living (S.A.I.L.) is a strength, balance, and fitness program for adults 50 +. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. <b>Requires Older Adults program membership.</b>
Zumba Gold	Fridays <i>Yoga room</i>	1 – 2 p.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much, much, more. <b>This program is for adults 50+. Requires Older Adults program membership.</b>

Zumba	Saturdays <i>Yoga room</i>	9:30 – 10:30 a.m.	Zumba is a fitness program, intended as a total-body cardio and aerobic that involves cardio and Latin-inspired dance. <b>This class is open to adults over the age of 18. A center general membership is required.</b>
<b>GYMNASIUM</b>			
Title	When	Time	Description
Family Open Gym	Monday, Wed., Friday <i>Tuesdays, Thursdays</i> Saturday	6 pm – 7 p.m.  <i>1 – 2 p.m.</i> 9 am – 11 a.m.	Bring your family and shoot some basketball or kick around a soccer ball. Parents/Guardians must always stay with their children. Family gym time is for families with children under 13 years old.  <b>**Center closed on Nov. 07, Nov. 10-11, Nov. 23-25.</b>
SACC	Monday, Wednesday, Thursday, Friday	4 p.m. – 5 p.m.	Gym activities for SACC participants (must be registered in SACC). <b>**Center closed on Nov. 07, Nov. 10-11, Nov. 23-25.</b>
Teens	Monday, Wed., Friday <i>Saturday</i> Thursday	5 p.m. – 6 p.m. <i>6 p.m. – 8 p.m.</i> 4 p.m. – 5 p.m.	Gym activities for Teens Afterschool program participants (must be registered in Sully afterschool programs). <b>**Center closed on Nov. 07, Nov. 10-11, Nov. 23-25.</b>
Pick-Up Badminton	Friday <i>Thursday</i> Saturday	2 – 4 p.m. <i>5 – 7 p.m.</i> 4:30 – 6 p.m.	Open Badminton play for adults <b>ages 18+ who are out of HS to play Badminton and practice skills.</b>  <b>**Center closed on Nov. 07, Nov. 10-11, Nov. 23-25.</b>
Pick-Up Pickleball	<i>Tuesday, Thursday</i> Wednesday <i>Saturday</i>	<i>2 – 4 p.m.</i> 7 – 8:45 p.m. <i>3 – 4:30 p.m.</i>	Open Pickleball play for adults ages 18+ who are out of HS to play Pickleball and practice skills.  <b>**Center closed on Nov. 07, Nov. 10-11, Nov. 23-25.</b>
Pick-Up Volleyball	Mondays	7 – 8:45 p.m.	Open Volleyball play for adults <b>ages 18+ who are out of HS to play Volleyball and practice skills.</b>  <b>**Center closed on Nov. 07, Nov. 10-11, Nov. 23-25.</b>
Pick-Up Basketball	Monday  <i>The 2<sup>nd</sup> Friday of the month (Nov.10)</i>  Saturday	2 – 4 p.m.  <i>7 – 8:45 p.m.</i>  1 – 3 p.m.	Open Basketball play for adults ages 18+ who are out of HS to play Basketball and practice skills.  <b>**Center closed on Nov. 07, Nov. 10-11, Nov. 23-25.</b>

Pick-Up Badminton	Thursdays Saturdays	7 – 8:45 p.m. 4:30 – 6 p.m.	Open Badminton play for adults <b>ages 18+ who are out of HS to play Badminton and practice skills.</b> <b>**Center closed on Nov. 07, Nov. 10-11, Nov. 23-25.</b>
Tennis table/Ping Pong	Friday Tuesdays Saturdays	10 am -11:30 noon  7 – 8:45 p.m. 11a.m. – 1 p.m.	On Friday, Senior Center participants will enjoy playing tennis. On Tuesday and Saturday, Open Tennis is played for any community members. <b>**Center closed on Nov. 07, Nov. 10-11, Nov. 23-25.</b>
Teen Saturday Night @ Gym	Saturdays	6 – 8:30 p.m.	Come to Sully where you can play basketball, volleyball, soccer, ping pong, board games and more! Teens must be registered members with the Sully Teen Community Center to participate. <b>**Center closed on Nov. 07, Nov. 10-11, Nov. 23-25.</b>

### TR-SENSORY ROOM

Title	When	Time	Description
1 on 1 sessions	Monday-Friday	By appointment	Therapeutic sessions for individuals with physical, intellectual, and developmental disabilities utilizing different elements of the Sensory Room to achieve specific and desired goals. <b>Please call the center to schedule your appointment.</b>
TRS S.M.I.L.E.	November 4, 18	10 a.m. – 1 p.m.	The S.M.I.L.E. program is an integrated play program for children with and without disabilities. Children can participate in a variety of early learning activities such as arts and crafts, sports, group games and more! <b>Registration is required. Please call the TRS main line (703-324-5532, TTY 711) for more information.</b>
Adult/Senior Open Relaxation Station	Monday & Wednesday  Friday	<b>Group 1:</b> 11:15 -11:45 a.m. <b>Group 2:</b> 12:30 -1:30 p.m.  12:30 p.m.	Come and reduce your stress by enjoying music in a vibroacoustic or sound shell chair, the soothing colors of the fiber optics and bubble tubes. Attendance is based on first come first served. No more than three people at a time.
Spark Your Senses with SACC	Monday & Wednesday	4:30-5:30pm	SACC participants engage in various sensory activities ranging from education, stimulation, relaxation, creative movement and music.

Thursday Little Sensations (Fall Programming)	Thursdays (Nov. 2, 9, 16, 30)	10:30am-11:15am or 11:30 a.m. - 12:15 p.m.	Come enjoy an inclusive program with your little one! This program is designed for children 2-3 years old and under. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents could also meet and share resources. <b>Spots are Limited: Registration is required.</b>
Friday Little Sensations (Fall Programming)	Fridays (Nov. 3, 17)	10:30am-11:15am or 11:30 a.m. - 12:15 p.m.	Come enjoy an inclusive program with your little one! This program is designed for children 12 months-23 months of age. Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents could also meet and share resources. <b>Spaces are Limited: Registration is required.</b>
Saturday Move to the music. <b>Session I</b>	Third Saturday of the month (November 18)	12:30 p.m. - 1:15 p.m.	This Inclusive program is designed for children in ages <b>4 to 7 years old</b> . Sensory seekers, explore motion and movement to a wide range of kid-friendly music. <b>Spaces are Limited: Registration is required.</b>
Saturday Move to the music. <b>Session II</b>	Third Saturday of the month (November 18)	1:30 p.m. - 2:15 p.m.	This Inclusive program is designed for children in ages <b>8 to 10 years old</b> . Sensory seekers, explore motion and movement to a wide range of kid-friendly music. <b>Spaces are Limited: Registration is required.</b>
Teen Poetry Club	Every-other Tuesday (November 21)	4 pm- 5 pm	Poetry Club for Teens In Action participants that focuses on poetry structure, creation of poetry, other literary arts, and performance such as spoken word and rap. <b>(Teens not allowed in the facility during TIA hours unless enrolled in TIA.)</b>

**TECHNOLOGY PROGRAMS**

<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Teen Tech Time	Tuesday, Thursday	3 p.m. - 4 p.m.	Portable lab utilized during the afterschool teen program.
SACC Tech Time	Wednesday, Friday	4 p.m. – 5:30 p.m.	Portable lab utilized for the SACC program.
Beginner Level Tech Time	Thursday <i>Art &amp; craft room</i>	1 – 2 p.m.	Computer Basics classes for senior center participants <b>(50+ years)</b> . Come and join us! <b>Requires Older Adults program membership.</b>

Senior Center Computer Basics Class	Tuesdays <i>Art &amp; craft room</i>	1 – 2 p.m.	Computer Basics classes for senior center participants <b>(50+ years)</b> . Come and join us! <b>Requires Older Adults program membership.</b>
<u>Special Events / Trips</u>			
Title	When	Time	Description
Veterans Holiday	November 10-11	All Day	Center is closed in observance of County Holiday
Election Day	Tuesday, November 7	All Day	Center is closed in observance of election day.
Thanksgiving Holiday	November 23-25	All Day	Center is closed in observance of Thanksgiving holiday.

<u>Community Meetings</u>			
Title	When	Time	Description
Senior Advisory Council	The third Thursday of the month (November 16)	11:30 to 12:30 noon	The Sully Senior Center Advisory Council serves as the voice of the senior program participant working in partnership with the center's Director. Their purpose is to provide input and recommendations on the planning, development, implementation, and evaluation of the senior center services, programs, and activities including educational, sports, recreational and cultural to encompass the surrounding community.
Facility Use	Monday- Friday Saturdays	4:30 p.m. – 9 p.m. 9 a.m. – 9 p.m.	Please call to Sully Community Center for more details or come in person for picking up an application request form. Applications should be submitted 2 weeks prior to the request date.