



**October 2018**



# Sully Senior Center

14426 Albemarle Point Place  
Chantilly, VA 20151  
Phone: 703-322-4475, TTY 711



www.fairfaxcounty.gov/neighborhood-community-services

**Operating Hours**  
Monday - Friday, 9 a.m. - 4 p.m.

**Closed for a County Holiday**  
**Monday, September 3, 2018**

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

## OCTOBER 2018

### Programs

Progra.m.	When	Time	Description
Discussion	Monday - Friday	9 a.m. - 2 p.m.	We encourage seniors who come in to engage in healthy and thought-provoking activities.
Educational	Wednesday, October 3	12:30 p.m.	Ocean Conservation
Educational	Tuesdays	12:30 p.m.	Smart Device Class - Apps and Settings.
Educational	Wednesday, October,10	12:30 p.m.	Brain Health
Entertainment	Monday, October 15	12:30 p.m.	Aaron Karpall We 2 Sing & visit with Pimmit Hills Seniors
Health	Wednesday, October 17	12:30 p.m.	Flu Shot Clinic
Edu-tainment	Monday, October 22	12:45 p.m.	Arm Chair Travel - Peru
Entertainment	Tuesday, October 23	12:30 p.m.	Sing and Swing w Chris Edeards

### Fitness Classes

Class	When	Time	Description
Early Morning Fitness	Monday - Friday	9 a.m. - 10 a.m.	A group uses the fitness equipment for a fun morning workout
50+ and Fit! Exercise	Mondays	10:30 a.m.	Mary Pat's workout class will help keep you fit.
Beginning Line Dancing	Mondays, Thursdays	1 p.m.	Fun beginner level dances to learn the basic steps
Line Dancing Club	Mondays, Thursdays	1:30 p.m.	Adults who enjoy Line Dancing meet for free advanced classes
Gentle Yoga	Mondays, Thursdays	9:15 a.m.	A gentle floor yoga, strenghtening, balancing and flexiblility for beginners (call 1st)
Tai Chi	Tuesdays	9:15 a.m.	A gentle movements class to develop strength and balance (\$)
Qi Gong	Tuesdays	10:30 a.m.	Moving to improve balance and focus
Zumba!	Mondays	8 p.m.	Latin Dancing for the Young at Heart! (\$) Reservations required - space limited
Tai Chi	Wednesdays	6:45 p.m.	A gentle movements class to develop strength and balance (\$) RR Space limited
Zumba Gold!	Tuesday & Wednesday	1 p.m.	Latin Dancing for the Young at Heart! (\$) Reservations required - space limited
Stay Active/Indepenant for Life	Monday, Wednesday, Thursday	10:45 a.m.	Stretching, Strengthening and moving to the music while seated
Jazzercise LO	Wednesday & Thursdays	10:30 a.m.	Fun, choreographed exercise class with trendy music.
Tai Chi	Fridays	10:15 a.m.	A gentle movements class to develop strength and balance (\$)
Strength Training	Fridays	10:30 a.m.	Use hands weights for a full body workout.
Bollywood Fitness	Fridays	1 p.m.	Fun, invigorating workout with upbeat music
Zumba!	Saturdays	9 a.m.	Latin Dancing for the Young at Heart! (\$) Reservations required - space limited

### Continued Learning Classes

Class	When	Time	Description
Loom Knitting	Tuesdays	12:30 p.m.	A simple technique using a partable loom. Bring a skein of 4 ply yarn.
Drawing/Painting	Tuesdays	10:15 a.m.	Using different mediums, explore art and learn and develop new skills (\$)
Smart Device Class	Tuesday	12:45 p.m.	Learn to use your smart phone, tablet or laptop. Bring devise. Reservations Required
Knitting & Crochet Group	Wednesday	12:30 p.m.	New and experienced knitters and Crocheters welocme!
English Classes	Wednesday	12:30 p.m.	Basic Beginner Classes
Computer Consults	Tuesday - Thursday	10:45 a.m.	Private classes to learn basic computer skills. Reservations required.
Conceptual Drawing	Friday	10:15 a.m.	Learn how to sketch out the painting or photo, and study perception techniques(\$)

### Special Events/Trips

Event/Trip	When	Time	Description
Bull Run Elementary School	Thursdays, October 4	10:15 a.m.	Volunteer Day at our local elementary school
Wegmans Chantilly	Friday, October 11	10:15 a.m.	Brand New Store!
Fair Lakes Shopping Center	Thursday, October 18	10:15 a.m.	Walmart, Target, BJ's, Home Goods, Michaels
Out to Lunch Bunch	Thursday, October 24	10:15 a.m.	Munny is driving!
Dulles Town Center	Thursday, October 25	10:15 a.m.	Macy's, JCP, Sears

### Community Meetings

Meeting	When	Time	Description
Advisory Meeting	Thursday, October 25	11:30 a.m.	The Center Leadership team meets once a month

**Allergy Alert: No perfume, cologne, or scented body products may be worn to the center**