



Fairfax County

# Neighborhood & Community Services

[www.fairfaxcounty.gov/neighborhood-community-services](http://www.fairfaxcounty.gov/neighborhood-community-services)

## Sully Senior Center

**Address:** 14426 Albemarle Point  
Place, Chantilly VA 20151

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

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

### March 2020

#### FITNESS CLASSES

Title	When	Time	Description
Fitness Room Free Time	Monday-Friday	9 a.m.-4 p.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, strengthening, balancing and flexibility for beginners (call 1st)
Chair Yoga	Tuesdays	10:30 a.m.	For those not interested in getting on the floor, this is a good stretching and strengthening class.
Tai Chi Class	Tuesday	9:15 a.m.	A gentle movements class to develop strength and balance. (\$)
Zumba!	Mondays Thursdays Saturday	8 p.m. 5:30 p.m. 9 a.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!	Wednesday	1:00 p.m.	Latin Dancing for the Young at Heart! (\$)

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Stay Active/Independent for Life (SAIL)	Mon, Tues, Wed	10:30 a.m.	Stretching, Strengthening and moving to the music while seated
Jazzercise LO	Wed & Thursdays	10:30 a.m.	Fun, choreographed exercise class with trendy music.
Strength Training Video	Fridays	10:30 a.m.	Use hands weights for a full body workout.
Special Events / Trips			
Title	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
New Drumming Class!	Tuesday	12:30 p.m.	Learn to play the drum and have a good time
Fraud Against Seniors	3/9	1:00 p.m.	Learn signs of fraud and protect your identity
Presidents and First Ladies Jingo	3/11	12:30 p.m.	Its not Bingo its Jingo!
Aaron Karppala Sings	3/30	12:30 p.m.	Great music and dancing fun
Tree of Life Women's Support Group	Mondays	12:30 p.m.	Discuss Women's issues in Today's world
Special Events / Trips			
Title	When	Time	Description
Dulles Landing	Thursday 3/5	10:15 a.m.	Shopping Mall
Giant/Goodwill	Thursday 3/12	10:15 a.m.	Grocery Store and or Thrift Store shopping
Village Center Giant	Thursday 3/19	10:15 a.m.	Grocery Store and many places to eat lunch
Lotte/IHOP	Thursday 3/26	10:15 a.m.	International Grocery Store
CONTINUED LEARNING CLASSES			
Title	When	Time	Description
Drawing/Painting	Tuesdays, 2 hours	10:15 a.m.	Using different mediums, explore art and learn and develop new skills (\$)
Smart Device Class	Tuesday	1:45 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 welcome!
English Classes	Wednesday & Thursdays	12:30 p.m.	Basic Beginner Classes
Computer Consults	Tuesday and Thursday	10:45 a.m.	Private classes to learn basic computer skills. Reservations required.
Acrylic Painting	Friday, 2 hours	10:15 a.m. Class 1	Learn how to sketch out the painting or photo, and study perception techniques (\$)
Acrylic Painting	Friday, 2 hours	12:30 p.m. Class 2	Learn how to sketch out the painting or photo, and study perception techniques(\$)
Community Meetings			

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Title	When	Time	Description
Advisory Meeting	Thursday 3/26	11:30 a.m.	The Center Leadership team meets once a month

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