



*December 2018*



# Sully Senior Center

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



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

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

**Closed for a County Holiday**  
**Monday, November 12, 2018**

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

## December 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	Monday, December 10	12:30 p.m.	Silver Shields Anti Crime Presentation
Entertainment	Tuesday, December 11	12:30 p.m.	Sing & Swing w Chris Edwards
Entertainment	Wednesday, December 12	Noon	Kindergardeners sing Holiday Songs
Entertainment	Tuesday, December 18	12:30 p.m.	Holiday Party

### Fitness Classes

Class	When	Time	Description
Fitness Room Free Time	Monday - Friday	9 - 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 flexibility for beginners (call 1st)
Tai Chi	Tuesdays	9:15 a.m.	A gentle movements class to develop strength and balance (\$)
Zumba!	Mondays/Thursdays	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! (\$)
Stay Active/Indepenant for Life	Monday, Tuesday, Wednesday	10:45 a.m.	Stretching, Strengthening and moving to the music while seated
Jazzercise LO	Wednesdays & 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.
India Interpritive Dance	Tuesdays	10:30 a.m.	Slow, graceful movement class
Zumba!	Saturdays	9 a.m.	Latin Dancing for the Young at Heart! Reservations required - space limited

### Continued Learning Classes

Loom Knitting	Tuesdays	12:30 p.m.	A simple technique using a portable 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.
Acrylic Painting	Friday	10:15 a.m.	Learn how to sketch out the painting or photo, and study perception techniques(\$)
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### Special Events/Trips

Event/Trip	When	Time	Description
Crossroads Tavern	Wednesday, December 5	10:15 a.m.	Out to Lunch Bunch tries a new restaurant in Manassas. They've got games!
Bull Run Elementary School	Thursdays, December 6	10:15 a.m.	Volunteer Day at our local elementary school
Fair Oaks Mall	Thursday, December 13	10:15 a.m.	Large, 2 level mall. All the big stores
Holiday Musical!	Saturday, December 15	10:15 a.m.	At NOVA CC - "Imagine Christmas" Lights! Color! Dancing! Rockettes style show! RR
Herndon Senior Center	Wednesday, December 19	10:15 a.m.	Join us as we visit with our closest senior center for lunch and entertainment
Greenbrier Shopping Center	Thursday, December 20	10:15 a.m.	Giant, Subway, Marshalls, and more
Harris Teeter	Thursday, December 27	10:15 a.m.	HT, and Walgreens, Jersey Mikes Sub, Velocity Wings and more

### Community Meetings

Meeting	When	Time	Description
Advisory Meeting	Thursday, December 27	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**