



December 2018



Wakefield Senior Center

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www.fairfaxcounty.gov/neighborhood-community-services

AGNES TARBETT—Director
 REBECCA BOONE—Program Coordinator

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

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

December 2018

Programs

Program	When	Time	Description
Coffee Social	Monday - Friday	9 - 10 a.m.	A daily chance to catch up with old and new friends.
Open Computer Lab	Monday - Friday	9 a.m. - 3 p.m.	Computers available for anyone who needs access. Free Wi-Fi available.
Art Lab	Mondays	10 a.m. - noon	Bring your own art project and enjoy working on it in the company of your peers! No club on 12/10 and 12/24.
Open Bridge	Tuesdays	12:30 - 3 p.m.	Open Bridge, some experience necessary. No lessons given.
Open Bridge	Wednesdays	12:30 - 3 p.m.	Open Bridge, some experience necessary. No lessons given.
Beading	Thursdays	11 a.m. - noon	Create your own personal keepsake with your very own design!
Bingo	Fridays	12:30 - 1:30 p.m.	Everyone wins. Stop by for the fun!
Craft Work Project	Fridays	1 - 3:30 p.m.	Create Teddy Bears for children at INOVA Fair Oaks Hospital.

Classes

Class	When	Time	Description
Introduction to Computers	Mondays	10:30 - 11:30 a.m.	No experience necessary in this free drop in class. Topics vary by week.
Line Dancing	Tuesdays	10 a.m. - noon	Intermediate class for fun and relaxation. \$10 for 7 classes. First class begins 12/11. No class 12/25.
Exercise ABC's	Wednesdays	9:30 - 10:25 a.m.	This enjoyable exercise class gets you moving! First class 12/12. \$5 for 8 classes.
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Chair Exercise	Thursdays	10 - 10:30 a.m.	A great class for those with mobility issues or just getting back into exercise. Free class. Come anytime. 1st class of month meets on Friday at same time.
Zumba Gold with Toning with Millette	Thursdays	10:40 - 11:40 a.m.	Latin dance moves and music to get you into shape and brighten your day. Light weights used. First class 12/13. \$5 for 8 classes.
SAIL (Stay Active and Independent for Life)	Thursdays	1:30 - 2:30 p.m.	This is a strength, balance and fitness program designed to reduce falls and improve balance. First class 12/13. \$5 for 8 classes.
Ballroom Dancing	Thursdays	2:30 - 3:30 p.m.	This introductory course requires no experience and you can come without a partner. Did you know dancing increasing your brain power?! First class 12/13.
Yoga			Check with center for more information.
Zumba Gold with Millette	Fridays	10:30 - 11:30 a.m.	Latin dance moves and music to get you into shape and brighten your day. First class 12/14. \$5 for 8 classes.
Qigong	Fridays	11:45 - 12:45 p.m.	An ancient Chinese health care system that integrates physical postures and breathing techniques. First class 12/14. \$5 for 8 classes.

Event/Trips

Event/Trip	When	Time	Description
Botanic Garden (W/ Xmas decorations)	Tuesday, December 4	10 a.m.	Enjoy a spectacular display of naturally made icons from across the country including our Nation's Capitol!
National Cookie Day	Tuesday, December 4	11:30 a.m.	Today we'll have special cookies to celebrate National Cookie Day!
Class Registration	Monday, December 10	10 a.m.	Class Registration. Come early to get your favorite class. Cash and checks (payable to NCS) accepted.
Bull Run Festival of Lights	Tuesday, December 11	6:15 p.m.	Enjoy being driven down a festively lit winter display. This will put you in the holiday spirit-guaranteed!
National Gingerbread House Day	Wednesday, December 12	10:30 a.m.	Create a gingerbread house! While supplies last.
Eggnog Day	Friday, December 21	12:30 p.m.	Have a taste of the holiday staple!
CLOSED	December 24 and 25	ALL DAY	Merry Christmas!!!
National Fruitcake Day	Thursday, December 27	12:30 p.m.	In case you haven't had enough this year...while supplies last.
Birthday Celebrations	Friday, December 28	12:30 p.m.	Celebrate the birthdays of everyone born in December. Cake for everyone!

Guest Speakers

Hearing Aid presentation	Wednesday, December 5	11:30 a.m.	Learn about hearing aid types and discounts available to you.
Fire Department Speaker	Thursday, December 6	Noon	A variety of safety topics for you!
Nutritionist	Wednesday, December 12	Noon	Learn about "Foods that keep you healthy"!
Numistatist (coins)	Friday, December 14	Noon	Learn the history behind coins.

Community Meetings

Meeting	When	Time	Description
WSC Advisory Council	The next meeting will take place the last Wednesday of January 2019, at 11:45 a.m.		