



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

WAKEFIELD SENIOR CENTER

Address: 8100 Braddock Road
Annandale, VA 22003

Hours: Monday – Friday, 9 a.m. to 4 p.m.
ACTIVITIES SUBJECT to CHANGE

Phone: 703.321.3000, TTY 711

March 2020

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Coffee Social	Monday-Friday	9 a.m.-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 Studio	Mondays	10 a.m.-Noon	Bring your own art project and enjoy working on it in the company of your peers!
Open Bridge	Wednesdays	12:30 p.m.-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 p.m.-1:30 p.m.	Everyone wins. Stop by for the fun!
Craft Work Project	Fridays	1 p.m.-3:30 p.m.	Create Teddy Bears for children at INOVA Fair Oaks Hospital.

CLASSES

Title	When	Time	Description
Acrylic Painting	Monday	12:45 p.m. – 2:45 p.m.	Yes, you can become a painter! This introductory class is fun and rewarding. Class starts 12/9. \$10 for 3 months of classes. All supplies included canvas (first canvas only included).
Introduction to Computers	Monday	10:30 a.m. – 11:30 a.m.	No experience necessary in this free drop-in class. You pick the topic!
Line Dancing	Tuesday	10 a.m. - Noon	Intermediate class for fun and relaxation. \$10 for 3 months of classes. First class begins 12/10.

Tai Chi	Tuesday	1:00 – 2:00 p.m.	Reduce stress, improve balance & flexibility. \$5 for the session. Class starts 12/10.
Low Impact Aerobics	Wednesday	9:30 a.m. – 10:30 a.m.	A combination of seated and standing. You will get your cardio in! \$5 for the session. First class is 12/11.
Low Impact Aerobics	Wednesday	10:30 a.m. – 11:30 a.m.	A combination of seated and standing. You will get your cardio in! \$5 for the session. First class is 12/11.
Zumba Gold with toning with Millette	Thursday	10:30 a.m. – 11:30 a.m.	Latin dance moves and music to get you into shape and brighten your day. Light weights used. First class 12/12. \$5 for 3 months of classes.
Yoga	Thursday	11:45 a.m. – 12:45 p.m.	This class is modified to meet your needs. Increase your flexibility and calm your mind. First class 12/12. \$5 for 3 months of classes.
Sail (2 Classes)	Thursday 12:50 a.m.- 1:50 p.m. Friday 11:45 a.m. – 12:45 p.m.		Stay Active and Independent for Life in this balance and strength class. The class of free of charge but we ask you to commit to attending both classes each week.
Zumba Gold with Millette	Friday	10:30 a.m. – 11:30 a.m.	Latin dance moves and music to get you into shape and brighten your day. First class 12/13. \$5 for 3 months of classes.
Special Events / Trips			
Title	When	Time	Description
Cooking Demonstration	Wednesday, March 4	11:30 p.m.	Learn an easy, healthy dish you can prepare at home.
Fire Department Speaker	Thursday, March 5	Noon	Listen to a variety of safety topics.
Wegman's (Alexandria)	Friday, March 6	10:15 a.m.	Shop and eat at this fabulous grocery store!
Class Registration	Monday, March 9	10:00 a.m.	Register for March through May classes
National Pancake Day	Thursday, March 12	11:30 a.m.	Treat yourself!
Bureau of Engraving and Printing	Friday, March 13	10:15 a.m.	Come see where money is made!
Financial Health Quiz	Friday, March 13	1:00 p.m.	How fiscally healthy are you?
Music of the Knights	Saturday, March 14	7:30-9:15p.m.	City of Fairfax Band, celebrating famous artists
Fair Oaks Mall	Tuesday, March 17	10:15 a.m.	Stores, restaurants, and Dave and Buster's!
St. Patrick's Day Party	Tuesday, March 17	10:30 a.m.	Celebrate the Irish in all of us!
Amish Market	Wednesday, March 25	10:15 a.m.	Flowers, furniture, deli counters, fried chicken, candy and more!
Birthday Celebrations	Friday, March 27	12:30 p.m.	Let's celebrate (with cake) everyone that had a birthday in March!
Title			
Advisory Council Meeting	TBD		Be a contributing member to the center! Everyone welcome!