



Fairfax County

Neighborhood & Community Services

Wakefield Senior Center

**Address 8100 Braddock Road
Annandale VA 22003**

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

Center will be closed on

Monday, Sept. 4, Tuesday, Nov. 7, Friday, Nov. 10, Thursday, Nov. 23 &
24 2023

Phone: 703-321-3000, TTY 711

September – November 2023

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Tickle Me Tuesday	Tuesdays	1-1:30 p.m.	Clean Humorous riddles, one-liners, jokes, anti-dotes
Interactive Games	Tuesdays	10-1 p.m.	A variety of card and board games
Learn Something New (Library)	Tuesday, Sept. 12	10:45 -11:30	Librarian Help: Even Know-it-All's don't Know It All
Healthy Eating: Nutrition Activities	Wednesdays	10-11	Recipes, Puzzles, Demonstrations, and Presentations
Bridge	Wednesdays	12:30 p.m.—3:30	Social Bridge for Players with Some Experience
Open Art Studio	Thursdays	1:30 p.m.—3:30 p.m.	Artists Creating Together for Pointers and Fun
Basic Sewing Classes	Fridays	2-3 p.m.	Learn the Basics on How to Use a Sewing Machine
Crafting/Beading	Fridays	10:30 a.m.	Self-Directed and Satisfying Styling and Stringing
Let's Get Moving	Fridays	11:00 a.m.	Time to stretch!
Bingo	Fridays	1 p.m.	Everybody Wins, Free and Friendly
Teddy Bear Crafting	Fridays	1 p.m.—3 p.m.	Help Make Teddy Bears for Inova Children's Hospital

CLASSES

Classes Start September 5 and ends November 22

	When	Time	Description
Chair Yoga	Mondays	12:30 p.m.	Low-impact Seated Yoga
Beginner Tai Chi	Mondays	1:45 p.m.	The Chinese Meditative Movement Tradition
Advanced Tai Chi	Mondays	2:45 p.m.	The Chinese Meditative Movement Tradition

Technology w/Steve	2 nd Thursday	1-3p.m.	Assistant with phones, laptops, tablets, and desktop computers
Line Dancing	Tuesdays	10 a.m.—12 noon	Modern Unison Line Dancing in Various Styles
S.A.I.L.	Wednesdays	9:45 a.m.	Stay Active and Independent for Life-Balance & Strength
Zumba Gold	Wednesdays	11 a.m.	Lower Intensity Zumba with the same Latin music and dance allowing you time to learn the basic Zumba steps
Zumba Toning	Thursdays	10:30 a.m.	Zumba with hand weights created for active older adults
Yoga	Thursdays	11:45 a.m.	Low Intensity Mat Yoga
S.A.I.L.	Fridays	9:45 a.m.	Stay Active and Independent for Life-Balance & Strength
Fun w/Fitness	Fridays	11 a.m.	Exercise with a variety of equipment.
Special Events / Trips September-November2023			
Title	When	Time	Description
TRIP: Pentagon City Mall	Friday, Sept. 1	10 a.m.—1 p.m.	Shopping/Lunch
TRIP: Roses	Wednesday, Sept. 6	10 a.m.—1 p.m.	Shopping/Lunch
TRIP: Burlington	Wednesday, Sept. 13	10 a.m.—1 p.m.	Shopping/Lunch
TRIP: Ikea @ Potomac Mills	Friday, Sept. 22	10 a.m.—1 p.m.	Charter Trip: Today, 60% of our products use renewable materials. Our goal is that all our materials will be renewable or recycled by 2030.
TRIP: Lidl	Wednesday, Oct. 4	10 a.m.—1 p.m.	Shopping Trip of Necessity
TRIP: Cheesecake Factory @ Fair Oaks Mall	Friday, Oct. 13	10 a.m.—1 p.m.	Shopping/Lunch Choose from more than 250 dishes made fresh from scratch every day and more than 40 legendary cheesecakes and desserts.
TRIP: 1799 Prime Steak & Seafood	Wednesday, October 18	10 a.m.—1 p.m.	Charter Trip: 1799 Prime Steak & Seafood is rooted in the rich history of the Quander family.
TRIP: Walmart	Friday, October 27	10 a.m.—1 p.m.	Shopping Trip of Necessity
TRIP: Aldi	Wednesday, Nov. 15	10 a.m.—1 p.m.	Shopping Trip of Necessity
TRIP: Amish Market	Friday, Nov. 17	10 a.m.—1 p.m.	Charter Trip: Welcome to the Lancaster County Dutch Market located in Germantown, M. We offer all your groceries including fresh meats, produce, salads, desserts and more!

Trip; Medieval Times	Wednesday, Nov. 29	10 a.m.—1:30 p.m.	Charter Trip: Travel through the mists of time to a forgotten age and a tale of devotion, courage, and love—at Medieval Times Dinner & Tournament.
<u>Community Meetings</u>			
Title	When	Time	Description
Recruitment Day	Thursday, September 21	10 a.m.-2 p.m.	Build membership! Flyers and short demos from instructors