



October 2018



Wakefield Senior Center

8100 Braddock Road, Annandale, VA 22003
 Phone: 703-321-3000, TTY 711 Fax 703-764-2204



AGNES TARBETT—Director
 REBECCA BOONE—Program Coordinator

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

www.fairfaxcounty.gov/neighborhood-community-services

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

OCTOBER 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!
Open Bridge	Tuesdays	12:30 - 3 p.m.	Open Bridge, some experience necessary. No lessons given.
Pickleball	Wednesdays	8:30 - 10:30 a.m.	No experience necessary, all equipment provided. A cross between tennis, badminton, and ping-pong!
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.
Meditation w/ Joan	Mondays	12:45 - 1:45 p.m.	Find inner peace in this free meditation class. Join anytime. Ongoing. Please call morning of program to verify program will occur.
Line Dancing	Tuesdays	10 a.m. - noon	Intermediate class for fun and relaxation. \$10 for 8 classes. First class begins 10/16.
Exercise ABC's	Wednesdays	9:30 - 10:25 a.m.	This enjoyable exercise class gets you moving! First class 10/17. \$5 for 8 classes.
Exercise ABC's	Wednesdays	10:30 - 11:25 a.m.	This enjoyable exercise class gets you moving! First class 10/17. \$5 for 8 classes.
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.
Zumba Gold with Toning w/ 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 10/18. \$5 for 8 classes.
Yoga	Thursdays	Noon - 1 p.m.	This class is modified to meet your needs. Increase your flexibility and calm your mind. First Class 10/18. \$5.
Qigong	Fridays	Noon - 1 p.m.	An ancient Chinese health care system that integrates physical postures and breathing techniques. First class 10/26. \$5 for 8 classes.

Event/Trips

Event/Trip	When	Time	Description
American History Museum	Tuesday, October 2	10:15 a.m.	Enjoy this charter trip to the Smithsonian without the hassle of parking! See Dorothy's ruby slippers!
CLOSED	Monday, October 8	ALL DAY	Happy Columbus Day!
CLASS REGISTRATION	Monday, October 15	10 a.m.	Come early to get in your favorite class!
National Chocolate Cupcake Day	Thursday, October 18	12:30 p.m.	What will you get-vanilla or chocolate icing?
Occoquan Park	Tuesday, October 23	10:15 a.m.	A charter trip to hike in the fall colors followed by lunch!
October Birthday Celebration	Friday, October 26	12:30 p.m.	Come celebrate (With cake) everyone with an October birthday
Halloween	Wednesdy, October 31	ALL DAY	Come decorate a pumpkin! Costumes optional!

Guest Speakers

Fairfax County Fire Department	Thursday, October 4	Noon	A variety of safety topics for you!
Numismatist (coins)	Friday, October 12	Noon	Learn the history behind coins.