



## **WELCOME IN** **General Information**

Happy Fall Y'all



We hope you get involved in the many Senior Center activities, free and fee-based classes, special events and trips this fall! Whether you are a returning member or new to our Center, we are glad to see you at Green Acres!

Housed in the Green Acres Center, the Senior Center is a recreational center with numerous and varied activities for adults 55 years and better. **A Senior Center registration form is REQUIRED before participating in any activities.**

Please fill out our yellow membership form to ensure we have current contact information for you. If you are a new member, we will issue you a membership card/key tag and parking pass. If you are a returning member, you may use your existing card. New or returning members, **scan your membership card every time upon entering** the building.

### **Four Ways to Register for Classes and Trips:** **Fall Class Registration began August 5:** ***See day trip flyer for updated trip registration.***

1. **ONLINE:** available 24 hours a day at:  
[www.fairfaxva.gov/ParksRec](http://www.fairfaxva.gov/ParksRec)
2. **WALK-IN:** Monday – Friday: 8:30am-5pm at  
City Hall Office, Stacy C. Sherwood  
Community Center, or Green Acres Center.
3. **MAIL-IN:** Signed and completed registration forms mailed to:  
City of Fairfax Parks and Recreation,  
10455 Armstrong St., Fairfax, VA 22030.
4. **FAX-IN:** Signed and completed registration forms  
Fax to 703-246-6321

#### **Payment Methods Accepted:**

American Express, Discover, MasterCard or Visa.

**Checks payable to:** City of Fairfax

Payment must be made at the time of registration.

All participants must sign an assumption of Risk Waiver, found on the Registration Form, at time of registration.

## **Senior Center Location**

**Green Acres Center**  
4401 Sideburn Road  
Fairfax, VA 22030  
703-273-6090 TTY (711)

## **Hours of Operation:**

Monday through Friday:  
8 am to 5 pm

## **Green Acres Senior Center Staff**

**Anne Chase, CPRP**  
*Recreation Manager and Senior Center Manager*  
(703) 359-2487  
[anne.chase@fairfaxva.gov](mailto:anne.chase@fairfaxva.gov)

**Kathy Carter**  
*Assistant Senior Center Coordinator*  
(703) 385-3943  
[kathy.carter@fairfaxva.gov](mailto:kathy.carter@fairfaxva.gov)

**Laurie Basalyga**  
*Senior Center Staff*  
(703) 385-3943  
[laurie.basalyga@fairfaxva.gov](mailto:laurie.basalyga@fairfaxva.gov)

**Kristen Tucker**  
*Senior Center Staff*  
[kristen.tucker@fairfaxva.gov](mailto:kristen.tucker@fairfaxva.gov)

**Christine Smith**  
*Senior Center Staff*  
[christine.smith@fairfaxva.gov](mailto:christine.smith@fairfaxva.gov)

**Marsha Smith**  
*Senior Center Staff*  
[marsha.smith@fairfaxva.gov](mailto:marsha.smith@fairfaxva.gov)

# Information to Know



## Find Senior Center Activity Information

Keep an eye out in the hallways for our informational bulletin boards- here you can register for programs, see what's going on in the center and keep up with the latest information.

## Food Table and Coffee Hours

During the pandemic, several changes to our operations were made to provide a safe environment for our participants. We will continue many of the food safety measures that were put in place, including prohibiting non-store-bought items and sharing of serving utensils. If you would like to bring in a food item to share for our table, please provide a store-purchased item; individually wrapped items are still preferred. Please do not donate any peanut products due to allergies.



## Green Acres Parking Permit REQUIRED

A Green Acres parking permit is required for the street, upper/lower lots, and the circle **Monday-Friday, 7am - 4pm**. All who park must display the parking permit on their windshield. **Visitors: please sign the Guest Parking Log at the Front Desk.** Parking enforcement will monitor the area and **tickets will be issued** if a **Parking Permit** is not visible. The new Parking Permits are **ORANGE** and are **FREE** to Senior Center members with a membership card. Passes no longer have an expiration date. Sign up NOW at the Front Desk to get yours!



## Fastran Transportation to Fairfax City Senior Center



Fastran offers specialized transportation services for residents of Fairfax County and the Cities of Fairfax and Falls Church participating in human services agency programs. Transportation is provided to and from Fairfax City/County Senior Centers by approval. City residents can apply for bus service to our Senior Center activities by request at the Senior Center. An application must be filled out to request service, which is typically available Monday-Friday from 9am -2pm, based on availability by Fastran. Fairfax County residents will be taken to the closest Senior Center to their residence (it may not be the Fairfax City Senior Center). Should it be necessary to cancel your scheduled trip, please contact the Fastran Cancellation Line at 703-324-7068 or Senior Center staff.



# Information to Know

## Game Room

**Monday-Friday 9am-4pm**

We are excited about our game room at the Senior Center, in room 112. The room includes a pool table, air hockey, ping pong, foosball table and shuffleboard table. We look forward to tournaments and good old-fashioned fun! Please let us know if you would be interested in volunteering to be a game room monitor or organize a tournament.



## **Fitness Room**

Start living a healthier life today!

**Monday – Friday 8am-5pm** *senior member use only*

Open use of our Fitness Room

**Monday- Thursday 5pm-9pm**

**Saturday and Sunday 9am- 2pm**



Our fitness rooms contain cardio equipment, free weights and a stretching area. Always sign in and out on podium notebook before and after using rooms.

## **Green Acres Pickleball Play**

**Outdoor** courts *are first come first served* 8am-dusk.

**Indoor** Courts at Green Acres, see schedule below, you must be a member of the Senior Center to play on the indoor courts during senior center hours.



## **Indoor Pickleball Play Schedule**

<b>SKILL LEVEL</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
<b>BEGINNERS ONLY</b>	1:30pm-3:30 pm	12:30pm-1:30 pm				
<b>ALL LEVELS</b>		1:30pm-3:30 pm	1:30pm-3:30 pm	12:30pm-3:30 pm	12:30pm-3:30 pm	
<b>*\$5 TO PLAY, OPEN TO EVERYONE</b>	<b>*5:30pm-7:00pm</b>			<b>*6:15pm-8:30 pm</b>		<b>*10:30am-12:30 pm</b>

*We also offer lessons throughout the year please see brochure for more information*

<https://www.fairfaxva.gov/government/parks-recreation/parks-rec-connected-magazine>

# Information to Know

## Attention Party People!

We have many fun and festive holiday activities and events planned this season!

### Party dates this season:

- **Fri, Oct 25: Halloween Party** 11:30am - Registration Opens: **Oct 4**; Register by Tuesday, Oct. 22. Fee: \$10
- **Fri, Nov 8: Honoring Our Veterans Breakfast** 9:30am - Registration Opens **Nov 1**; Register by Wed., Nov. 6; *No Fee*
- **Fri, Nov 22: Thanksgiving Luncheon Gathering at Sherwood Community Center** 11:30am  
Registration Opens **Nov 1**; Register by Monday, Nov 18; *No Fee*
- **Fri, Dec 13: Holiday Party** 11:30am Registration Opens: **Dec. 2**. Register by Wed, Dec 10; Fee: \$10

**New Year's Pizza Party TBA**

### Party Guidelines:

- Parties have limited attendance- first come, first served.
- \$10 is due at time of registration, unless otherwise noted.
- Party fees are **not** refundable- sorry no refunds.
- Registration through active net at any Green Acres desk.



## Get Your Programming On!

Great programming is happening here at Green Acres this Fall. When it comes to physical fitness we offer a variety of options. On Monday mornings you can **Walk** inside our climate-controlled gymnasium. There's **Aerobic Dancing** with Sharon Allen and **Line Dancing** and **Clogging** with Martha Hemingway.

Martha has added a new evening class- **Line Dancing to Country, Pop, & Oldies Music** class on **Thursdays** at 7:30p.m. – 8:30 p.m. Get some exercise, work your brain, hear good music, and have fun! Learn basic line dance steps like the grapevine, shuffle, and rocking chair. Several routines will be taught during each class to country, pop, and oldies music. No partner necessary. **Fee:** Session A - \$60 Session B - \$40 Drop-in - \$10.

**Pickleball** remains a popular activity here at Green Acres with both indoor and outdoor options, lessons are also available. Additionally, **Bocce** season is in full swing and will last through Sept, and we have added **Cornhole** in the gym.

We not only want to contribute to your physical health but also to your mental and emotional wellbeing. Socializing and music are two fantastic ways to stay mentally fit and healthy. With that in mind, we have added the game **Rummikub** to our list of ongoing activities and started a “**Jam Group**” group for instrumentalists. Additional morning book club meetings have been added this Fall as well.

We continue to work hard to provide wide and varied cultural, historical, and social experiences through **day trips**. Our planning goal is to appeal to a variety of interests and wallet-friendly options. Before signing up for a trip, be sure to thoroughly read the description to have a good understanding of what the trip entails. Always feel free to ask a staff member for more information if you need clarification. We also love to hear suggestions to consider for future trips. No refunds on ticketed events.

# Information to Know

## New Drop-in Programs Starting this Fall

### Peer-led Grief Support Group

Have you lost a loved one and want to meet with people in similar situations? A group will be forming this Fall. Date and group size are to be announced but we are gathering names of those interested so we can start planning.

Please sign up at the center or privately email Pam Herbert [pkdherbert@gmail.com](mailto:pkdherbert@gmail.com). Pam will reach out to you with more information. Stay tuned for day and time. First introductory meeting will be held on **Friday, September 20 at 3pm** to meet those interested.

### Newcomers Pickleball - for people that are new to pickleball

Starting in September, Green Acres will host a pickleball workshop in the gym for seniors who are new to or learning the sport of pickleball. These workshops will take place on the first Friday of each month in the gym. The first session will be **Friday, September 6 at 11:30am**.

Workshops will be led by senior pickleball players who have offered to volunteer. They will answer questions and provide demonstration of the basics of pickleball and discuss how pickleball works at Green Acres.

Volunteers will briefly demonstrate dinking, discuss the non-volley zone (kitchen) and how pickleball differs from tennis. They will play a game (or part of a game) and will touch on the basics of scoring. Nets will be set up in the gym and newcomers are encouraged to participate and start playing around with dinking, serving, and returning serves. Bring your paddle and water bottle. We do have paddles available to loan as well.

## Bocce Season



The 2024 season started in May and continues through September.

All equipment is provided and there is no cost. We look forward to seeing you at Green Acres Bocce courts each Thursday morning at 10am May-September. To join a team a commitment to play on Thursdays starting at 10AM and lasting for approx. 1 1/2 to 2 hours each week. Additional questions please email [dclark@mac.com](mailto:dclark@mac.com)

The season will come to a close at the end of September with an awards ceremony on Thursday, September 26 at 11:00 am.

## Space to Create



Join us in room 110 on Thursdays from 1 pm to 4 pm. We paint, we chat, we share. Please provide your own painting/drawing materials. If interested, please contact: Betty Leadley: 703-978-8232 or [ealeadley@aol.com](mailto:ealeadley@aol.com) or Shirley Staples: 703-218-3172.





## **Fairfax Antiques Arts Association**

The Fairfax Antiques Arts Association is a senior member's group that is held every **3rd Thursday of the month from 10am until 12noon** here at the Green Acres Senior Center.

This group is open to all Young at Heart /Fairfax County Senior Members and their guests. Everyone is welcome to come and take full advantage of this great opportunity to connect with new people, enjoy stimulating conversations, socialize, take an active part in sharing /learning from others.

Please feel free to bring your antiques, art, keep-sakes, collectables, family histories, heirlooms, hidden treasures, and look what I found in the attic/garage to help facilitate very interesting interactions between the group's participants.

A monthly theme is established to provide some guidance and structure to our gatherings. However, the group is not limited to a particular subject matter and all items/topics are respectfully welcomed.

The following themes have been established for the remainder of the year 2024. August 2024: Summertime and Moving Forward , September 2024: Surprise! Surprise! Surprise! October 2024: Family History and Hidden Treasures, November 2024: Fall Festivities, Home Cooks and Recipes, December 2024: Holidays and Family Traditions.

Thank you in advance to all the new participants and a very heart felt appreciation to all of the current senior members of the Fairfax Antiques Arts Association who have remained vigilant to our current existence.

## **IT Help**

Looking for some one-on-one help with those IT questions? We will continue to offer Technology Help on **Mondays at 4:00 pm** with Richard He. Richard is a student at Woodson High School who volunteers his time to do something beneficial for the community. He has experience in Information Technology and offers his skills to help seniors with their common computer, tablet or phone issues. Sign up for a time slot at the Senior Center.



Mon. Aug 5: 8:30am	<b>Registration Opens</b> for all Classes and September and October trips
Mon. Sept 2	<b>Center Closed:</b> Labor Day Holiday
Fri. Sept. 13: 12pm	<b>Lunchtime Learning:</b> Motions in Nature
Sat Sept 14 - Sun Sept 29	<b>Northern Virginia Senior Olympics (NVSO)</b>
Thurs, Sept 19 10:00am	Bocce NVSO at Green Acres Center- registration required
Fri. Sept. 20: 12pm	<b>Lunchtime Learning</b> ESTATE PLANNING 101
Fri. Sept. 27: 12pm	<b>Lunchtime Learning</b> Demystifying End of Life Choices
Thurs. Sept 26: 11am	<b>Bocce End-of-the-Season Awards Party</b>
Mon, Oct 7: 8:30am	<b>Registration Opens</b> for November and December trips
Fri. Oct. 11: 12pm	<b>Lunchtime Learning</b> 10 Signs of Alzheimer's
Fri. Oct. 18: 12pm	<b>Lunchtime Learning</b> Senior Safety From Community Response Team
Fri. Oct 25: 11:30am	<b>Halloween Costume Party \$</b> <i>Registration required at center</i>
Fri. Nov 8: 12pm	<b>Lunchtime Learning</b> Getting Started with Native Plants /Honeybees and Monarch Butterflies
Fri. Nov 8: 9:30am	<b>Honoring Our Veterans Breakfast</b> <i>Registration required</i>
Mon. Nov 11	<b>Center Closed for Veterans Day</b>
Fri, Nov 15: 12:00pm	<b>Lunchtime Learning:</b> Climate Action
Fri. Nov 22: 11:30am	<b>Thanksgiving Luncheon-</b> Sherwood Community Center <i>Registration required at center</i>
Thurs, Dec 5: 10:30 am	Gingerbread House Decorating and Holiday Art Design
Wed, Dec 11: 12 – 1 pm	Regift Swap Party Time!
Fri. Dec 13 11:30am	<b>Holiday Party \$</b> <i>Registration required</i>
Fri, Dec 20: 12:00pm	<b>Lunchtime Learning:</b> Ease Your Own Pain
Dec 24 & Dec 25	<b>Christmas Holiday: Christmas Eve and Christmas Day Closed</b>
Wed, Jan 1	<b>Happy New Year - Center Closed</b>

**Save the date:**

**Saturday, March 8, 2025,** at Sherwood Community Center 9am- 2pm  
 Craft and Vendor Market Sponsored by Young at Heart Senior Center Advisory Council

## Register Early for 2024 NVSO

Online registration opened Monday, July 1 for the 2024 Northern Virginia Senior Olympics which will take place Sept. 14-29. Participants must be 50 years of age by Dec. 31, 2024, and live in one of the sponsoring jurisdictions including the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William.

Registration fee is \$20 which covers a multitude of events. Additional fees are required for 10 pin bowling, orienteering, cycling and 9 hole, 3 par golf. Most events are offered in five- and 10-year age groups and by gender. Registration is online only at [www.nvso.us](http://www.nvso.us). The full event schedule, rules plus photos and results from 2023 are also on the website. For more specific information or to be a volunteer, contact [nvso1982@gmail.com](mailto:nvso1982@gmail.com).

Riley Geary, NVSO committee chair said, “There are 83 events offered which will take place at 26 different venues throughout Northern Virginia.” Geary also said, “There are both indoor and outdoor events and some surprises such as crossword puzzles, sudoku, rummikub and bunco in addition to pickleball, track, field, swimming, tennis and much more.”

All events are open to the public and family and friends of the participants are welcome to come and cheer them on. Come join the fun at Green Acres where we will host Bocce on Thursday, September 19.





<https://nvso.us/events/bocce/>








These ongoing activities take place at Green Acres Center. Mark your calendars - participate in the fun!

<b>Morning Coffee &amp; Conversation Group</b> Monday-Friday, 8:15am Coffee, breakfast treats and lively conversation.	<b>Military History</b> Wednesdays, 1pm-3pm Covers military history from the Revolutionary War to the present.
<b>Bocce</b> Thursdays, May – September; 10am–12pm Tournament-style play. Outdoor courts. Awards Picnic at Season Conclusion	<b>Mah Jongg</b> Thursdays, 10am
	<b>Jam Group</b> Mondays 3:30pm
<b>Current Events Group</b> Every Tuesday, 1pm-2 pm: Discuss the latest topics of interest going on in our world. <b>Newcomers Pickleball</b> First Friday of month at 11:30am	<b>55+ Open Pickleball Play</b> Monday 1:30pm-3:30pm - Beginners only Tuesday: Beginners only 12:30pm-1:30pm; All levels 1:30pm-3:30pm Wednesday, Thursday, and Friday: All levels 1:30pm-3:30pm
<b>Movie</b> Once a month: 10am-12pm. Schedule on calendar. Flyer in center and clip boards	<b>Beginner Pickleball</b> Monday: Fee-based lessons; registration required. Open play on Mondays for beginners: 1:30pm-3:30pm
<b>Book Club</b> Fourth Tuesday of the month 2:30pm-3:30pm <i>New morning group 10:30am</i>	<b>Music Group - 4Fun Singers</b> Tuesday: Meet in the senior center from 3:30pm- 5pm to enjoy all things musical
<b>Fairfax Antique Arts Association</b> Third Thursday of the month, 10am Invited guest speakers show and discuss their collections.	<b>Space to Create</b> Thursday, 1pm-4pm: Artists bring in their own art projects. and supplies. All forms welcome.
<b>Grief Support Group</b> First meeting Sept 20- Friday 3pm	<b>BINGO</b> Two Fridays a month at 10:30am: \$2/2cards + \$1 each additional. Prizes awarded. Please check the monthly calendar for dates.
<b>Pinochle/Mexican Train/Canasta</b> Played daily throughout the week starting at 9:30am or 10am; Refer to monthly calendar.	<b>Euchre</b> Mondays and Thursdays at 1:30pm in the Senior Center.
	<b>Canasta</b> Tuesdays at 10am .
<b>Monthly Birthday Celebration</b> First Friday of the month at 12pm in the Senior Center.	<b>German Conversation</b> Thursday 10:30am -12pm: For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen!!
<b>These bridge groups may or may not be open to new players. Please contact Staff or volunteer coordinator for bridge group updates.</b>  Bridge: Monday and Friday, 9:30am - 12:30pm Room 110 Bridge: Monday and Friday, 9am - 12pm Room 114 Party Girl Bridge, 1pm-4pm Room 110 .	<b>Knit &amp; Crochet</b> Wednesday, 10am Bring your yarn and needles. Share, learn and practice!
	<b>Library</b> Books loaned on honor system, enjoy and return. We appreciate book donations published after year 2003: fiction after year 2010.
<b>Game Room</b> Mondays – Fridays 9am – 4pm	<b>New Member Meet and Greet</b> First Friday of each month 12:30pm in the Senior Center

Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b>  <b>Labor Day</b> <b>Holiday:</b> <b>Center Closed</b>	<b>3</b> 8:15am: Coffee Group 9:30am: Mexican Train <b>9:30am: Mah Jong Boot Camp</b> 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>4</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1pm: Party Girl Bridge 1:30pm: Pickleball Play	<b>5</b> <b>TRIP: MJ the Musical</b> 8:15am: Coffee Group 10am: Mah Jong 10am: Bocce League Play 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	<b>6</b> <b>Senior Council Applications Due</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>11:30am Newcomers Pickleball</b> <b>12pm: September Birthdays</b> 12:30pm: Pickleball Play <b>12:30pm: New Members Meet &amp; Greet</b>	<b>7</b> <b>Every Saturday:</b> 10:30am: Open Pickleball Play \$
<b>9</b> <b>8am: Senior Morning Walk</b> 8:15: Coffee Group 9:30am: Bridge <b>10am: Adv. Beg Line Dance \$ NEW</b> 11:30am: Rummikub Play 1:30pm: Beg. Only Pickleball Play 1:30pm: Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>10</b> 8:15am: Coffee Group 9:30am: Mexican Train 9:30am: Mah Jongg Boot Camp 10am: Canasta <b>10am: Movie</b> 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>11</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1pm: Party Girl Bridge 1:30pm: Pickleball Play	<b>12</b> <b>TRIP: Maritime Museum &amp; Cruise</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce League Play <b>10am: Intro to Line Dance \$ NEW</b> 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	<b>13</b> 8:15am: Coffee Group 9:30am: Bridge <b>12pm: Lunchtime Learning: Motions in Nature</b> 12:30pm: Pickleball Play	<b>14</b>  <b>Sept 14– 29</b> <b>NVSIO \$</b> (Northern Virginia Sr Olympics) at various venues
<b>16</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <i>NEW</i> 11:30am: Rummikub Play <b>11:30am: Intmd Pkball Class \$</b> <b>12:30pm: Adv Skills &amp; Drills \$</b> 1:30pm: Beg. Only Pickleball Play 1:30pm: Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>17</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events <b>1pm: Senior Council Meeting</b> 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>18</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1pm: Party Girl Bridge 1:30pm: Pickleball Play	<b>19</b> <b>*NVSIO Bocce at Green Acres*</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Intro to Line Dance \$ <i>NEW</i> 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	<b>20</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>12pm: Lunchtime Learning: Estate Planning 101</b> 12:30pm: Pickleball Play <b>3pm Grief Support Group</b>	<b>21</b> <b>Bold items on calendar are New Sessions or Special Events</b> <b>\$ = Fee-based class</b>  <b>* Classes and Guest Speakers require advance registration</b>
<b>23</b> <b>Voting start for Senior Council</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <i>NEW</i> 11:30am: Rummikub Play 11:30am: Intmd Pkball Class \$ 12:30pm: Adv Skills & Drills \$ 1:30pm: Beg Only Pickleball Play 1:30pm: Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>24</b> 8:15am: Coffee Group 9:30am: Mexican Train <b>10:30am: NEW: Book Club AM</b> 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play <b>2:30pm: Book Club – PM</b> 3:30pm: <i>4Fun Singers</i>	<b>25</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1pm: Party Girl Bridge 1:30pm: Pickleball Play	<b>26</b> <b>TRIP: Graves MTN Lodge</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Ffx. Antique Arts Assn 10am: Intro to Line Dance \$ <i>NEW</i> 10am: Bocce League Play/Party 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	<b>27</b> <b>Voting end for Senior Council</b> 8:15am: Coffee Group 9:30am: Bridge <b>12pm: Lunchtime Learning: Demystifying End of Life Choices</b> 12:30pm: Pickleball Play	<b>28</b>  <b>Fitness Rooms Open:</b> Mon-Thurs 8am-9pm, Fri 8am-5pm Sat & Sun 9am-2pm <b>FREE for 55+ with card</b>
<b>30</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 11:30am: Rummikub Play 11:30am: Intmd Pkball Class \$ 12:30pm: Adv Skills & Drills \$ 1:30pm: Beg Only Pickleball Play 1:30pm: Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>		Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change- Updates will be posted on website and at Senior Center	<b>Darlene's Senior Fit Plan \$</b> at Sherwood Community Ctr. <b>Tuesday, Wednesday &amp; Thursday</b> <b>9:30am – 1:45pm</b> Seniorcize/Zumba/Pilates Yoga Walking Workout <i>2 and 4 month plans available</i>	<b>Game Room 112</b> <b>Open M-F 9am-4pm</b> 	

Mon	Tue	Wed	Thu	Fri	Sat
<b>Darlene's Senior Fit Plan \$</b> at Sherwood Community Ctr. <b>Tuesday, Wednesday &amp; Thursday</b> 9:30am – 1:45pm Seniorcize/Zumba/Pilates Yoga Walking Workout <i>2 and 4 month plans available</i>	<b>1</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>2</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>3</b> 8:15am: Coffee Group 10am: Mah Jongg 10:30am: German Conversation 1pm: Space to Create 12:30pm: Pickleball Play 1:30pm: Euchre	<b>4 Register: Halloween Party Opens \$</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>11:30am Newcomers Pickleball</b> <b>12pm: October Birthdays</b> 12:30pm: Pickleball Play <b>12:30pm: New Members Meet &amp; Greet</b>	<b>5</b>  <b>Every Saturday:</b> 10:30am: Open Pickleball Play \$
<b>7 Trip Registration NOV and DEC</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <i>NEW</i> 11:30am: Rummikub Play <b>11:30am: Adv Beg Pkball Class \$</b> <b>12:30pm: Live Play Pkball \$</b> 1:30pm: Beg Only Pickleball/Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>8</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>10am: Movie</b> 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>9</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play <b>12:30pm: Beg Pkball Class \$</b> 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>10</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Intro to Line Dance \$ <i>NEW</i> 10:30am: German Conversation 1pm: Space to Create 12:30pm: Pickleball Play 1:30pm: Euchre	<b>11</b> 8:15am: Coffee Group 9:30am: Bridge <b>12pm: Lunchtime Learning: 10 Warning Signs of Alzheimer's Disease</b> 12:30pm: Pickleball Play <b>3pm: Grief Support Group</b>	<b>12</b>  <b>FALL FESTIVAL</b>  <b>City of Fairfax</b> <b>10am- 5pm</b>
<b>14</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <i>NEW</i> 11:30am: Rummikub Play 11:30am: Adv Beg Pkball Class \$ 12:30pm: Live Play Pkball Class \$ 1:30pm: Beg Only Pickleball/Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>15</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events <b>1pm: Senior Council Meeting</b> 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>16 TRIP: Potomac Eagle Railroad</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Beg Pkball Class \$ 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>17</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Ffx. Antique Arts Assn. 10am: Intro to Line Dance \$ <i>NEW</i> 10:30am: German Conversation 1pm: Space to Create 12:30pm: Pickleball Play 1:30pm: Euchre <b>2pm: Beginner Ukulele \$</b> <b>3:30pm: Intermediate Ukulele \$</b>	<b>18</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>12pm: Lunchtime Learning: Senior Safety from the Community Response Team</b> 12:30pm: Pickleball Play	<b>19</b>
<b>21</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <i>NEW</i> 11:30am: Rummikub Play 11:30am: Adv Beg Pkball Class \$ 12:30pm: Live Play Pkball Class \$ 1:30pm: Beg Only Pickleball/Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>22 Register: Halloween Party Deadline</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>10:30am: NEW: Book Club AM</b> 11:30am: Adv Beg-Int Pkball Class \$ 1:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play <b>2:30pm: Book Club PM</b> 3:30pm: <i>4Fun Singers</i>	<b>23</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet <b>11am: Decluttering Club</b> 12pm: Ping Pong Play 12:30pm: Beg Pkball Class \$ 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>24 TRIP: VA Museum of Fine Arts</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Intro to Line Dance \$ <i>NEW</i> 10:30am: German Conversation 1pm: Space to Create 12:30pm: Pickleball Play 1:30pm: Euchre 2pm: Beginner Ukulele \$ 3:30pm: Intermediate Ukulele \$	<b>25</b> 8:15am: Coffee Group 9:30am: Bridge 11:30am: <b>HALLOWEEN COSTUME PARTY</b> 12:30pm: Pickleball Play CX	<b>26</b>  Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change- Updates will be posted on website and at Senior Center.
<b>28</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <i>NEW</i> 11:30am: Rummikub Play 1:30pm: Beg Only Pickleball/Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>29</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>30 TRIP: Addams Family CX</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>31</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Intro to Line Dance \$ <i>NEW</i> 10:30am: German Conversation 1pm: Space to Create 12:30pm: Pickleball Play 1:30pm: Euchre 2pm: Beginner Ukulele \$ 3:30pm: Intermediate Ukulele \$		 <b>Fitness Rooms Open:</b> <b>Mon-Thurs 8am-9pm,</b> <b>Fri 8am-5pm</b> <b>Sat &amp; Sun 9am-2pm</b> <b>FREE for 55+ with card</b>




Mon	Tue	Wed	Thu	Fri	Sat
<b>Darlene's Senior Fit Plan \$</b> <b>at Sherwood Community Ctr.</b> <b>Tuesday, Wednesday &amp; Thursday</b> <b>9:30am – 1:45pm</b> <b>Seniorcize/Zumba/Pilates Yoga</b> <b>Walking Workout</b> <b>2 and 4 month plans available</b>	<b>Game Room 112</b> <b>Open M-F 9am</b> 	 <u>Fitness Rooms Open:</u> Mon-Thurs 8am-9pm, Fri 8am-5pm Sat & Sun 9am-2pm FREE for 55+ with card		<b>1 Register: Tgiving Lunch Opens</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 11:30pm Newcomers Pickleball <b>12pm: November Birthdays</b> 12:30pm: Pickleball Play <b>12:30pm: New Members Meet &amp; Greet</b>	<b>2</b> <b>Every Saturday:</b> 10:30am: Open Pickleball Play \$
<b>4</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <b>NEW</b> 11:30am: Rummikub Play <b>11:30/12:30pm: Int/AdvPkbball Class \$</b> <b>11:30am: Lunch Bunch @ Auld Shebeen NEW</b> 1:30pm: Beg Only Pickleball Play 1:30pm: Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>5</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>6 Register: Vets Day Bfast closes</b> <b>TRIP: Paris 1874 @ National Gallery</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>7</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Intro to Line Dance \$ <b>NEW</b> 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre <b>3:30pm: Intermediate Ukulele \$</b>	<b>8</b> 8:15am: Coffee Group 9:30am: Bridge <b>9:30am Veterans Breakfast</b> <b>12pm: Lunchtime Learning: Getting Started with Native Plants &amp; Beyond Honeybees &amp; Monarch Butterflies</b> 12:30pm: Pickleball Play 3pm: Grief Support Group	<b>9</b> <b>* All Classes and Guest Speakers require advanced registration at Green Acres: 703-273-6090</b>
<b>11</b> <b>Veterans Day Holiday:</b> <b>Senior Center CLOSED!</b> 	<b>12</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>10am: Movie: Are You There God? It's Me Margaret</b> 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>13 TRIP: Afternoon Tea @ Belle Grove</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play <b>12:30pm Beg Pkbball Class \$</b> 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>14</b> 8:15am: Coffee Group 10am: Mah Jongg <b>10am: Intro to Line Dance \$ NEW</b> 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 3:30pm: Intermediate Ukulele \$	<b>15</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>12pm: Lunchtime Learning: Climate Action</b> 12:30pm: Pickleball Play	<b>16</b> Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change - Updates will be posted on Website and at the Senior Center.
<b>18 Register: Tgiving Lunch Deadline</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge <b>10am: Adv. Beg Line Dance \$ NEW</b> 11:30am: Rummikub Play 11:30/12:30pm: Int/AdvPkbball Class \$ <b>12pm: Kathy's Retirement Celebration</b> 1:30pm: Beg Pball Play/Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>19</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>12pm: Senior Council Meeting</b> 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>20</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm Beg Pkbball Class \$ 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>21</b> 8:15am: Coffee Group 10am: Ffx. Antique Arts Assn. 10am: Mah Jongg 10am: Intro to Line Dance \$ <b>NEW</b> 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 3:30pm: Intermediate Ukulele \$	<b>22</b> <b>Senior Center CLOSED</b> <b>11:30am Thanksgiving Luncheon at Sherwood</b> <b>(Registration required)</b>	<b>23</b>
<b>25</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <b>NEW</b> 11:30am: Rummikub Play 11:30am/12:30: Int/Adv Pkbball Class \$ 1:30pm: Beg Only Pickleball Play 1:30pm: Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>26</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>27</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm Beg Pkbball Class \$ 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>28</b>  Thanksgiving	<b>29</b> <b>HOLIDAY</b> <b>Senior Center</b> <b>CLOSED</b>	<b>30</b> <b>Bold items on calendar are New Sessions or Special Events</b> <b>\$ = Fee-based class</b>

# FAIRFAX CITY SENIOR CENTER

# December 2024

# (703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<b>2 Register: Holiday Party Opens</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <i>NEW</i> 11:30am: Rummikub Play 1:30pm: Beg Only Pickleball Play 1:30pm: Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>3</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>4 TRIP: Christmas Spectacular</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play <b>12:30pm Beg Pkball Class \$</b> 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>5</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Intro to Line Dance \$ <i>NEW</i> 10:30am: German Conversation <b>10:30am: Gingerbread House Making</b> 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 3:30pm: Intermediate Ukulele \$	<b>6</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>12pm: December Birthdays</b> 12:30pm: Pickleball Play <b>12:30pm: New Members Meet &amp; Greet</b>	<b>7</b> <b>Every Saturday:</b> 10:30am: Open Pickleball Play \$
<b>9</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <i>NEW</i> 11:30am: Rummikub Play <b>11:30am: Adv Beg Pkball Class \$</b> <b>12:30pm: Live Play Pkball Class \$</b> 1:30pm: Beg Only Pickleball Play 130pm: Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>10</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>10am: Movie <i>It is a Wonderful Life</i></b> 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>11 Register: Holiday Party Deadline</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play <b>12pm: Regift Swap Party</b> 12:30pm Beg Pkball Class \$ 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>12</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Intro to Line Dance \$ <i>NEW</i> 10:30am: German Conversation 12:30: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 3:30pm: Intermediate Ukulele \$	<b>13</b> 8:15am: Coffee Group 9:30am: Bridge <b>11:30am: Holiday Party at Green Acres \$</b>  <del>12:30pm: Pickleball Play- CX</del>	<b>14</b> <b>Game Room 112 Open M-F 9am-4pm</b> 
<b>16</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 10am: Adv. Beg Line Dance \$ <i>NEW</i> 11:30am: Rummikub Play 11:30am: Adv Beg Pkball Class \$ 12:30pm: Live Play Pkball Class \$ 1:30pm: Beg Only Pickleball Play 1:30pm: Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>17</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events <b>1pm: Senior Council Meeting</b> 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>18 TRIP: Meadowlark Lights</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm Beg Pkball Class \$ 1:30pm: Pickleball Play 1pm: Military History 1pm: Party Girl Bridge	<b>19</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Intro to Line Dance \$ <i>NEW</i> 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 3:30pm: Intermediate Ukulele \$	<b>20</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>12pm: Lunchtime Learning: Ease Your Own Pain</b> 12:30pm: Pickleball Play	<b>21</b> <b>Bold items on calendar are New Sessions or Special Events</b> <b>\$ = Fee-based class</b>
<b>23</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 11:30am: Rummikub Play 11:30am: Adv Beg Pkball Class \$ 12:30pm: Live Play Pkball Class \$ 1:30pm: Beg Only Pickleball Play 130pm: Euchre 3:30pm: Monday Music Jam <b>4pm: Tech Help for Seniors</b>	<b>24</b> <b>Holiday CLOSED</b> 	<b>25</b> <b>Christmas Day Holiday CLOSED</b> 	<b>26</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 1pm: Space to Create 12:30pm: Pickleball Play 1:30pm: Euchre	<b>27</b> 8:15am: Coffee Group 9:30am: Bridge 12:30pm: Pickleball Play	<b>28</b>  <u>Fitness Rooms Open:</u> Mon-Thurs 8am-9pm, Fri 8am-5pm Sat & Sun 9am-2pm FREE for 55+ with card
<b>30</b> 8am: Senior Morning Walk 8:15: Coffee Group 9:30am: Bridge 11:30am: Rummikub Play 1:30pm: Beg Only Pickleball Play 130pm: Euchre <b>4pm: Tech Help for Seniors</b>	<b>31</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: <i>4Fun Singers</i>	<b>Darlene's Senior Fit Plan \$ at Sherwood Community Ctr.</b> <b>Tuesday, Wednesday &amp; Thursday 9:30am – 1:45pm</b> <b>Seniorcize/Zumba/Pilates Yoga Walking Workout</b> <b>2 and 4 month plans available</b>			<b>30</b> Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change - Updates will be posted on Website and at the Senior Center.

# Lunchtime Learning

FREE lecture programs to introduce you to services, educational info, classes and fun!

*Room 111 - Bring your own lunch if you choose!*

*Sign up in advance at the Center or online through ActiveNet – 703-273-6090*

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## Motions in Nature

**Date: Friday, Sept. 13, 12pm**

**Presenter: Michelle Morgan**

Motions in Nature” is a series of easy-to-learn movements that awaken the energy and generate a sense of tranquility and well-being! The movements are designed to make us feel like we’re in the midst of Mother Nature. “Motions in Nature” can be practiced while sitting or standing.

## Estate Planning 101

**Speaker: Alison Matthey Lambeth**

**Date: Friday, September 20, 12pm**

**Estate Planning helps protect your loved ones.** Learn about the main parts of an estate plan and the documents required. Topics covered: wills, revocable living trusts, advance medical directives & power of attorney.

## Demystifying End of Life Choices

**Date: Friday, Sept. 27, 12pm**

**Presenter: Lay to Rest Services**

Conversation about how to plan and communicate end of life choices.

Explore the options and answer any questions about cremation, traditional and green burials

## 10 Warning Signs of Alzheimer’s Disease

**Date: Friday, Oct. 11, 12pm**

**Presenter: Ashley Scott, Alzheimer’s Association**

Am I getting old or getting Alzheimer’s? Is forgetfulness a natural part of aging? Gain an understanding of what is normal aging and what indicates a problem.

## Senior Safety from the Community Response Team

**Date: Friday, October 18, 12pm**

**Presenter: City of Ffx Fire**

**Department**

This lunch and learn session will talk about three major safety topics for seniors. The Community Response Clinician will discuss the impact of isolation. Then, the Community Paramedic will demonstrate hands-only CPR and how to use an automatic external defibrillator (AED). Attendees will have the opportunity to practice CPR and use an AED. The Community Response Team will also have handouts on various topics including fall safety and can schedule an in-home fall safety appointment.

## Getting Started with Native Plants & Beyond Honeybees & Monarch Butterflies

**Date: Friday, Nov. 8, 12pm**

**Presenter: Vanessa Goold, Clean Fairfax**

When most of us make decisions about what to plant in our yards, we mainly consider aesthetics and ease of management. It's time to shift our thinking: we must balance our human preferences with the need to support local biodiversity. Speaker will provide an overview and share some easy starting points for participants to get started with native plants in their own yards.

## Climate Action

**Date: Friday, Nov. 15, 12pm**

**Presenter: Ffx. City Sustainability Program Manager and Ffx. Co.**

**Climate Mitigation Specialist**

Come learn about climate and sustainability initiatives in Fairfax and how you can help!

## Gingerbread House Decorating & Holiday Art Project

**Thursday, Dec 5: 12pm**

**Speaker: Senior Center Staff**

**Come help decorate gingerbread houses** for our Holiday Party and create a holiday-themed art project!

## Re-Gift Swap Party Time!

**Date: Wednesday, Dec**

**11: 12 pm**

A fun, free way to enjoy holiday gifting. Everybody brings a wrapped gift. OK to “regift”!



## Ease Your Own Pain

**Date: Friday, Dec. 20 12pm**

**Presenter: Marlene Auble LMT**

Licensed Massage Therapist

Come find out strategies and techniques for relieving pain from a massage therapist’s perspective.

This session will demo using self-massage tools; topicals and/or other health field methods.

Time for question and answers.



# Senior Center Council News

## Senior Center Advisory Council

The Young at Heart Senior Advisory Council members are volunteers who work as a group with the staff to enhance the programs and activities of the Fairfax City Senior Center.



### Senior Council Members for 2023-24:

Sam Crumpler, Mary Fazio, Pam Herbert, Diana Osinski, Chuck Paceley, Pete Pollak, and Sigrid Schipper

**Chair:** Pam Herbert **Vice Chair:** Mary Fazio

**Secretary:** Vacant **Treasurer:** Diana Osinski

**Liaison to Parks and Recreation Advisory Board (PRAB):** Chuck Paceley

### **City of Fairfax Senior Center Advisory Council elections will take place in September 2024**

The annual election to fill the vacant positions on the City of Fairfax Senior Advisory Council (CFSCC) will be held in September of 2024, at the City of Fairfax Young at Heart Senior Center.

CFSCC Members are required to be a member of the City of Fairfax Young at Heart Senior Center. Each member will serve a full term of two (2) years and shall not serve more than two (2) consecutive full terms. Senior Council meetings are held monthly on the 3<sup>rd</sup> Tuesday at 1:00 pm for approximately one 1 to 1-1/2 hours. (No meeting in July and December) All Senior Council Members are expected to attend monthly CFSCC meetings.

If you are interested in becoming a candidate for one of Council Member vacancies, an application may be picked up at the front desk in Green Acres Center.

Please legibly complete the application, then return the application to the front desk of the Green Acres Center by September 6, 2024. Voting will occur from September 23 -27. Please make some time during this week to visit the senior center and cast your vote!

### Message from Senior Council Chair

The City of Fairfax Senior Center Advisory Council (CFSCC) is made up of Fairfax City and Fairfax County members of Green Acres Senior Center. The Council meetings are open and we welcome newcomers. Come on out and give us a try! For more information on the Council, please visit our [Bylaws](#).

Our first fall meeting is scheduled for September 17 at 1:00 where we will be finalizing plans to pass the torch to new council members!

# Registration for September – October Day Trips is open

November – December trip registration begins **Monday, October 7** with the same timeframes.

8:30am Fairfax City residents: Walk-in Green Acres registration	10:30am Fairfax County and Senior Center members: Walk-in Green Acres registration	12:30pm: All Senior Center members/55+: On-site, online, phone and mail-in registration opens
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**On-site registrants may register one other person TOTAL** – however, if you are a City resident and the other registrant lives in Fairfax County, you may get a Fairfax County number to register them during the 10:30am timeframe.

**Payment is due at time of registration** unless you are placed on a waitlist. All day trips include trip escort and round-trip bus transportation from Green Acres Center.

**If you sign up, show up:** Please arrive 15-30 minutes before departing to check-in with your Fairfax City Senior Center membership card or ID (for a free membership card for Fairfax City or County residents, please arrive 30-45 minutes ahead with a valid ID to complete registration form; for others, \$5/day fee or \$50/year). Trip check-in is about 15 minutes prior to departing.

**Seating:** Notify us in writing at time of registration if you require accommodations. *Note:* Seats are first come, first served going and returning.






**Cancellation Policy:** *If the Fairfax City Parks and Recreation Department cancels a trip, a full refund will be given.*

**Refund Policy:** **ALL SALES FINAL:** No refunds will be given on tickets already purchased. **Participants who request a refund must fill out a Refund Request form one week before the trip for refund consideration. If approved, a \$10 fee will be charged per person, per trip, to process the refund.**

**Inclement Weather:** Staff will notify registered trip participants if weather necessitates trip changes.


**Note:** Due to conditions beyond our control, it is sometimes necessary to adjust itineraries, change meal selection, or cancel a trip.




**For further trip information,** please check the website ([www.fairfaxva.gov/government/parks-recreation/the-young-at-heart-senior-center/senior-trips](http://www.fairfaxva.gov/government/parks-recreation/the-young-at-heart-senior-center/senior-trips)) or call Green Acres Center: 703-273-6090.

	Lunch Included in Trip		Uneven Walking
	Bring \$ for Lunch/Shopping	<b>SG/GT</b>	Self-Guided Tour/ Guided Tour
	Ticketed Event		Mainly Walking/Standing







### **SEPTEMBER 2024**

	<p><b>Broadway at The National Theater: <i>MJ the Musical</i> (Washington, DC) - <i>Waitlisted</i></b></p> <p>This multi-Tony Award®-winning new musical centered around the making of the 1992 Dangerous World Tour, begins a tour of its own. <i>MJ</i> goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status. <i>MJ</i> is startin' somethin' as it makes its D.C. premiere at The National Theatre! <i>Seats are in the Rear Left Orchestra, Rows Q-W. Ticketed event- all sales final.</i></p> <p><b>Thursday, September 5      Depart: 12:30pm      Approximate Return: 5:30 pm</b></p>	\$150
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 <b>GT</b>	<b>Chesapeake Bay Maritime Museum/Cruise on the <i>Patriot</i> (St. Michaels, MD)</b> Escape to St. Michaels on the Eastern Shore of Maryland, a historic town steeped in history dating from before the American Revolution. First, we will enjoy a guided tour of the gorgeous newly-renovated Chesapeake Bay Maritime Museum, followed by a tasty buffet lunch at the waterfront Crab Claw Restaurant. Next, we will take a 70-minute narrated historic cruise along the Miles River aboard the <i>Patriot</i> , a 65-foot, 149-passenger vessel built to resemble a traditional Chesapeake Bay steamboat, where we will catch a glimpse of 200-year-old historic mansions and diverse wildlife. <i>Guided tour, lunch and cruise included in trip price.</i> <b>Thursday, September 12      Depart: 7:30 am      Approximate Return: 6:30 pm</b>	\$160
 	<b>Graves Mountain Lodge (Syria, VA)</b> Let's devour a tasty homemade family-style lunch of fried chicken, mashed potatoes and gravy, green beans, corn pudding, coleslaw, baked apples, homemade rolls and dessert while we enjoy the stunning views of the Blue Ridge Mountains as they change over to their striking fall colors. Afterward, we will head over to the barn to see the farm animals. Our final stop is the packing shed for apple purchases before departing. <i>Lunch included in trip price; bring money for apples or other fall goodies.</i> <b>Thursday, September 26      Depart: 10:00am      Approximate Return: 5:00pm</b>	\$86




#### **OCTOBER 2024**

 	<b>Potomac Eagle Scenic Railroad (Romney, WV)</b> Join us for an authentic Appalachian 3-hour round trip railroad journey across the scenic, remote and rugged countryside in Trough Canyon to see American bald eagles soar and nest in their canyon home. Carved by the South Branch Potomac River, Trough Canyon is one of West Virginia's very own "Grand Little Canyons." Bring your binoculars and camera so you will not miss the wonderful photography and unique birding opportunities. Immerse yourself in nature in the open-top gondola car as you cross the South Branch at Sycamore Bridge and see the same view as Founding Father George Washington so long ago! <i>This trip is in collaboration with the Town of Vienna and transportation will be on a 55-passenger motor coach with a restroom. Hot lunch included in trip price, bring snacks for return trip home.</i> <b>Wednesday, October 16      Depart: 9:30am      Approximate Return: 8:00pm</b>	\$175
  <b>GT</b>	<b><i>Fine Arts and Flowers at the Virginia Museum of Fine Arts (Richmond, VA)</i></b> French painter Henri Matisse once wrote, "There are always flowers for those who want to see them." Let's see how life imitates art, or rather how floral life imitates art, as we enjoy a guided tour of Fine Arts and Flowers, the spectacular museum-wide exhibition of floral designs inspired by works in the VMFA's permanent collection. <i>Delicious French lunch prior to museum in the private dining room at Can Can Brasserie in Carytown and guided tour included in trip price.</i> <b>Thursday, October 24      Depart: 9:00 am      Approximate Return: 5:30 pm</b>	\$120







	<p><b>Addams Family at Toby's Dinner Theatre (Columbia, MD)</b> Celebrate this spooky time of year with the creepy Addams family! Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. Now, Gomez Addams must do something he's never done before- keep this secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents. This comical feast embraces the wackiness in every family and takes the musical theatre scene by storm. <i>Buffet lunch included in trip price.</i></p> <p><b>Wednesday, October 30      Depart: 9:30 am      Approximate Return: 4:30 pm</b></p>	<p>\$130</p>
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### NOVEMBER 2024

<p><b>SG</b></p> 	<p><b>Paris 1874: The Impressionist Moment at the National Gallery of Art (Washington, DC)</b> How did Impressionism begin? Discover the origins of the French art movement in a new look at the radical 1874 exhibition considered the birth of modern painting. A remarkable presentation of 130 works includes a rare reunion of many of the paintings first featured in that now-legendary exhibition. Revisit beloved paintings by Paul Cézanne, Edgar Degas, Claude Monet, Berthe Morisot, Camille Pissarro, and Pierre-Auguste Renoir and meet their lesser-known contemporaries. Don't miss the unique chance to immerse yourself in the dynamic Parisian art scene of 1874-- the only American stop for this historic exhibition. <i>Please note there are no guided tours for this exhibition. Lunch afterwards, not included in trip price.</i></p> <p><b>Wednesday, November 6      Depart: 9:30am      Approximate Return: 2:30pm</b></p>	<p>\$35</p>
<p><b>GT</b></p> 	<p><b>Afternoon Tea and Tour at Belle Grove Plantation (Middleton, VA)</b> Belle Grove is located in the northern Shenandoah Valley near Middletown, Virginia. It is an authentic 1797 Manor House which was built by Major Isaac Hite and his wife Nelly Madison Hite, sister of President James Madison. <i>Guided tour and tea included in trip price.</i></p> <p><b>Wednesday, November 13      Depart: 12:30pm      Approximate Return: 5:30pm</b></p>	<p>\$85</p>



### DECEMBER 2024

	<p><b>Christmas Spectacular at Riverside Dinner Theater (Fredericksburg, VA)</b> Experience the excitement, memories, and joy of Christmas as singers and dancers present the very heart and essence of the holiday season. Rekindle your Christmas spirit with your favorite holiday classics with this glittering celebration of everything that makes this "The Most Wonderful Time of the Year!" <i>Delicious plated lunch included in trip price.</i></p> <p><b>Wednesday, December 4      Depart: 10:00am      Approximate Return: 5:30pm</b></p>	<p>\$135</p>
<p><b>GT</b></p>	<p><b>River Sea Chocolates and Holiday Lights (Chantilly, VA)</b> What goes together better than holiday lights and hot cocoa? Warm yourself with a mug and enjoy a dazzling display to get you in the holiday spirit! Save the date – further trip details coming! You won't want to miss this one!</p> <p><b>Wednesday, December 18      Depart: TBA      Approximate Return: TBA</b></p>	<p>\$TBA</p>

# Young at Heart Senior Center

**Join us at the City of Fairfax Senior Center**  
*Meet New Folks, Get Involved, and Make Memories!*  
**Call the Green Acres Center for details**  
**703-273-6090**

**Our staff looks forward to welcoming you soon!**



Class information can be viewed on the web pages below and listed in the *Parks & Rec Connected!*  
<https://www.fairfaxva.gov/government/parks-recreation/the-young-at-heart-senior-center>

**Fairfax City offices and Senior Center will be closed on observed 2024 Holidays:**

- Monday, Sept. 2 Labor Day
- Monday, Nov. 11 Veterans Day
- Thursday, Nov. 28 Thanksgiving Day
- Friday, Nov. 29 Day After Thanksgiving
- Tuesday, Dec. 24 Christmas Eve (1/2 day) (observed)
- Wednesday, Dec. 25 Christmas Day



**AMERICANS WITH DISABILITIES ACT**  
The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call  
703.385.7858

# APPLICATION FOR FAIRFAX CITY SENIOR CENTER ADVISORY COUNCIL

(Only Senior Center Members May Apply)

Please Print Legibly:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email Address (es):

\_\_\_\_\_

\_\_\_\_\_

Phones - Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Parks and Recreation Card Number (number on Bar Code): \_\_\_\_\_

Why are you interested in serving?

What activities are you involved in at the Fairfax City Senior Center?

Please provide a picture or allow the Senior Center to use the membership picture.

Use membership picture (Yes\_\_\_/ No\_\_\_) **or** use picture attached (Yes \_\_\_/No \_\_\_).

Senior center council members are **required** to be a member of the Young at Heart Fairfax City Senior Center- City or County residents. Each member will serve a full term of two (2) years and shall not serve more than two (2) consecutive full terms. Senior Council meetings are held monthly on the 3<sup>rd</sup> Tuesday at 1pm for approximately one (1) to 1-1/2 hours. All Senior Council Members are expected to attend monthly meetings.

Dates of the election are scheduled for September 23-27, 2024

**Return Application to the FRONT DESK**