



Fall/Winter Edition September - December 2026



FALL/WINTER 2026

Goodbye, Summer! Hello, Fall! A letter from Green Acres staff



*A*s we say goodbye to the warm, sunny days of summer, we welcome the crisp air, colorful leaves, and cozy feeling of Fall! It's time to trade our flip-flops for boots!

Summer gave us plenty of sunshine, laughter, and wonderful memories. Now it's time to turn the page and enjoy a new season filled with opportunities to gather, have fun, and make more memories together at our Senior Center.

Fall is a season of change and a time to appreciate the simple things—beautiful leaves, good conversation, warm meals, and the company of friends. Much like how leaves change, so does our Senior Center with all our programming and activities!

So come “*Fall into fun*” as we exercise our bodies, challenge our minds, strengthen our friendships, and enjoy life along the way. We may not be getting any younger, but we sure can get better at enjoying the journey!.

Every smile, story, laugh, and friendship you share makes our Senior Center a special place. We are grateful to be part of your lives and to share in the many seasons and memories along the way. Thank you for making our Center such a welcoming and lively place!

With warmest wishes and lots of love,



The Young at Heart staff

Ordered left-to-right based on appearance in the above picture.

Christine Smith
Staff

Marsha Smith
Sub-No1

Laurie Basalyga
Sub No2

Kristen Tucker
Staff

Anne Chase
Recreation Manager

Daniel Novoa
Assistant Manager

GENERAL INFORMATION



HOW TO FIND SENIOR CENTER ACTIVITY INFORMATION

Inside the Center:

Keep an eye out in the hallways for our informational bulletin boards - here you can sign-up for programs, see what's going on in the Center, and keep up with the latest information. Staff regularly updates posted information, check it out!

Online & via Email:

Important information regarding events, day trips, and Center closures will be sent via email. Please make sure to check for emails coming from seniorcenter@fairfaxva.gov, or staff emails ending in @fairfaxva.gov.

Over-the-phone:

For any questions, feel free to call the front desk during business hours:
703-273-6090



FITNESS ROOM

Monday - Friday: 8am-5pm
Senior Member Use Only

Fitness Room Public Hours

*Monday - Thursday: 5pm-8pm
Saturday & Sunday: 9am- 2pm*

Our fitness room is first come, first serve. Please note our fitness room is not staffed.

Our fitness room includes:

- Treadmills
- Elliptical + Bike Machines
- Free weights + Dumbbells
- Yoga balls + mats
- Cable machines



COFFEE TABLE

The Center boasts a quaint yet refreshing coffee table for all members to enjoy. All food & beverages are self-serve. Homemade donations are **not** permitted. Donations from store-packed, **unopened** sources are permitted.

Our table spread includes:

- Coffee (Regular & Decaf)
- Green & black teas
- Hot water
- Small-plate tapas (when available)

Coffee Table hours: 8:15am - 4pm

FASTRAN TRANSPORTATION TO FAIRFAX CITY SENIOR CENTER

Fastran provides specialized transportation for Fairfax County, Fairfax City, and Falls Church residents participating in human services programs. Service is available to and from the Senior Centers by approval. Fairfax City residents can apply for bus service to Senior Center activities at the Senior Center. To request service, complete an application. Service is typically available Monday-Friday, 9am-2pm, based on availability. Fairfax County residents will be transported to the nearest Senior Center, which may not be in Fairfax City. To cancel a trip, contact the Fastran Cancellation Line at 703-324-7068.



INCLEMENT WEATHER POLICY

Adult classes/programs and gym rentals held in City of Fairfax facilities will follow FCPS closings. HOWEVER, the Green Acres Senior Center does not follow such closings. The Senior Center will receive a closing mandate from City Hall, and afterwards Senior Center employees will notify members about the closure via email, text, and/or Facebook via our City of Fairfax Facebook page.

SPORTS AT THE CENTER

GREEN ACRES PICKLEBALL PLAY



Indoor Courts: Inside the Green Acres' gym (see schedule below). You must be a member of the Senior Center to play on the indoor courts during Senior Center hours.



Outdoor Courts: 8am - dusk, first come first serve, open to the public. Not managed by the Green Acres Senior Center.

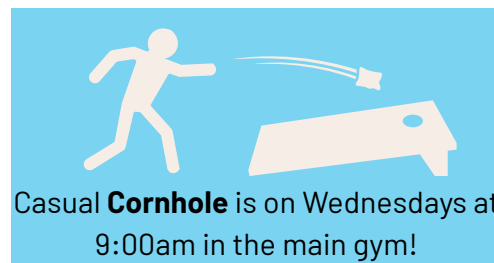
Pickleball remains a popular activity here at Green Acres with both indoor and outdoor courts, with **lessons** offered by instructors. Sign up online or ask one of our staff members!

Indoor Pickleball Winter Calendar

* Hours subject to change - check signage in Center for updates to hours *

MON	TUES	WED	THUR	FRI	SAT
Beginner only 1:30pm - 3:30pm	All-Levels 12:30pm - 3:30pm	All-Levels 12:30pm - 3:30pm	All-Levels 12:30pm - 3:30 pm	All-Levels 12:30pm - 3:30 pm	
\$5 open play 5:30pm - 7:00 pm					\$5 open play 10:30 am- 12:30 pm

Indoor Pickleball is played in our indoor gymnasium and cafeteria. Pickleball rules and "order of play" are self-governed by members. Pickleball play is at-your-own-risk, always seek advice from your doctor before beginning a high intensity sport such as Pickleball.



Casual **Cornhole** is on Wednesdays at 9:00am in the main gym!



GAME ROOM

We're excited about our game room at the Senior Center, located in room 112! The room is equipped with a pool table, air hockey, ping pong, foosball, and shuffleboard. Open 9am - 4pm

PING PONG is becoming very popular with our Green Acres regulars!

BOCCE @ GA

Join us for open-play, casual Bocce play at Green Acres on Mondays and Thursdays at 10am! New shade structures and benches allow for a comfortable play.

The 2026 Bocce league season will begin the last Thursday of April with an organization meeting in April. Additional questions about the Bocce league, please email Scott Duggan: sjduggan56@gmail.com



EVENTS & HAPPENINGS

SEPTEMBER-DECEMBER EVENTS:

DATE	ACTIVITY
WEDNESDAY, September 2	Day Trip to see the Washington Nationals vs Atlanta Braves game
FRIDAY, September 4	September Birthdays Celebration (12pm), New Member Meet & Greet (12:30pm)
MONDAY, September 7	Green Acres is CLOSED for the Labor Day Holiday
FRIDAY, September 11	Lunchtime Learning: "Fairfax County's Volunteer Solutions Program"
September 14-15	AARP Smart Driver Course
FRIDAY, September 18	Lunchtime Learning: "AARP's Sorting Fact from Fiction"
WEDNESDAY, September 25	Lunchtime Learning: "All in One Place! Find What You Need with WISE Connect"
THURSDAY, October 1	Day Trip to enjoy a Crab Feast on an Old-Fashioned Riverboat
FRIDAY, October 2	October Birthday Celebration (12pm), New Member Meet & Greet (12:30pm)
FRIDAY, October 2	Lunchtime Learning: "Understanding and Using AI Tools for Seniors"
WEDNESDAY, October 7	Day Trip to Graves Mountain Lodge
FRIDAY, October 9	Lunchtime Learning: "Remembrance Rock Painting"
WED, October 14	Day Trip to the Potomac Eagle Scenic Railroad
FRIDAY, October 16	Lunchtime Learning: "Aging in Place Planning & Estate Sale options"
FRIDAY, October 23	Lunchtime Learning: "Move Better Every Day - Mobility Habits for comfortable living"
FRIDAY, October 30	Halloween Luncheon Party!
FRIDAY, November 6	November Birthday Celebration (12pm), New Member Meet & Greet (12:30pm)
FRIDAY, November 6	Lunchtime Learning: "Estate Planning 101"
WEDNESDAY, November 11	Green Acres is CLOSED for the Veteran's Day Holiday
FRIDAY, November 13	Lunchtime Learning: "Escaping Detection"
FRIDAY, November 20	Thanksgiving Luncheon
November 26 & 27	Green Acres is CLOSED for the Thanksgiving Holiday
FRIDAY, December 4	December Birthday Celebration (12pm), New Member Meet & Greet (12:30pm)
TUESDAY, December 8	Regift Swap Party
FRIDAY, December 11	Winter Holiday Luncheon Party!
December 24-25	Green Acres is CLOSED at noon on the 24 th & all day the 25 th for the Christmas Holiday

FREE DROP-IN ACTIVITIES



Morning Coffee and Conversation

Monday - Friday, 8:15 a.m.

Coffee, breakfast treats, and lively conversation

Military History

Wednesdays, 1:00 p.m. - 3:00 p.m.

Covers military history from various time periods & hosts special guest speakers

Bocce

Mondays & Thursdays

10:00 a.m. - 12:00 p.m.

(Thursdays in September are reserved for tournament play)

Mah Jongg

Mondays: 9:00 a.m.

Thursdays: 9:30 a.m.

in the Senior Center

Current Events Group

Tuesdays, 1:00 p.m. - 2:00 p.m.

Discuss latest topics of interest going on in our world

Competitive Bridge

Mondays & Fridays

9:30am - 12:00pm

Play starts promptly at 9:30am

Pickleball Open Play

Beginners Only: Mondays 1:30-3:30pm

All-level play: Tues - Fri 12:30 - 3:30pm

Tuesday & Friday Book Clubs

Fourth Tuesday of the month

2:30pm

Second Friday of the month

1:30pm

Jam Group

Mondays at 3:30pm

Bring an instrument, or just watch them play!

Music Group - 4Fun Singers

Tuesdays, 3:30 p.m. - 5:00 p.m.

Meet in the Senior Center and enjoy singing along!

Space to Create

Thursdays, 1:00 p.m. - 4:00 p.m.

Artists bring their own projects and supplies. All forms welcome.

BINGO

Two Fridays a month at 10:30 a.m.

\$2/2 cards + \$1 each additional.

Prizes awarded.

Euchre

Mon and Thurs at 1:30 p.m. -

3:30pm in the Senior Center

Canasta

Tuesdays at 10:00am

in Room 110

German Conversation

Thursdays, 10:30 a.m. - 12:30 p.m.

For interesting discussions, learning situations, and fun!

Knit and Crochet

Wednesdays, 10:00 a.m. in the Senior Center. Bring your yarn and needles!

Cornhole

Wednesdays at 9:30am in the Center's gym.

New Member Meet & Greet

First Friday of each month, 12:30 p.m. in the Senior Center



LUNCHTIME LEARNING



FREE LECTURE PROGRAMS TO INTRODUCE YOU TO SERVICES, EDUCATIONAL INFO, CLASSES & FUN!
ROOM 111 - SIGN UP IN ADVANCE AT THE CENTER OR ONLINE THROUGH ACTIVE NET – 703-273-6090

FAIRFAX COUNTY'S VOLUNTEER SOLUTIONS PROGRAM

Presenter: Jodi Smith
Date: Friday, September 11
TIME: 12:30pm *(delayed start!)*

Regional Volunteer Coordinator with Fairfax County's Volunteer Solutions program, will present an overview of Fairfax County services for older adults, adults with disabilities, and family caregivers.

LOCAL ACTIVITIES, DISCOUNTS, AND HELPFUL SERVICES - ALL IN ONE PLACE! FIND WHAT YOU NEED WITH WISE CONNECT

Presenter: Marie Brodsky
Date: Friday, Sept 25
Time: 12:00pm

Learn about a new free resource designed with input from Green Acres members last year to find everything you need, from social activities, to special discounts, to care for a loved one! Come meet the team that created it and try it out.

UNDERSTANDING AND USING AI TOOLS FOR SENIORS

Presenter: Rayne Woo
Date: Friday, Oct 2
Time: 12:30pm *(delayed start)*



Curious about AI but not sure where to start? Join this friendly, jargon-free session designed just for seniors. We'll demystify tools like ChatGPT and Claude, explore practical everyday uses – from writing emails to planning trips to staying connected with family – and address common questions and concerns. No tech background needed, just curiosity! Bring your questions and, if you'd like, your smartphone or tablet for hands-on practice. Walk away feeling more confident (and maybe even excited) about what AI can do for you.

REMEMBRANCE ROCK PAINTING

Presenter: Rachel Taninecz
Date: Friday, Oct 9
Time: 12:00 noon

Join us for a creative and community-focused workshop where we will paint two remembrance rocks – one as a keepsake for you and one to be placed in the Memorial Rock Garden at Demaine Funeral Home in Fairfax City – in honor of your loved ones.

AGING IN PLACE PLANNING & ESTATE SALE OPTIONS TO SELL THE ITEMS YOUR FAMILY MEMBERS DON'T WANT.

Presenter: Zinta Rodgers Rickert
Date: Friday, Oct 16
Time: 12:00pm

We'll provide guidance on renovations to make, and things to consider when weighing whether it makes sense to stay in your home and for how long. In home care verses assisted living discussion about what we've recently learned since my mom had a stroke. We've added an additional topic – Estate Sale option to free up cash and clear out some of things your family really doesn't want.





LUNCHTIME LEARNING



FREE LECTURE PROGRAMS TO INTRODUCE YOU TO SERVICES, EDUCATIONAL INFO, CLASSES & FUN!
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AARP PRESENTS: SORTING FACT FROM FICTION

Presenter: Larry Lipman

Date: Friday, Sept 18

Time: 12:00pm

There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet, making it hard for even the most discerning reader to sort fact from fiction. This free event will equip you with valuable tools and resources to help you stay safe online.

MOVE BETTER EVERY DAY – MOBILITY HABITS FOR COMFORTABLE LIVING

Presenter: Ken Diaz, MS, NSCA-CPT Founder of Rock Fit

Date: Friday, October 23

Time: 12:00pm

Have you noticed that everyday activities like getting out of a chair, climbing stairs, turning your head, or walking longer distances don't feel quite as easy as they once did?

Join strength and mobility coach Ken Diaz, MS, NSCA-CPT, for an engaging and interactive workshop on how simple daily mobility habits can help improve comfort, movement, balance, and independence.

Participants will discover why stiffness is often related to reduced movement rather than simply getting older and will learn practical techniques to improve mobility in four key areas of the body that influence how we walk, stand, and move each day. The session includes easy movement demonstrations that can be adapted for a variety of fitness levels, along with practical strategies you can begin using immediately at home.

Whether you're already active or simply looking to move more comfortably, you'll leave with greater confidence, a simple daily mobility routine, and practical tools to help you stay active and independent for years to come



ESTATE PLANNING 101

Presenter: Alison Matthey Lambeth

Date: Friday, Nov 6

Time: 12:00pm

This lecture is designed to highlight the main parts to an estate plan and the critical importance of each document. Topics include wills, revocable living trusts, advanced medical directives, power of attorney and probate. Do your loved ones know what your wishes are? Estate planning helps protect your family and loved ones by allowing them to know and execute your wishes in a simple manner, while bringing a sense of peace and relief. Estate planning now can provide huge savings down the road and eliminate unnecessary costs, time, and fees later.

ESCAPING DETECTION

Presenter: Mary Lipsey

Date: Friday, Nov 13

Time: 12:00pm

The Civil War divided our nation. The estimated number of men who enlisted totaled three million, Blue and Gray. The true number of women spies is unknown. Today there are 20-30 well known women spies. There is estimated at least 400 women enlisted and served as soldiers. Most of them fought on the Union side.

LEGACY - PLANNING FOR THE FUTURE

Presenter: Bonnie Kyte

Date: Friday, Dec 18

Time: 12:00pm

What does Legacy mean to you? How would you like to be remembered? We'll explore thought-provoking ideas on planning for the future, with additional insight on the current state of real estate in VA. Bill Korby, a Financial Advisor with Ameriprise, will also be co-presenting.



PARTIES & TRIPS

HALLOWEEN LUNCHEON

Celebrate Halloween at Green Acres!

Friday, October 30 // 11:30am - 1:30pm

Come in your best costume and enjoy live entertainment, great food, and even better company! Awards and prizes from our Senior Council will be given out during our costume contest! Seats are limited, and registration is first come, first served.

Halloween party registration begins Monday, October 5

Fee: \$10



Thanksgiving Luncheon

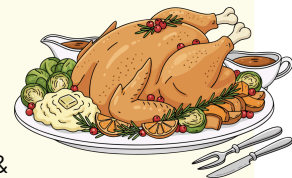
You're invited to the Green Acres Annual Thanksgiving Party at the Sherwood Community Center!

Friday, November 20 // 11:30am - 1:30pm

Join your Green Acres family to celebrate the season with a traditional Thanksgiving lunch!

Sliced turkey, stuffing, sweet potato, and more, served by your friends at the City of Fairfax Parks &

Recreation department! **Registration starts Monday, November 2 // Fee: TBA**



Winter Holiday Party

Spend the most wonderful time of the year with your Green Acres family!

Friday, December 11 // 11:30am - 1:30pm

Great food, games, live music, carols, and even better people! **Registration starts Tuesday, December 1 // Fee: \$10**



GREEN ACRES DAY TRIPS!

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!

Specifics on all trips can be found in the pamphlets provided at the Center, in the Connected magazine, or online!

Current trip flyers are available in the Center!

Distillery tour & splatter painting!

Sailing in Annapolis!

Private tour of Air & Space Museum!



INFO TO KNOW



FAIRFAX ANTIQUES ARTS ASSOCIATION



"Greetings everyone from the **Fairfax Antique Arts Association (FAAA)**, it's been another exciting and equally rewarding past series of meetings. The opportunities to connect and to engage the existing members and their quest socially, intellectually, and culturally were outstanding. The success of FAAA is a direct result of the ongoing participation and contributions of its long-standing members. Sarah and Diane, your kindness and hospitality is greatly appreciated. Thank you both for opening your hearts and home to FAAA special events. Kathy, your willingness to share your unique and inspiring family history as well as the vast number of heirlooms/collectables was nothing less than amazing. The Fairfax Antique Arts Association meetings are regularly scheduled on the **third Thursday of each month from 10am until 12 noon** at Green Acres. Routinely each meeting begins with a 30-minute period of socializing, welcoming the old and new members and their quest, and preparation of materials for presentation. The FAAA has a standing and **open invitation to all Fairfax Seniors** and their quest to join us for a stimulating social and culturally enlightening experience. **Monthly themes are provided** however all appropriate topics, family histories, heirlooms, antiques, art, and collectibles are welcomed. The following themes are suggested for the remainder of the year 2026. **September 2026:** The End of Summer and the Labor of Love, **October 2026:** Fall Festivals, Fall Collections and Fall Colors, **November 2026:** Thanksgiving and the Taste of Home, and **December 2026:** Happy Holidays, Warm and Cozy.

I would like to thank the Green Acres Senior Center and Staff Members for their continued support and the provision of a space for our brand of connecting seniors!" - Gregory Willis
FAAA Lead



TECH HELP

Our Center offers technology help on **Tuesdays from 2:00pm - 3:00pm** with Eli Hertz.

Eli is a retired IT professional who is a volunteer with the Fairfax Village in the City organization. He is available at the Senior Center every Monday in room 110 to assist with personalized IT help with your laptop, tablet or smartphone needs. Assistance is provided by **signing up for a time slot** or as a standby on a first come first serve basis. Be sure to bring any account name and password information for issues with accounts! Please sign up on the TECH HELP clipboard in the main lobby!



Fairfax Village in the City is a Fairfax City-supported, volunteer-driven program developed to support City residents aged 55 and older, as well as Fairfax City adults with disabilities, to stay independent while remaining in their homes. The Village does not replace existing supports and services currently available to city residents through Fairfax County and local nonprofits. Rather, when appropriate, the Village can facilitate access to these services and resources.

The goal of the Village is to support healthy aging by sharing useful information, strengthening personal connections between neighbors, and providing opportunities for social interaction. Come learn more about the Village at: www.fairfaxva.gov/village ; or call 703-385-5738





INTRODUCING Village Connections!

The Village Advisory Board is excited to officially launch **Village Connections!** A friendly visiting & calling program designed to bring meaningful connection and companionship to our Village members.

This program creates opportunities for caring, compassionate volunteers to share conversation, laughter, and friendship through:

- 📞 Friendly phone calls
- 🏠 In-person visits

We will match you with a Village volunteer. Our volunteers are outstanding, friendly, and caring group of individuals. We are so very fortunate to have the best of the best.

You can look forward to:

- Building meaningful relationships with other community members
- Sharing stories, laughter, and companionship

How to Get Started:

Please call or email Jason Scadron, Village Coordinator, to express your interest and learn more about the program. Please do not hesitate to contact the Village if you have any questions.

Jason will help you get started, answer your questions, and match you with a volunteer based on your interests and any preferences. We look forward to hearing from you!

Call: 703-385-5738

Email: village@fairfaxva.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOTES: ALL PROGRAMS ARE SUBJECT TO CHANGE 	1 8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 12:30pm: Pickleball Play 1pm: Current Events 1-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	2 TRIP: Nats vs Braves 8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military Hist 	3 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Intro to Mah Jongg \$ 1pm: Space to Create 1:30pm: Euchre	4 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: Ping Pong Play 12pm: September Birthdays 12:30pm: New Members Meet & Greet 12:30pm: Pickleball Play 1:30pm: Friday Book Club 
7 LABOR DAY HOLIDAY GREEN ACRES IS CLOSED 	8 8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 10am: Movie 12:30pm: Pickleball Play 1pm: Current Events 1-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	9 SENIOR COUNCIL APPLICATION DEADLINE 9am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military Hist	10 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Intro to Mah Jongg \$ 1pm: Space to Create 1:30pm: Euchre	11 8:15am: Coffee Group 9:30am: Bridge 12pm: Lunchtime Learning: <i>Fairfax County's Volunteer Solutions program</i> 12pm: Ping Pong Play 12:30pm: Pickleball Play 1:30pm: Friday Book Club
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**GREEN ACRES /
YOUNG AT HEART
SENIOR CENTER**

**4401 SIDEBURN ROAD
FAIRFAX, VA**

OCTOBER 2026

**FRONT DESK PHONE:
703-273-6090**

**EMAIL:
SENIORCENTER@FAIRFAXVA.GOV
HOURS: 8AM-5PM MON-FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
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HALLOWEEN PARTY REGISTRATION BEGINS 9am: Mah Jongg 9am: Bridge 10am - Bocce 11:30am: Rummikub Play 11:30am: AdvBeg Pball Class Lv3\$ 1:30: Beg. only Pickleball/Euchre 3:30pm Jam Group	8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 10am: Pball Skills & Drills \$ 10am: Movie 12:30pm: Pickleball Play 1pm: Current Events 2-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	TRIP: Graves Mountain Lodge 8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 12:30pm: Pickleball Play	 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 12:30 pm: Amer Sign Lang \$ 1pm: Space to Create 1:30pm: Euchre 2pm-5pm: Ukulele Classes \$	8:15am: Coffee Group 9:30am: Bridge 12pm: Lunchtime Learning: <i>Remembrance Rock Painting</i> 12pm: Ping Pong Play 12:30pm: Pickleball Play
12	13		15	16
8am: Senior Morning Walk 9am: Mah Jongg 9am: Bridge 10am: Adv Beg Line Dancing \$ 10am - Bocce 11:30am: Rummikub Play 11:30am: Adv Beg Pball Class Lv3 \$ 1:30: Beg. only Pickleball/Euchre 3:30pm Jam Group	8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 12pm: Senior Council Meeting 12:30pm: Pickleball Play 1pm: Current Events 2-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	TRIP: Potomac Eagle Scenic Railroad & Lunch 8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 12:30pm: Pickleball Play	8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 12:30 pm: Amer Sign Lang \$ 1pm: Space to Create 1:30pm: Euchre 2pm-5pm: Ukulele Classes \$	8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: Lunchtime Learning: <i>Aging in Place Planning & Estate Sale options</i> 12pm: Ping Pong Play 12:30pm: Pickleball Play
19	20	21	22	23
NOVEMBER - DECEMBER DAY TRIP REGISTRATION BEGINS 8:15am: Coffee Group 9am: Mah Jongg 9am: Bridge 10am: Adv Beg Line Dancing \$ 10am - Bocce 11:30am: Rummikub Play 1:30pm: Beginners Only Pickleball 1:30pm: Euchre 3:30pm Jam Group	8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 10am: Pball Skills & Drills \$ 12:30pm: Pickleball Play 1pm: Current Events 2-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 12:30pm: Pickleball Play	8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	8:15am: Coffee Group 9:30am: Bridge 12pm: Lunchtime Learning: <i>Move Better Every Day - Mobility habits for comfortable living</i> 12pm: Ping Pong Play 12:30pm: Pickleball Play
26	27	28	29	30
8am: Senior Morning Walk 8:15am: Coffee Group 9am: Mah Jongg 9am: Bridge 10am: Adv Beg Line Dancing \$ 10am - Bocce 11:30am: Rummikub Play 1:30: Beg. only Pickleball/Euchre 3:30pm Jam Group	8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 10am: Pball Skills & Drills \$ 12:30pm: Pickleball Play 1pm: Current Events 2-3pm: Tech Help for Seniors 2:30pm: Tuesday Book Club 3:30pm: 4Fun Singers	8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 12:30pm: Pickleball Play	9:30am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 12:30 pm: Amer Sign Lang \$ 1pm: Space to Create 1:30pm: Euchre 2pm-5pm: Ukulele Classes \$	HALLOWEEN LUNCHEON PARTY AT GREEN ACRES! 8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play

GREEN ACRES / YOUNG AT

HEART SENIOR CENTER

4401 SIDEBURN ROAD
FAIRFAX, VA

NOVEMBER 2026

FRONT DESK PHONE:
703-273-6090

EMAIL:
SENIORCENTER@FAIRFAXVA.GOV

HOURS: 8AM-5PM MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 THANKSGIVING LUNCHEON & VETERANS BREAKFAST REGISTRATION STARTS 9am: Mah Jongg 9am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball/Euchre 3:30pm Jam Group	3 TRIP: NEW NATIONAL MUSEUM OF THE ARMY 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 10am: Pball Skills & Drills \$ 12:30pm: Pickleball Play 1pm: Current Events 2-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers 	4 9am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	5 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 12:30pm: American Sign Lang \$ \$ 1pm: Space to Create 1:30pm: Euchre 2pm-5pm: Ukulele Classes \$	6 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: November Birthday Celebration! 12:30pm: Lunchtime Learning: Estate Planning 101 12:30pm: New Members Meet & Greet 12pm: Ping Pong Play 12:30pm: Pickleball Play 
9 8am: Senior Morning Walk 8:15am: Coffee Group 9am: Mah Jongg 9am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Beg Pball Class Lv1 \$ 1:30pm: Beginner only Pickleball/Euchre 3:30pm Jam Group	10 VETERANS DAY BREAKFAST 9:30AM 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 10am: Movie 10am: Pball Skills & Drills \$ 12:30pm: Pickleball Play 1pm: Current Events 2-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	11 VETERANS DAY HOLIDAY  GREEN ACRES IS CLOSED 	12 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 12:30pm: American Sign Lang \$ 1pm: Space to Create 1:30pm: Euchre 2pm-5pm: Ukulele Classes \$	13 8:15am: Coffee Group 9:30am: Bridge 12pm: Lunchtime Learning: Escaping Detection 12pm: Ping Pong Play 12:30pm: Pickleball Play
16 8am: Senior Morning Walk 8:15am: Coffee Group 9am: Mah Jongg 9am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Beg Pball Class Lv1 \$ 1:30pm: Beginner only Pickleball/Euchre 3:30pm Jam Group	17 8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 10am: Pball Skills & Drills \$ 12pm: Senior Council Meeting 12:30pm: Pickleball Play 1pm: Current Events 2:30pm: Tuesday Book Club 2-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	18 8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	19 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 12:30pm: American Sign Lang \$ 1pm: Space to Create 1:30pm: Euchre 2pm-5pm: Ukulele Classes \$	20 Thanksgiving Party at Stacy C. Sherwood Community Center 11:30am - 1:30pm GREEN ACRES IS CLOSED 
23 8am: Senior Morning Walk 8:15am: Coffee Group 9am: Mah Jongg 9am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball/Euchre 3:30pm Jam Group	24 8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 12:30pm: Pickleball Play 1pm: Current Events 2-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	25 8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	26 THANKSGIVING HOLIDAY GREEN ACRES IS CLOSED 	27 THANKSGIVING HOLIDAY GREEN ACRES IS CLOSED
30 8am: Senior Morning Walk 8:15am: Coffee Group 9am: Mah Jongg 9am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball/Euchre 3:30pm Jam Group			ALL PROGRAMS ARE SUBJECT TO CHANGE	PLEASE CHECK FOR UPDATE EMAILS

**GREEN ACRES /
YOUNG AT HEART
SENIOR CENTER**

**4401 SIDEBURN ROAD
FAIRFAX, VA**

DECEMBER 2026

**FRONT DESK PHONE:
703-273-6090**

**EMAIL:
SENIORCENTER@FAIRFAXVA.GOV
HOURS: 8AM-5PM MON-FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL PROGRAMS ARE SUBJECT TO CHANGE 	1 8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 12:30pm: Pickleball Play 1pm: Current Events 2-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	2 8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	3 8:15am: Coffee Group 9:30am: Mah Jongg 9:30am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	4 8:15am: Coffee Group 9:00am: Bridge 10:30am: BINGO 12pm: December Birthdays 12:30pm: New Members Meet & Greet 12:30pm: Pickleball Play 
	7 8am: Senior Morning Walk 9am: Mah Jongg 9am: Bridge 10am: Bocce 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: AdvBeg Pball Class Lv3\$ 1:30pm: Beginner only Pickleball 1:30pm: Euchre 3:30pm Jam Group	8 REGIFT SWAP PARTY! 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 10am: Movie 12pm: Regift Swap Party 12:30pm: Pickleball Play 1pm: Current Events 3:30pm: 4Fun Singers 	9 8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	10 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre
14 9am: Mah Jongg 9am: Bridge 10am: Bocce 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: AdvBeg Pball Class Lv3\$ 1:30pm: Beginner only Pickleball 1:30pm: Euchre 3:30pm Jam Group	15 8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 12pm: Senior Council Meeting 12:30pm: Pickleball Play 1pm: Current Events 2:30pm: Tuesday Book Club 3:30pm: 4Fun Singers 	17 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	18 9am: Bridge 10:30am: BINGO 12pm: Ping Pong Play 12pm: Lunchtime Learning: "Legacy" 12:30pm: Pickleball Play 	
21 8am: Senior Morning Walk 9am: Mah Jongg 9am: Bridge 10am: Bocce 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball 1:30pm: Euchre 3:30pm Jam Group	22 8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 12:30pm: Pickleball Play 1pm: Current Events 2-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	23 8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	24 8:15am: Coffee Group 9:30am: Mah Jongg 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre Christmas Eve Half Day! GREEN ACRES CLOSES AT 12PM 	25 CHRISTMAS HOLIDAY GREEN ACRES IS CLOSED 
28 8am: Senior Morning Walk 9am: Mah Jongg 9am: Bridge 10am: Bocce 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball 1:30pm: Euchre 3:30pm Jam Group	29 8:15am: Coffee Group 8:30am: Chess Club 9:30am: Mexican Train 10am: Canasta 12:30pm: Pickleball Play 1pm: Current Events 3:30pm: 4Fun Singers	30 8:15am: Coffee Group 9am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	31 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	HAPPY New Year 2027 FAIRFAX CITY Parks & Recreation 

SENIOR CENTER ADVISORY COUNCIL NEWS

SENIOR CENTER ADVISORY COUNCIL



The Young at Heart Senior Center 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.

Chair: Barbara Smith

Vice Chair: Kevin Anderson

Secretary: Debra Sparkman

Treasurer: Betsy Passuth

PRAB Rep: Chuck Paceley

Members: Deb DiFalco, Honee Hult, Bob Juenger, Toni Milmoie, David Yang

Senior Center Advisory Council meets the 3rd Tuesday of each month at 12pm at the Green Acres Community Center. Meetings are open to all Senior Center members. Come on out and give us a try! For more information, contact the Council directly: YaHadvistorycouncil@gmail.com

COUNCIL NEWS

FIVE New Positions Open in Senior Council! Apply Today!

Do you like the idea of being a part of community governance and always wondered how to help make our Senior Center a better place for our thousands upon thousands of members? Apply to join our Senior Council and get to opportunity to collaborate alongside our enthusiastic and altruistic council members for a yearly term! To apply, please fill out the paper form available at our front desk and deposit your application in the elections box provided!

Elections for Council membership will be held in September to fill five (5) seats that are being vacated due to term expiration. Please submit applications **August 3 – September 9, 2026.**

[1] Typically no meetings in December and July.

[2] Meeting date and time subject to change.



Green Acres' King and Queen serving ice cream

Back: Honee Hult, Bob Juenger, Chuck Paceley, Pat Giffey, Betsy Passuth, Kevin Anderson



Front: David Yang, Debra Sparkman, President Barbara Smith

Our Senior Council with the Fairfax City Council

Jason Scaldron (Village in the City rep, far left), Village reps, Anne Chase, Susan Dimaina, Chuck Paceley (back center), Catherine Read (City Mayor, front center), Barbara Smith, Leslie Abashian, Pat Giffey, Debra Sparkman (far right)



Michael Kallini, Honee "Honey" Hult, Bob Juenger, & Pat Giffey at the Holiday Luncheon

SENIOR CENTER ADVISORY COUNCIL NEWS

GET TO KNOW YOUR 2025/2026 SENIOR CENTER ADVISORY COUNCIL:



Barbara Smith (Chair) – Barbara served 22 years with the U.S. Marine Corps and recently retired from her 2nd career as an HR Analyst with the Arlington County Sheriff's Office. She enjoys her pets, watching sports, playing golf, running, and recently started playing pickleball. Barbara attends Green Acres pickleball, Lunchtime Learnings, senior trips, and exercise class activities.



Kevin Anderson (Vice Chair) – Kevin Anderson moved to Northern Virginia in 1966. He was a member of the first graduating class from Chantilly High School. He retired from Verizon as a Senior Contracts Manager in federal systems. He joined the senior center in 2024 and enjoys pickleball, cornhole, ping pong, day trips and the party events there. Additionally, he enjoys golf and various fitness activities.



Debra Sparkman (Secretary) – Debra has over 45 years as a software developer and quality assurance engineer. She was employed at a national science laboratory and the U.S. Government. Debra retired in 2022 from her consulting company. She enjoys walking, stretch and balance training, road trips and home projects. Debra attends Green Acres pickleball, senior trips, and the various luncheons.



Betsy Passuth (Treasurer) – Betsy retired from the Federal Government after 35 years working as a Budget Officer and Financial Manager for the Treasury Department, Department of Homeland Security and the Securities and Exchange Commission. She lives in Fairfax City and enjoys working out at Gold's gym, playing pickleball, watching professional tennis, cooking, and traveling. Signing up for pickleball lessons a few years ago was her introduction to the Senior Center.



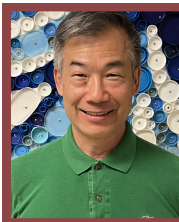
Honee Hult (member) – Honee Hult has lived in the Fairfax, VA area for 9 years and has been a member of the Young at Heart Senior Center since 2023. She previously worked in the private sector in various roles in the corporate finance area for 50 years and retired in March of 2023. She enjoys playing cards, games, participates in the July 4th parade and senior trips at Green Acres and she also enjoys playing with her grandkids, working out, playing tennis and gardening.



Bob Juenger (Member) – Bob Juenger is originally from northern Illinois (farm country). He served in the U.S. Army and his last duty station was Vint Hill Farm in 1968. He stayed in the area after discharge, working as a Mortgage Banker in the private sector and later as a Federal Employee. Retiring in 2011, he began his Pickleball career and his involvement with Green Acres. In addition to Pickleball, Bob participates in Euchre, Canasta, the Workout Room, Parties, Trips, Parades, Corn Hole, Bocce, Bingo, and Rummikub.



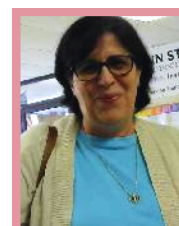
Toni Milmo (member) – Toni Milmo moved to Fairfax, VA over 40 years ago and has been a member of the Young at Heart Senior Center since early 2025. Toni was a Senior HR Benefits & Retirement Specialist and has worked at a few different federal agencies including the FDIC, ITC, BIA, NLRB, MSHA, the SSA at the District Office, Hearing Office, and Appeals Council. Toni has three adult sons, two of which live nearby her in Fairfax City. She participates in pickleball, cornhole, bocce, ping pong, uses the exercise equipment and enjoys going on the senior trips. Toni is also a volunteer with the Fairfax Village in the City. She also facilitates social events with WISE Connect.



David Yang (member) – David has been a resident of Fairfax since 1990. After a rewarding 33-year career as a Senior Unix Infrastructure Engineer, he retired from the IT computer field, having contributed to DOL, DOJ, DOD, and FDA IT contracts as well as the technology and healthcare industries. In retirement, David remains active in the community as a member and volunteer with the Lions Club. He is also an avid pickleball player at Green Acres, enjoys traveling, watching Netflix, and spending quality time with his wife, son, daughters, and son-in-law. Additionally, he stays active by playing ping pong and using the fitness facilities at Green Acres. David takes great joy in giving back and helping others whenever he can.



Pat Giffey (Member) – Pat started as a Billing Accountant at CDM Smith (environmental contractor to the Government) and over her 36 years there ended as the Assistant Controller. Pat retired on Sept 30, 2023. She now is an avid Green Acres pickleball and card (Euchre/Canasta) player. Pat enjoys helping people.



Deb DiFalco (Member) – Deb spent over 35 years as a law enforcement officer. She was a West Virginia State Trooper and a Special Agent with U.S. Customs/Homeland Security Investigations. Deb retired from federal service and is now the Regional Enforcement Manager in NOVA for the Virginia Department of Health Professions. Deb volunteers as a Fairfax County CASA, is a member of the Juvenile Justice Domestic Court citizens advisory board and a member of the Fairfax City Human Services committee. Deb likes to play soccer, basketball and use the fitness room at Green Acres Senior Center.

Young at Heart Senior Center

COME FOR THE ACTIVITIES, STAY FOR THE FRIENDS — THAT'S THE SENIOR CENTER WAY!



**Left to right:
Kristen, Laurie,
Anne, Daniel,
Christine,
Marsha (yoga
ball)**

Our staff looks forward to seeing you soon for Summer FUN!

Class information can be viewed on the web pages below and listed in the Parks & Rec Connected!

www.fairfaxva.gov

Upcoming Holidays and Closures

- Labor Day – Monday, Sept. 7
- Veterans Day – Wednesday, Nov. 11
- Thanksgiving Day – Thursday, Nov. 26
- Day after Thanksgiving – Friday, Nov. 27
- Christmas Eve – Thursday, Dec. 24
- Christmas Day – Friday, Dec. 25



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