

YOUNG AT HEART SENIOR CENTER

NEWSLETTER

Summer: May - August 2025

SENIOR CENTER INFORMATION

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

HOURS OF OPERATION

Monday - Friday
8:00 am - 5:00 pm

Specifics on all programs can be found at the Center, or in the Connected magazine:

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

SENIOR CENTER STAFF

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GENERAL INFORMATION

We hope you get involved in the many Senior Center activities, free and fee-based classes, special events and trips this summer! Whether you are a new or returning member 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 the correct contact information for you. If you are a new member, we will issue you a membership card and parking pass. If you are a returning member, you may use your existing membership card. New or returning members, **please scan your membership card every time upon entering the building.** All members must meet membership eligibility requirements.

THREE WAYS TO REGISTER FOR CLASSES AND TRIPS

1 Online: Available 24 hours a day at: fairfaxva.gov/ParksRec

2 Walk-In: M-F 8:30 a.m. - 5:00 p.m. at City Hall, Green Acres, or the Stacy C Sherwood Community Center

3 Mail-In: Signed and completed registration forms mailed to: City of Fairfax Parks and Rec 10455 Armstrong St, Fairfax VA, 22030

GREEN ACRES PARKING

A Green Acres parking permit is **REQUIRED** to park on the street, both the upper and lower lots, and in the circle **Monday - Friday from 7:00 a.m. to 4:00 p.m.** All who park must display the parking permit on their windshield. **Visitors:** please sign the Guest Parking Log found at the front desk. Parking enforcement will monitor the area and tickets will be issued if a parking permit is not visible. The Parking permits are ORANGE and unique to Senior Center members with a membership card. Passes do not have an expiration date. Sign up at the front desk to get yours!



SUMMER 2025

SUMMER'S CALLING! A LETTER FROM STAFF

Hey Sunshine!

The days are longer, smiles are brighter, and the energy around the Center is absolutely burning with summer spirit. We're soaking up every golden moment and celebrating the season with a full calendar of fun activities and plenty of exciting events.

From tournaments and teas to parties and day trips, there's something special happening every single day this summer:

- **Older Americans Month!** – Come kick-off the month with us on **Friday, May 2nd** from 10am-3pm at Green Acres! The kick-off will include an **open house**, an **interactive exhibit** by the F.C. Fire Department, and a **party for May birthdays!** The month of May is officially recognized by the Federal Administration for Community Living as a time to recognize and celebrate the value that our older Americans bring to our everyday lives.
- **Social Clubs for All!** – Military History, Current Events, Morning & Afternoon Book Clubs, Fairfax Antique Arts Association, Space to Create, Knit & Crochet, and plenty more! Check out the *activities* page for our full list of senior clubs.
- **Sports Galore!** – Indoor Pickleball, Bocce, Cornhole, Ping Pong, and more! This is also the season for the Northern Virginia Senior Olympics. Feed your competitive side and stay active!
- **Tabletop Clubs for All!** – Bridge, Rummikub, Euchre, Canasta, Mexican Train, and Mah Jongg are only a handful of the games played at Green Acres. Whatever's your specialty, we have it!
- **Field Trips!** – Come along with us on our daytime expeditions to galleries, museums, shows, and more. Some upcoming trips include a National's game, Longwood Gardens, the Spy Museum, the Kennedy Center, St. Michaels in Maryland, and the National Museum of the Marine Corps.

We hope you're feeling inspired to make the most of these warm summer days. Remember, summer is a time for relaxation, new adventures, and cherishing the moments we share together. Stay cool, stay safe, and we look forward to seeing you around the Center soon! Here's to a bright and beautiful summer ahead!

–*The Young at Heart staff*



FLIP THE SCRIPT ON AGING: MAY 2025

ACL.gov/OAM
#OlderAmericansMonth

May is Older Americans Month!



COME CONNECT!

JOIN US FOR OUR HIGHLIGHTED MAY ACTIVITIES GREEN ACRES SENIOR CENTER

4401 Sideburn Rd.

Fairfax, VA

Monday - Friday 8am-5pm

Pickle
ball

Art
Exhibit

Day
Trips

Bocce

Mother's
Day Tea

Health &
Fitness
Day

FAIRFAX CITY
YOUNG AT HEART
SENIOR
CENTER

Workshops



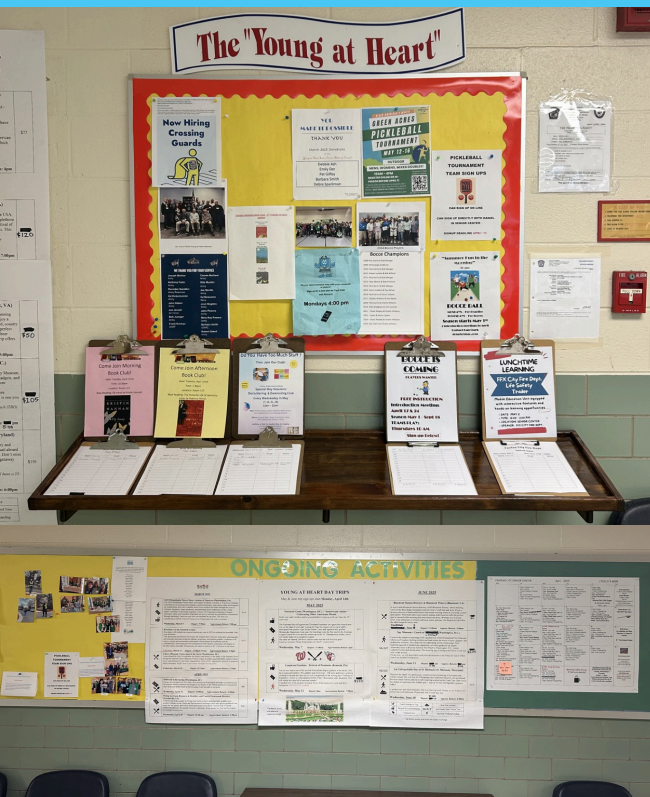
DECLUTTERING CLUB - SPECIAL MAY SESSIONS!

Wednesday, May 7, 14, 21, 28

Join us EVERY Wednesday in May (7, 14, 21, 28) from 11 AM–12 PM for a fun and motivating decluttering series in honor of Older Americans Month. Led by a certified KonMari professional, we'll jump-start your decluttering so you can feel lighter and ready for summer—drop-ins welcome!



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-9pm
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 & SNACK TABLE

The Center boasts a quaint yet refreshing coffee & snack table for all members to enjoy. All food & beverages are self-serve. Homemade donations are not permitted. Donations from store-packed sources are permitted if they do not contain peanuts.

Our table spread includes:

- Dark roast coffee & regular decaf
- Green & black teas
- Hot water
- Breakfast bars & snacks
- Small-plate treats

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



Recreation facilities are operated by the City, and will follow City government closures. All classes/programs starting before noon are cancelled when the City of Fairfax cancels programs for the day. For classes/programs starting at noon or later, a decision will be made by 10am that day. On weekends, cancellation decisions will be made by 8 a.m. each day and posted on the City's website.

All classes/programs and gym rentals held in FCPS facilities will follow FCPS closings.

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!

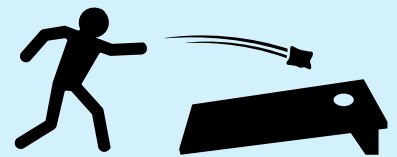
Indoor Pickleball Calendar

SKILL LEVEL	MON	TUES	WED	THUR	FRI	SAT
BEGINNERS ONLY		12:30pm - 1:30pm	1:30pm - 3:30pm			
ALL LEVELS	1:30pm - 3:30pm	1:30pm - 3:30pm		12:30pm - 3:30 pm	12:30pm - 3:30 pm	
\$5 OPEN PLAY	5:30pm - 7:00 pm					10:30 am- 12:30 pm

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

2025 BOCCE SEASON

The 2025 Bocce League will start in May and continue through September. All equipment and instruction will be provided. We also play for fun in the off season, Oct-April, each Monday and Thursday morning at 10am, weather permitting. The league season will finish with an awards ceremony on the last Thursday in September 2025. Additional questions or to join a team, please email Dan: dclark@mac.com



Cornhole is on Wednesdays at 9:30am 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. We're looking forward to hosting tournaments and enjoying some good old-fashioned fun! If you're interested in volunteering as a game room monitor or helping organize a tournament, please let us know.



EVENTS & HAPPENINGS

THIS SUMMER'S EVENTS:

DATE	ACTIVITY
THURSDAY, May 1	Bocce Competitive Season Begins (10:00am)
FRIDAY, May 2	Older Americans Month Kick-off (10am-3pm) + Open House May Birthdays Celebration (12pm), New Member Meet & Greet (12:30pm) Lunchtime Learning: Fairfax Fire Dept. Life Safety Interactive Trailer! (12pm)
FRIDAY, May 9	Mother's Day Tea (11:00am - Free to sign up!) sign up starts May 1
MONDAY - FRIDAY, May 12-16	First Annual Green Acres Pickleball Tournament! (10:00am - 4:00pm)
FRIDAY, May 16	Lunchtime Learning: Healthcare and Healthy Aging over 60 (12:00pm - Room 111)
FRIDAY, May 23	Lunchtime Learning: Climate Action (12:00pm - Room 111)
Monday, May 26	Center Closed for Memorial Day
FRIDAY, June 6	Lunchtime Learning: Aging in Place - Things to Consider When Deciding Whether to Age in Place
MONDAY, June 9	Registration Opens for July - August Day Trips (Times vary, check trip section for details)
FRIDAY, June 13: 9:30AM	Father's Day Brunch (9:30am- free to sign up!) sign up starts June 2
FRIDAY, June 13: 9:30AM	Lunchtime Learning: Aging Well
FRIDAY, June 20: 12PM	Lunchtime Learning: Overview of Fairfax County Aging Services
MONDAY, June 30: 12PM	Lunchtime Learning: Estate Planning 101
FRIDAY, July 4	Center Closed - Independence Day Holiday
FRIDAY, July 4	City of Fairfax - July 4th Parade - Join Us!
FRIDAY, July 11: 11:30AM	Summer Picnic Party
MONDAY, September 1	Center Closed: Labor Day Holiday
THURSDAY, September 18	NVSO Bocce at Green Acres Center - Register thru NVSO

Big Day!

Trip Sign-up!

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 Revolutionary War to present

Bocce

Thursdays May - September;

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

Tournament-style play on outdoor courts

Mah Jongg

*Wednesdays, 10:00 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

Movie Day

*Once a month,
10:00 a.m. - 12:00 p.m.
Movie title on calendar*

Beginner Pickleball Open Play

*Tuesday, 12:30 p.m. - 1:30 p.m.
Wednesday, 1:30 p.m. - 3:30 p.m.*

All Levels Pickleball Open Play

*Mon. & Tues., 1:30 p.m. - 3:30 p.m.
Thurs. & Fri., 12:30 p.m. - 3:30 p.m.*

Morning & Afternoon Book Club

*Fourth Tuesday of the month,
10:30am & 2:30pm respectively*

Music Group - 4Fun Singers

*Tuesdays, 3:30 p.m. - 5:00 p.m.
Meet in the Senior Center library
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*

Monthly Birthday Celebration

*First Friday of the month at
12:00 p.m. inside the Senior Center*

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

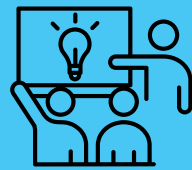
*Wednesdays 9:30am in the
Center's gym.*

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

CITY OF FAIRFAX FIRE DEPARTMENT'S LIFE SAFETY TRAILER

Presenter: City of Fairfax Fire Department
Date: Friday, May 2
Time: 12:00 noon – 3:00pm

A mobile educational unit designed to teach fire prevention and emergency preparedness. The trailer provides hands-on learning experiences and helps reinforce fire safety practices, including smoke alarm awareness, home escape planning, and proper response to common fire hazards.

HEALTHCARE AND HEALTHY AGING FOR OVER 65

Presenter: Dr. Chethana Rao
Date: Friday, May 16
Time: 12:00 noon

Presentation on various health aspects of aging – health conditions and holistic, lifestyle and other treatment options.

CLIMATE ACTION

Presenter: Fairfax County Office of Environmental and Energy Coordination
Date: Friday, May 23
Time: 12:00 noon

Join us to learn about climate and sustainability initiatives in Fairfax, and what you can do to help!

AGING IN PLACE - THINGS TO CONSIDER WHEN DECIDING WHETHER TO AGE IN PLACE.

Presenter: Zinta Rodgers-Rickert
Date: Friday, June 6
Time: 12:00 noon

Does it make sense to stay? What will it take to make it possible and safe? How do I get started? Pros and Cons to aging in place. We will share tips on negotiating with contractors for needed improvements.



AGING WELL

Presenter: GMU Speaker's Bureau
Date: Friday, June 13
Time: 12:00 noon

Aging well is not a spectator sport. Be an active participant in your healthy future. We will address the strategies on how to do this with flare. Wear comfortable shoes and clothes you can move freely in.

OVERVIEW OF FFX COUNTY AGING SERVICES

Presenter: Fairfax County Office on Aging
Date: Friday, June 20
Time: 12:00 noon

A broad overview of Fairfax County services for older adults, adults with disabilities, and family caregivers so that you will know what is available. Please join us!

ESTATE PLANNING 101

Presenter: Alison Mathey-Lambeth
Date: Monday, June 30
Time: 12:00 noon

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.



PARTIES & TRIPS

We have many fun and festive summer events planned this season!

Party dates this season:

Fri, May 13: 11am Mother's Day Tea: Registration opens May 1.

Fri, June 13: 9:30 am Father's Day Brunch: Registration opens June 2.

Fri, July 11: 11:30am Summer Picnic Party:

Registration opens July 1. \$10 fee

Party Guidelines:

Parties are limited to 100 people first come first serve. Mother's Day and

Father's Day capacity: 50 participants.

Summer Picnic Party - \$10 is due at time of registration.

Party fees are non-refundable.



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 at:

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

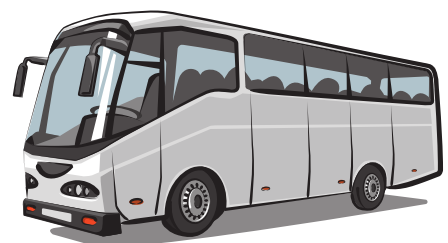
Current trip flyers are attached to the end of the newsletter.



Our members enjoying a guided tour of the gardens of the Hillwood estate in Washington, D.C.



Our group at the "The People's House" - a White House Museum



INFO TO KNOW



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 12pm here at the Green Acres Senior Center.

This group is open to all Young at Heart / Fairfax County Senior Members and their guests. 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 early summer season:

May 2025: Mother's Day, Memorial Day and Family History

June 2025: Summertime, Favorite Vacation, and Favorite Things to do.

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.



Fairfax Village in the City is a city-supported, volunteer-driven program developed to support Fairfax City residents aged 55 and older, as well as Fairfax City adults with disabilities, who wish 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



TECH HELP

Our Center offers technology help on Mondays at 4:00 pm with Richard He.

Richard is a student at Woodson High School who volunteers his time to help members of his community with personalized IT help. He has experience in information technology and offers his skills to help seniors with their common laptop, tablet, or phone issues. Sign up for a time slot at the Senior Center.



VIRTUAL PROGRAM OFFERINGS

If you prefer to stay at home and keep connected try out one of the many virtual programs offered!

The Virtual Center for Active Adults is brought to you in partnership with Arlington County, Fairfax County, Prince William County, and Service Source.

Helpful links:

VCAA website:

bit.ly/NCSvcaa VCAA

Zoom activities direct link:

bit.ly/VCAAzoom2

Prerecorded activities:

bit.ly/VCAAvideos

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1pm: Intro to Mah Jongg 1:30pm: Euchre	8:15am: Coffee Group 9:30am: Bridge 10am - 3pm - KICK OFF FOR OLDER AMERICANS MONTH 10:30am: BINGO 12pm: Ping Pong Play 12pm: May Birthdays 12pm: Lunchtime Learning: Fire Dept's Life Safety Trailer 12:30pm: Pickleball Play 12:30pm: New Members Meet & Greet
5	6	7	8	9
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Adv Beg Pkball Class \$ 12pm: Lunch Bunch 1:30pm: Pickleball/Euchre 1:30pm: Stories from Our Past 4pm: Tech Help for Seniors	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: 4Fun Singers	TRIP: Nat's Game 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 11:30am: Beg Pball Class Lv 2\$ 12:30pm Beg Pkball Class Lv 1\$ 1pm: Military History 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Intro to Line Dance \$ 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm: Beginner Ukulele \$ 3:30pm Intermed. Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 11am: Mother's Day Tea  12pm: Ping Pong Play 12:30pm: Pickleball Play
12	13	14	15	16
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Adv Beg Pball Class\$ 11:30am: Rummikub Play 1:30pm: Pickleball/Euchre 1:30pm: Stories from Our Past 4pm: Tech Help for Seniors PICKLEBALL TOURNAMENT	8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Movie: <i>5 Flights Up</i> 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 11:30am: Beg Pball Class Lv2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pball Class Lv1 \$ 1pm: Military History 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Intro to Line Dance \$ 10am: Bocce 10am: Ffx. Antique Arts 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1pm: Intro to Mah Jongg 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: Ping Pong Play 12pm: Lunchtime Learning: Healthcare and Healthy Aging for over 60 12:30pm: Pickleball Play
19	20	21	22	23
8am: Senior Morning Walk 8:15am: Coffee Group 9:30am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Adv Beg Pball Lesson\$ 11:30am: Rummikub Play 1:30pm: Pball Play/Euchre 1:30pm Stories from the Past 4pm: Tech Help for Seniors	8:15am: Coffee Group 9:30am: Mexican Train 12pm: Senior Council Meeting 12:30pm: Beg Only Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	TRIP: Longwood Gardens 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 11:30am: Beg Pball Class Lv2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pball Class Lv1 \$ 1pm: Military History 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Intro to Mah Jongg 1pm: Space to Create 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12pm: Lunchtime Learning: Climate Action 12:30pm: Pickleball Play
26	27	28	29	30
Memorial Day Green Acres is Closed  MEMORIAL DAY	8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10:30am: Book Club - AM 2:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 2:30pm: Book Club - PM 3:30pm: 4Fun Singers	8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 1pm: Military History 1:30pm: Pickleball Play	10am: Mah Jongg 10am: Bocce 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1pm: Intro to Mah Jongg 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12:30pm: Pickleball Play

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
8am: Senior Morning Walk 8:15am: Coffee Group 9:30am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 12pm: Lunch Bunch 1:30pm: Pickleball Play 1:30pm: Euchre 2pm: American Sign Lang \$ 4pm: Tech Help for Seniors	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: 4Fun Singers	TRIP: Bluemont Brewery & Winery 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 11:30am: Beg Pball Class Lv 2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pball Class Lv 1 \$ 1pm: Military History 1:30pm: Beg Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce League Play 10am: Intro to Line Dancing \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: June Birthdays 12pm: Lunchtime Learning: Aging in Place 12:30pm: New Members Meet & Greet 12:30pm: Pickleball Play 3pm: Grief Group
9	10	11	12	13
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Inter Pkball Class \$ 1:30pm: Pickleball/Euchre 2pm: American Sign Lang \$ 4pm: Tech Help for Seniors	8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Movie 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	TRIP: Spy Museum 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11:30am: Beg Pball Class Lv2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pkball Class Lv1 \$ 1pm: Military Hist 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 9:30am: Father's Day Brunch  12pm: Ping Pong Play 12pm: Lunchtime Learning: Aging Well 12:30pm: Pickleball Play
16	17	18	19	20
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Inter Pkball Class \$ 11:30am: Rummikub Play 1:30pm: Pickleball/Euchre 2pm: American Sign Lang \$ 4pm: Tech Help for Seniors	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: 4Fun Singers	TRIP: St. Michaels 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11:30am: Beg Pball Class Lv2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pball Class Lv1 \$ 1pm: Military Hist 1:30pm: Pickleball Play	CLOSED Juneteenth Holiday 	8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: Ping Pong Play 12pm: Lunchtime Learning: Overview of FFX County Aging Services 12:30pm: Pickleball Play
23	24	25	26	27
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Inter Pkball Class \$ 11:30am: Rummikub Play 1:30pm: Pickleball/Euchre 2pm: American Sign Lang \$ 4pm: Tech Help for Seniors	8:15am: Coffee Group 9:30am: Mexican Train 10:30am: Book Club AM 12pm: Senior Council Meeting 12:30pm: Beg Only Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 2:30pm: Book Club PM 3:30pm: 4Fun Singers	8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12:30pm: Pickleball Play
30				
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 11:30am: Rummikub Play 12pm: Lunchtime Learning: Estate Planning 101 1:30pm: Pickleball 1:30pm: Euchre 4pm: Tech Help for Seniors				

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	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: 4Fun Singers	8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1:30pm: Beg Pickleball Play	TRIP: Les Misérables 8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce League Play 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	CLOSED Independence Day Observed  March in the City of Fairfax Parade with Green Acres!
7	8	9	10	11
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 12pm: Lunch Bunch 1:30pm: Pickleball/Euchre 4pm: Tech Help for Seniors	8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Movie 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	TRIP: Singing in the Rain 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11:30am: Beg Pball Class Lv 2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pkball Class Lv 1 \$ 1pm: Military Hist 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	8:15am: Coffee Group 9:30am: Bridge 11:30am: Summertime Picnic Party \$  12pm: Ping Pong Play 12:30pm: Pickleball Play CX
14	15	16	17	18
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Adv Skills Pball Class \$ 11:30am: Rummikub Play 1:30pm: Pickleball/Euchre 4pm: Tech Help for Seniors	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: 4Fun Singers	8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11:30am: Beg Pball Class Lv2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pball Class Lv1 \$ 1pm: Military Hist 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: July Birthdays 12pm: Ping Pong Play 12:30pm: New Members Meet & Greet 12:30pm: Pickleball Play
21	22	23	24	25
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Adv Skills Pball Class \$ 11:30am: Rummikub Play 1:30pm: Pickleball/Euchre 4pm: Tech Help for Seniors	8:15am: Coffee Group 9:30am: Mexican Train 12pm: Senior Council Meeting 12:30pm: Beg Only Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11:30am: Beg Pball Class Lv2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pball Class Lv1 \$ 1pm: Military History 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12:30pm: Pickleball Play
28	29	30	31	
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Adv Skills Pball Class \$ 1:30pm: Pickleball 1:30pm: Euchre 4pm: Tech Help for Seniors	8:15am: Coffee Group 9:30am: Mexican Train 10:30am: Book Club AM 12pm: Senior Council Meeting 12:30pm: Beg Only Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 2:30pm: Book Club PM 3:30pm: 4Fun Singers	8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	

AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: August Birthdays 12:30pm: New Members Meet & Greet 12:30pm: Pickleball Play 3pm: Grief Group
4	5	6	7	8
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Adv Beg Pball Class \$ 12pm: Lunch Bunch 1:30pm: Pickleball/Euchre 2pm: American Sign Lang \$ 4pm: Tech Help for Seniors	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: 4Fun Singers	TRIP: Sunflowers @ Burnside 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 11:30am: Beg Pball Class Lv2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pkball Class Lv1 \$ 1pm: Military Hist 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12:30pm: Pickleball Play
11	12	13	14	15
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Adv Beg Pball Class \$ 11:30am: Rummikub Play 1:30pm: Pickleball/Euchre 2pm: American Sign Lang \$ 4pm: Tech Help for Seniors	8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Movie 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	TRIP: Nat Mus of Marine Corps 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11:30am: Beg Pball Class Lv2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pball Class Lv1 \$ 1pm: Military Hist 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: Ping Pong Play 12:30pm: Pickleball Play
18	19	20	21	22
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Adv Beg Pball Class \$ 11:30am: Rummikub Play 1:30pm: Pickleball/Euchre 4pm: Tech Help for Seniors	8:15am: Coffee Group 9:30am: Mexican Train 12pm: Senior Council Meeting 12:30pm: Beg Only Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11:30am: Beg Pball Class Lv2 \$ 12pm: Ping Pong Play 12:30pm: Beg Pball Class Lv1 \$ 1pm: Military History 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm: Beg Ukulele \$ 3:30pm: Inter Ukulele \$	8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12:30pm: Pickleball Play
25	26	27	28	29
8am: Senior Morning Walk 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Pickleball 1:30pm: Euchre 4pm: Tech Help for Seniors	8:15am: Coffee Group 9:30am: Mexican Train 10:30am: Book Club AM 12pm: Senior Council Meeting 12:30pm: Beg Only Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 2:30pm: Book Club PM 3:30pm: 4Fun Singers	8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Intro to Line Dance \$ 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12:30pm: Pickleball Play

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: Debra Sparkman

Vice Chair: Pat Giffey

Secretary: Barbara Smith

Treasurer: Betsy Passuth

PRAB Rep: Chuck Paceley

Members: Sam Crumpler, Deb DiFalco, Micheal Kallini,

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 Senior Center at seniorcenter@fairfaxva.gov.

COUNCIL NEWS

The 2025 Craft & Vendor Market was a success!

The March 8, 2025 Market was a GREAT success. We had 30+ Senior Center members volunteering for various tasks associated with this year's event. 85% of the vendors want to return for next year's Market. We had friendly and helpful volunteers. Thanks to all the volunteers that left such a positive impression with the vendors. Also, our 50/50 raffle made \$403 for \$201 profit for the Senior Center Advisory Council.

Get Ready for the 4th of July Parade

Once again the Senior Center staff and Senior Center Advisory Council will roll down the parade route on Friday July 4, 2025 with our big red and the YaH King & Queen waving and smiling. As with every year, our "walkers" will be displaying their energetic support for the activities at the Senior Center. We are always looking for members to strut their stuff and prove that no matter our age, we are always Young at Heart!

Advisory Council Appoints New Members

At its March 18, 2025 meeting, as per its bylaws the Advisory Council has appointed 3 new members to the Council to fill vacant seats. Please welcome Marlene Olarto, Man Tse, and David Yang

SENIOR CENTER ADVISORY COUNCIL NEWS

GET TO KNOW YOUR 2024/2025 SENIOR CENTER ADVISORY COUNCIL:



Debra Sparkman (Chair) – 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.



Pat Giffey (Vice Chair) – 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.



Barbara Smith (Secretary) – 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.



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.



Sam Crumpler (member) – Sam has lived in Fairfax County for over 50 years. He has a long and distinguished career retiring with 35 years in Civil Service. Sam is also a retiree from the Army Reserve and Booz Allen Hamilton. He has coached youth baseball for the Boys Club, Little League, Babe Ruth and Fall Baseball in the Annandale, North Springfield and Falls Church areas. Sam has been treasurer and commissioner for these same youth baseball leagues. He is an election official for the Fairfax County Elections Office. Sam enjoys traveling, dance, playing cards, Mahjong and other games. He is a former Chair of the Senior Center Senior Advisory Council.



Michael Kallini (member) – Michael has lived in Fairfax since 1960. Together with his wife they raised 4 daughters in the Robinson High School District coaching their soccer, basketball, tennis, enjoying their many activities and at the same time playing on outdoor and indoor adult soccer leagues and playing recreational tennis. Michael retired in 2009 after 36 years of service with the United States Postal Service. Michael enjoys bridge and canasta card games, rummikub, cornhole, bocce, foosball, tennis, ping pong, and has recently taken on pickleball. He has participated in several Northern Virginia Senior Olympic events the past five years enjoying the experience, fun, and winning medals. He enjoys his family life with wife, daughters, son-in-law's and 9 grandchildren ages 17 years to 22 months.



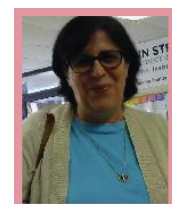
David Yang (member) – David has been a resident of Fairfax since 1990. After a rewarding 33-year career as a Senior Unix Infrastructure Engineer, he retired from the IT computer field, having contributed to federal government (DOL, DOJ, DOD, FDA) IT contracts as well as the technology (AOL, FreddieMac) and healthcare (AAMC, CareFirst) 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.



Man Tse (member) – Man is a retired Supervisory Special Agent with Homeland Security Investigations with 32 years of federal law enforcement experience. His career took him from NYC to China to Washington, DC. After retiring, he decided to stay in the Northern Virginia area because of the quality of life and the friendly people he met in the area. He enjoys traveling and team sport such as pickleball.



Marlene Olarte (member) – Marlene is a Fairfax County resident for over 30 years. She holds a master's degree in engineering. Marlene is retired from Fairfax County Government where she was a software developer in the Department of Information Technology. Prior to that Marlene was a hardware designer engineer in California. Marlene loves traveling. She has been lucky to travel around the world. Marlene attends Green Acres Bingo and the various lectures and luncheons.



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.

The Advisory Council Wants You!

A message from the Young at Heart Senior Center Advisory Council

Elections for Council membership will be held in September to fill four (4) seats that are being vacated due to term expiration. Applications are available at the front desk of the Senior Center. **Please submit applications August 1 – September 5, 2025.**

So what does the Advisory Council do?

- Meets monthly, 10-12 times per year at the Senior Center.
- Hosts a “Meet and Greet” for new members.
- Hosts a 50/50 raffle at each lunch party.
- Contributes enhancements to the lunch parties (ex. music, desserts, games).
- Assists in other events such as the 4th of July parade and Fall Festival in Fairfax City.
- Has an annual fundraiser.
- Uses funds raised to enhance activities at the Senior Center.
- Has an ongoing dialogue with Senior Center staff to make certain we are all having the best experience possible at the Center!

What are the expectations for Council members?

- Attend meetings. Currently monthly meetings are held the 3rd Tuesday of each month at noon. Meeting dates and times are subject to change.
- On a rotating basis, host the “Meet and Greet” for new members.
- Lead or assist another Council member with the Council’s enhancement for at least one lunch party.
- On a rotating basis, host a 50/50 raffle with other members.
- Participate in events where the Council needs representatives.
- Contribute to Council discussions and decision making.

Please consider submitting an application to join the council. It is fun and rewarding.

APPLICATIONS ARE DUE September 5, 2025

Young at Heart Day Trips

All trips require a reservation– *First come, first served!*

Registration for May – June Day Trips opens **Monday, April 14:**

All May & June trips are FULL - Enroll into the waitlist!

8:30am: Fairfax City residents: Walk-in on-site registration ONLY	10:30am: Fairfax County and Senior Center members: Walk-in on-site registration ONLY	12:30pm: General registration opens All 55+ seniors: On-site, online, phone and mail-in registration opens
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Registration for July – August Day Trips opens **Monday, June 9** with the same timeframes.

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 time-frame.

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) or call Green Acres Center: 703-273-6090.




ICON LEGEND:

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

MAY 2025






All May & June trips are FULL - Enroll into the waitlist!

  	<p>Nationals Game (Washington, DC): **Seniors and Adults** Celebrating Older Americans Month</p> <p><i>Invite your adult children and/or grandchildren to sign-up with you! (must be 18+ years old)</i></p> <p>The Nationals face off against the Cleveland Guardians for a game that should have you on the edge of your seat! Joining the Nats this season are two new highly anticipated star players; right fielder Dylan Crews and Japanese lefty pitcher Shinnosuke Ogasawara. Last year, the Guardians were the first seed in the American League Central division and the runners-up in the AL Championship Series, which will surely make for a competitive game.</p> <p>Our seats are shaded, 200-level sideline seats near the left field foul pole!</p> <p><i>Lunch not included. Please bring money for lunch + concessions</i></p> <p>Wednesday, May 7 Depart: 11:00am Approx. Return: 4:00pm</p>	<p>\$77</p>
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  	<p>Longwood Gardens – Festival of Fountains (Kenneth, PA)</p> <p>Join us on a trip to one of the premier horticulture display gardens in the entire USA: the Longwood Gardens! The gardens span more than 1,100 acres and hosts a plethora of things to do and see. During our visit, Longwood will be hosting their “Festival of Fountains”, which is a choreographed event of their illuminated water fountains. This will surely be a trip full of awe and wonder!</p> <p><i>A guided tour of the gardens included. Please bring money for lunch and their biergarten. SIGNIFICANT walking.</i></p> <p>Wednesday, May 21 Depart: 8am Approximate Return: 7:00pm</p>	<p>\$120</p>
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Trip details, prices, and dates are subject to change.

Fairfax City Parks and Recreation Department will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination on the basis of disability. Fairfax City Parks and Recreation Department will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that recreation program. The ADA requires that recreation programs offered by Fairfax City Parks and Recreation Department be available in the most integrated setting appropriate for each individual.

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

JUNE 2025

All May & June trips are FULL - Enroll into the waitlist!

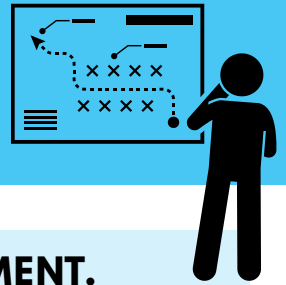
	<p style="text-align: center;">Bluemont Station Brewery & Bluemont Winery (Bluemont, VA)</p> <p>A trip to both Bluemont Station Brewery AND Bluemont Winery, where stunning views of the Blue Ridge Mountains meet the best of craft beer and wine. Enjoy a diverse selection of handcrafted brews and award-winning wines in a relaxed, country atmosphere. With both indoor and outdoor seating, both locations offer the perfect spot to unwind while savoring delicious drinks and bites. Whether you're a beer lover, wine enthusiast, or simply seeking a scenic getaway, this Bluemont trip offers the ideal escape for every taste!</p> <p style="text-align: center;">Thursday, June 5 Depart: 11:00am Approx. Return: 5:00pm</p>	\$50
 SG/GT	<p style="text-align: center;">Spy Museum + Late Lunch in L'Enfant Plaza (Washington, D.C.)</p> <p>Uncover the secrets of espionage with a guided tour of the International Spy Museum, where you'll explore thrilling exhibits and learn about the world of spies, gadgets, and undercover missions. Dive deep into the captivating world of espionage, from historical spycraft to modern-day operations, all while guided by an expert. Afterward, enjoy lunch right next door at L'Enfant Plaza Mall., where any taste will be satisfied! This exciting day of intrigue is one you won't want to miss. <i>Please note: lunch is on your own. Lunch not included in trip price.</i></p> <p style="text-align: center;">Wednesday, June 11 Depart: 11:00 am Approx. Return: 5:00 pm</p>	\$105
SG/GT   	<p style="text-align: center;">An Unforgettable Day at St. Michaels (St. Michaels, Maryland)</p> <p>Discover the charm of a picturesque waterfront town brimming with history and vibrant culture! We will tour the Chesapeake Bay Maritime Museum, set sail aboard the river cruise <i>Patriot</i>, and eat mouth-watering seafood at the Crab Claw. Don't miss the chance to experience this hidden gem -- sign up for this unforgettable getaway!</p> <p><i>A guided tour and lunch included. This is a joint trip with Vienna, so we'll have a 55-person bus with bathroom. Please note this is a full day trip.</i></p> <p style="text-align: center;">Wednesday, June 18 Depart: 7:00 am Approx. Return: 6:00pm</p>	\$150

	Lunch Included in Trip		Boat Ride Included
	Bring \$ for Lunch/Shopping	SG/GT	Self-Guided Tour/ Guided Tour
	Ticketed Event		Significant Walking/Standing

Trip details, prices, and dates are subject to change



UPCOMING TRIPS



JULY & AUGUST DAY TRIPS ARE STILL UNDER DEVELOPMENT.

Below is a preview of what we have planned!

Finalized July & August trips will be announced via email and placed around the Senior Center on updated trip flyers and posters.

Registration starts June 9
(Subject to change)

***Les Misérables* at the Kennedy Center (Washington, DC)**

Thursday July 3: 11:30am - 5pm

FEE: TBD

Experience the magic of Broadway at the Kennedy Center with a stunning performance of *Les Misérables*. Immerse yourself in the unforgettable story of love, sacrifice, and redemption, brought to life by world-class performers and breathtaking production design. With its rich history and grandeur, the Kennedy Center offers the perfect setting for a night of theater you'll never forget. Don't miss this chance to witness one of the most beloved musicals of all time!

We will meet for lunch at "The KC Café". Please bring money for lunch.



***Singin' in the Rain* at the Shenandoah Conservatory (Winchester, VA)**

Wednesday July 9: 10:30am ~ 4:30pm

FEE: \$60

Step into the dazzling world of *Singin' in the Rain* at the Shenandoah Conservatory, where classic songs and stunning choreography come to life on stage. Enjoy the iconic tale of Hollywood's golden age, filled with romance, humor, and unforgettable musical numbers. With its vibrant performances and timeless appeal, this show promises to lift your spirits and have you tapping your feet. Don't miss the chance to experience this beloved musical!

Lunch at Cracker Barrel. Lunch not included in trip price.



Sunflowers at Burnside Farms + 2 Silos Brewing Co. (Manassas, VA)

Wednesday August 6: 10am – 4pm

FEE: TBD

Experience the beauty of the sunflowers at Burnside Farms, where you can wander through vibrant sunflower fields, explore a sunflower maze, and enjoy their farmers market. After soaking in the rays, we'll head over to 2 Silos Brewing Co. for craft beers, delicious food, and a fun atmosphere. Located nearby, this large brewery offers a campus with a biergarten, restaurant, music stage, ice cream, and much more. It's the perfect way to spend a day enjoying nature and great local flavors!

Lunch will be at 2 Silos. Please bring money for food and drink! Walking intensive.



National Museum of the Marine Corps & Mission BBQ (Quantico, VA)

Wednesday August 13: 11am – 4pm

FEE: TBD

Freedom is never free. Come join us where the unmatched bravery and dedication of the Marines come to life. Explore interactive exhibits, iconic artifacts, and immersive displays that highlight the Marine Corps' storied past and their role in shaping (and ensuring) American history.

There is no tour for this trip. Please bring money for Mission BBQ lunch.



Young at Heart Senior Center

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



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

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 2025 Holidays:

Monday, May 26, 2025 – Memorial Day
Thursday, June 19, 2025 - Juneteenth
Friday, July 4, 2025 – Independence Day
Monday, Sept. 1, 2025 – Labor 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

www.nvso.us



Senior Olympics



Northern Virginia

2025

Events
Sept. 13-30

Registration
July 7 - Aug. 29

Volunteer With Us!

APPLICATION FOR FAIRFAX CITY SENIOR CENTER ADVISORY COUNCIL

(Only Senior Center Members May Apply)

Please Print Legibly:

Name: _____

Address: _____

Email Address: _____

Phone(s) - Home: _____ Cell: _____

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

Why would you like to be a member of the Advisory Council?

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 in good standing of the Young at Heart Fairfax City 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 currently are held monthly on the 3rd Tuesday at 12pm for approximately one (1) to 1-1/2 hours. All Senior Council Members are expected to attend monthly meetings.

Voting by the Senior Center membership is scheduled for **September 22 – 26, 2025**

**Return Applications to the FRONT DESK by
September 5, 2025**