



# NEWSLETTER

# Fall & Winter Edition

## September- December 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:

[www.fairfaxva.gov/government/parks-recreation/parks-rec-connected-magazine](http://www.fairfaxva.gov/government/parks-recreation/parks-rec-connected-magazine)

**MAIN WEBSITE:**

[www.fairfaxva.gov/government/parks-recreation](http://www.fairfaxva.gov/government/parks-recreation)

## SENIOR CENTER STAFF

## Anne Chase, CPRP

## Recreation Manager

(703) 359-2487

Anne.Chase@fairfaxva.gov

## Daniel Novoa

## Senior Center Coordinator

(703) 385-3943

Daniel.Novoa@fairfaxva.gov

● ● ● ● ● ● ● ● ● ● ● ● ●

## Christine Smith

Christine.Smith@fairfaxva.gov

## Kristen Tucker

Kristen.Tucker@fairfaxva.gov

## Marsha Smith

Marsha.Smith@fairfaxva.gov

## Laurie Basalyga

Laurie.Basalyga@fairfaxva.gov

## 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](http://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!



# FALL-WINTER 2025

## A SEASON OF WARM CONNECTIONS & COOL BREEZES A LETTER FROM STAFF

*G*reetings beloved Green Acres members!



Autumn is more than just a season — it's a feeling. And here at Green Acres, we're feeling especially grateful for YOU. This old school community we have fostered in this... old school... feels like a hidden gem here in northern Virginia. From our tight-knit clubs & classes to the indoor Pickleball "youngbloods", each and every one of you have contributed to a vibrant family rivaled by none. That being said, us staff here at Green Acres will continue to do our very best to give you a space to grow relationships and build new connections with your neighbors and friends! Just like how we'll harvest pumpkins in the next few weeks, we'll harvest joy and great times. "What great times?" you may ask. Well, we have a many planned:

Aside from the dozens of clubs and activities we host here in Green Acres (see *the next few pages*), this quarter brings a plethora of parties and events to celebrate the season! Firstly, we'll be the host site for the Northern Virginia Senior Olympics' Bocce tournament on **September 18**. One of our biggest City-wide events is our **49<sup>th</sup> Annual Fall Festival** on **October 11**. Dozens of vendors, food trucks, beer gardens, petting zoos, and live music! Here at Green Acres, we'll be hosting our annual **Halloween Party** at midday on **October 31<sup>st</sup>**. Perfect as a mini "pregame" for your later Halloween celebrations. Wear your best costumes as we'll be having a costume competition for prizes! A month later, we'll be hosting a grand inter-mingling of Green Acres members at our **Thanksgiving Luncheon** on **November 21**. Last but definitely not least, we'll be hosting our **Winter Holidays Party** on **December 12**. A cheerful, cozy finale to a great year here at Green Acres.

No matter the season or the weather, we'll always be here to make sure Green Acres remains your recreation sanctuary. As always, we're always open to your suggestions, comments, concerns, and stories. Feel free to visit us at our mini archipelago of desks inside the Center, or reach out to us at:  
seniorcenter@fairfaxva.gov or 703-273-6090.

*Best wishes,*  
*The Young at Heart staff*

*Anne Chase Christine Smith Daniel Novoa Kristen Tucker Laurie Basalyga Marsha Smith*





# 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](mailto:seniorcenter@fairfaxva.gov), or staff emails ending in [@fairfaxva.gov](mailto:@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 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 if they do not contain nuts.

Our table spread includes:

- Coffee & 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



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 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.

### BOCCE @ GA

Join us in off-season casual Bocce play at Green Acres! New shade structures and benches allow for a comfortable play.

The Bocce league season will finish with an awards ceremony on the last Thursday in September 2025. Additional questions about the Bocce league, please email Dan: [dclark@mac.com](mailto:dclark@mac.com)



Casual **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. Open 9am - 4pm

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





# EVENTS & HAPPENINGS

## SEPTEMBER - DECEMBER EVENTS:

DATE	ACTIVITY
<b>MONDAY, Sept 1</b>	<b>Green Acres is <u>CLOSED</u> for Labor Day!</b>
<b>FRIDAY, Sept 5</b>	<b>September Birthdays Celebration</b> (12pm in the Main Room) <b>New Member Meet &amp; Greet</b> (12:30pm in the Main Room)
<b>FRIDAY, Sept 12</b>	<b>Lunchtime Learning:</b> "Hands-on Interactive Sewing Lab"
<b>TUESDAY, Sept 16</b>	<b>Day trip</b> to see the Nationals vs. the Atlanta Braves at Nats park!
<b>THURSDAY, Sept 18</b>	Northern Virginia Senior Olympics Bocce at Green Acres! (sign up ends Aug. 28)
<b>FRIDAY, Sept 19</b>	<b>Lunchtime Learning:</b> "Real Estate Seminar"
<b>WED, Sept 24</b>	<b>Day trip</b> to sail and tour the Naval Academy in Annapolis, Maryland!
<b>FRIDAY, Sept 26</b>	<b>Lunchtime Learning:</b> "Your How-to for Achieving a Funeral Plan"
<b>WED, October 1</b>	<b>Day Trip</b> to a guided historical walking tour of our home sweet home, Fairfax City!
<b>THURSDAY, October 2</b>	<b>Day Trip</b> to have a crab feast aboard a riverboat on the Choptank River, Maryland!
<b>FRIDAY, October 3</b>	<b>October Birthdays Celebration</b> (12pm), <b>New Member Meet &amp; Greet</b> (12:30pm)
<b>WED, October 9</b>	<b>Day trip</b> to eat "the best fried chicken ever" at Graves Mountain Lodge!
<b>FRIDAY, October 10</b>	<b>Lunchtime Learning:</b> "Comprehensive Overview of Senior Safety"
<b>FRIDAY, October 17</b>	<b>Lunchtime Learning:</b> Paint & Sip
<b>FRIDAY, October 24</b>	<b>Lunchtime Learning:</b> "All in One Place! Find What YOU Need with WISE Connect"
<b>FRIDAY, October 31</b>	<b>Halloween Party</b> - Costumes, Food, Refreshments, Treats, & Games!! (11:30am)
<b>FRIDAY, November 7</b>	<b>November Birthdays Celebration</b> (12pm), <b>New Member Meet &amp; Greet</b> (12:30pm) <b>Lunchtime Learning:</b> "Aging in Place" + <b>Veterans Day Breakfast</b> - 9am
<b>TUESDAY, November 11</b>	<b>Green Acres is <u>CLOSED</u> for Veterans Day!</b>
<b>FRIDAY, November 21</b>	<b>Thanksgiving Luncheon at Green Acres!</b>
<b>Thurs &amp; Fri, Nov 27 + 28</b>	<b>Green Acres is <u>CLOSED</u> for Thanksgiving!</b>
<b>WED, December 3</b>	<b>Day trip</b> to the Riverside Center for the Performing Arts
<b>FRIDAY, December 5</b>	<b>December Birthday Celebration</b> (12pm), <b>New Member Meet &amp; Greet</b> (12:30pm)
<b>WED, December 10</b>	<b>Day trip</b> to the National Air and Space Museum in Dulles!
<b>FRI, December 12</b>	<b>Winter Holiday Party</b> at the Center! Games, Hot Cocoa, Gifts! (11:30am)
<b>FRIDAY, Dec 19</b>	<b>Lunchtime Learning:</b> Remembrance Rock Painting
<b>Thurs, Dec 25 + Jan 1</b>	<b>Green Acres is <u>CLOSED</u> for Christmas &amp; New Years Day!</b>

# 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

## **Movie Day**

*Once a month,*

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

Movie title on calendar

## **Pickleball Open Play**

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

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

## **Tuesday Book Club**

*Fourth Tuesday of the month*

*2:30pm*

## **Friday Book Club**

*Second Friday of the month,*

*1:30pm*

## **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**

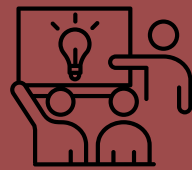
*First Friday of each month,*

*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**

## SEWING LAB NOW OPEN!

**Presenter:** Janine Inselmann Founder of the Sewing Lab

**Date:** Friday, Sept 12

**Time:** 12:00 noon

Introducing Sewing Lab. What we do? Why we do what we do? How do we do it? In this session you will learn Sewing as lost art and why we need to empower it while giving more value to not only to you but also to our environment. Basic hand sewing will be taught. Hemming is the most common problem that people want to solve when they are enrolling for sewing classes. Participants may bring pants or items to work on and/or instructor will also bring some scraps to practice on.

## REAL ESTATE SEMINAR FOR SELLERS AND BUYERS WITH MARKET UPDATE

**Presenter:** Carole Zok

**Date:** Friday, Sep 19

**Time:** 12:00 noon

Are you considering selling or buying a property in the near future? Join us to hear from a local Realtor about the latest Updates on the Real Estate Market locally and nationwide. A Mortgage Lender will discuss the current interest rates and answer questions about the probability of lower rates in the next 12 months. A Title Attorney will update folks on legal issues that arise as folks are trying to decide which direction to take as they get older and possibly downsize, move closer to family and/or move to a senior community. There will be time for Questions and Answers. Lunch and Dessert will be provided.

## YOUR GOOGLE FOR ACHIEVING A FUNERAL PLAN

**Presenter:** Lay to Rest Services Ruth Pegeron

**Date:** Friday, Sept 26

**Time:** 12:00 noon

An interactive conversation to explore up to date options with cremation and burials including going green with your funeral choices. Breaking traditions – having a funeral your way, not our way.

## SENIOR SAFETY FROM THE COMMUNITY RESPONSE TEAM

**Presenter:** City of Fairfax Fire Department

**Date:** Friday, Oct 10

**Time:** 12:00 noon

This lunch and learn session will talk about three major topics for seniors.

The Community Response Clinician will discuss mental health. Then, the Community Paramedic will demonstrate hands-only CPR and how to use an automatic external defibrillator (AED). Attendees will have the opportunity to practice CPR and use an AED. The Community Response Team will also have handouts on various topics including fall safety and can schedule an in-home fall safety appointment.

## PAINT AND SIP

**Presenter:** Bernard Odi, Artist

**Date:** Friday, Oct 17

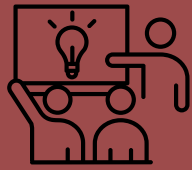
**Time:** 1:00pm

Seniors are guided to use their innate creativity on canvas while enjoying non-alcoholic fall beverage with the focus on inspiring a healthy future. You will go home with your own masterpiece, donations for supplies appreciated but not required.





# 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**

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

**Presenter: Marie Brodsky**

**Date: Friday, Oct 24**

**Time: 12:00 noon**

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.

## **AGING IN PLACE & HOW TO DO AN IN HOME ESTATE SALE TO SELL WHAT FAMILY PROBABLY DOESN'T WANT**

**Presenter: Zinta Rodgers-Rickert**

**Date: Friday, Nov 7**

**Time: 12:00 noon**

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.

## **ESTATE PLANNING 101**

**Presenter: Alison Mathey-Lambeth**

**Date: Monday, Nov 10**

**Time: 12:00 noon**

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.

## **DEMYSTIFYING THE DEATH CONVERSATION**

**Presenter: Ruth Pegeron**

**Date: Friday, Nov 14**

**Time: 12:00 noon**

Participants will play "Newly Dead" game for prizes. Achieving the comfortability to plan your funeral through light humor. Time for Q&A's

## **REMEMBRANCE ROCK PAINTING**

**Presenter: Rachel Taninecz**

**Date: Friday, Dec 19**

**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.



# PARTIES & TRIPS

## Green Acres parties this season:



**Friday, October 31: HALLOWEEN COSTUME PARTY**

Registration opens Monday, October 6 - \$10

**Friday, November 7: VETERANS DAY BREAKFAST**

Registration opens Monday, October 27

**Fri, November 21: THANKSGIVING LUNCHEON**

Registration opens Monday, November 3

*\*SPECIAL NOTE: Registration will operate the same to trip registration\*\**

*Example: City residents may register starting at 8:30am, County+ residents at 10:30am*

**Fri, December 12: WINTER HOLIDAY PARTY:**

Registration opens December 1 - \$10

### Party Guidelines:

Parties are limited to 100 people first come, first serve if hosted in our Green Acres cafeteria.

Veterans Day Breakfast capacity: 50 participants.

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>

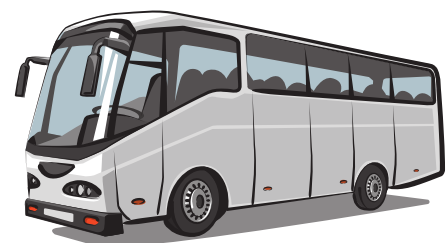
**Current trip flyers are available in the Center!**



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:

**September 2025:** Art and Fun "Summer Highlights"

**October 2025:** Color Me Fall "Fall Fashion to Fall Festivals"

**November 2025:** Calling Home Cooks "Family Recipes Old and New"

**December 2025:** Show and Tell "Folk Tales and Holiday Traditions"

Thank you City of Fairfax Green Acres and staff members for your unwavering support of the Antique Arts Association. A special appreciation and thank you to all of the current members and participants who have contributed to our continued success.



**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](http://www.fairfaxva.gov/village) ; or call **703-385-5738**



**AARP**  
"Spotting Scams & Staying Safe"  
**October 3, 2025**

**Heather Suri**  
founder & CEO of  
Pathways in Aging  
"Preparing for a  
Health Crisis"  
**November 14, 2025**

Location:  
**Sherwood Center**  
**9:30am coffee**  
**9:45am presentation**  
Register by contacting the  
Village at 703-385-5738  
or email  
[village@fairfaxva.gov](mailto:village@fairfaxva.gov)



## TECH HELP

Our Center offers technology help on Mondays from 3:00-5:00 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 110C 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.



## 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](http://bit.ly/NCSvcaa) VCAA

Zoom activities direct link:  
[bit.ly/VCAAzoom2](http://bit.ly/VCAAzoom2)

Prerecorded activities:  
[bit.ly/VCAAvideos](http://bit.ly/VCAAvideos)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>Green Acres is Closed</b> 	<b>2</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: All Levels Pickleball Play 1pm: Current Events 3:30pm: 4Fun Singers	<b>3</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military Hist	<b>4</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create <b>1pm: Mah Jongg Boot Camp</b> 1:30pm: Euchre	<b>5</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>12pm: September Birthdays</b> <b>12:30pm: New Members Meet &amp; Greet</b> 12:30pm: Pickleball Play 3pm: Grief Group 
<b>8</b> 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge <b>10am: Adv Beg Line Dancing \$</b> 11:30am: Rummikub Play <b>12pm: Lunch Bunch @ PJ Skidoos</b> 1:30pm: Beginners only Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	<b>9</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>10am: Movie</b> 12:30pm: Pickleball Play 1pm: Current Events 3:30pm: 4Fun Singers	<b>10</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military Hist	<b>11</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1pm: Mah Jongg Boot Camp 1:30pm: Euchre	<b>12</b> 8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play <b>12pm: Lunchtime Learning: Sewing Lab (now open!)</b> 12:30pm: Pickleball Play <b>1:30pm: Friday Book Club</b>
<b>15</b> 8am: Senior Morning Walk 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginners only Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	<b>16</b> <b>TRIP: Nationals vs Braves</b>  8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>12pm: Senior Council Meeting</b> 12:30pm: Pickleball Play 1pm: Current Events 3:30pm: 4Fun Singers	<b>17</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military Hist	<b>18</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1pm: Mah Jongg Boot Camp 1:30pm: Euchre	<b>19</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: Ping Pong Play <b>12pm: Lunchtime Learning: Real Estate Seminar</b> 12:30pm: Pickleball Play
<b>22</b> 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginners only Pickleball Play 1:30pm: Euchre <b>3pm: Tech Help for Seniors</b>	<b>23</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Pickleball Play 1pm: Current Events <b>2:30pm: Tuesday Book Club</b> 3:30pm: 4Fun Singers	<b>24</b> <b>TRIP: Woodwind Sailing Trip &amp; Naval Academy Tour</b>  8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	<b>25</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play <b>12:30pm: American Sign Lang \$</b> 1pm: Space to Create 1:30pm: Euchre	<b>26</b> 8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play <b>12pm: Lunchtime Learning: Your Google for Achieving a Funeral Plan</b> 12:30pm: Pickleball Play
<b>29</b> 8am: Senior Morning Walk 9:00am: Mah Jongg 8:15am: Coffee Group 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginners only Pickleball Play 1:30pm: Euchre <b>3pm: Tech Help for Seniors</b>	<b>30</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Pickleball Play 1pm: Current Events 3:30pm: 4Fun Singers	<b>NOTES:</b>	<b>ALL PROGRAMS ARE SUBJECT TO CHANGE</b>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	<b>ALL PROGRAMS ARE SUBJECT TO CHANGE</b>	<b>TRIP: Historical Old Town Fairfax</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 1pm: Military Hist 1:30pm: Pickleball Play 	<b>TRIP: Riverboat Crab Feast</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 12:30pm: American Sign Lang S 1pm: Space to Create 1:30pm: Euchre 	8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>12pm: October Birthdays</b> <b>12:30pm: New Members Meet &amp; Greet</b> 12:30pm: Pickleball Play 3pm: Grief Group 
6	7	8	9	10
8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 11:30am: Rummikub Play <b>11:30am: Beg Pball Class Lv2 \$</b> <b>12:30pm: Beg Pball Class Lv1 \$</b> 1:30pm: Beginners only Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Pickleball Play 1pm: Current Events 3:30pm: 4Fun Singers	<b>TRIP: Graves Mountain Lodge</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military Hist 1:30pm: Pickleball Play 	8:15am: Coffee Group 10am: 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: Ping Pong Play <b>12pm: Lunchtime Learning: Senior Safety</b> 12:30pm: Pickleball Play <b>1:30pm: Friday Book Club</b>
13	14	15	16	17
8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing S 11:30am: Rummikub Play 1:30pm: Beginners only Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>10am: Movie</b> 12:30pm: Pickleball Play 1pm: Current Events 3:30pm: 4Fun Singers	8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military Hist 1:30pm: Pickleball Play	8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 12:30pm: American Sign Lang S 1pm: Space to Create 1:30pm: Euchre	8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: Ping Pong Play <b>12pm: Lunchtime Learning: Paint and Sip</b> 12:30pm: Pickleball Play
20	21	22	23	24
8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing S 11:30am: Beg Pball Class Lv2 \$ 12:30pm: Beg Pball Class Lv1 \$ 11:30am: Rummikub Play 1:30pm: Beginners Only Pickleball 1:30pm: Euchre <b>3pm: Tech Help for Seniors</b>	8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>12pm: Senior Council Meeting</b> 12:30pm: Pickleball Play 1pm: Current Events 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 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 <b>12pm: Lunchtime Learning: All in One Place! Find What You Need w/ WISE Connect</b> 12:30pm: Pickleball Play
27	28	29	30	31
8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing S 11:30am: Rummikub Play 11:30am: Beg Pball Class Lv2 \$ 12:30pm: Beg Pball Class Lv1 \$ 1:30pm: Beg. only Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>12pm: Senior Council Meeting</b> 12:30pm: Pickleball Play 1pm: Current Events <b>2:30pm: Tuesday Book Club</b> 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 10:30am: German Conversation 12:30pm: Pickleball Play 12:30pm: American Sign Lang S 1pm: Space to Create 1:30pm: Euchre	 8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play <b>11:30am: Halloween Party</b> 12:30pm: <del>Pickleball Play</del> <b>CANCELED</b> 

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

**4401 SIDEBURN ROAD  
FAIRFAX, VA**

# NOVEMBER 2025

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

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

MONDAY	TUESDAY	WENEDSDAY	THURSDAY	FRIDAY
<b>3</b>  <b>Thanksgiving Registration Day</b> 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge <b>10am: Adv Beg Line Dancing \$</b> 11:30am: Rummikub Play <b>12pm: Lunch Bunch</b> 1:30pm: Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	<b>4</b>  8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	<b>5</b>  8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 1pm: Military Hist 1:30pm: Pickleball Play	<b>6</b>  8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	<b>7</b>  8:15am: Coffee Group <b>9:00am: Veterans Day Bfast</b> 9:30am: Bridge 10:30am: BINGO <b>12pm: November Birthdays</b> <b>12pm: Lunchtime Learning: Aging in Place</b> <b>12:30pm: New Members Meet &amp; Greet</b>  12:30pm: Pickleball Play
<b>10</b>  8am: Senior Morning Walk 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play <b>11:30am: Adv Beg Pball Class \$</b> <b>12pm: Lunchtime Learning: Estate Planning 101</b> <b>12:30pm: Beg Pkball Class Lv1 \$</b> 1:30pm: Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	<b>11</b>   <b>Center is Closed</b> <b>Veterans Day</b>	<b>12</b>  8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military Hist 1:30pm: Pickleball Play	<b>13</b>  8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	<b>14</b>  8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play <b>12pm: Lunchtime Learning: Demystifying the Death Conversation</b> 12:30pm: Pickleball Play <b>1:30pm: Friday Book Club</b>
<b>17</b>  8am: Senior Morning Walk 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Adv Beg Pball Class \$ 11:30am: Rummikub Play 12:30pm: Beg Pkball Class Lv1 \$ 1:30pm: Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	<b>18</b>  8:15am: Coffee Group 9:30am: Mexican Train 10am: <b>Movie</b> 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	<b>19</b>  8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military Hist 1:30pm: Pickleball Play	<b>20</b>  8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	<b>21</b>  8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>11:30am: Thanksgiving Luncheon at Green Acres</b> 12pm: Ping Pong Play 12:30pm: <del>Pickleball Play</del> 
<b>24</b>  8am: Senior Morning Walk 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 11:30am: Adv Beg Pball Class \$ 11:30am: Rummikub Play 12:30pm: Beg Pkball Class Lv1 \$ 1:30pm: Pickleball 1:30pm: Euchre <b>3pm: Tech Help for Seniors</b>	<b>25</b>  8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>12pm: Senior Council Meeting</b> 12:30pm: Beg Only Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 2:30pm: Tuesday Book Club 3:30pm: 4Fun Singers	<b>26</b>  8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1:30pm: Pickleball Play	<b>27</b>   <b>Center is Closed</b> <b>Happy Thanksgiving!</b>	<b>28</b>   <b>Center is Closed</b> Enjoy your leftovers! (or Black Friday shop)
	<b>ALL PROGRAMS ARE SUBJECT TO CHANGE</b>	 <b>FAIRFAX CITY</b> Parks & Recreation	<b>NOTES:</b>	

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

**4401 SIDEBURN ROAD  
FAIRFAX, VA**

# DECEMBER 2025

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

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

MONDAY	TUESDAY	WENEDSDAY	THURSDAY	FRIDAY
<b>1</b> 8am: Senior Morning Walk 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play <b>11:30am: Adv Skills &amp; Drills \$</b> <b>12pm: Lunch Bunch</b> <b>12:30pm: Beg Pkball Class Lv1 \$</b> 1:30pm: Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	<b>2</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	<b>3</b> <b>TRIP: Riverside</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 1pm: Military Hist 1:30pm: Pickleball Play 	<b>4</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	<b>5</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO <b>12pm: December Birthdays</b> <b>12:30pm: New Members Meet &amp; Greet</b> 12:30pm: Pickleball Play 3pm: Grief Group 
<b>8</b> 8am: Senior Morning Walk 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Adv Skills & Drills \$ 12:30pm: Beg Pkball Class Lv1 \$ 1:30pm: Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	<b>9</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>10am: Movie</b> 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	<b>10</b> <b>TRIP: National Air &amp; Space Museum</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play <b>12pm: Regift Swap Party</b> 1pm: Military History 1:30pm: Pickleball Play 	<b>11</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	<b>12</b>  8:15am: Coffee Group 9:30am: Bridge <b>Winter Holiday Party</b> 12pm: Ping Pong Play 12:30pm: Pickleball Play <b>1:30pm: Friday Book Club</b> 
<b>15</b> 8am: Senior Morning Walk 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Adv Skills & Drills \$ 12:30pm: Beg Pkball Class Lv1 \$ 1:30pm: Pickleball/Euchre <b>3pm: Tech Help for Seniors</b>	<b>16</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta <b>12pm: Senior Council Meeting</b> 12:30pm: Beg Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	<b>17</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military Hist 1:30pm: Pickleball Play	<b>18</b> 8:15am: Coffee Group 10am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	<b>19</b> 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: Ping Pong Play <b>12pm: Lunchtime Learning: Remembrance Rock Painting</b> 12:30pm: Pickleball Play
<b>22</b> 8am: Senior Morning Walk 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 11:30am: Rummikub Play 1:30pm: Pickleball 1:30pm: Euchre <b>3pm: Tech Help for Seniors</b>	<b>23</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Only Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play 3:30pm: 4Fun Singers	<b>24</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet <b>GREEN ACRES CLOSES AT 12PM</b>	<b>25</b>  <b>Center is Closed</b> Merry Christmas & Happy Holidays! 	<b>26</b> 8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12:30pm: Pickleball Play
<b>29</b> 8am: Senior Morning Walk 8:15am: Coffee Group 9:00am: Mah Jongg 9:30 am: Bridge 11:30am: Rummikub Play 1:30pm: Pickleball 1:30pm: Euchre <b>3pm: Tech Help for Seniors</b>	<b>30</b> 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 12:30pm: Beg Only Pickleball Play 1pm: Current Events 1:30pm: All Levels Pickleball Play <b>2:30pm: Tuesday Book Club</b> 3:30pm: 4Fun Singers	<b>31</b> 8:15am: Coffee Group 9:30 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1:30pm: Pickleball Play	<b>January 1<sup>st</sup> 2026</b>  <b>2026</b> New Years Day Green Acres is Closed 	<b>NOTES:</b> <b>ALL PROGRAMS ARE SUBJECT TO CHANGE</b>



# 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 3<sup>rd</sup> 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](mailto:seniorcenter@fairfaxva.gov).

## COUNCIL NEWS

### Senior Center Advisory Council Meetings

Senior Center Advisory Council meets the 3<sup>rd</sup> Tuesday of each month at 12p.m. 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 Advisory Council at [YaHAdvisoryCouncil@gmail.com](mailto:YaHAdvisoryCouncil@gmail.com).

### The 2025 Summer at Green Acres such FUN!

The Young at Heart Senior Center Advisory Council wrapped up a busy and successful Summer. 45 seniors participated in the City of Fairfax 4<sup>th</sup> of July Parade by either creating the decorations and/or marching the 1-mile parade route. A special thank you to the owner and driver of "Big Red Heart" truck, Lance McPherson, has been our savior for the past 3 years. Additionally, Council members supported the July summer picnic by grilling burgers and hot dogs as well as scooping ice cream for our party attendees.

The Northern Virginia Senior Olympics begins September 13 with 76 events scheduled over 16 days in 27 locations. Green Acres will be hosting the Bocce tournament at 10am on Thursday, September 18, 2025, so come out and cheer on our local athletes!

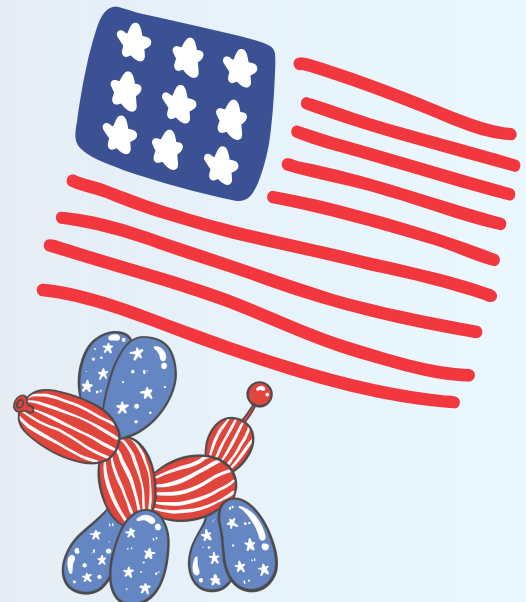
Senior Advisory Council elections will take place in September to seat up to 4 members. Next on the agenda is planning of the Halloween and Holiday parties. Stay tuned!

[1] Typically no meetings in December and July.

[2] Meeting date and time subject to change.



# SENIOR CENTER ADVISORY COUNCIL NEWS





# 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.



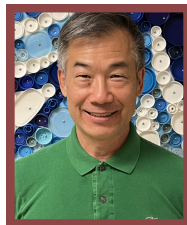
**Betsy Passuth (Treasurer)** – Betsy retired from the Federal Government after 35 years working as a Budget Officer and Financial Manager for the Treasury Department, Department of Homeland Security and the Securities and Exchange Commission. She lives in Fairfax City and enjoys working out at Gold's 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.



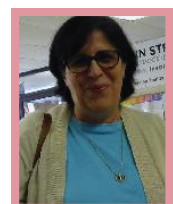
**David Yang (member)** – David has been a resident of Fairfax since 1990. After a rewarding 33-year career as a Senior Unix Infrastructure Engineer, he retired from the IT computer field, having contributed to federal government (DOL, DOJ, DOD, FDA) IT contracts as well as the technology (AOL, FreddieMac)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

# Young at Heart Senior Center

**Our staff looks forward to seeing you soon for Fall 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, September 1 - Labor Day  
Tuesday, November 11 - Veterans Day  
Thursday, November 27 - Thanksgiving  
Friday, November 28 - Day After Thanksgiving  
Wednesday, December 24 - Christmas Eve  
Thursday, December 25 - Christmas Day



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