



NEWSLETTER

Summer Edition May - August 2026

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

MAIN WEBSITE:

www.fairfaxva.gov/government/parks-recreation

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 season! 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/Fun-Facilities

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 2026



NO PASSPORT REQUIRED: YOUR SUMMER STAYCATION IS RIGHT HERE AT GREEN ACRES!

A Letter from Green Acres Staff

Dear beloved Green Acres members,



Summer is officially vacationing season, but who says you have to pack a suitcase and wait in those crazy long airport lines? This summer, your best staycation might be right here at Green Acres!

Why travel miles away when you've already got a front-row seat to all our fun and exciting programs we have in store for you? From dozens of clubs, classes, parties, day trips, and more, your Green Acres staycation can be filled with opportunities to relax, socialize, or try something new. Don't worry, we Green Acres staff have your itinerary covered. All you gotta do is show up and bring the fun! No boarding pass or TSA lines required.

Read into this Summer Newsletter and you'll find a whole world of activities and events that'll make your 2026 summer one you'll never forget. Some of these events include our huge Green Acres Open House on May 1, day trips to places like Rehoboth Beach, Nat's Park, and Wineries, and our big Summer Picnic Luncheon Party on July 10. Regardless, we staff wish you the best and brightest Summer, filled with laughter and fun. Even if you do decide to go to Cancun instead of Green Acres...



Seashell frame summer



Seashell frame summer

With heartfelt appreciation,

The Young at Heart staff

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

Staff Staff Recreation Manager Assistant Coordinator Staff Staff

GENERAL INFORMATION

HOW TO FIND SENIOR CENTER ACTIVITY INFORMATION



Inside the Center:

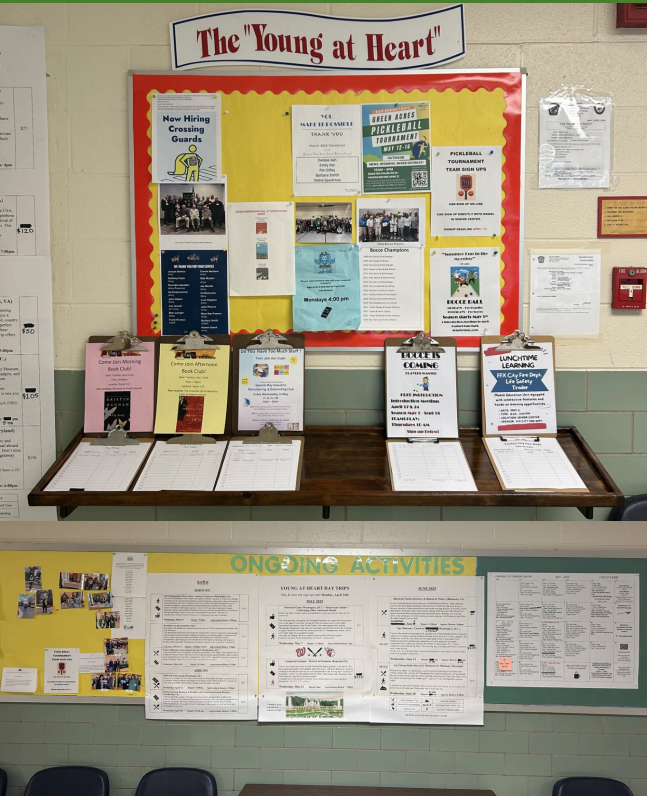
Keep an eye out in the hallways for our informational bulletin boards - here you can sign-up for programs, see what's going on in the Center, and keep up with the latest information. Staff regularly updates posted information, check it out!

Online & via Email:

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

Over-the-phone:

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



FITNESS ROOM

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

Fitness Room Public Hours
Monday - Thursday: 5pm-8pm
Saturday & Sunday: 9am- 2pm

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

Our fitness room includes:

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



COFFEE TABLE

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

Our table spread includes:

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

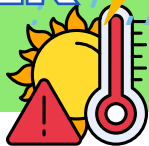
Coffee Table hours: 8:15am - 4pm

FASTRAN TRANSPORTATION TO FAIRFAX CITY SENIOR CENTER

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



INCLEMENT WEATHER POLICY



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

SPORTS AT THE CENTER

GREEN ACRES PICKLEBALL PLAY



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



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

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

Indoor Pickleball Winter Calendar

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

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

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

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



GAME ROOM

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

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



BOCCE @ GA

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

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



EVENTS & HAPPENINGS

MAY-AUGUST EVENTS:

DATE	ACTIVITY
FRIDAY, May 1	May Birthdays Celebration (12pm), Open House 10am-2pm
WEDNESDAY, May 6	Day trip to see <i>Wizard of Oz</i> at Toby's Dinner Theatre!
THURSDAY, May 7	Day trip to see the Washington Nationals vs Minnesota Twins game
FRIDAY, May 8	Mother's Day Tea at 11:00am
May 12-15	Pickleball Tournament
FRIDAY, May 15	Lunchtime Learning: "Healthy Living for Your Brain and Body"
WEDNESDAY, May 20	Day trip to Rehoboth Beach
FRIDAY, May 22	Lunchtime Learning: "Joint Health: You Rest, You Rust"
MONDAY, May 25	Green Acres is CLOSED for the Memorial Day Holiday
WEDNESDAY, June 3	Day Trip to Glenstone Museum
FRIDAY, June 5	June Birthday Celebration (12pm), New Member Meet & Greet (12:30pm)
THURSDAY, June 11	Day trip to the National Cathedral
FRIDAY, June 12	Lunchtime Learning: "Fairfax County Services for Older Adults, Adults with Disabilities, and Family Caregivers"
MONDAY, June 15	Trip Sign-ups for July and August Trips. City Residents (8:30am) County Residents (10:30am) Phone/Online (12:30pm)
THURSDAY, June 18	Father's Day Brunch at 9:30am
FRIDAY, June 19	Green Acres is CLOSED for Juneteenth
FRIDAY, June 26	Lunchtime Learning: "Protect What You Love: Securing the Next Generation's Future Through Environmental Stewardship"
FRIDAY, July 3	Green Acres CLOSED for Independence Day
SATURDAY, July 4	4 th of July Parade
FRIDAY, July 10	Lunchtime Learning: "Estate Planning 101"
FRIDAY, July 10	Summer Picnic Party
FRIDAY, July 17	Lunchtime Learning: "Best Practices for Finding Trustworthy Contractors & Home Professionals"
FRIDAY, Aug 7	August Birthday Celebration (12pm), New Member Meet & Greet (12:30pm)
FRIDAY, Aug 14	Lunchtime Learning: "She Could Not Be Stopped"
FRIDAY, Aug 21	Lunchtime Learning: "Aging in Place"

FREE DROP-IN ACTIVITIES



Morning Coffee and Conversation

Monday - Friday, 8:15 a.m.

Coffee, breakfast treats, and lively conversation

Military History

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

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

Bocce

Mondays & Thursdays

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

(Thursdays in September are reserved for tournament play)

Mah Jongg

Mondays: 9:00 a.m.

Thursdays: 9:30 a.m.

in the Senior Center

Current Events Group

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

Discuss latest topics of interest going on in our world

Competitive Bridge

Mondays & Fridays

9:30am - 12:00pm

Play starts promptly at 9:30am

Pickleball Open Play

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

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

Tuesday 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 and enjoy singing along!

Space to Create

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

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

BINGO

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

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

Prizes awarded.

Euchre

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

3:30pm in the Senior Center

Canasta

Tuesdays at 10:00am

in Room 110

German Conversation

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

For interesting discussions, learning situations, and fun!

Knit and Crochet

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

Cornhole

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

New Member Meet & Greet

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



LUNCHTIME LEARNING



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

SENIOR SAFETY FROM THE COMMUNITY RESPONSE TEAM

Presenter: City of Fairfax Fire Department

Date: Friday, May 1

TIME: 12:30pm

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

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Presenter: Ashley Scott

Date: Friday, May 15, 2026

Time: 12:00pm

Lifestyle habits that reduce the risk of cognitive decline and Alzheimer's disease.

JOINT HEALTH: YOU REST, YOU RUST

Presenter: Dr. Patrice Winter, PT, DPT, MHA, FAAOMPT

Date: Friday, May 22

Time: 12:00pm

Our bodies are designed for movement. Our bodies begin aging as soon as we stop growing in our early 20s. Learn about joints. What is normal, what is not? How can we assist joint health through movement, posture, and exercise? We will begin from where you are now physically. If you have limited motion in a joint(s), need an assistive device or have no physical complaints and want to stay that way, this talk is for you.

VALUE OF ART ACTIVITIES FOR SENIORS

Presenter: Bernard Niamien Odi

Date: Friday, May 29

Time: 12:00 noon

This interactive session will explore the benefits of art-based activities for older adults and how creative expression supports cognitive health, emotional well-being, and social connection. Participants will learn how simple art activities—such as drawing, coloring, music-inspired art, and guided creative exercises—can reduce stress, stimulate memory, and enhance overall quality of life. The session will include light discussion, practical examples, and optional hands-on engagement designed to be accessible to all skill levels.

FAIRFAX COUNTY SERVICES FOR OLDER ADULTS, ADULTS WITH DISABILITIES AND FAMILY CAREGIVERS

Presenter: Jodi Smith

Date: Friday, June 12

Time: 12:00pm

Be in the Know! I will present an overview of Fairfax County Government's services and programs for older adults, adults with disabilities, and family caregivers. Fairfax City residents are eligible for county services. Please join us!





LUNCHTIME LEARNING



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PROTECT WHAT YOU LOVE: SECURING THE NEXT GENERATION'S FUTURE THROUGH ENVIRONMENTAL STEWARDSHIP

Presenter: Daniel Malagon

Date: Friday, June 26

Time: 12:00pm

The mission of Clean Fairfax is to encourage environmental stewardship and urban sustainability in Fairfax County, Virginia through education, programming, and community involvement. This presentation will cover environmental issues NOVA residents are facing, how the issues arose, and how we believe they can be resolved. We will debunk common recycling myths, and expose targeted corporate sustainability misinformation campaigns (termed "Greenwashing"). Finally, we will discuss key environmental legislation that Northern Virginia residents should be aware of and highlight the most impactful ways individuals can make a difference.

ESTATE PLANNING 101

Presenter: Alison Mathey-Lambeth

Date: Friday, July 10

Time: 12:00pm

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.



BEST PRACTICES FOR FINDING TRUSTWORTHY CONTRACTORS & HOME PROFESSIONALS

Presenter: Todd Christopher

Date: Friday, July 17

Time: 12:00pm

Walk participants through the best practices for getting help to complete their home projects large or small. Give them examples of questions to ask and responses to look out for. Work participants through different license and insurance that that all contractors and home professionals should have. Give them some solutions to help make this process easier.

SHE COULD NOT BE STOPPED: A REMARKABLE WOMAN FORGES HER OWN PATH THROUGH HITLER'S GERMANY AND BEYOND.

Presenter: Helga Warren

Date: Friday, August 14

Time: 12:00pm

A proto-feminist of sorts, the author's mother, Irene Misslbeck Stoess, broke out of the narrow strictures confining women in Nazi Germany through the sheer force of will and desire. Irene documented everything, leaving behind a treasure trove of information for her daughter to discover after her death.

AGING IN PLACE – THINGS TO CONSIDER

Presenter: Zinta Rodgers-Rickert

Date: Friday, August 21

Time: 12:00pm

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

PARTIES & TRIPS

SUMMER PICNIC LUNCHEON



Summer Picnic Luncheon - Friday, July 10

11am - 1pm

Celebrate the summer with us at our Green Acres Summer Picnic Party! Enjoy freshly grilled burgers & hot dogs by our Green Acres Grill Masters, and our Green Acres traditional "cake walk"

Registration starts July 1st

Party is limited to 100 people first come, first serve. Party fees are non-refundable.

Party Fee: \$10



4TH OF JULY PARADE



Fairfax City's "America 250" July 4th Parade

All Day

Come watch our Green Acres staff and senior council as we parade around the City at our 4th of July City-wide parade! This year, America is celebrating the 250th year of Her founding. This year is bound to be our biggest and most exciting July 4th celebration in recent memory!!

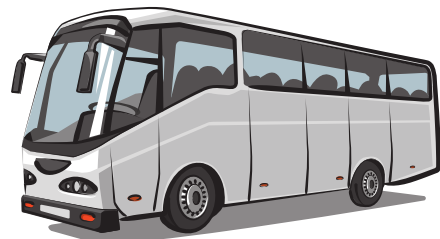


We continue to work hard to provide wide and varied cultural, historical, and social experiences through **day trips**. Our planning goal is to appeal to a variety of interests and wallet-friendly options. Before signing up for a trip, be sure to thoroughly read the description to have a good understanding 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!



INFO TO KNOW



FAIRFAX ANTIQUES ARTS ASSOCIATION



The Fairfax Antique Arts Association (FAAA) continues with its existence as the unique organization of individuals who unite voluntarily for the sole purpose of conversating, socializing, sharing, learning and building relationships. The origin of this particular group enables each participating member as well as their quest to explore the life and purpose of the selected items during our monthly meetings. The history and stories of the people have been nothing less than amazing and have significantly contributed to a wonderful past season. The FAAA is regularly scheduled to meet every third Thursday of the month at the Green Acres Senior Center from 10:00 am until 12:00 pm. The group remains open to all Young at Heart Seniors and their quest. The FAAA has ongoing efforts to extend its membership as well as its participation to all interested seniors.

The following is a summary of quotes from FAAA existing members (Kathy, Sarah, Glynda, Sean, Diane, and Teresa) and what their experiences have been like. In no particular order, The FAAA has been "A Conversation of Pure Fun", "I am in love with anything old", 'The Older The Better', The stories of the people, their families, and the uniqueness of the items are incredible', FAAA has Authentic Flare', Socially and Intellectually Stimulating", and "Unmatched Company and Conversation. Currently the FAAA is looking forward to another quarter of great conversations, the sharing of antiques, heirlooms, collectables, and the social relationships that unites us. The following topics/themes have been selected for the upcoming Spring/Summer quarter, However, all topics and items are socially and appropriately welcomed.

May 2026: Mother's Day, Memorial Day, Fond Memories

June 2026: Summer Vacations and Hot Spots

July 2026: The 4th of July, Cookouts and Fireworks

August 2026: The Dog Days of Summer

FAAA hopes that everyone has an enjoyable and wonderful Spring/Summer Season



TECH HELP

Our Center offers technology help on Tuesdays from 1:00pm - 3:00pm with Eli Hertz.

Eli is a retired IT professional who is a volunteer with the Fairfax Village in the City organization. He is available at the Senior Center every Monday in room 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.



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



George Mason University
WORD BY WORLD

"Are You A Victim of Your Computer?
The Hidden Biases in Algorithms + Deepfake Scams"
May 15, 2026

Main Street Bank
"Fraud and Scams: Protecting Yourself and Your Money"
May 29, 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTES:</p> <p>ALL PROGRAMS ARE SUBJECT TO CHANGE</p>	<p>ALL PROGRAMS ARE SUBJECT TO CHANGE</p>	<p>CELEBRATING OLDER AMERICANS MONTH!</p> 	<p>OLDER AMERICANS MONTH</p>  <p>FRIDAY'S OPEN HOUSE ACTIVITIES:</p> <p>DELUXE BINGO</p> <p>PASSPORT MINIGAME</p> <p>INDOOR CORN HOLE</p> <p>FALL PREVENTION TALK</p> <p>BOCCE & PBALL DEMOS</p> <p>COOKIE DECORATING</p> <p>LIVE 4FUN SINGER MUSIC</p> <p>HEALTHY REFRESHMENTS</p> <p>HANDS-ON CPR/AED TRAINING</p>	<p>SENIOR CENTER OPEN HOUSE</p> <p>9:30am: Bridge 10AM-2PM</p> <p>10:30am: DELUXE BINGO</p> <p>12pm: Ping Pong Play</p> <p>12pm: May Birthdays</p> <p>12:30pm: New Members Meet & Greet</p> <p>12pm: Luncheon Learning: CPR/AED</p> <p>12:30pm: Pickleball Play</p> <p>1:30pm: Friday Book Club</p>
<p>4</p> <p>8:15am: Coffee Group</p> <p>9am: Mah Jongg</p> <p>9:30 am: Bridge</p> <p>10am: Bocce</p> <p>11:30am: Rummikub Play</p> <p>11:30am: Adv Beg Pball Class \$</p> <p>12:30pm: Beg Pball Class Lv1 \$</p> <p>1:30pm: Beginners only</p> <p>Pickleball/Euchre</p> <p>3:30pm Jam Group</p>	<p>5</p> <p>8:15am: Coffee Group</p> <p>9:30am: Mexican Train</p> <p>10am: Canasta</p> <p>10am: Chess Club</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Current Events</p> <p>1-3pm: Tech Help for Seniors</p> <p>3:30pm: 4Fun Singers</p>	<p>6</p> <p>WIZARD OF OZ TRIP</p> <p>9:30 am: Corn Hole (Gym) 10am: Knit & Crochet</p> <p>12pm: Ping Pong Play</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Military Hist</p> 	<p>7</p> <p>WASHINGTON NATIONALS vs. MINNESOTA TWINS TRIP</p> <p>9:30am: Mah Jongg</p> <p>10am: Bocce</p> <p>10:30am: German Conversation</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Space to Create</p> <p>1:30pm: Euchre</p> <p>3:30pm: Inter Ukulele</p> 	<p>8</p> <p>MOTHER'S DAY TEA</p> <p>8:15am: Coffee Group</p> <p>9:30am: Bridge</p> <p>11am: Mother's Day Tea</p> <p>12pm: Ping Pong Play</p> <p>12:30pm: Pickleball Play</p> <p>1:30pm: Friday Book Club</p> 
<p>11</p> <p>9am: Mah Jongg</p> <p>9:30 am: Bridge</p> <p>10:00am: Bocce</p> <p>10am: Adv Beg Line Dancing \$</p> <p>11:30am: Rummikub Play</p> <p>11:30am: Adv Beg Pball Class \$</p> <p>12:30pm: Beg Pball Class Lv1 \$</p> <p>1:30pm: Beginners only</p> <p>Pickleball/Euchre</p> <p>3:30pm Jam Group</p>	<p>12</p> <p>PICKLEBALL TOURNAMENT WOMEN'S DAY</p> <p>9:00AM - 4:00PM</p> <p>9:30am: Mexican Train</p> <p>10am: Canasta</p> <p>10am: Chess Club</p> <p>10am: Movie</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Current Events</p> <p>1-3: Tech Help for Seniors</p> <p>3:30pm: 4Fun Singers</p> 	<p>13</p> <p>PICKLEBALL TOURNAMENT MEN'S DAY</p> <p>9:00AM - 4:00PM</p> <p>8:15am: Coffee Group</p> <p>9:30 am: Corn Hole (Gym) 10am: Knit & Crochet</p> <p>12pm: Ping Pong Play</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Military History</p> 	<p>14</p> <p>PICKLEBALL TOURNAMENT MIXED/ CO-ED DAY</p> <p>9:00AM - 4:00PM</p> <p>9:30am: Mah Jongg</p> <p>10am: Bocce</p> <p>10am: Ffx. Antique Arts Assn.</p> <p>10:30am: German Conversation</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Space to Create</p> <p>1:30pm: Euchre</p> 	<p>15</p> <p>8:15am: Coffee Group</p> <p>9:30am: Bridge</p> <p>10:30am: BINGO</p> <p>12pm: Ping Pong Play</p> <p>12pm: Luncheon Learning: Healthy Living for Your Brain and Body</p> <p>12:30pm: Pickleball Play</p>
<p>18</p> <p>9am: Mah Jongg</p> <p>9:30 am: Bridge</p> <p>10:00am: Bocce</p> <p>10am: Adv Beg Line Dancing \$</p> <p>11:30am: Rummikub Play</p> <p>11:30am: Adv Beg Pball Class \$</p> <p>12:30pm: Beg Pball Class Lv1 \$</p> <p>1:30pm: Beginners only</p> <p>Pickleball/Euchre</p> <p>3:30pm Jam Group</p>	<p>19</p> <p>8:15am: Coffee Group</p> <p>9:30am: Mexican Train</p> <p>10am: Canasta</p> <p>10am: Chess Club</p> <p>12pm: Senior Council Meeting</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Current Events</p> <p>1-3pm: Tech Help for Seniors</p> <p>3:30pm: 4Fun Singers</p>	<p>20</p> <p>REHOBOTH BEACH TRIP</p> <p>9:30 am: Corn Hole (Gym) 10am: Knit & Crochet</p> <p>12pm: Ping Pong Play</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Military History</p> 	<p>21</p> <p>9:30am: Mah Jongg</p> <p>10am: Bocce</p> <p>10:30am: German Conversation</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Space to Create</p> <p>1:30pm: Euchre</p>	<p>22</p> <p>8:15am: Coffee Group</p> <p>9:30am: Bridge</p> <p>12pm: Ping Pong Play</p> <p>12pm: Luncheon Learning: Joint Health: You Rest, You Rust</p> <p>12:30pm: Pickleball Play</p>
<p>25</p>	<p>26</p>	<p>27 National Senior Health & Fitness Day</p>	<p>28</p>	<p>29</p>
<p>MEMORIAL DAY</p> <p>GREEN ACRES IS CLOSED</p> 	<p>9:30am: Mexican Train</p> <p>10am: Canasta / Chess Club</p> <p>12:30pm: PB / 1pm: Current Events</p> <p>1-3pm: Tech Help for Seniors Cx</p> <p>2:30pm: Tuesday Book Club</p> <p>3:30pm: 4Fun Singers</p>	<p>8:15am: Coffee Group</p> <p>9:30 am: Corn Hole (Gym)</p> <p>10am: Knit & Crochet</p> <p>12pm: Ping Pong Play</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Military History</p>	<p>9:30am: Mah Jongg</p> <p>10am: Bocce</p> <p>10:30am: German Conversation</p> <p>12:30pm: Pickleball Play</p> <p>1pm: Space to Create</p> <p>1:30pm: Euchre</p>	<p>9:30am: Bridge</p> <p>12pm: Ping Pong Play</p> <p>12pm: Luncheon Learning: Exploring the Value of Art Activities for Seniors</p> <p>12:30pm: Pickleball Play</p>

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:15am: Coffee Group 8am: Senior Morning Walk 9am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginners Only Pickleball 1:30pm: Euchre 3:30pm Jam Group	2 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	3 TRIP: Glenstone Museum 9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 1pm: Military History 1:30pm: Pickleball Play	4 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Intro to Mah Jongg 1pm: Space to Create 1:30pm: Euchre	5 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: June Birthdays 12:30pm: New Members Meet & Greet 12:30pm: Pickleball Play
8 8am: Senior Morning Walk 9am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Beg Pball Class Lv2 \$ 12:30pm: Beg Pball Class Lv1 \$ 1:30: Beg. only Pickleball/Euchre 3:30pm Jam Group	9 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 10am: Movie 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	10 9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1:30pm: Pickleball Play	11 TRIP: National Cathedral 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Intro to Mah Jongg 1pm: Space to Create 1:30pm: Euchre	12 8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12pm: Lunchtime Learning: <i>Fairfax County Services for Older Adults, Adults with Disabilities, and Family Caregivers</i> 12:30pm: Pickleball Play 1:30pm: Friday Book Club
15 July-August Trip Sign-up 8am: Senior Morning Walk 9am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Beg Pball Class Lv2 \$ 12:30pm: Beg Pball Class Lv1 \$ 1:30: Beg. only Pickleball/Euchre 3:30pm Jam Group	16 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 11:30am: Adv Skills & Drills \$ 12pm: Senior Council Meeting 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	17 8:15am: Coffee Group 9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1:30pm: Pickleball Play	18 8:15am: Coffee Group 9:30am: Mah Jongg Father's Day Brunch 10am: Bocce 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Intro to Mah Jongg 1pm: Space to Create 1:30pm: Euchre	19 Closed for Juneteenth
22 8am: Senior Morning Walk 8:15am: Coffee Group 9am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Beg Pball Class Lv2 \$ 12:30pm: Beg Pball Class Lv1 \$ 11:30am: Rummikub Play 1:30pm: Beginners Only Pickleball 1:30pm: Euchre 3:30pm Jam Group	23 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 2:30pm: Tuesday Book Club 3:30pm: 4Fun Singers	24 8:15am: Coffee Group 9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 1pm: Military History 1:30pm: Pickleball Play	25 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 12:30 pm: Amer Sign Lang \$ 1pm: Space to Create 1:30pm: Euchre 2pm-5pm Ukulele Class \$	26 8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12pm: Lunchtime Learning: <i>Protect What You Love: Securing the Next Generation's Future Through Environmental Stewardship</i> 12:30pm: Pickleball Play
29 8am: Senior Morning Walk 9am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30: Beg. only Pickleball/Euchre 3:30pm Jam Group	30 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>ALL PROGRAMS ARE SUBJECT TO CHANGE</p>	1	2	3
		<p>9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History</p>	<p>8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 12:30pm: American Sign Lang \$ 1pm: Space to Create 1:30pm: Euchre 2pm-5pm Ukulele Class \$</p>	<p>Green Acres CLOSED for Independence Day</p>  <p>SATURDAY: Fairfax City 250th Anniversary July 4 Parade!</p>
6	7	8	9	10
<p>8am: Senior Morning Walk 8:15am: Coffee Group 9am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball/Euchre 3:30pm Jam Group</p>	<p>8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers</p>	<p>8:15am: Coffee Group 9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History</p>	<p>8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 12:30pm: American Sign Lang \$ 1pm: Space to Create 1:30pm: Euchre 2pm-5pm Ukulele Class \$</p>	<p>8:15am: Coffee Group 9:30am: Bridge 11:30am Summer Picnic 12pm: Ping Pong Play 12pm: Lunchtime Learning: <i>Estate Planning 101</i> 12:30pm: Pickleball Play <i>Canceled</i> 1:30pm: Friday Book Club</p>
13	14	15	16	17
<p>8am: Senior Morning Walk 8:15am: Coffee Group 9am: 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: Beginner only Pickleball/Euchre 3:30pm Jam Group</p>	<p>8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 10am: Movie 12pm: Senior Council Meeting 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers</p>	<p>8:15am: Coffee Group 9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History</p>	<p>8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 12:30pm: American Sign Lang \$ 1pm: Space to Create 1:30pm: Euchre 2pm-5pm Ukulele Class \$</p>	<p>9:30am: Bridge 10:30am: BINGO 12pm: July Birthdays 12:30pm: New Members Meet & Greet 12pm: Lunchtime Learning: <i>Best Practices for Finding Trustworthy Contractors & Home Professionals</i> 12pm: Ping Pong Play 12:30pm: Pickleball Play</p> 
20	21	22	23	24
<p>8am: Senior Morning Walk 8:15am: Coffee Group 9am: 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: Beginner only Pickleball/Euchre 3:30pm Jam Group</p>	<p>8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers</p>	<p>9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History</p>	<p>8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm-5pm Ukulele Class \$</p>	<p>8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12:30pm: Pickleball Play</p>
27	28	29	30	31
<p>8am: Senior Morning Walk 8:15am: Coffee Group 9am: Mah Jongg 9:30 am: Bridge 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 11:30am: Adv Beg Pball Class \$ 12:30pm: Beg Pball Class Lv1 \$ 1:30pm: Beginner only Pickleball/Euchre 3:30pm Jam Group</p>	<p>8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 2:30pm: Tuesday Book Club 3:30pm: 4Fun Singers</p>	<p>9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History</p>	<p>8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm-5pm Ukulele Class \$</p>	<p>8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: Ping Pong Play 12:30pm: Pickleball Play</p>

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

**4401 SIDEBURN ROAD
FAIRFAX, VA**

AUGUST 2026

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8am: Senior Morning Walk 9am: Mah Jongg 9:30 am: Bridge 10:00am: Bocce 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball 1:30pm: Euchre 3:30pm Jam Group	4 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	5 8:15am: Coffee Group 9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 11am: Decluttering Club 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	6 8:15am: Coffee Group 9:30am: Mah Jongg 9:30am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm-5pm Ukulele Class \$	7 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: August Birthdays 12:30pm: New Members Meet & Greet 12:30pm: Pickleball Play 
10 8am: Senior Morning Walk 9am: Mah Jongg 9:30 am: Bridge 10:00am: Bocce 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball 1:30pm: Euchre 3:30pm Jam Group	11 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 10am: Movie 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	12 8:15am: Coffee Group 9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	13 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Bocce 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre 2pm-5pm Ukulele Class \$	14 8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12:30pm: Pickleball Play 1:30pm: Friday Book Club
17 8am: Senior Morning Walk 9am: Mah Jongg 9:30 am: Bridge 10:00am: Bocce 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball 1:30pm: Euchre 3:30pm Jam Group	18 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 3:30pm: 4Fun Singers	19 8:15am: Coffee Group 9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	20 8:15am: Coffee Group 9:30am: Mah Jongg 10am: Ffx. Antique Arts Assn. 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	21 8:15am: Coffee Group 9:30am: Bridge 10:30am: BINGO 12pm: Ping Pong Play 12:30pm: Pickleball Play
24 8am: Senior Morning Walk 9am: Mah Jongg 9:30 am: Bridge 10:00am: Bocce 10am: Adv Beg Line Dancing \$ 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball 1:30pm: Euchre 3:30pm Jam Group	25 8:15am: Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Chess Club 12pm: Senior Council Meeting 12:30pm: Pickleball Play 1pm: Current Events 1pm-3pm: Tech Help for Seniors 2:30pm: Tuesday Book Club 3:30pm: 4Fun Singers	26 8:15am: Coffee Group 9:00 am: Corn Hole (Gym) 10am: Knit & Crochet 12pm: Ping Pong Play 12:30pm: Pickleball Play 1pm: Military History	27 8:15am: Coffee Group 9:30am: Mah Jongg 10:30am: German Conversation 12:30pm: Pickleball Play 1pm: Space to Create 1:30pm: Euchre	28 8:15am: Coffee Group 9:30am: Bridge 12pm: Ping Pong Play 12:30pm: Pickleball Play
31 8am: Senior Morning Walk 9am: Mah Jongg 9:30 am: Bridge 10:00am: Bocce 11:30am: Rummikub Play 1:30pm: Beginner only Pickleball 1:30pm: Euchre 3:30pm Jam Group			ALL PROGRAMS ARE SUBJECT TO CHANGE	

SENIOR CENTER ADVISORY COUNCIL NEWS

SENIOR CENTER ADVISORY COUNCIL



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

Chair: Barbara Smith **PRAB Rep:** Chuck Paceyly
Vice Chair: Kevin Anderson **Members:** Deb DiFalco, Honee Hult, Bob Juenger, Toni Milmoie,
Secretary: Debra Sparkman **Treasurer:** Betsy Passuth David Yang

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

COUNCIL NEWS

The 2026 Happenings with a New Senior Council!

The 2025-2026 Young at Heart Senior Center Advisory Council welcomes new members;

Kevin Anderson, Honee Hult, Bob Juenger, Toni Milmoie, and David Yang. The Council Officers are Barbara Smith (Chair), Kevin Anderson (Vice Chair), Debra Sparkman (Secretary), and Betsy Passuth (Treasurer). The Council has a packed agenda for the year, including planning for the April 11, 2026 Craft and Vendor Market as well as the Annual Independence Day Parade. They will be looking for volunteers to assist with both of these events and especially invite all members to attend the Craft and Vendor Market. Details will be shared in 2026!



Green Acres' King and Queen serving ice cream

"Let them eat ice cream"
-Queen Pat

Back: Honee Hult, Bob Juenger, Chuck Paceyly, Queen Pat, Betsy Passuth, Vice President Kevin Anderson



Front: David "老板" Yang, Debra Sparkman, President Barbara Smith

Our Senior Council with the Fairfax City Council

Jason Scaldron (Village in the City rep, far left), Village reps, Anne Chase, Susan "Pickleball Queen" Dimaina, Chuck "PRAB Guru" Paceyly (back center), Catherine Read (City Mayor, front center), President Smith, Leslie Abashian, Queen Pat, former President Sparkman (far right)



King Kallini, Honee "Honey" Hult, Bob "Shortpants" Juenger, & Queen Pat at the Holiday Luncheon



SENIOR CENTER ADVISORY COUNCIL NEWS

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



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

Barbara attends Green Acres pickleball, Lunchtime Learnings, senior trips, and exercise class activities.



Kevin Anderson (Vice Chair) – Kevin Anderson moved to Northern Virginia in 1966.

He was a member of the first graduating class from Chantilly High School. He retired from Verizon as a Senior Contracts Manager in federal systems. He joined the senior center in 2024 and enjoys pickleball, cornhole, ping pong, day trips and the party events there. Additionally, he enjoys golf and various fitness activities.



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



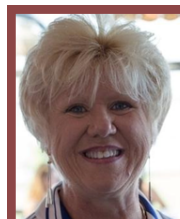
Betsy Passuth (Treasurer) – Betsy retired from the Federal Government after 35 years working as a Budget Officer and Financial Manager for the Treasury Department, Department of Homeland Security and the Securities and Exchange Commission. She lives in Fairfax City and enjoys working out at Gold's gym,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



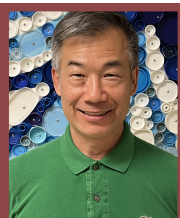
Honee Hult (member) – Honee Hult has lived in the Fairfax, VA area for 9 years and has been a member of the Young at Heart Senior Center since 2023. She previously worked in the private sector in various roles in the corporate finance area for 50 years and retired in March of 2023. She enjoys playing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



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



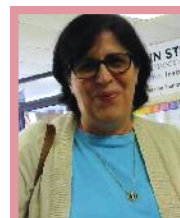
Toni Milmo (member) – Toni Milmo moved to Fairfax, VA over 40 years ago and has been a member of the Young at Heart Senior Center since early 2025. Toni was a Senior HR Benefits & Retirement Specialist and has worked at a few different federal agencies including the FDIC, ITC, BIA, NLRB, MSHA, the SSA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



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



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



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

Young at Heart Senior Center

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



**Left to right:
Kristen, Laurie, Anne,
Daniel, Christine
Marsha**

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

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

www.fairfaxva.gov

Upcoming Holidays and Closures

Memorial Day - Monday, May 25th

Juneteenth - Friday, June 19th

Independence Day - Friday, July 3rd (observed)

Labor Day - Monday, September 7th



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



Young at Heart 2026 Day Trips

All trips require a reservation – Firstcome,first served!

Registration for May - June DayTrips opens Monday, April 13:

8:30am: Fairfax City residents: Walk-in on-site registration ONLY	10:30am: Fairfax County and Senior 12: 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, 15** 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.



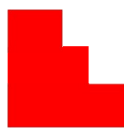
ICON LEGEND:


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

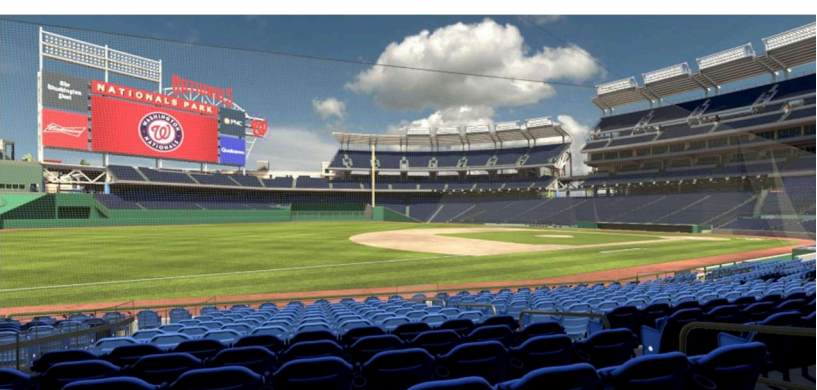


May 2026



  	<h2>Washington Nationals vs. Minnesota Twins Baseball Game (Older Americans Month Special! Bring your family!)</h2> <p>Join us for a fun-filled day at the ballpark as we head to Nationals Park on May 7 to watch the Washington Nationals take on the Minnesota Twins! Experience the excitement of Major League Baseball live, from the crack of the bat to the cheers of the crowd. We got really good seats near the third base line in section 112, so you'll be right up close and personal to all the action! No need to worry about parking, driving, traffic, the metro, or anything else when you ride with us! Older Americans Month Special: For this outing alone, you may sign up your family, kids, and grandkids to join you on this trip! You may invite any family or friends 18+ to accompany you as long as we have seats on the trip. Lunch not included in trip price. Please note: our seats require descending/ascending 25 shallow stair steps</p> <p>Thursday, May 7 Depart: 11:00am Approx. Return: 5:00pm</p>	<p>\$100</p>
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	<h2>Relaxing Day at Rehoboth Beach (Rehoboth, DE)</h2> <p>Join us for a relaxing getaway to Rehoboth Beach! Enjoy the fresh ocean breeze, sandy shores, and charming boardwalk filled with shops, carnival stands, and delicious treats. Whether you're looking to unwind by the water, take a scenic stroll, or explore local attractions, this beach day promises fun and relaxation for all. Don't miss this seaside escape! No need to drive 6 hours round trip anymore. Let us take you! Lunch is not included in trip price. Lunch is on-your-own.</p> <p>Wednesday, May 20 Depart: 9:00am Approx. Return: 7:00pm</p>	<p>\$50</p>
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^ The actual view from our seats at Nat's Park!





June 2026



	<h2>Exploring the famous Glenstone Museum(Potomac, MD)</h2> <p>Experience art, architecture, and nature on our visit to Glenstone Museum! Explore world-class contemporary art exhibitions, stroll through beautifully designed galleries, and enjoy the serene outdoor landscapes and walking trails. This unique cultural destination offers something inspiring for everyone. Join us for a day of creativity, reflection, and discovery!</p> <p>Lunch not included in trip price. This is an outdoor museum with walking.</p> <p>Wednesday, June 3 Depart: 9am Approx. Return: 3:00pm</p>	<p>\$45</p>
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 	<h2>Spotlight Tour of the National Cathedral (Washington, D.C.)</h2> <p>Discover the beauty and history of Washington National Cathedral on this special spotlight tour! Explore stunning Gothic architecture, breathtaking stained-glass windows, and fascinating stories that bring this iconic landmark to life. Join us for an inspiring and enriching experience at one of Washington, D.C.'s most treasured sites.</p> <p>Lunch not included in trip price. Extensive walking and some stair climbing expected.</p> <p>Thursday, June 11 Depart: TBD Approximate Return: TBD</p>	<p>\$TBD</p>
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	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.

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.

NORTHERN VIRGINIA SENIOR OLYMPICS 2026

www.NVSO.us



Events held
September 9 - October 4

Registration open
July 6 - August 24

Participate
Volunteer
Donate



Older Americans Month Open House

Friday, May 1, 10:00a – 2:00p

Lobby Welcome Tables

Senior Council and Jason with the Village **starts 10:00a**

Senior Center Main Room

Deluxe BINGO **starts 10:30a**

4FUN Singers and Birthdays **starts 12:00p**

Meet & Greet, Smoothies, and Cookie Decorating **starts 12:30p**

Cafeteria

Pickleball Demo: Learn to Play **starts 1:15p**

Gym

Corn Hole **starts 10:00a**

Pickleball Open Play **12:30p – 3:30p**

Room 110

Lunch and Learn: Senior Safety with Community Response Team **starts 12:30p**

Room 111

Fall Risk Assessments, Orthopedic Care with Kevin Li **starts 11:00a**

Room 112: Game Room

Pool, Ping Pong,
Shuffleboard, Air Hockey,
Foosball **starts 10:00a**

Bocce Courts

Bocce **starts 10:00a**

Fitness Room

Equipment **ALL DAY**

