



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Hollin Hall Senior Center

Address: 1500 Shenandoah Road
Alexandria, VA 22308

Hours: Monday-Friday, 8 a.m. - 4 p.m.

Phone: 703-765-4573, TTY 711

March, April, May 2024

Holiday Closures: Memorial Day, May 27, 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Book Club with Veronica	Fourth Wednesday 3/27/2024 4/24/2024 5/22/2024	1 p.m.	The 'original' book club where members choose which books they're interested in – different genres. (Drop-in)
Cozy Mystery Book Club with Patti	Second Monday (With exception of holidays) 3/11/2024 4/9/2024 5/14/2024	1 p.m.	Cozy mystery books are read and discussed and chosen as a group. (Drop-in)
Healthy Eating	First Monday (with exception of holidays) 3/4/2024; 4/8/2024; 5/6/2024	12:30 p.m.	Led by Becky Bilowus, this class allows for a wide variety of topics. Free with senior center membership. Sign-up IS required. Spaces are limited.

Welcome Orientation and Tour of Hollin Hall Sr. Center	Third Monday (with exception of holidays) 3/18/2024 4/15/2024 5/20/2024	1 p.m.	Led by center member Jan Kestyn. Open to all newly registered center members or those considering membership to NCS senior centers. (Drop-in)
Karaoke Sing A-Long ~ Reservations Required – Sign up in Binder in Main Lobby	Every 1st/3rd Monday March 4th/18th	1 p.m.	Do you have a good singing voice? Or do you just believe you do? Beginning in March, join us for a fun-filled afternoon of singing to the tunes you grew up with!
Basic Drawing and Painting w/Mel Applebaum and Christina Curley 10 Student Limit This is a 3 month/quarterly commitment.	Every Friday in March, April & May	10 – 11:30 a.m.	Learn basic drawing and painting techniques. Explore color and learn about famous artists. **The expectation is that you're able to attend the entire 90-minute class without conflicts of another class at the same time. Registration is Required - Sign up in Binder in Main Lobby.
NEW! Bingo's Back!! We're gonna give it a try	Every 1st Wednesday, March 6, 2024 April 3, 2024 May 1, 2024	1 p.m.	Play for small prizes with a variety of challenging bingo games. Reservations preferred but Drop-ins are Welcome
Games: Sequence, Rummikub	Monday	1 p.m.	Join other members for a fun afternoon of games and socialization. (Drop-in)
Backgammon	Monday	1:30 p.m.	Backgammon is a skill-based game. Open to all.
Meditation	Tuesday	9:15 a.m.	Learn to relax, be mindful and in the moment, and experience gratitude. Free with senior center membership. (Drop-in)
Open Fitness Room	Monday-Friday	8 a.m. – 4 p.m.	Our fitness room is perfect, especially during days of extreme weather which makes it hard to exercise outdoors. We offer stationary bikes, treadmill, elliptical, and cross-trainer machines. No sign-up required.

Ping Pong/Table Tennis	Tuesday and Friday	11:45 a.m. to 1:45 p.m.	Two tables available. Table tennis improves balance, does not put excessive stress on your joints, and aids in improving mental alertness through eye-hand coordination. This combination of movement, thinking, and socialization makes this a perfect activity for older adults. Free with senior center membership. (Drop-in)
Needle Workers (knit & crochet) 'Kaps for Kids' Service Project	Tuesday	1-3 p.m.	Welcome all knitters and crocheters! Yarn provided and some needles or bring your own. Group knits and crochets scarves and hats throughout the year to give to various charitable organizations. Individuals can work on their own projects as well. Free with senior center membership. (Drop-in)
Game Night	First and Third Wednesday 3/6 & 3/20/2024 4/3 & 4/17/2024 5/1 & 5/22/2024	5:30-8:30 p.m.	Learn a new game, meet new friends! Free with senior center membership. Drop-in, but sign-up is preferred. Bring a snack or dish to share with others!
Current Events & News Discussion, with Dennis VanLangen: Reservations Required – Sign up in Binder in Main Lobby	Every Wednesday	10 – 11 a.m.	One of Hollin Hall's newest volunteers, Dennis, will facilitate a weekly forum for thoughtful, forthright, and respectful exchange of information and opinions on current world, U.S., and regional news. All participants have an equal opportunity to comment without interruption and all opinions are respected
Harmonica Club	Friday	11 a.m.	Bring your own harmonica. Free with senior center membership. (Drop-in)
Hollin Hall Band (practice)	Thursday	11 a.m.	Polish off that instrument and come join the fun!! An eclectic assortment of instruments makes up this band that is known to travel the County to do performances. Free with senior center membership. Contact staff Veronica Cartier at HHSC for more details.
Mah Jongg (American version)	Tuesday and Friday	1 p.m.	Free with senior center membership. (Drop-in)
Mexican Train Dominoes	Friday	9:30 a.m.	Free with senior center membership. (Drop-in)
Mt. Vernon Genealogical Society (MVGS) Library	Tuesday, Wednesday, and Thursday	10 a.m.-2 p.m.	This educational library is open to the community and staffed by Mt. Vernon Genealogical Society volunteers.

Conversational French Self-Led	Wednesday	2-3 p.m.	For those that have a basic understanding of the French language to converse. Free with senior center membership. (Drop-in)
4 H's Duplicate Bridge Club ACBL Sanctioned Duplicate Bridge	Monday	10:30 a.m.	4 H's Duplicated Bridge is looking for new players for their ACBL sanctioned duplicate bridge club. Contact Kermit Quick for more information at 703-399-1914 or email keq@cox.net . Free with senior center membership.
Duplicate Bridge	Wednesday	11:15 a.m.	Bridge sessions played with partners. Call center for information on duplicate bridge sessions. Free with senior center membership.
4 H's Duplicate Bridge Club ACBL Sanctioned Duplicate Bridge	Thursday	10:30 a.m.	4 H's Duplicated Bridge is looking for new players for their ACBL sanctioned duplicate bridge club. Contact Kermit Quick for more information at 703-399-1914 or email keq@cox.net . Free with senior center membership.
Chess	Wednesday	10 a.m.	Free with senior center membership. (Drop-in)
Military History – with Owen Hammett	Second Monday 3/11/2024 4/8/2024 5/13/2024	10 a.m.	June- Victory Mail, The V-Mail program in World War II presented by Jim Kasik; July- Railway Guns and Their Use in War presented by Jim Kasik Free with senior center membership. (Drop-in)
Photo Club	Second Friday 3/8/2024 4/12/2024 5/10/2024	10 a.m.	Come join a like-minded group of photography enthusiasts. Free with senior center membership. (Drop-in)
Railroad Club/Group	Third Thursday 3/20/2024 4/18/2024 5/16/2024	10 a.m.	Free with senior center membership. (Drop-in)
Scrabble	Thursday	1 p.m.	Come play Scrabble on Thursday afternoons and increase your word power! Free with senior center membership. (Drop-in)
Sewing Group	Monday	12:30 p.m.	All sewing levels. Willing to help others with techniques and their projects. Free with senior center membership. (Drop-in)
Singing Group	Thursday	1 p.m.	Free with senior center membership. (Drop-in)
Theater Reading Group	Tuesday	1:15 p.m.	Free with senior center membership. (Drop-in)

Tech Support/Computer Lab assistance with Larry Dempsey	Second Thursday 3/14/2024; 4/11/2024; 5/9/2024	12:30-3:30 p.m.	Free with senior center membership. (Drop-in)
iPad/iPhone Q&A Sessions with Larry Dempsey-	Second Wednesday 3/13/2024 4/10/2024 5/8/2024	2-3:30 p.m.	Free with senior center membership. (Drop-in)
COMPUTER HELP AVAILABLE! – Hollin Hall has a new volunteer, George Lee, who will be available Tuesdays to do one-on-one sessions to help with your phones, iPads, and Kindles too	Tuesday	10 a.m.-1 p.m.	Sign up for 1-on1- sessions @HH or call for further details. . Please sign up for a session in the binder in Main Lobby for your one-on-one help!
Open Clay Studio – Hand Built Pottery	Monday	11:00 a.m.-12:30	Open studio with center member there to assist people with their hand-built pottery pieces, glazing and firing. (Drop-in.)
CLASSES			
Title	When	Time	Description
American Kenpo	Wednesday	7 p.m.	An updated system of martial arts. All attendees must register to become a center member during the day (8 a.m.-4 p.m.) to participate. Free with senior center membership. (Drop-in)
Basic Drawing & Painting Instructors Mel Applebaum and Christina Curley	Friday	10 a.m.	Learn basic drawing and painting techniques. Explore color and learn about famous artists. Class is limited to 10 students and will last for the current quarter. Sign up in Binder in Main Lobby. Free w/center membership. Call for further info ~
Jazzercise Lite	Monday, Tuesday, Thursday and Friday	M: 10:00 a.m. T: 10:15 a.m. Th: 10:15 a.m. Fr: 11:00 a.m.	Certified Jazzercise instructors. Work-out can be 'light' with modifications from instructor or more intense as desired. Free with senior center membership. **Note: Class size is limited to 40. See staff to register for one of the 4 classes and to fill out a Jazzercise registration and liability waiver.
Low Impact Exercise	Monday and Wednesday	11 a.m.	Focus on strength, endurance and flexibility using resistance bands. No floorwork. Chair Friendly. (Drop-in)

<p>AARP presents <i>Sorting Fact from Fiction</i>, presented by Larry Lipman</p> <p>This event is Free and Open to the Community</p>	Friday, March 8	1 p.m.	<p>Do you believe everything you see online? There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet, making it hard for even the discerning reader to sort fact from fiction. This free event will equip you with valuable tools and resources to help you stay safe online.</p> <p>Reservations Preferred / Drop-ins are Welcome.</p>
Introduction to Fly Fishing with Hal & Tom!	Friday, April 5	1 p.m.	An overview of the sport of fly fishing. Learn about how to get started and equipment is needed. Hal and Tom will explain the differences between fly fishing and spin fishing; what a fly lure is; and how to choose the correct one. Time and weather permitting, there will be an outside demonstration and the chance to try casting yourself.
S.A.I.L.	Tuesday and Thursday	9:05 a.m.	Evidenced-based fall prevention exercise program designed for older adults to “Stay Active and Independent for Life.” Spaces are limited. Registration is required for each quarterly session.
AARP presents Fraud Basics: presented by Trudy Marotta	Friday April 12	1 p.m.	Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. Reservations Preferred but Drop-ins are Welcome. This event is Free and Open to the Community
S.A.I.L. (Second offering)	Monday and Wednesday	2:30 p.m.	Evidenced-based fall prevention exercise program designed for older adults to “Stay Active and Independent for Life.” Spaces are limited. Registration is required for each quarterly session.
AARP presents Social Security: Understanding Your Benefits presented by Ridge Multop	Friday, April 26, 2024	1 p.m.	This session is a good overview for anyone interested in Social Security ~ the facets of Social Security, when to claim your retirement benefits, and implications of working while collecting benefits. Reservations Preferred/ Drop-ins are Welcome. This event is Free and Open to the Community
Tap Class – Intermediate	Monday	12:30 p.m.	Must have intermediate tap experience to participate. Stop by to observe a class to see the level that they are at. Free with senior center membership. (Drop-in)
Tap Class – Beginner	Monday	1:30 p.m.	This is a beginner class for those with no tap experience or who need a refresher to brush up their skills. Free with senior center membership. (Drop-in)

Tai Chi – Beginner	Thursday	8:10 a.m.	This is beginner class with no or minimal Tai Chi experience. Free with senior center membership. (Drop-in)
Tai Chi – Intermediate	Tuesday	8:10 a.m.	A class for those who have completed the beginner Tai Chi class or those with previous experience. Free with senior center membership. (Drop-in)
Tai Chi – Advanced	Wednesday	8:10 a.m.	An advanced Tai Chi class using swords with movement. Previous Tai Chi experience necessary. Free with senior center membership. (Drop-in)
Strength Training	Tuesday and Thursday	9 a.m.	Self-led class using an instructional DVD. Free with senior center membership. (Drop-in)
Exercise with Patty	Wednesday and Friday	9 a.m.	An all-around fitness program that includes cardio, strength and endurance, balance, and relaxation. Free with senior center membership. (Drop-in)
Mixed Media Art Group	Tuesday and Thursday	11:30 a.m.	Participants will work on their own projects and, on occasion, joint exercises, such as drawing from a live model. There will be no instruction other than suggestions from other members. Basic drawing skills are required, familiarity with the use of paints and colors is helpful. Class size limited to 12 for this 3-month session. Sign up for one day (Tuesday or Thursday) or both days. Reservations Required. Sign up in Main Office or call.
Card Making Class with Chuck Chuck Mason's Card Classes	First and Third Wednesday 3/6 & 3/20/2024 4/3/ & 4/17/2024 5/1 & 5/15/2024	10 a.m. 1 p.m.	Take home approximately five handcrafted one-of-a-kind greeting cards. \$15 supply fee paid at class. Must be a center member. 2 class sessions/day. Reservation is required. Class size is limited.
Woodworking with Mickey Post	Second and Fourth Wednesday 3/13 & 3/27/2024 4/10 & 4/24/2024 5/8 & 5/22/2024	10 a.m.	Program topics include a discussion of woodworking techniques, tools to be used, discussion of participants' projects, and actual work on participants' projects. Free with senior membership. (Drop-in) *Safety class is required before using shop tools and machines.
Chair Yoga for Everyone! with instructor Jess Purtell	Tuesday	1:45 p.m.	In this gentle moving class, we will use chairs, to sit on or stand using the chair for support. We will learn new ways to focus on our breath, move our body and have fun! Leave feeling restored and rebalanced. Join in and give your body an hour of love and kindness. (Drop-in)

Mt. Vernon Genealogical Society – Workshop w/Linda MacLachlan “Entering Information onto Find A Grave”	Monday, March 4, 2024 & April 1, 2024	1-3 p.m.	The purpose of the workshop is to learn how to use the Family- Search.org website more effectively. The workshop is limited to 6. <u>Contact:</u> www.mvgenealogy.org to Register
Mt. Vernon Genealogical Society – Workshop w/Linda MacLachlan “Using Familysearch.org”	Monday, May 6, 2024	1-3 p.m.	The purpose of the workshop is to learn how to use the Family- Search.org website more effectively. The workshop is limited to 6. <u>Contact:</u> www.mvgenealogy.org to Register
Mt. Vernon Genealogical Society Training with Amy Breedlove “Researching in Florida	Friday March 29, 2024	1-3 p.m.	Workshop <u>Contact:</u> www.mvgenealogy.org to Register
New!! Line Dance w/Shirley Genter	Wednesdays	1-2 p.m.	Learn basic line dance steps to a variety of music styles. Drop In! All levels are welcomed.
AARP presents Medicare 101 understanding Your Benefits presented by Ridge Multop. This hour-long session will give you an overview of the different parts of Medicare, coverage and costs, and your choices of Medicare plans	Friday, March 29	1 p.m.	This hour-long session will give you an overview of the different parts of Medicare, coverage and costs, and your choices of Medicare plans. Reservations Preferred but Drop-ins are Welcome. This event is Free and Open to the Community
Mt. Vernon Genealogical Society Workshop w/Linda McLachlan ~ “Entering Information onto Find a Grave” –	Monday April 24, 2024	1-3 p.m.	The purpose of the workshop is to learn how to add information onto the Find a Grave website. The workshop is limited to 6 participants. Contact: www.mvgenealogy.org to Register
Mt. Vernon Genealogical Society Training Class ~ “Genealogy and Social Media” presented by Carol Petranek –	Monday May 6, 2024	1-3 p.m.	To register for the class, please send an email with the class name and date, and your name and phone number to Amy Breedlove at abreedlove@comcast.net ZOOM

Events/Trips			
Title	When	Time	Description
<h2 style="margin: 0;">Trips of Necessity</h2>	<p>Wednesday</p>	<p>10 a.m.- 2 p.m.</p>	<p>3/6 - Mom's Organic Market, lunch at RT's</p> <p>3/13 – Concord Shopping Center, Aldi's, Best Buns Bakery & Burger, Elini's Greek Taverna</p> <p>3/20 – Hill Top Wegmans, Make dinner easy w/prepared meals.</p> <p>3/28 – Dutch Village Market. Bakery, butcher, cheese, etc.</p> <p>4/3 – Manchester Lakes Shopping Center</p> <p>4/10 – Kingstowne – Giant, Ross, Lane Bryant, etc.</p> <p>4/17 – Lidl's, Springfield. Like Aldi w/ fresh Bakery</p> <p>4/24 – Eastern Market, Historic indoor market on Capitol Hill</p> <p>5/1 – Lower King Street, Waterfront, Torpedo Factory, et.</p> <p>5/8 – Mosaic District, Fairfax. A destination not to be missed.</p> <p>5/15 – Occoquan, lunch at Madigan's or Secret Garden</p> <p>5/22 – Tanger Outlets, Memorial Day sales, etc.</p> <p>5/29 – Springfield Plaza, Trader Joe's Treasure Trove Thrift, etc.</p>
Community Meetings and Community Use			
Title	When	Time	Description
<p>HHSC Advisory Council</p>	<p>First Thursday</p> <p>3/7/2024</p> <p>4/4/2024</p> <p>5/2/2024</p>	<p>10 a.m.</p>	<p>HHSC Advisory Council consists of board positions and members-at-large voted in by the membership of Hollin Hall. Designed to fundraise, address concerns of membership to HH Staff, fund requests of membership need that will enhance the programs, clubs, and activities at the center. New board members are elected in November before each new calendar year. All center members are welcome to attend these meetings.</p>
<p>Mt. Vernon Genealogical Society</p> <p>Monthly general meeting</p>	<p>Third Tuesday</p> <p>3/19/2024</p> <p>4/16/2024</p> <p>5/21/2024</p>	<p>1 p.m.</p>	<p>Topics of interest on the agenda for each monthly meeting include an array of guest speakers, expert in genealogy. Open to the public. For further information contact www.mvgenalogy.org</p> <p>**Event may be in-person at HHSC, virtual or hybrid format.</p>
<p>Mt. Vernon Quilter's Unlimited</p> <p>General meetings</p>	<p>Second and Fourth Tuesday</p> <p>3/12 & 3/26/2024</p> <p>4/9 & 4/23/2024</p> <p>5/14 & 5/28/2024</p>	<p>12:30 p.m.</p>	<p>Open to the community. (Drop-in)</p>

<p>Mt. Vernon Quilter's Unlimited Charity 'bees'</p>	<p>1st and 3rd Tuesday 3/5 & 3/19/2024 4/2 & 4/16/2024 5/7 & 5/21/2024</p>	<p>12:30 p.m.</p>	<p>Call Hollin Hall Senior Center to inquire about membership for this group or for a contact name and phone number.</p>
<p>Mt. Vernon House and Garden</p>	<p>2nd Wednesday 3/13/2024 4/10/2024 5/8/2024;</p>	<p>9:30 a.m.</p>	<p>Call Hollin Hall Senior Center to inquire about membership for this group or for a contact name and phone number.</p>
<p>Ikebana International</p>	<p>First Wednesday 3/6/2024 4/3/2024 5/1/2024</p>	<p>9:30 a.m.</p>	<p>Call Hollin Hall Senior Center to inquire about membership for this group or for a contact name and phone number.</p>