



Fairfax County

# Neighborhood & Community Services

[www.fairfaxcounty.gov/neighborhood-community-services](http://www.fairfaxcounty.gov/neighborhood-community-services)

## James Lee Senior Center

**Address:** 2855 Annandale Rd  
Falls Church, VA 22042

**Hours:** Monday – Friday, 9 a.m. to 4 p.m.

**Phone:** 703-534-3387

### March, April, May 2024

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
<b>Blood Pressure Screening</b>	Wednesdays	11:45 a.m. – 12:45 p.m.	Free blood pressure screening.
<b>Fitness Center</b>	Monday - Friday	9 a.m. – 8 p.m.	Seniors can participate in health and fitness programs designed to help improve strength and flexibility.
<b>Pickleball (Seniors and Adults)</b>	Monday Afternoon Tuesday Evenings Wednesday Morning	1 – 3 p.m. 6 – 9 p.m. 9 a.m. – Noon Monroe Gym	Paddle sport for all ages and all athletic ability levels. Pickleball is a real sport and fun! Think of it as table tennis, meets traditional tennis, meets badminton. Outside net available too.
<b>Billiards</b>	Monday - Friday	9 a.m. – 8 p.m.	Social space in which seniors can play billiards or ping pong and have conversation.
<b>Computer Club House</b>	Monday - Friday	9 a.m. – 2 p.m. 6 a.m. – 9 p.m.	Access to use of the computers.

#### MORNING PROGRAMMING

<b>Mindfulness and Brain Teasers</b>	Monday - Friday	9 – 10 a.m. Multi-purpose room	Designed to bring awareness, calm, and balance to participants as they arrive. Activities encourage active and respectful engagement with others. Types of activities include announcements, ice breakers, discussions on current events, brain teasers, word games, and Sudoku.
<b>Senior Walking</b>	Monday - Friday	9 – 10 a.m. Monroe or White Gym	Independent walkers come together to get in their daily steps.
<b>Line Dancing</b>	Mondays	10 – 11 a.m. 11 a.m. – Noon Monroe Gym	Join other dancers and learn some various line dances. It's fun and great exercise!

<b>Men's Senior Basketball (50+)</b>	Tuesdays & Fridays	9 a.m. – Noon White Gym	All skill level basketball program that helps foster athleticism and increase health and cardio. 50+
<b>Chair Exercise</b>	Mon., Wed., Fri.	10 – 11 a.m. Multi-purpose room	Exercises led by staff with or without a video. Exercises focus on strength, endurance, coordination, range of motion, and stretching.
<b>S.A.I.L.</b>	Tuesdays & Thursdays	10 – 11 a.m. Multi-purpose room	Standing or sitting, participants will follow exercises focused on stretching, flexibility, relaxation, and breathing to increase their strength and endurance.
<b>Creative Corner</b>	Mondays & Fridays	11 a.m. – Noon Multi-purpose room	Quick and simple arts and craft projects are provided and facilitated to spark imagination and creativity.
<b>Discussion Groups</b>	Tues., Wed., Thurs.	11 a.m. – Noon Multi-purpose room	Please join us for an interesting informal discussion or activity over a cup of coffee.
<b>Tai Chi – Ms. Pham</b>	Wednesdays	10:30 a.m. – 12:30 p.m. White Gym	A Chinese meditative exercise incorporating slow fluid movements incorporated with floor exercise.
<b>Chi Kung - Mai</b>	Thursdays	10 – 11 am White Gym	A Chinese meditative exercise incorporating slow fluid movements and deep rhythmic breathing that cultivates and balances chi or translated as "life energy."
<b>Tai Chi - Mai</b>	Thursdays	11 a.m. – Noon White Gym	Chinese meditative practices which use slow graceful movements and controlled breathing techniques that strengthen your mind-body connection, reduce stress, promote serenity, and improve circulation.
<b>AFTERNOON PROGRAMMING</b>			
<b>Chi Kung - Mai</b>	Mondays	Noon – 1 p.m. White Gym	A Chinese meditative exercise incorporating slow fluid movements and deep rhythmic breathing that cultivates and balances chi or translated as "life energy."
<b>Tai Chi - Mai</b>	Mondays	1 – 2 p.m. White Gym	Chinese meditative practices which use slow graceful movements and controlled breathing techniques that strengthen your mind-body connection, reduce stress, promote serenity, and improve circulation.
<b>Pottery and Ceramics</b>	Mondays	1 – 3 p.m. Art room	Get your hands dirty and create an original piece of art using clay with glazes to fire in a kiln.
<b>Fun &amp; Games</b>	Tuesdays	1 – 3 p.m. Multi-purpose room	Different games are played to encourage members to have fun, socialize, and get to know each other.

<b>Northern Virginia Senior Softball</b>	Tuesdays and Thursdays	1 – 3 p.m. Monroe Gym	Seniors practice softball skills as a team.
<b>Yoga</b>	TBD	TBD	The class will be a yoga flow class for all levels to participate and benefit with modifications.
<b>Sewing - Registered Senior Center members only</b>	Wednesdays	12:30 – 3:30 p.m. Multi-purpose room	Sewing class where the instructor will teach the basics of sewing and how to use a sewing machine for simple projects. Please bring your machine if you have one. Class size is limited to the number of sewing machines.
<b>Adult Ping Pong Club</b>	Wednesdays	1 – 3 p.m. Monroe Gym	All Fairfax County adult members are welcome to play.
<b>Nutrition and Wellness Club</b>	Thursdays	1 – 3 p.m. Multi-purpose room	Together we will learn about healthy diet and nutrition, cooking for two, share recipes, and even prepare some dishes together!
<b>Independent Activities</b>	Fridays	1 – 3 p.m.	The Multipurpose room will be available for a choice of activities per participants. Activities range from jewelry making, origami, karaoke, and more. Help in the community garden is always an option too.
<b>Advanced Line Dancing</b>	Fridays	1 – 3 p.m. Monroe Gym	Join other dancers and learn more mastered skills of line dance. Great exercise at a higher intensity level.
<b>EVENING/WEEKEND PROGRAMMING</b>			
<b>Adult Recreation Basketball</b>	Mondays	6 – 9 p.m. White Gym	Open gym for all skill level basketball program that helps foster athleticism and increase health and cardio.
<b>Adult Recreation Pickleball</b>	Tuesdays	6 – 9 p.m. Monroe Gym	Paddle sport for all and is fun! Think of it as table tennis, meets traditional tennis, meets badminton.
<b>Zumba</b>	Wednesdays Saturdays	7 – 8 p.m. 1 – 2 p.m. Monroe Gym	This course involves fast high intensity exercise with dance movements to music.
<b>Adult Ping Pong Club</b>	Fridays Saturdays	7 – 8 p.m. 2 – 4:30 p.m. Monroe Gym	All Fairfax County adult members are welcome to play.
<b>NOVA United Women’s Basketball</b>	Wednesdays Fridays	5:30 – 9 p.m. White Gym	All skill level basketball program that helps foster athleticism and increase health and cardio. 50+
<b>Adult Badminton</b>	Thursdays Saturdays	6 – 9 p.m. Monroe Gym	All Fairfax County adult members are welcome to play.

## TRIPS OF NECESSITY

Title	When	Time	Description
Walmart	Monday March 11	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch
Dollar Tree	Monday March 25	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch
Aldi	Monday April 8	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch
Wegmans	Monday April 22	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch
Dollar Tree	Monday May 13	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch
Sprouts Grocery store	Monday May 27	10 a.m. – 12:30 p.m.	Trip of Necessity – Shopping and lunch

## CHARTERED TRIPS

The Word Museum	Thursday, February 22	10 a.m. – 2 p.m.	Chartered Trip
Dutch Country Farmer’s Market	Thursday, February 29	10 a.m. – 2 p.m.	Chartered Trip
Capital One Hall	Thursday, March 7	10 a.m. – 2 p.m.	Chartered Trip
National Portrait Gallery	Thursday, March 14	10 a.m. – 2 p.m.	Chartered Trip
Cherry Blossoms	Wednesday, March 27	10 a.m. – 2 p.m.	Chartered Trip
Burnside Farms Festival of Spring	Thursday, April 4	10 a.m. – 2 p.m.	Chartered Trip
Bluebells at Riverbend Park	Wednesday, April 10	10 a.m. – 2 p.m.	Chartered Trip
Torpedo Factory Old Town Alexandria	Thursday, April 18	10 a.m. – 2 p.m.	Chartered Trip
National Zoo	Wednesday, May 8	10 a.m. – 2 p.m.	Chartered Trip
Strawberry Picking	Wednesday, May 15	10 a.m. – 2 p.m.	Chartered Trip
Spirit of Washington	TBD		
<i>Other Chartered Trips TBD</i>			

## SPECIAL EVENTS/CLOSURES

<b>Monthly BIRTHDAY Celebrations</b>	End of each month	Noon	Cake will be served during lunch.
<b>HOLIDAY – Memorial Day</b>	Monday, May 27	CLOSED	Centers will be closed in observance of the holiday.
<b>Special Events - TBD</b>			