



Fairfax County

# Neighborhood & Community Services

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

## Kingstowne Center for Active Adults

**Address:** 6488 Landsdowne Center  
Alexandria, VA 22315

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

**Phone:** 703-339-7676, TTY 711

### March, April, May 2024

#### CLASSES

Title	When	Time	Description
Knitting w/Saadia	Monday	12:30 p.m.	Learn how to Knit w/Saadia
S.A.I.L	Monday	1 p.m.	Staying Active & Independent for Life exercise class
Beginner Spanish	Monday	1 p.m.	Spanish for beginners
Staying Active class	Tuesday	9:45 a.m.	Staying Active & Independent for life exercise class
Technology 101	Tuesday	10:30 a.m.	Find out how to use your iPhone, iPad, or laptop.
Zumba Gold	Tuesday	1:30 p.m.	High energy, Latin inspired, low impact fitness class (\$)
Belly Dancing	Tuesday	2:10 p.m.	Learn Belly Dancing (\$)
Chair Jazzercise	Wednesday	10:30 a.m.	Jazzercise in a chair
Jazzercise Lite	Wednesday	11:30 a.m.	A light version of Jazzercise
S.A.I.L	Wednesday	1 p.m.	Staying Active & Independent for Life exercise class
Therapeutic Hand Massage	Thursday	12 p.m.	Hand exercise with massage
Yoga Flow	Thursday	9:10 a.m.	Yoga Flow class (\$)
Knitting w/Saadia	Thursday	1 p.m.	Learn how to Knit w/Saadia
Fit-4-Life	Thursday	10:30 a.m.	Exercises for the whole body (\$)
Staying Alive	Thursday	11:45 a.m.	Staying Active & independent for life exercise class
Ballroom Dancing Basic Steps	Thursday	1 p.m.	Learn basic ballroom dancing steps (\$)
Intermediate Spanish	Thursday	10:30 a.m.	Advance Spanish
Basic Pilates	Friday	9:15 a.m.	Pilates class (\$)
Sunshine Store	Friday	10:30-11:30 a.m.	Come and purchase used, or new items donated by members and staff.

<b>ACTIVITIES</b>			
<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Open Gym	Monday – Friday	9 a.m. – 4 p.m.	Treadmill, Recumbent bike, Elliptical machine, SCIFIT2 total Body work out machine, & hand weights
Mahjong	Tuesday	9 a.m. – 2 p.m.	A tile-based game of skill, strategy, and luck
Open Computer Lab	Monday-Friday	9 a.m. – 4 p.m.	Check your emails, look for work or volunteer opportunities
Artist helping Artists	Tuesday	9:30 – 11:30 a.m.	Artists doing art together
Tai Chi	Tuesday	9:30 – 10:30 a.m.	Vietnamese Tai Chi
Tai Chi	Tuesday	10:45-11:45 a.m.	Vietnamese Tai Chi
Page Turners Book Club	4 <sup>th</sup> Tuesday	Noon-2p.m.	Take a journey with us through the wonderful world of book reading. Come turn some pages with us!
Bridge	Friday	1– 3:45 p.m.	A 52-card deck game played with 4 players
Creative Writing	Monday	10:30-11:30 a.m.	Release your creativity by writing your thoughts on different subjects each week
Dance Around the World	Monday	12 noon - 1 p.m.	Come and share your different culture dances with other members
History Club	Friday (2 <sup>nd</sup> & 4 <sup>th</sup> )	12:30 – 2:30 p.m.	History video & discussion group
Bingo	Friday	12:30 - 1:30p.m.	Join us for fun with Bingo!
<b>Special Events / Trips</b>			
<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Trip of Necessity	Wednesday	10:15 a.m.	Shopping
AARP Scam Presentation	Tuesday 3/12/24	12 noon	Information
<b>Community Events</b>			
<b>Title</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
R.O.M.E.O group meeting	2 <sup>nd</sup> Thursday, Mar 14, April 11 and May 9	9 a.m.	Join the “Retired Ole Men Eating Out” at a local restaurant for great conversation. Call the center for the name and location of the chosen restaurant.
Game Night	3 <sup>rd</sup> Friday, Mar 15, April 18 and May 16	3- 8 p.m.	Join community members and challenge them to a game of Rummikub, Mahjong or Kings in the Corner.
Advisory Council Meeting	3 <sup>rd</sup> Tuesday Mar 19 April 16 and May 21	12:30 p.m.	Advisory Council Mtg meets to discuss programs and ideas for fundraising. Open to the public.

HOLIDAY / CENTER CLOSURES

Title	When	Time	Description
Memorial Day	May 27	All Day	Center closed