



Fairfax County

Neighborhood & Community Services

Wakefield Senior Center

**Address 8100 Braddock Road
Annandale VA 22003**

Hours: Monday—Friday, 9 a.m. to 4 p.m.
Center will be closed on
Monday, May 27

Phone: 703-321-3000, TTY 711

March, April, May 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Interactive Games	Tuesdays	1-1:30 p.m.	Competitive Games; Board, Cards, Dominoes...more
Learn Something New (Library)	Tuesday, Nov. 21	10-2 p.m.	Librarian Help: Even Know-it-All's don't Know It All
Wacky Wednesday	Wednesdays	10:45 -11:30 a.m.	Clean humor, jokes, cartoons, funnies
Healthy Eating: Nutrition Activities	Wednesdays	10-11 a.m.	Recipes, Puzzles, Demonstrations, and Presentations
Bridge	Wednesdays	12:30 p.m.—3:30	Social Bridge for Players with Some Experience
Open Art Studio	Thursdays	1:30 p.m.—3:30 p.m.	Artists Creating Together for Pointers and Fun
Basic Sewing Classes	Fridays	2-3 p.m.	Learn the Basics on How to Use a Sewing Machine
Crafting/Beading	Fridays	10:30 a.m.	Self-Directed and Satisfying Styling and Stringing
Let's Get Moving	Fridays	11:00 a.m.	Time to stretch!
Bingo	Fridays	1 p.m.	Everybody Wins, Free and Friendly
Teddy Bear Crafting	Fridays	1 p.m.—3 p.m.	Help Make Teddy Bears for Inova Children's Hospital

CLASSES

Classes Start March 4 and ends May 17

	When	Time	Description
Chair Yoga	Mondays	12:30 p.m.	Low-impact Seated Yoga
Beginner Tai Chi	Mondays	1:45 p.m.	The Chinese Meditative Movement Tradition
Advanced Tai Chi	Mondays	2:45 p.m.	The Chinese Meditative Movement Tradition

Technology w/Steve	2 nd Thursday	1-3p.m.	Assistant with phones, laptops, tablets, and desktop computers
Line Dancing	Tuesdays	10 a.m.—noon	Modern Unison Line Dancing in Various Styles
S.A.I.L.	Wednesdays	9:45 a.m.	Stay Active and Independent for Life-Balance & Strength
Zumba Gold	Wednesdays	11 a.m.	Lower Intensity Zumba with the same Latin music and dance allowing you time to learn the basic Zumba steps
Zumba Gold Toning	Thursdays	10:30 a.m.	Zumba with hand weights created for active older adults
Yoga	Thursdays	11:45 a.m.	Low Intensity Mat Yoga
S.A.I.L.	Fridays	9:45 a.m.	Stay Active and Independent for Life-Balance & Strength
Fun w/Fitness	Fridays	11 a.m.	Exercise with a variety of equipment.

Special Events / Trips

March-May 2024

Title	When	Time	Description
TRIP: Giant/Dollar Tree	Tuesday, March 5	10 a.m.—1 p.m.	Shopping Trip of Necessity/Lunch
TRIP: Capital One Hall	Thursday, March 7	10 a.m.—1 p.m.	Charter
TRIP: National Museum of Women in the Arts	Wednesday, March 13	10 a.m.—1 p.m.	Charter
Trip: 1799 Prime Steak & Seafood	Wednesday, March 20	10a.m.-1p.m.	Shopping Trip of Necessity/Lunch
TRIP: Spy Museum	Wednesday, March 27	10 a.m.—1 p.m.	Charter
TRIP: Cherry Blossoms	Wednesday, April 3	10 a.m.—1 p.m.	Charter
TRIP: Capital One Hall	Friday, April 5	10 a.m.—1 p.m.	Charter Trip
TRIP: Target	Wednesday, April 24	10a.m. -1 p.m.	. Shopping Trip of Necessity/Lunch
TRIP: Tysons Corner	Friday, May 3	10 a.m.—1 p.m.	Shopping Trip of Necessity/Lunch
TRIP: Museum of the Bible	Friday, May 17		Charter
TRIP: Walmart	Friday, May 24	10 a.m.—1 p.m.	Shopping Trip of Necessity
TRIP: Tanger Outlet	Wednesday, May 29	10 a.m. - 1:00 p.m.	Charter