



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Sully Senior Center

Address: 13800 Wall Rd.
Herndon, VA 20171

Hours: Monday– Friday, 8 a.m. to 4 p.m.

Phone: 703-322-4475, TTY 711

March 2024

FITNESS CLASSES

Title	When	Time	Description
Chair Exercise Video	Monday, Wednesday, & Friday (Senior Room)	10:30 a.m. – 11 a.m.	Chair exercises are a fantastic way to stay active and maintain fitness. It can help you improve flexibility, strength, and overall well-being.
Stay Active/Independent for Life (SAIL)	Mondays (Gym)	10:30 a.m. – 11:30 a.m.	Stretching, Strengthening, and moving to the music while seated or standing.
Strength Training	Tuesdays (Gym)	10:30 a.m. – 11:30 a.m.	Hand weights are used to strengthen muscles to music. Fun seated or standing fitness class to strengthen muscles and to improve balance.
Zumba	Mondays (Gym)	1:30 p.m. – 2:30 p.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more.
Advanced Line Dancing Club	Tuesdays & Thursdays (Yoga Room)	12:30 p.m.- 1 p.m.	Just dancing – no lesson.
Beginning Line Dancing Class	Tuesdays & Thursdays (Yoga Room)	1 p.m. – 2 p.m.	Fun beginner level dances to learn the basic steps.

***Allergy Alert: No perfume, cologne, or scented body products may be worn to the center.**



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Intermediate Line Dancing Class	Tuesdays & Thursdays (Yoga Room)	1:30 p.m. – 2:30 p.m.	Adults who enjoy Line Dancing meet for free intermediate level classes.
Gentle Mat Yoga	Mondays Wednesdays (Yoga Room)	9 a.m. – 10:15 a.m. 9 a.m. - 10 a.m.	A gentle floor yoga, strengthening, balancing and flexibility for advanced beginners.
Tai Chi Class	Tuesdays (Yoga Room)	10 a.m. – 11 a.m. Beginner 11 a.m. - Noon Intermediate	A gentle movements class to develop strength and balance.
Jazzercise LO	Wednesdays & Thursdays (Gym)	10:30 a.m. – 11:30 a.m.	Fun, choreographed exercise class with trendy music.
Cardio Drumming	Wednesdays (Yoga Room)	1 p.m. – 1:45 p.m.	Fun seated or standing class where we learn choreographed drumming routines to upbeat music.
Stay Active/Independent for Life (SAIL)	Fridays (Gym)	10:30 a.m. – 11:30 a.m.	Stretching, Strengthening, and moving to the music while seated or standing.
Zumba Gold with Chairs	Fridays (Yoga Room)	12:30 p.m. – 1 p.m.	This unique training program teaches the basic dance steps needed to participate ages 70 and up. It incorporates physical exercises using chairs, gentle Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more.
Zumba Gold	Fridays (Gym)	1 p.m. – 2 p.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more.

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TRIPS			
Title	When	Time	Description
Necessity Trip: Walmart, Fair Lakes	Friday, March 1	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Trip: Restaurant and outings with DATA	Thursday, March 7	10 a.m. – 1:45 p.m.	Our partner, the Dulles Area Transportation Association, is taking seniors on a field trip. Teaching seniors how to purchase Smart Cards and showing them how to use the cards to go different places.
Necessity Trip: Manassas Mall	Friday, March 8	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Wegmans of Chantilly	Friday, March 15	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Fresh World of Herndon	Friday, March 22	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Trip: Lotte & Lunch at IHOP	Monday, March 25	10 a.m. – 1:45 p.m.	Come and join us on this trip.
Charter Trip: National Mall, DC - Cherry Blossoms	Tuesday, March 26	10 a.m. – 1:45 p.m.	Come and join us on this trip.
Trip: Walmart & Lunch at Olive Garden	Wednesday, March 27	10 a.m. – 1:45 p.m.	Come and join us on this trip.
Necessity Trip: Safeway, Fairfax Towne Center	Friday, March 29	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
CONTINUED LEARNING CLASSES			
Title	When	Time	Description
Painting Class	Wednesdays, & Thursdays	10:30 a.m. – Noon	Learning how to draw and paint with our instructor. Beginners welcome!
Diamond Painting Club	Mondays	1 p.m. – 2 p.m.	Diamond Painting is a fun and creative activity that can provide enjoyment for crafters both young and old. Based on a similar concept to paint-by-numbers and cross-stitch, diamond painting involves the placement of small resin 'drills' that resemble diamonds onto a printed canvas, to create a shiny mosaic work of art.
Photography Class for Entertainment	Tuesdays	10:30 a.m. –	Learning the basics of photography and camera functions

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		11:30 a.m.	for entertainment.
Reading & Writing Support	Tuesdays	11:15 a.m. – 11:45 a.m.	Getting strategies to help struggling readers and tips to improve writing skills.
Beginner Spanish Class	Tuesdays	1 p.m. – 2 p.m.	An introductory Spanish course may touch on the alphabet, numbers, pronunciation, verb conjugation, personal pronouns, basic phrases and vocabulary, and conversation.
Computer Classes	Tuesdays & Thursdays	12:30 p.m. – 1:30 p.m.	Beginning computer lessons.
Knitting & Crochet Club	Wednesdays	1 p.m. – 2 p.m.	New and experienced Knitters and Crocheters welcome!
English as a Second Language Class (ESL)	Wednesdays	1 p.m. – 2 p.m.	Teaching non-native English speakers' English language skills, including vocabulary, speaking, reading, and writing, and conversational skills.
Cooking Demo	Once Wednesday a month	12:30 p.m.	Getting some healthy food tips and cooking something yummy.
Sewing Club	Thursdays	1 p.m. – 2 p.m.	Meeting people who love sewing and it's a great way to improve your skills, discover new patterns and fabrics, and have some fun.
American Sign Language Class	Fridays	11 a.m.- Noon	Introducing the basic American Sign Language (ASL) skills, focusing on communication in a cultural context. Covers fingerspelling, basic vocabulary and grammatical structures, and the development of visual receptive and gestural expressive skills.
Jewelry Making Club	Fridays	1 p.m. – 2 p.m.	Learning how to create and making jewelry using beads and other materials.

**COMMUNITY MEETINGS, ENTERTAINMENT
AND PARTNERSHIPS**

Title	When	Time	Description
County Public Library	2 nd Wednesday	11 a.m. – 11:45 a.m.	Pop-up library of books, craft activities and showcase of library resources "Library of Things"
Rising Phoenix	Wednesday, March 20	12:15 p.m. – 1 p.m.	Fun music to sing and dance to

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Fairfax County Fire & Rescue	Thursday, March 21	12:45 p.m.	Give-a-ways and public info
Advisory Council Meeting	4 th Thursday	11:30 a.m.	The Center Leadership team meets once a month

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April 2024

FITNESS CLASSES

Title	When	Time	Description
Chair Exercise Video	Monday, Wednesday, & Friday (Senior Room)	10:30 a.m. – 11 a.m.	Chair exercises are a fantastic way to stay active and maintain fitness. It can help you improve flexibility, strength, and overall well-being.
Stay Active/Independent for Life (SAIL)	Mondays (Gym)	10:30 a.m. – 11:30 a.m.	Stretching, Strengthening, and moving to the music while seated or standing.
Strength Training	Tuesdays (Gym)	10:30 a.m. – 11:30 a.m.	Hand weights are used to strengthen muscles to music. Fun seated or standing fitness class to strengthen muscles and to improve balance.
Zumba	Mondays (Gym)	1:30 p.m. – 2:30 p.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more.
Advanced Line Dancing Club	Tuesdays & Thursdays (Yoga Room)	12:30 p.m. - 1 p.m.	Just dancing – no lesson
Beginning Line Dancing Class	Tuesdays & Thursdays (Yoga Room)	1 p.m. – 2 p.m.	Fun beginner level dances to learn the basic steps.

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Intermediate Line Dancing Class	Tuesdays & Thursdays (Yoga Room)	1:30 p.m. – 2:30 p.m.	Adults who enjoy Line Dancing meet for free intermediate level classes.
Gentle Mat Yoga	Mondays Wednesdays (Yoga Room)	9 a.m. -10:15 a.m. 9 a.m. -10 a.m.	A gentle floor yoga, strengthening, balancing and flexibility for advanced beginners.
Tai Chi Class	Tuesdays (Yoga Room)	10 a.m. – 11 a.m. Beginner 11 a.m. - Noon Intermediate	A gentle movements class to develop strength and balance.
Jazzercise LO	Wednesdays & Thursdays (Gym)	10:30 a.m. – 11:30 a.m.	Fun, choreographed exercise class with trendy music.
Cardio Drumming	Wednesdays (Yoga Room)	1 p.m. – 1:45 p.m.	Fun seated or standing class where we learn choreographed drumming routines to upbeat music.
Stay Active/Independent for Life (SAIL)	Fridays (Gym)	10:30 a.m. – 11:30 a.m.	Stretching, Strengthening, and moving to the music while seated or standing.
Zumba Gold with Chairs	Fridays (Yoga Room)	12:30 p.m. – 1 p.m.	This unique training program teaches the basic dance steps needed to participate ages 70 and up. It incorporates physical exercises using chairs, gentle Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more.
Zumba Gold	Fridays (Gym)	1 p.m. – 2 p.m.	This unique training program teaches the basic dance steps needed to participate in your first Zumba class. It incorporates physical exercises using light Zumba weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more.

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TRIPS			
Title	When	Time	Description
Trip: Restaurant and outings with DATA	Wednesday, April 3	10 a.m. – 1:45 p.m.	Our partner, the Dulles Area Transportation Association, is taking seniors on a field trip. Teaching seniors how to purchase Smart Cards and showing them how to use the cards to go different places.
Necessity Trip: Walmart, Fair Lakes	Friday, April 5	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Greenbriar, Chantilly	Friday, April 12	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Lotte of Chantilly	Friday, April 19	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Golden Corral, Manassas	Friday, April 26	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Charter Trip: The White House, DC	Tuesday, April 30	10 a.m. – 1:45 p.m.	Come and join us on this trip.

CONTINUED LEARNING CLASSES			
Title	When	Time	Description
Painting Class	Wednesdays, & Thursdays	10:30 a.m. – Noon	Learning how to draw and paint with our instructor. Beginners welcome!
Diamond Painting Club	Mondays	1 p.m. – 2 p.m.	Diamond Painting is a fun and creative activity that can provide enjoyment for crafters both young and old. Based on a similar concept to paint-by-numbers and cross-stitch, diamond painting involves the placement of small resin 'drills' that resemble diamonds onto a printed canvas, to create a shiny mosaic work of art.
Photography Class for Entertainment	Tuesdays	10:30 a.m. – 11:30 a.m.	Learning the basics of photography and camera functions for entertainment.
Reading & Writing Support	Tuesdays	11:15 a.m. – 11:45 a.m.	Getting strategies to help struggling readers and tips to improve writing skills.
Beginner Spanish Class	Tuesdays	1 p.m. – 2 p.m.	An introductory Spanish course may touch on the alphabet, numbers, pronunciation, verb conjugation, personal pronouns, basic phrases and vocabulary, and conversation.

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Computer Classes	Tuesdays & Thursdays	12:30 – 1:30 p.m.	Beginning computer lessons
Knitting & Crochet Class	Wednesdays	1 p.m. – 2 p.m.	New and experienced Knitters and Crocheters welcome!
English as a Second Language Class (ESL)	Wednesdays	1 p.m. – 2 p.m.	Teaching non-native English speakers English language skills, including vocabulary, speaking, reading, and writing, and conversational skills.
Cooking Demo	Once Wednesday a month	12:30 p.m.	Getting some healthy food tips and cooking something yummy.
American Sign Language Class	Fridays	11 a.m.- Noon	Introducing the basic American Sign Language (ASL) skills, focusing on communication in a cultural context. Covers fingerspelling, basic vocabulary and grammatical structures, and the development of visual receptive and gestural expressive skills.
Jewelry Making Club	Fridays	1 p.m. – 2 p.m.	Learning how to create and making jewelry using beads and other materials.

COMMUNITY MEETINGS, ENTERTAINMENT AND PARTNERSHIPS

Title	When	Time	Description
County Public Library	2 nd Wednesday	11 a.m. –11:45 a.m.	Pop-up library of books, craft activities and showcase of library resources “Library of Things”
Rising Phoenix	Wednesday, April 17	12:15 p.m.	Fun music to sing and dance to!
Fairfax County Fire & Rescue	Thursday, April 18	12:45 p.m.	Give-a-ways and public info.
Advisory Council Meeting	4 th Thursday	11:30 a.m.	The Center Leadership team meets once a month

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May 2024

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TRIPS			
Title	When	Time	Description
Necessity Trip: Walmart, Fair Lakes	Friday, May 3	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Trip: Restaurant and outings with DATA	Tuesday, May 7	10 a.m. – 1:45 p.m.	Our partner, the Dulles Area Transportation Association, is taking seniors on a field trip. Teaching seniors how to purchase Smart Cards and showing them how to use the cards to go different places.
Necessity Trip: Lidl of Chantilly	Friday, May 10	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Dulles Landing Shopping Center	Friday, May 17	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Necessity Trip: Manassas Mall	Friday, May 24	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
Charter Trip: The National Arboretum, DC	Tuesday, May 28	10 a.m. – 1:45 p.m.	Come and join us on this trip.
Necessity Trip: Aldi of Chantilly	Friday, May 31	10 a.m. – 1:45 p.m.	Necessity Trip for food and shopping
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Title	When	Time	Description
Painting Class	Wednesdays, & Thursdays	10:30 a.m. – Noon	Learning how to draw and paint with our instructor. Beginners welcome!
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Photography Class for Entertainment	Tuesdays	10:30 a.m. –11:30 a.m.	Learning the basics of photography and camera functions for entertainment.
Reading & Writing Support	Tuesdays	11:15 a.m. – 11:45 a.m.	Getting strategies to help struggling readers and tips to improve writing skills.

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Rising Phoenix	Wednesday, May 15	12:15 p.m.	Fun music to sing and dance to!
Fairfax County Fire & Rescue	Thursday, May 16	12:45 p.m.	Give-a-ways and public info.
Advisory Council Meeting	4 th Thursday	11:30 a.m.	The Center Leadership team meets once a month.

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