



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Lincolnia Senior Center

Address: 4710 North Chambliss Street, Alexandria, Virginia 22312

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

Phone: 703-914-1365, TTY 711

March - May 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Current Events	Second Wednesday of the month March 13 April 10 May 8	10 a.m.	Sessions are led by a professional facilitator and built upon the personal experience and knowledge of the participants. This course is a discussion of the current issues of the day including politics, economy, health care, technology, local, state, and national electors/candidates, scientific breakthroughs, foreign affairs, and general cultural issues.
Reeve-Rx Relax Adaptive Yoga	Mondays & Fridays	10:30 a.m.	Reeve-RxRelax Yoga is a tested method of teaching yoga and facilitating healthier lifestyles. The practice is gentle, subtle, powerful, and fun. Yoga and mindfulness can be helpful for over 100 physical and mental health conditions, and this program creates a strong foundation for the body, a more robust brain, and a resilient outlook on life. This seated yoga class is brought to Fairfax County by a special partnership with The Christopher & Dana Reeve Foundation and RxRelax. No prior experience, special clothing or equipment is required. <u>Please bring socks to participate. No mat is required.</u> Please join us!

Music Lovers Unite	2 Wednesdays a month (Please call the center as dates may change).	1 p.m.	Twice a month there will be a theme to prompt music selections. Experience music across the decades and enjoy new selections in the company of other music lovers.
Karaoke	Mondays and Thursdays	1 p.m.	Select a song you love and an artist you enjoy. Everyone will get a chance to sing. Come and enjoy a beautiful noise and a good time as we cheer for one another!
Brush Painting	Mondays	1 p.m.	Explore the art of brush painting! We practice with bamboo brushes on plain paper then when skills are established, we explore traditional rice paper. Students are encouraged to bring their own supplies.
Donuts with Dana	Thursdays	11 a.m.	Our Recreation Therapist, Dana Bradford, is a wonderful facilitator that brings topics in for discussion of all types. Enjoy a donut or a healthy snack that is offered and partake in the conversation and connecting with others in meaningful discussion.
Lively Lounge	Fridays	1 p.m.	Do you want to challenge your brain? We have gathered different types of puzzles to challenge the group. There will be brain games and discussion.
Treasure Trove (Springfield) (Springfield Plaza includes Giant, Trader Joe's, and Popeye's)	Friday, March 1	10 a.m. – 2 p.m.	Enjoy the restaurants and shops. The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Dutch Country Market	Thursday, March 7	10 a.m. – 2 p.m.	Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Landmark Shopping Plaza (Ross, Dollar Tree, Marshalls, Bobby Lobby)	Friday, March 15	10 a.m. – 2 p.m.	There's shops, restaurants, and errands to get caught up on! A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)

Trip: Marshall's (Loisdale Shopping Center Springfield includes DSW, Barnes & Nobles, and Party City)	Friday, March 22	10 a.m. – 2 p.m.	Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Wal-Mart, Kingstowne	Friday, March 29	10 a.m. – 2 p.m.	Do your everyday shopping at Wal-Mart. The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Kohl's, Kingstowne	Thursday, April 4	10 a.m. – 2 p.m.	Do your everyday shopping at Kohl's. There are clothes, toiletries, gifts, and household items. The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Aldi, Little River Turnpike (Starbucks and Tropical Smoothie,	Friday, April 12	10 a.m. – 2 p.m.	There are so many shops and restaurants to explore. Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Giant, Backlick Road	Friday, April 19	10 a.m. – 2 p.m.	There are so many shops and restaurants to explore. Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Wal-Mart, Fairfax	Friday, April 26	10 a.m. – 2 p.m.	There are so many shops and restaurants to explore. Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Dutch Country Market, Laurel, Maryland	Friday, May 3	10 a.m. – 2 p.m.	There are so many shops and restaurants to explore. Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)

Trip: 2 nd Avenue Thrift Store, Alexandria	Friday, May 10	10 a.m. – 2 p.m.	Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Aldi, Columbia Turnpike (Silverado's, Burger King, Tiffany's Bakery)	Tuesday, May 17	10 a.m. – 2 p.m.	So many shops, so little time. We will provide a directory so you can plan your shopping accordingly. The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)
Trip: Target, Mosaic	Friday, May 24	10 a.m. – 2 p.m.	Spend the day with us and let's venture together! The cost is \$1 for the bus. A bag lunch will be offered and enrollment in the Congregate Meal Program is needed. Meal donations will be accepted at the time of checking in for the trip. (RR)

CLASSES

Title	When	Time	Description
Winter Session	March - May		Try a new pass time during the Spring months! Thanks to rolling enrollment there is no wrong time to register! Try a new class or program today.
Ballroom	Wednesdays	11 a.m. – 12:30 p.m.	Ballroom - a variety of exercises relevant to maintaining your dance skills. Ballroom, Argentine Tango, Latin, etc.
Line Dance with Maria	Wednesdays & Fridays	1:15 – 2:15 p.m.	Maria plays music nonstop for the hour! This class is free and led by our wonderful volunteer.
Line Dance with Susie	Saturdays	10 a.m. - noon	Susie leads a powerful line dance class with both old and new steps. This class is geared towards intermediate/advanced line dancers. You certainly will be sweating! The cost is \$10 per session.

<p style="text-align: center;">SAIL (Stay Active and Independent for Life)</p>	<p style="text-align: center;">Thursdays</p>	<p style="text-align: center;">10:15 a.m.</p>	<p>There are up to 20 participants in each class and exercises can be done standing or sitting. The class includes aerobics, balance exercises, strength training with wrist and ankle weights, and stretching exercises. Classes are led by certified leaders who have attended training specific to leading SAIL classes for older adults. SAIL has been approved by the Administration for Community Living (ACL) (previously known as the Administration on Aging) as an evidence-based program.</p> <p>The SAIL exercise class is a strength, balance and fitness program for adults 65 and older that meets three times per week for one hour. There are up to 20 participants in each class and exercises can be done standing or sitting. The class includes aerobics, balance exercises, strength training with wrist and ankle weights, and stretching exercises. Classes are led by certified leaders who have attended training specific to leading SAIL classes for older adults. SAIL has been approved by the Administration for Community Living (ACL) (previously known as the Administration on Aging) as an evidence-based program.</p>
<p style="text-align: center;">Integral Tai Chi</p>	<p style="text-align: center;">Wednesdays</p>	<p style="text-align: center;">9:45 a.m.</p>	<p>Integral Tai Chi combines Yoga, Tai Chi, and Chi Gung. The class promotes physical wellness, sharpen mental focus - the result is improved total wellbeing. Volunteer Instructor, Jack (Viet-Dung) Hoang, is a long-time instructor at two other centers and will add Lincolnia to his class locations. This class is free.</p>
<p style="text-align: center;">Tai Chi</p>	<p style="text-align: center;">Mondays, Tuesdays, Fridays</p>	<p style="text-align: center;">9 a.m.</p>	<p>This class has returned to Lincolnia Senior Center. This is an excellent class for stress relief. Tai Chi is a healthy, non-impact exercise and effective martial art. It features slow and graceful movements suitable for producing and maintaining general physical fitness and overall health. You must register for this class at Lincolnia Senior Center. This class is led by our volunteer, Walt White.</p>

Tap Class	Mondays	Noon – 1 p.m.	Join our volunteer, Sue Skaddan, in learning a new dance every two months. Please call the center to enroll in the next class as it might be different than the regular session for the quarter.
Computer and Technology Assistance	Mondays	1 – 3 p.m.	Our volunteer Steven will be available on Mondays to assist with technology questions both computer, and cell phone challenges.
Billiards	Monday – Friday	9 a.m. – 3:30 p.m.	Lincolnia has 4 regulation sized tables, cues to share, and usually someone to play a game with. Try out our tournaments on Tuesdays 8 Ball is 1 st , 3 rd , and 5 th Tuesdays, and 9 Ball is 2 nd , and 4 th .
Table Tennis	Mondays 10:15 a.m. – 1:15 p.m. Tuesdays 11:30 a.m. – 3:45 p.m. Wednesdays 8:15 a.m. – 9:15 a.m. (non-competitive play), 2:30 p.m. – 3:45 p.m. Thursdays 1:30 p.m. – 3:45 p.m. Fridays 9:30 a.m. – 12:30 p.m., 2:30 p.m. – 3:45 p.m.	Play times may change.	Lincolnia has multiple tables and usually space for a game if not the whole hall. Call for play times to ensure the tables are available.
Saturday Tea Dance	1 st , 2 nd , 3 rd , and 4 th Saturdays	2 – 4 p.m.	Enjoy a variety of ballroom dances. The cost is \$5 for the session for members or \$2 at the door for non-members. Everyone is required to have a membership form completed.
Tango	2 nd and 4 th Saturdays	4 – 6 p.m.	Enjoy this beautiful dance with other dancers. The cost is \$5 for the session for members or \$2 at the door for non-members. Everyone is required to have a membership form completed.