



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Little River Glen Senior Center

Address: 4001 Barker Court
Fairfax, VA 22032

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

Phone: 703-503-8703, TTY 711

March 2024 - May 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Open Computer Lab	Daily	9-4 p.m.	Open computer lab
Exercise Equipment	Daily	8-4 p.m.	Open use for a variety of exercise equipment.
Lunch	Daily	Noon	Meals are served daily. Must preorder by noon of the previous day in advance to be eligible.
Ping Pong	Daily	2 p.m.	Bring a partner and play Ping Pong, basic equipment provided.
Computer Help	Daily	Varies (10 a.m.-Noon)	Computer assistance provided
Table Games	Daily	8 – 4 p.m.	Learn and participate in new board games.
This Week In History	Mondays	10 a.m.	Learn and enjoy conversation about different historical events throughout history for the week.
Chair Exercise	Mon-Fri	11 a.m.	Exercises focused on strengthening and stretching and of course fun!
Mind & Body	Mondays	1 p.m.	Tai chi for beginners
Musician's Club	Mondays	2 p.m.	If you have an instrument you'd like to practice with other fellow musicians, please join us for an hour of jamming out!
Wii Bowling	Tuesdays	9:30 a.m.	Group game of Wii Bowling.
LRG Tap	Tuesdays	10 a.m. - Noon	Self-run center TAP Club
Brain Games w/ Stacey	Tuesdays	10:15 a.m.	Interact socially in a memory-based activity.

LRG Chorus	Tuesdays	1 p.m.	Self-run center Chorus group.
Knit & Crochet Club	Tuesdays	2 p.m.	All levels of knitting and crocheting. Participants will be able to learn about different needles, yarns, or patterns.
Art Workshop with George	March 13 & 27	10 a.m.	A volunteer led art workshop
Art Workshop with George	April 10 & 24	10 a.m.	A volunteer led art workshop
Art Workshop with George	May 8 & 22	10 a.m.	A volunteer led art workshop
Art Workshop with Yolanda	March 6 & 20	10 a.m.	A volunteer led art workshop
Art Workshop with Yolanda	April 3 & 17	10 a.m.	A volunteer led art workshop
Art Workshop with Yolanda	May 1 & 15	10 a.m.	A volunteer led art workshop
Name That Tune	Wednesdays	9:30 a.m.	Enjoy music and guessing the song of your old-time favorites!
Music & Karaoke w/ Gladys	Wednesday	11 a.m.	Listen to music to reflect and enjoy
Creative Writing w/ Theresa	Wednesdays	1:30 p.m.	Group creative writing with various prompts lead by Rec Therapist Theresa
Mind & Body	Thursday	9:15 a.m. – 10 a.m.	Tai chi for beginners.
Brain Games	Thursday	9:30 a.m.	Interact socially in a memory-based activity.
Great Courses w/ Ronja	Thursday	10 a.m.	Group Discussion about various historical events.
Intermediate French Language Club	Thursday	2:30 p.m.	Group of French speakers that come together to talk
Guided Meditation w/ Theresa	Fridays	9:30 a.m.	Join our Rec Therapist Theresa for a guided meditation to start your day off right!
Diamond Dot Art w/ Deb	Fridays	10 a.m.	Diamond Dot Art Projects that you work on each week.
Word Games w/ Eileen	Friday	11:15 a.m.	Brain Game activities for participants to enjoy.
Tai Chi Club	Fridays	1 p.m.-3 p.m.	A volunteer led Group Tai Chi.
Bingo	Fridays	1 p.m.	Interact socially in a mildly competitive environment.
Jewelry Making	March 25	11 a.m.	Interacting socially through the art of crafting jewelry
Jewelry Making	April 22	11 a.m.	Interacting socially through the art of crafting jewelry
Jewelry Making	May 13	11 a.m.	Interacting socially through the art of crafting jewelry
<u>CLASSES</u>			
Title	When	Time	Description
Mat Yoga	Monday	9 a.m.	Floor Yoga.
Chair Yoga	Monday	10:00 a.m.	Chair based/Gentle Yoga exercises.
Zumba Gold w/ Millette	Monday	10:00 a.m.	Zumba (Combination of Fast/gentle pace) focused on building Coordination and Strength
SAIL (Level 3)	Monday	11:15 a.m.	60 minutes of standing and or/sitting exercises designed to help maintain and increase your balance.

SAIL (Level 1 & 2)	Tuesday	10 a.m.	60 minutes of standing and/or sitting exercises designed to help maintain and increase your balance.
Intermediate Spanish w/ Gladys	Tuesday	11 a.m.	Intermediate class to learning Spanish with our Assistant Director, Gladys Melgar. Practice and learn without stress!
Zumba Gold w/Millette	Wednesday	9 a.m.	Zumba (Fast pace) focused on building Coordination and Strength.
Standing Tai Chi Gung w/ Victoria	Wednesday	9 a.m.	Centering self-balance activities, to connect with your body, mind, and spirit.
SAIL (Level 1 & 2)	Wednesday	10 a.m.	60 minutes of standing and or/sitting exercises designed to help maintain and increase your balance.
Seated Tai Chi Gung w/ Victoria	Wednesday	10:30 a.m.	Centering self-balance activities, to connect with your body, mind, and spirit. This class is offered taught
Tai Chi w/ Victoria	Wednesday	11:30 a.m.	Centering self-balance activities, to connect with your body, mind, and spirit.
Intermediate Guitar Class	Wednesday	1:30 p.m.	A one-hour class each week to help you learn guitar basics and how to play different songs. Practice is a must for this class!
Piano	Thursday	9a.m. – 1 p.m.	15 min increments of Piano lessons
SAIL (Level 1 & 2)	Thursday	10 a.m.	60 minutes of standing and or/sitting exercises designed to help maintain and increase your balance.
Stretch Chair Yoga w/ Heike	Thursday	10:15 a.m.	Chair Yoga focused on stretching all parts of the body.
Beginner ESL	Thursday	11 a.m.	Entry level beginner's English language course.
Beginner Spanish w/ Gladys	Thursday	1 p.m.	Beginner class to learning Spanish with our Assistant Director, Gladys Melgar. Each week has a different topic and fun activities to learn the Spanish language!
Voice Class	Thursday	1:30 p.m.-2:30 p.m.	Instructor Led Class that does a group voice class singing a variety of songs.
Chair Yoga	Friday	10 a.m.	Chair based/seated yoga.
Zumba Gold Toning w/Millette	Friday	10 a.m.	Zumba (Bring your 1 Lb. or less weights) focused on building Coordination and Strength.
Beginner ESL	Friday	1:15 p.m.	Entry level beginner's English language courses.
Special Events / Trips			
Title	When	Time	Description
Walmart/Target Fair Lakes	March 7	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Wegmans Fairfax	March 14	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Lidl/Dollar Tree	March 21	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)

Cherry Blossom Trip & Lunch at Spartan's	March 26	10 a.m.	A special trip to see the cherry blossoms in D.C. followed by a lunch at Spartans Restaurant in Burke.
99 Ranch Market	March 28	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Walmart/Target Fair Lakes	April 4	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
National Portrait Gallery	April 8	10:45 a.m.	A special trip to the National Portrait Gallery and to check out their Future of Orchids Exhibit !
Wegmans Fairfax	April 11	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Trader Joes & Whole Foods	April 18	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Amish Market	April 19	10 a.m.	A special trip to the Postal Museum in D.C.
TJ Maxx & Joann's at Fairfax Town Ctr	April 25	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Walmart/Target Fair Lakes	May 2	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
National Museum of Asian Art	May 9	10 a.m.	A special trip the Museum of Asian Art in D.C.
Wegmans Fairfax	May 16	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Green Spring Gardens & Lunch at Firehouse Subs	May 17	10:00 a.m.	A special trip to Green Spring Gardens & lunch at Firehouse Subs.
HMart Fairfax	May 23	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
Giant University Mall	May 30	10:30 a.m.	Shopping trip (return pick up at 1 p.m.)
March Birthday Celebration	March 12	12:30p.m.	Celebration for all December birthdays
April Birthday Celebration	April 9	12:30p.m.	Celebration for all January birthdays
May Birthday Celebration	May 14	12:30p.m.	Celebration for all February birthdays
Show and Tell w/ Lougenia Carnell	March 18	1 p.m.	Volunteer led Show & Tell, with Lougenia Carnell, usually on the 3 Monday of each month
Show and Tell w/ Lougenia Carnell	April 15	1 p.m.	Volunteer led Show & Tell, with Lougenia Carnell, usually on the 3 Monday of each month
Show and Tell w/ Lougenia Carnell	May 20	1 p.m.	Volunteer led Show & Tell, with Lougenia Carnell, usually on the 3 Monday of each month
Community Meetings			
Title	When	Time	Description
Advisory Council Meeting	March 13	11 a.m.	Advisory Council Monthly meeting
Advisory Council Meeting	April 10	11 a.m.	Advisory Council Monthly meeting/Second Wednesday of each month
Advisory Council Meeting	May 8	11 a.m.	Advisory Council Monthly meeting/Second Wednesday of each month