



Fairfax County

Neighborhood & Community Services

Mott Community Center

Address: 12111 Braddock Road
Fairfax, VA 22030

Hours: Mon.– Fri., 9 a.m. to 9 p.m.
Sat., 9 a.m. – 9 p.m.

Phone: 703-278-8605, TTY 711

March 2024, April 2024, and May 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
<u>Youth and Family Programs</u>			
Youth After School Program	Monday - Friday	2:30 – 6 p.m.	Our Afterschool Program, for 1 st – 6 th graders, includes mentoring and team building activities with a focus on Social Emotional Learning and Positive Developmental Relationships. Participants will also be served an afternoon meal each day. All participants must be a registered member
Teens in Action After School Program	Monday – Friday	2:30 – 6 p.m.	After School activities and programs for teens in 7th - 12th grade to include an afternoon meal. The Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve personal resiliency, participate in project-based learning (PBL) and social emotional learning (SEL) activities and projects, and most importantly, have fun!

			Teens will also participate in recreational games and activities for STEAM, homework help, cultural experiences, the arts, character development, mentoring, fitness and nutrition, and leadership opportunities. All participants must be a registered member
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Adult and Senior Programs

Adult FXA Dodgeball	Wednesdays Thursdays	6:30 – 10 p.m. 7 p.m. – 10 p.m.	Adult co-ed dodgeball league run by FXA sports leagues. Sign-up through FXA Sports.
Jazzercise Fairfax	Monday and Tuesday Wednesday, Friday And Saturday	9:30 – 10:30 a.m. and 6:15 – 7:15 p.m. 9:30 - 10:30 a.m.	Jazzercise is a group fitness program for all levels. Classes incorporate HIIT cardio dance moves with strength training for the ultimate full-body workout that can slay your wellness goals! Call 703-909-6449 for more details. Separate paid membership required.
Braddock Road Seniors	Wednesdays	11 a.m. – 2 p.m.	Social group of older adults who meet at the Mott Community Center. Contact group to find out more information, including fees associated with social events.
Open Gym Pickleball	Wednesdays Fridays Saturdays	10:30 a.m. – 12:30 p.m. 12:30 p.m. – 3:30 p.m. Noon – 3 p.m.	Dedicated time in the indoor gym for individuals and pairs to play Pickleball. Equipment is provided. Open to Adults 18+ Times will be changing on April 1, 2024 for Wednesdays to 2:30 p.m. – 4:30 p.m.
Teen Basketball: Open Session	Mondays	7:30 p.m. – 8:45 p.m.	Dedicated time in the indoor gym for individuals and pairs to play Basketball. Equipment is provided. Open to Ages 12-17.
Adult Basketball: Open Gym	Tuesdays Saturdays	7:30 p.m. – 8:45 p.m. 5 p.m. – 8:30 p.m.	Dedicated time in the indoor gym for individuals and pairs to play Basketball. Equipment is provided. Open to Adults 18+
Mahjongg Social Group	Mondays	9:30 a.m.-11:30 a.m.	Dedicated time for older adults to play Mahjongg; Coffee/Tea will be provided. Open to Adults 50+

TEDTalk Learning Seminar	Thursdays	1:30 p.m. – 2:30 p.m.	Join us for a weekly online TEDTalk Presentation on topics that include well-being, health, and assorted offerings. Open to Adults 50+
Spades, Bridge, and Card Games	Thursdays	2p.m. – 3 p.m.	Dedicated time for Older Adults to play Spades, Bridge, and other Card Games. Open to Adults 50+
Board Games Club	Tuesdays	1 p.m. – 2 p.m.	Dedicated time for Older Adults to play a variety of Board Games, including UpWords, Monopoly, Rummikub, and more! Coffee/Tea will be provided. Open to Adults 50+
Dungeons and Dragons Club w/ Jon	Wednesdays	12 p.m. – 1 p.m.	Come roleplay and embark on a grand adventure with your Dungeon master Jonathan and explore your creativity! Open to Adults 50+.
BINGO!	Fridays	1 p.m.- 3 p.m.	Dedicated time in the classrooms for individuals to play BINGO. Open to Adults 50+

CLASSES

Title	When	Time	Description
<i>Registration for the Burke/West Springfield Senior Center Without Walls Program is from March 18 – April 5. Forms are available at Mott CC; David R. Pinn CC; Little River Glen SC; King’s Park Library; Pohick Regional Library. For more information, please contact the Center.</i>			
Burke/West Springfield Senior Center Without Walls – Summer 2023 Session	March 30 – June 15	Varies by Class	Our Burke/West Springfield Senior Center Without Walls program offers reduced-fee classes for our older adult (50+) population. Please contact the center for more information. Open to Adults 50+; Registration is required.
<i>Registration for Mott Senior Program Classes listed below run from April 1 – June 14. Forms are available at Mott CC.</i>			
Adaptive Chair Fusion w/ Debbie	Wednesdays	2 p.m. – 3 p.m.	<i>Adaptive Chair Fitness Fusion with Debbie is catered for anyone who enjoys a total body workout in dance and fitness. Open to Adults 50+; Registration is required.</i>

Advanced Guitar w/ Alec	Tuesdays	1:30 p.m. – 2:30 p.m.	Learn to play the guitar using all 4 of the 6 strings! Open to Adults 50+; Registration is required.
Cricut Crafts w/ Ari	Thursdays	10 a.m. – 11 a.m.	Create a variety of crafts using the Cricut machine and build on your computer skills. Open to Adults 50+; Registration is required.
Guitar Basics w/ Alec	Mondays	11:45 a.m. – 12:45 p.m.	This beginner guitar course teaches you how to play your guitar, read basic sheet music, and focuses on play with the 1-3 strings of your guitar. Open to Adults 50+; Registration is required.
Guitar (Chords) w/ Alec	Mondays Thursdays	1 p.m. – 2 p.m. 12 p.m. – 1 p.m.	This intermediate guitar course focuses on teaching participants to play chord shapes, teaching chord boxes, and working to read and play tabbed music from popular culture. Open to Adults 50+; Registration is required.
Watercolor Painting w/ Soon	Mondays	10 a.m. – 11:30 a.m.	Instructor-led painting class where you will get to learn painting techniques from a skilled Watercolor Painting artist! Open to Adults 50+; Registration is required.
Pilates w/ Debbie	Tuesdays	12:15 p.m. – 1:15 p.m.	Join us for a Pilates class led by our fabulous instructor Debbie. Open to Adults 50+; Registration is required.
PolyFit / ZUMBA Gold w/ Millette	Mondays	11:30 a.m. – 12:30 p.m.	Break a sweat with a hybrid dance class incorporating dances and moves from Polynesian Dance Fitness and ZUMBA Gold. Open to Adults 50+; Registration is required.
Intermediate Pickleball w/ Mahad	Tuesdays Thursdays	2:30 p.m. – 3:30 p.m. 3:45 p.m. – 4:45 p.m. 2:30 p.m. – 3:30 p.m.	Instructor-led Pickleball class where participants will continue to learn advance serving techniques and body movement. Open to Adults 50+; Registration is required.
Balance and Beyond w/ Debbie	Wednesdays	1 p.m. – 2 p.m.	Instructor-led Exercise class that focuses on developing muscles and stretches associated with balance. Open to Adults 50+; Registration is required.

Intro to Pickleball w/ Mahad	Mondays Thursdays	3:15 p.m. – 4:15 p.m. 3:45 p.m. – 4:45 p.m.	Instructor-led Pickleball class where participants will learn rules of Pickleball, including serving, receiving, and body positioning. Open to Adults 50+; Registration is required.
Guitar Basics (Intermediate) w/ Alec	Fridays	11 a.m. – 12 p.m.	This instructional guitar class teaches participants how to play the guitar using all 6 strings, focusing on the 3 rd – 4 th string. Open to Adults 50+; Registration is required.

<u>Special Events / Trips</u>			
Title	When	Time	Description
Teacher Workday – FCPS	March 5	ALL DAY	Senior Program classes and activities will be cancelled due to the FCPS Teacher Workday and Youth Programming.
OST/TIA Spring Camp	March 25 – March 29	8:30 a.m. – 6 p.m.	Register your youth and teen children for our Youth/Teen Spring Camp! Open to Youth and Teens; Registration is required.
Field Trip: Social Lunch at Cracker Barrel	March 20	11 a.m. – 2 p.m.	Join us for our field trip for a social lunch at Cracker Barrel. Sign-up is required. Sign-up with the Front Desk.
Field Trip: Movies and Lunch at Fairfax Corner	March 26	11 a.m. – 2:30 p.m.	Join us for discounted movie day at Cinemark and enjoy a lunch before the movie! Sign-up is required; Sign-up at Front Desk.
Presentation: Practicing Prevention over Medication – Kenya Carr, Life Chapters Coaching	March 27	12 p.m. – 1:30 p.m.	Join us for a presentation from Kenya Carr, Life Chapters Coaching for a talk on how to be mindful about practicing health prevention. Open to Adults 50+
Teacher Workday – FCPS	April 1-2	ALL DAY	Senior Program classes and activities will be cancelled due to the FCPS Teacher Workday and Youth Programming.
Field Trip: MLK Memorial / Cherry Blossoms (Washington, DC)	April 3	10 a.m. – 2 p.m.	Join us for a trip to see the Cherry Blossoms in DC! <i>Trip is contingent on weather.</i> Sign-up is required by 3/27, and is first-come, first-serve.

Event: Older Adult Health and Wellness Expo	April 19	11 a.m. – 1 p.m.	Join us for our Older Adult Health and Wellness Expo, an event that provides you with connections to valuable community partners and enjoy a abridged ZUMBA Gold demonstration from our instructor Gail! Open to Adults 50+.
Field Trip: Movies and Lunch at Fairfax Corner	April 23	11 a.m. – 2:30 p.m.	Join us for discounted movie day at Cinemark and enjoy a lunch before the movie! Sign-up is required; Sign-up at Front Desk.
Presentation: Eating on a Financial Budget – Amanda Andrade, Apple FCU	April 24	12 p.m. – 1:30 p.m.	Join us for a presentation from Amanda Andrade, Apple FCU, on eating on a financial budget! Open to Adults 50+.
Teacher Workday – FCPS	May 3	ALL DAY	Senior Program classes and activities will be cancelled due to the FCPS Teacher Workday and Youth Programming.
Presentation: Healthy Eating and Nutrition – Katy Strong, Virginia Cooperative / VT	May 8	12 p.m. – 1:30 p.m.	Join us for a presentation by Katy Strong, including a healthy recipe and tasting demonstration! Sign-up is required. Open to Adults 50+.
Field Trip: Oakmont Farmer’s Market	May 15	11 a.m. – 2:30 p.m.	Join us for discounted movie day at Cinemark and enjoy a lunch before the movie! Sign-up is required; Sign-up at Front Desk.
Center Closure: Memorial Day	May 25 May 27	ALL DAY	Mott Community Center will be closed on Saturday, May 25 and Monday, May 27 in observance of Memorial Day.
Presentation: Fire Safety and Escape Planning – Fairfax County Fire Safety	May 29	12 p.m. – 1:30 p.m.	Join us for a presentation by Fairfax County Fire Safety that covers being prepared for a fire and planning your escape routes and general safety tips. Open to Adults 50+.