

April 2024 ~ News to Use

****When Registering for a class or trip,
please see a staff member at the front desk
or call (703) 464-6200****

Programs to Note:

SAIL (Stay Active & Independent for Life)

A new SAIL session begins March 11th! **SAIL will now start at 10:10am.** If you are not in the current SAIL session, a SAIL video will be available.

Exercise Class Information

Gentle Chair Exercise DVD: Tuesdays at 10:30am

Chair Exercise with Donna DVD: Tuesdays and Thursdays at 10:00am

Fit 4 Life with Nabilah: Tuesdays and Thursdays at 11:10am *Special Earth Day Walk on April 18th & 23rd.

Chair Exercise with Sarah Fridays at 10:00am in Ballroom C

Book Club

First Thursday (April 4th) of the month at 2:30pm in the Conference Room.

Computer Class with David

Class on Mondays at 10am! Stop by and bring your computer questions from 10:00am-11:00am. Learn basic computer skills 11:00am-12:00pm. Sign up at the front desk for the class.

Blood Pressure Clinic with Nurse Kerry

10:00am-11:00am in the Conference Room on the **second Tuesday** (April 9) of the month.

Rising Phoenix Sing-a-long

Wednesday, April 3rd, at 12:15pm in the Dining Room!

Spanish with Octavia

Join Octavia at 11:00am on Wednesday, April 3rd and 11th, in the Conference Room.

Zumba with Sarah

Mondays at 1:15pm-1:45pm. Must have 4 participants for active class.

Shepard Center

Tuesday April 16 and Thursday April 25th at 10:30am in the lobby

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All arts and craft programs will end at 2:45pm for proper clean up and closure.

Diamond Art Keychains

Join us Tuesday, April 2nd, at 1:00pm in the Craft Room.

Painting with Lauren

Step by step painting, Tuesday, April 16th, at 10:30am in the Craft Room.

Butterfly Gardens

Spring décor project with Sarah Tuesday, April 30th, at 10:30am in Craft Room.

Garden Exchange with Hanh

Every **first Friday** of the month at 9:45am in the Dining Room (April 5th)

Upcycle Art

Challenge your creativity of card design on Tuesday, April 23rd, at 10:30am

Jewelry Repair and Repurpose

Friday, April 12th, at 1:00pm. Please sign up at the front desk by Tuesday, April 9th.

Charter Trips

Where: Air and Space Museum in Chantilly, Va

When: Monday, April 15th, 2024

Time: 10:15am

Cost: \$1 for Fastran and \$2 for lunch (Due at sign-up)

Sign-up deadline: Wednesday April 10, 2024 @ 2:30pm

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Travel Training with the Public Bus System

What can you do with a Senior SmarTrip Card & How can you get one? Join us for a discussion group meeting with Dulles Area Transportation Association Wed. April 10 at 10:30am. Group participants can sign up for a Guided Trip on Wed. April 17 at 10:00am.

Safety Presentation and Fire Safety Table with Wyleng from Fairfax County Fire Department:

- ◇ The **third Monday** (April 15th) of the month
- ◇ 11:00am in the Activity Room.
- ◇ 12:00pm in the Dining Room.

Flamenco Class REMIX

Hearing about the amazing Flamenco classes with Instructor Nancy Bloomfield? You, too, can learn!

Thursdays in Ballroom A:

- ◆ 12:30-1:00pm Intro to Flamenco
- ◆ 1:00-2:00pm Level 1 & 2

BINGO Activity Update:

No need to bring a prize to win. Limit of 2 cards per person. Game ends at 11:15am, or when prizes run out. Fridays at 10:15am in Ballroom C.

Baked Goods Distribution ~ 1 item per person!

Thank you to HSC Council and volunteers for getting Panera bread and sweets to the center for distribution on Wednesdays and Fridays at 10:15am in the lobby!

- ◆ **Donations are encouraged** — to cover costs of wrapping, gloves, bags, etc.
- ◆ Please form a line for fair distribution.
- ◆ Follow the arrows for everyone's safety.

All Ages Read Together

Become a volunteer with AART. Mondays and Wednesdays from 12-2pm.

Help youngsters prepare for school by reading and guiding them through selected activities. Follow the lead of the 2 AART coordinators and see the students blossom and be ready for their first real school experience.