

September 2023 ~ 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:

New Exercise Class Times on September

- ⇒ Chair Exercise w/ Donna DVD at 10:00am Tuesdays
- ⇒ Gentle Chair Exercise DVD at 10:45am Tuesday
- ⇒ Fit 4 Life LIVE with Nabilah 11:15am Thursdays, Starting on Sept. 21

Rising Phoenix Sing-along

12:30 pm in the Dining Room on the **first Wednesday**
(September 2nd) of the month.
Enjoy some of your favorite songs!!!

Book Club:

First Thursday (September 7th) of the month at 2:30 p.m. in Conference Room.

Garden Exchange with Hanh:

First Friday (September 1st) of the month at 9:30 am in Ballroom C.

Blood Pressure Clinic with Nurse Kerry

10 - 11 am in the Conference Room on the
second Tuesday (September 12th) of the month.

Fall Painting with Donna

Join us on Thursday, September 7 at 10:30am for a Pumpkin Painting! Please arrive in the craft room by 10:20am to prepare for the painting class. Please register by Thursday Sept. 7, 2023

Jewelry with Donna

Join us on Tuesday, September 12 at 10:30am for a Dragonfly necklace! Please arrive in the craft room by 10:20am to prepare for the painting class. Please register by Tuesday, September 5 by close of business.

Welcome Back Fall Fair Event

Join us in the Dining Room on **Wednesday, September 13 at 12:30pm** featuring the Line Dance troupe as they perform their fan favorites. Special Watermelon dessert to follow.

Hispanic Heritage Month Celebration

Join the Flamenco class on Thursday September 28 at 12:15pm as they honor Hispanic

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Fall Wreath with Donna

Join us on Thursday, September 21 at 10:30am for a Pumpkin wreath! Please arrive in the craft room by 10:20am to prepare for the painting class. You must register by September 12 by close of business.

Diamond Art

Tuesdays and Thursdays 1 p.m. in Crafts Room.

SAIL

Summer 12 week session began the first week of August

Looming

Now on Thursday mornings at 11 am

- ⇒ Have questions about a project you are working on?
- ⇒ Amy can answer your questions on Thursdays at 2 p.m.

Hula Hoop Energy Booster

Fridays with Hanh at 1pm in Ballroom A .

- ♦ Experience the many benefits of exercise with this flexible 30-minute work-out,
 - ♦ which includes stretching and light aerobic exercises.
- ♦ This exercise program is designed for people with various physical abilities
 - ♦ & can be done seated.

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 10:15 a.m. in Ballroom C.

Origami Basics with Maria

Returning in September TBD!

Feldenkrais - New Chair Classes

⇒ Join us on Wednesdays at 1-1:45pm for Feldenkrais **Chair** format.

⇒ Please register at the front desk.

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Safety Presentation and Fire Safety Table

with Wyleng from Fairfax County Fire Department:

- ◊ The **third Monday** (September 18) of the month at
- ◊ 11 am in the Activity Room and
- ◊ 12pm in the Dining Room.

Flamenco Class REMIX announced

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

Thursdays in Ballroom A:

- ◆ 12:30-1pm Level 1
- ◆ 1-2pm Castanets | Choreography
- ◆ 2-2:30pm Level 2

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 10:15 am in the lobby.

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

All Ages Read Together– Back on Monday September 11, 2023

Become a volunteer with AART. Mondays and Wednesdays noon to 2 p.m.

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. The program ends for the school year and will resume in September.