 = TRIP








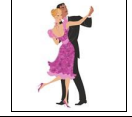

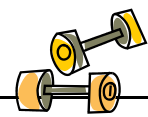








RR = RESERVATION REQUIRED

 = GUEST SPEAKER

January 2019

FALLS CHURCH SENIOR CENTER CALENDAR

223 LITTLE FALLS STREET, FALLS CHURCH, VA 22046 (703) 248-5020/5021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy New Year!</p> <p>(Senior Center Closed)</p>		<p>1</p> <p>Armchair Fitness 10 - 10:30am BINGO 10 - 1:30pm Spanish Conversation 10:45am Pickleball 10:30am-1:30pm (Gym) Italian Conversation 1:30 - 3pm Rummikub 1:30-3pm</p> 	<p>2</p> <p>Hand and Foot Card game 10am Knitting & Crocheting 10am-Noon French Conversation 10am-Noon (Senior Center) New Yorker Discussion Group 2pm (Senior Center)</p> 	<p>3</p> <p>NO Modified Senior Yoga Watercolor/ Drawing Open Studio 9:30am-12:30pm (Art Room) Contract Bridge 10am Military History 10am-Noon Ernest Snowden-"Winged Brothers" Oil and Acrylic Painting 12:30-3pm</p> 
<p>7</p> <p>Social Bridge 10am Pickleball Noon-3pm (Gym) Pinnochle 12:30-3:00pm (Senior Center) Mixed Games 1:30-3pm (Senior Center)</p> 	<p>8</p> <p>Blood Pressure Screening 9-10am German Conversation 10am-Noon Golden Age BINGO 10- 1:30pm Card Games 1:30-3pm Mixed Games 1:30-3pm (Senior Center)</p> 	<p>9</p> <p>Armchair Fitness 10 - 10:30am BINGO 10- 1:30pm Spanish Conversation 10:45am Pickleball 10:30am-1:30pm (Gym) Italian Conversation 1:30 - 3pm Rummikub 1:30-3pm</p> 	<p>10</p> <p>Hand and Foot Card game 10am Knitting & Crocheting 10am-Noon French Conversation 10am-Noon Ballroom Dancing 1-2:45pm Please see flyer for more details (Senior Center)</p> 	<p>11</p> <p>NO Modified Senior Yoga Watercolor/ Drawing Open Studio 9:30am-12:30pm (Art Room) Contract Bridge 10am Arm Chair Travel 10am Destination: Mexico City/Zihuatanejo Oil and Acrylic Painting 12:30-3pm</p>
<p>14</p> <p>Social Bridge 10am Pickleball Noon-3pm (Gym) Lunch Bunch 12:15pm RR "Applebee's" Transportation on your own Pinnochle 12:30-3:00pm (Senior Center) Mixed Games 1:30-3pm</p> 	<p>15</p> <p>German Conversation 10am-Noon Golden Age BINGO 10- 1:30pm Card Games 1:30-3pm Mixed Games 1:30-3pm Brain Health Workshop 1:30-3:30pm (Reservations are required for workshop) Please see flyer for more details.</p>	<p>16</p> <p>Armchair Fitness 10 - 10:30am BINGO 10- 1:30pm Spanish Conversation 10:45am Pickleball 10:30am-1:30pm (Gym) Italian Conversation 1:30 - 3pm Rummikub 1:30-3pm</p> 	<p>17</p> <p>Hand and Foot Card game 10am Knitting & Crocheting 10am-Noon (Senior Center) French Conversation 10am-Noon (Senior Center) Mixed Games 1:30-3pm (Senior Center)</p> 	<p>18</p> <p>NO Modified Senior Yoga Watercolor/ Drawing Open Studio 9:30am-12:30pm (Art Room) Contract Bridge 10am Military History 10am-Noon Jim Howe-"Red Crew" Oil and Acrylic Painting 12:30-3pm</p> 
<p>21</p> <p>Martin Luther King, Jr. Day (Senior Center Closed)</p> 	<p>22</p> <p>Blood Pressure Screening 9-10am German Conversation 10am-Noon Golden Age BINGO 10- 1:30pm Card Games 1:30-3pm Mixed Games 1:30-3pm (Senior Center)</p> 	<p>23</p> <p>Armchair Fitness 10 - 10:30am BINGO 10- 1:30pm Spanish Conversation 10:45am Pickleball 10:30am-1:30pm (Gym) Italian Conversation 1:30 - 3pm Rummikub 1:30-3pm</p>	<p>24</p> <p>Hand and Foot Card game 10am Knitting & Crocheting 10am-Noon (Senior Center) French Conversation 10am-Noon (Senior Center) Medicare 101 2pm (Senior Center)</p>	<p>25</p> <p>NO Modified Senior Yoga Watercolor/ Drawing Open Studio 9:30am-12:30pm (Art Room) Contract Bridge 10am Oil and Acrylic Painting 12:30-3pm</p>
<p>28</p> <p>Social Bridge 10am Pickleball Noon-3pm (Gym) Pinnochle 12:30-3:00pm (Senior Center) Mixed Games 1:30-3pm (Senior Center)</p> 	<p>29</p> <p>German Conversation 10am-Noon Golden Age BINGO 10- 1:30pm Card Games 1:30-3pm Mixed Games 1:30-3pm (Senior Center)</p> 	<p>30</p> <p>Armchair Fitness 10 - 10:30am BINGO 10- 1:30pm RR Spanish Conversation 10:45am Pickleball 10:30am-1:30pm (Gym) Italian Conversation 1:30 - 3pm Rummikub 1:30-3pm</p> 	<p>31</p> <p>Hand and Foot Card game 10am Knitting & Crocheting 10am-Noon (Senior Center) French Conversation 10am-Noon (Senior Center) Mixed Games 1:30-3pm</p> 	<p>31</p> <p>Happy New Year!</p> 