 = TRIP

RR = RESERVATION REQUIRED







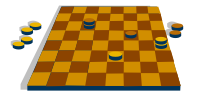
















 = GUEST SPEAKER

November 2019

FALLS CHURCH SENIOR CENTER CALENDAR

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Watercolor/ Drawing Open Studio 9:30am-12:30pm Bridge 10am Oil and Acrylic Painting 12:30-3pm Modified Yoga 2:30pm (Community Room) 
4 Bridge 10am (Senior Center) Pickleball Noon-3pm (Gym) Pinnoche 12:30-3pm (Senior Center)  Mixed Games 1:30-3pm (Senior Center)	5 NO GOLDEN AGE BINGO German Conversation 10 - 12pm (Teen Center) Mixed Games 1:30-3pm (Senior Center) 	6 Armchair Fitness 10 - 10:30am BINGO 10am-1:30pm Spanish Conversation 10:45-Noon Pickleball 9:30am-12:30pm (Gym) Italian Conversation 1:30 - 3pm (Senior Center) 	7 Hand and Foot Card Game 10am Understanding Technology (Full) Knitting & Crocheting 10-12pm French Conversation 10-12 pm New Yorker Discussion Group 2pm (Senior Center) 	8 Watercolor/ Drawing Open Studio 9:30am-12:30pm Military History 10am-Noon Armchair Travel 10am "Puerto Rico" Bridge 10am Oil and Acrylic Painting 12:30-3pm Modified Yoga 2:30pm 
11 Veterans Day Holiday (Senior Center Closed) 	12 Blood Pressure Screening 9-10am German Conversation 10 - 12pm Golden Age BINGO 10:00am - 1:30pm Mixed Games 1:30-3pm (Senior Center) 	13 Armchair Fitness 10 - 10:30am BINGO 10am-1:30pm Spanish Conversation 10:45-Noon Pickleball 9:30am-12:30pm (Gym) Italian Conversation 1:30 - 3pm (Senior Center) 	14 Hand and Foot 10am Understanding Technology (Full) Knitting & Crocheting 10-12pm French Conversation 10-12 pm Ballroom Dancing 1-2:45pm (Senior Center) 	15 Watercolor/ Drawing Open Studio 9:30am-12:30pm (Art Room) Bridge 10am Oil and Acrylic Painting 1-3pm Modified Senior Yoga 2:30pm (Community Room) 
18 Bridge 10am Lunch Bunch Club - Noon "Denny's" RR Transportation on your own  Pickleball Noon-3pm Pinnoche 12:30-3pm	19 German Conversation 10 - 12pm Golden Age BINGO 10:00am - 1:30pm Improving Communication and Comprehension 1:35pm (Senior Center) Guest Speaker: Christy Gavitt 	20 Armchair Fitness 10 - 10:30am BINGO 10am-1:30pm Spanish Conversation 10:45-Noon Pickleball 9:30am-12:30pm (Gym) Italian Conversation 1:30 - 3pm (Senior Center) 	21 Hand and Foot 10am Understanding Technology (Full) Knitting & Crocheting 10-12pm French Conversation 10-12 pm (Senior Center)  Mixed Games 1:30-3pm	22 Watercolor/ Drawing Open Studio 9:30am-12:30pm (Art Room) Military History 10am-Noon Bridge 10am Oil and Acrylic Painting 1-3pm  Modified Senior Yoga 2:30pm
25 Bridge 10am (Senior Center) Pickleball Noon-3pm (Gym) Pinnoche 12:30-3pm Mixed Games 1:30-3pm (Senior Center) 	26 Blood Pressure Screening 9-10am German Conversation 10 - 12pm Golden Age BINGO 10:00am- 1:30pm Mixed Games 1:30-3pm (Senior Center) 	27 Armchair Fitness 10 - 10:30am BINGO 10am-1:30pm Spanish Conversation 10:45-Noon Pickleball 9:30am-12:30pm (Gym) Italian Conversation 1:30 - 3pm (Senior Center)	28 Happy Thanksgiving! (Senior Center Closed) 	29 Happy Thanksgiving! (Senior Center Closed) 