

# April 2023

## FALLS CHURCH SENIOR CENTER CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: inline-block; text-align: center;"> <p><b>Membership Required for all Senior Center Programs</b></p> </div>				
<p style="text-align: right;"><b>3</b></p> <p><b>Bridge</b> 10am-12:15pm Practice Play 9:30am-10am <b>Intermediate/Advanced Pickleball</b> (Cavalier Courts) Noon-3pm <b>Pinochle</b> 12:30-3pm <b>Matter of Balance Class</b> 1-3pm (Registration closed) <b>Chair Volleyball starts on 4/10</b></p>	<p style="text-align: right;"><b>4</b></p> <p><b>Golden Age Bingo</b> 9:30am-12:30pm <b>Canasta</b> 10am-2pm <b>Open Pickleball</b> Noon-3pm (Cavalier) <b>Diabetes Self-Management program</b> 1pm -3pm (Registration closed) <b>Rummikub/Scrabble</b> 1:30-3pm <b>Yoga with Patrice</b> 2-3pm (Reservations required)</p>	<p style="text-align: right;"><b>5</b></p> <p><b>BINGO</b> 9:30am-12:30pm <b>Spanish Conversation</b> 10am-Noon (Virtual) <b>Italian Conversation</b> 1:30pm - 3pm (In Person) <b>Jigsaw Puzzles</b> 1:30pm-3pm (Senior Center—Right Side)</p>	<p style="text-align: right;"><b>6</b></p> <p><b>NO Fitness Class- Pam on vacation</b> <b>French Conversation</b> 10am-Noon (Virtual) <b>Open Pickleball</b> Noon-3pm (Cavalier) <b>New York Discussion Group</b> (Virtual) <b>American Mahjong</b> 12-3pm</p>	<p style="text-align: right;"><b>7</b></p> <p><b>Water Color/Open Studio</b> 9:30am -12:30pm <b>Bridge</b> 10am-12:30pm Practice Play 9:30am-10am <b>Open Pickleball</b> Noon-3pm (Cavalier) <b>Oil /Acrylic painting</b> 12:30-3pm</p>
<p style="text-align: right;"><b>10</b></p> <p><b>Bridge</b> 10am-12:15pm <b>Intermediate/Advanced Pickleball</b> (Cavalier Courts) Noon-3pm <b>Lunch Bunch</b> Noon "Anthony's" (RSVP required) <b>Pinochle</b> 12:30-3pm <b>Matter of Balance Class</b> 1-3pm (Registration closed) <b>Chair Volleyball</b> 1-3pm</p>	<p style="text-align: right;"><b>11</b></p> <p><b>Golden Age Bingo</b> 9:30am-12:30pm <b>Canasta</b> 10am-2pm <b>Open Pickleball</b> Noon-3pm (Cavalier) <b>Diabetes Self-Management program</b> 1pm -3pm (Registration closed) <b>Rummikub/Scrabble</b> 1:30-3pm <b>Yoga with Patrice</b> 2-3pm (Reservations required)</p>	<p style="text-align: right;"><b>12</b></p> <p><b>BINGO</b> 9:30am-12:30pm <b>Spanish Conversation</b> 10am-Noon (In Person) <b>Italian Conversation</b> 1:30pm - 3pm (In Person) <b>Jigsaw Puzzles</b> 1:30pm-3pm (Senior Center—Right Side)</p>	<p style="text-align: right;"><b>13</b></p> <p><b>NO Fitness Class- Pam on vacation</b> <b>French Conversation</b> 10am-Noon (In Person) <b>Open Pickleball</b> Noon-3 (Cavalier) <b>American Mahjong</b> 12-3pm</p>	<p style="text-align: right;"><b>14</b></p> <p><b>Water Color/Open Studio</b> 9:30am-12:30pm <b>Military History</b> 10am-Noon <b>Bridge</b> 10am-12:30pm Practice Play 9:30am-10am <b>Open Pickleball</b> Noon-3pm (Cavalier) <b>Oil /Acrylic painting</b> 12:30-3pm</p>
<p style="text-align: right;"><b>17</b></p> <p><b>Bridge</b> 10am-12:15pm Practice Play 9:30am-10am <b>Intermediate/Advanced Pickleball</b> (Cavalier Courts) Noon-3pm <b>Pinochle</b> 12:30-3pm <b>Matter of Balance Class</b> 1-3pm (Registration closed) <b>Chair Volleyball</b> 1-3pm</p>	<p style="text-align: right;"><b>18</b></p> <p><b>Golden Age Bingo</b> 9:30am-12:30pm <b>Canasta</b> 10am-2pm <b>Open Pickleball</b> Noon-3pm (Cavalier) <b>Armchair Travel</b> 1pm Brussels, Prague, and Amsterdam" <b>Diabetes Self-Management program</b> 1pm -3pm (Registration closed) <b>Rummikub/Scrabble</b> 1:30-3pm <b>Yoga with Patrice</b> 2-3pm RR</p>	<p style="text-align: right;"><b>19</b></p> <p><b>BINGO</b> 9:30am-12:30pm <b>Spanish Conversation</b> 10am-Noon (Virtual) <b>Italian Conversation</b> 1:30pm - 3pm (In Person) <b>Jigsaw Puzzles</b> 1:30pm-3pm (Senior Center—Right Side)</p>	<p style="text-align: right;"><b>20</b></p> <p><b>NO Fitness Class- Pam on vacation</b> <b>French Conversation</b> 10am-Noon (Virtual) <b>Open Pickleball</b> Noon-3 (Cavalier) <b>American Mahjong</b> 12-3pm (Senior Center) <b>Ballroom Dance</b> 1-2:45pm</p>	<p style="text-align: right;"><b>21</b></p> <p><b>Water Color/Open Studio</b> 9:30am-12:30pm <b>Bridge</b> 10am-12:30pm Practice Play 9:30am-10am <b>Open Pickleball</b> Noon-3pm (Cavalier) <b>Oil /Acrylic painting</b> 12:30-3pm</p>
<p style="text-align: right;"><b>24</b></p> <p><b>Bridge</b> 10am-12:15pm <b>Mindfulness Based Stress Reduction Class</b> 10am <b>Intermediate/Advanced Pickleball</b> (Cavalier Courts) Noon-3pm <b>Pinochle</b> 12:30-3pm <b>Matter of Balance Class</b> 1-3pm (Registration closed) <b>Chair Volleyball</b> 1-3pm</p>	<p style="text-align: right;"><b>25</b></p> <p><b>Golden Age Bingo</b> 9:30am-12:30pm <b>Canasta</b> 10am-2pm <b>Open Pickleball</b> Noon-3pm (Cavalier) <b>Diabetes Self-Management program</b> 1pm -3pm (Registration closed) <b>Rummikub/Scrabble</b> 1:30-3pm <b>Yoga with Patrice</b> 2-3pm (Reservations required)</p>	<p style="text-align: right;"><b>26</b></p> <p><b>BINGO</b> 9:30am-12:30pm <b>Spanish Conversation</b> 10am-Noon (In Person) <b>Italian Conversation</b> 1:30pm - 3pm (In Person) <b>Jigsaw Puzzles</b> 1:30pm-3pm (Senior Center—Right Side)</p>	<p style="text-align: right;"><b>27</b></p> <p><b>French Conversation</b> 10am-Noon (In Person) <b>Total Body: Strength, Conditioning, and Balance w/ Pam</b> 9:30-10:30am and 10:45am-11:45am Extra Fee - Prior Registration required <b>Open Pickleball</b> Noon-3 (Cavalier) <b>American Mahjong</b> 12-3pm</p>	<p style="text-align: right;"><b>28</b></p> <p><b>Water Color/Open Studio</b> 9:30am-12:30pm (Art Room) <b>Military History</b> 10am-Noon <b>Bridge</b> 10am-12:30pm Practice Play 9:30am-10am <b>Open Pickleball</b> Noon-3pm (Cavalier) <b>Oil /Acrylic painting</b> 12:30-3:00pm</p>