

= TRIP

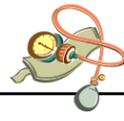
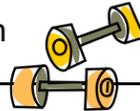
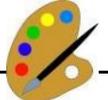
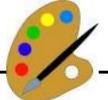
RR = RESERVATION REQUIRED

 = GUEST SPEAKER

March 2020

FALLS CHURCH SENIOR CENTER CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Senior Trip –Maryland Live (FULL) Bridge 10am Pickleball Noon-3pm (Gym) Pinochle 12:30-3pm Mixed Games 1:30-3pm (Senior Center)</p>  	<p>3</p> <p>Blood Pressure Screening 9-10am (Teen Center) German Conversation 10 - 12pm (Teen Center) Golden Age Bingo 10:00 - 1:30pm Mixed Games 1:30-3pm (Senior Center)</p> 	<p>4</p> <p>Pickleball 9:30-12:30pm Armchair Fitness 10 - 10:30am Bingo 10:00 - 1:30pm Spanish Conversation 10:45am (Teen Center) Italian Conversation 1:30 - 3pm Rummikub 1:30-3pm Mixed Games 1:30-3pm</p> 	<p>5</p> <p>Hand and Foot Card Game 10am French Conversation 10-12 pm (Senior Center) Knitting & Crocheting 10-12pm (Senior Center) New Yorker Discussion Group 2pm (Senior Center) Mixed Games 1:30-3pm</p> 	<p>6</p> <p>NO MODIFIED YOGA Watercolor/Drawing Open Studio 9:30am-12:30pm (Art Room) Bridge 10am Oil and Acrylic Painting 12:30-3pm (Art Room) Mixed Games 1:30-3pm</p> 
<p>9</p> <p>Bridge 10am Pickleball Noon-3pm (Gym) Lunch Bunch Noon RR "Irelands Four Provinces" Please meet at restaurant. Mixed Games 1:30-3pm (Senior Center)</p> 	<p>10</p> <p>German Conversation 10 - 12pm (Teen Center) Golden Age Bingo 10:00 - 1:30pm Mixed Games 1:30-3pm (Senior Center) Chronic Pain Self- Management Class 1:30-3:30pm (Free) RR (Art Room) Reservations required.</p> 	<p>11</p> <p>Pickleball 9:30-12:30pm Armchair Fitness 10 - 10:30am Bingo 10:00 - 1:30pm Spanish Conversation 10:45am (Teen Center) Italian Conversation 1:30 - 3pm Rummikub 1:30-3pm Mixed Games 1:30-3pm</p> 	<p>12</p> <p>Hand and Foot Card Game 10am (Art Room) French Conversation 10 - 12pm (Teen Center) Knitting & Crocheting 10-12pm (Art Room) Ballroom Dancing 1-2:45pm Please see flyer for more details</p> 	<p>13</p> <p>NO MODIFIED YOGA Watercolor/Drawing Open Studio 9:30am-12:30pm (Art Room) Armchair Travel 10am (Teen Center) Destination: Hawaii Bridge 10am Military History 10am--12pm Don Revell: History of Electronic Welfare Oil and Acrylic Painting 12:30-3pm</p> 
<p>16</p> <p>Bridge 10am Pickleball Noon-3pm (Gym) Pinochle 12:30-3pm (Senior Center) Mixed Games 1:30-3pm (Senior Center)</p> 	<p>17</p> <p>Blood Pressure Screening 9-10am (Teen Center) German Conversation 10-12pm (Teen Center) Golden Age Bingo 10:00 - 1:30pm Chronic Pain Self- Management Class 1:30-3:30pm (Free) RR (Art Room) Reservations required.</p> 	<p>18</p> <p>Pickleball 9:30-12:30pm Armchair Fitness 10 - 10:30am Bingo 10:00 - 1:30pm Spanish Conversation 10:45am (Teen Center) Italian Conversation 1:30 - 3pm Rummikub 1:30-3pm Mixed Games 1:30-3pm</p> 	<p>19</p> <p>Hand and Foot Card Game 10am Health Care Law and the Future of Medicare 10am-Noon RR French Conversation 10 - 12pm (Senior Center) Knitting & Crocheting 10-12pm (Senior Center) Mixed Games 1:30-3pm</p> 	<p>20</p> <p>Watercolor/Drawing Open Studio 9:30am-12:30pm (Art Room) Bridge 10am Oil and Acrylic Painting 12:30-3pm (Art Room) Modified Yoga 2:30pm RR (Community Room)</p> 
<p>23</p> <p>AARP Driving Class 9-3pm RR (Teen Center) Bridge 10am Pickleball Noon-3pm (Gym) Pinochle 12:30-3pm Mixed Games 1:30-3pm (Senior Center)</p>  	<p>24</p> <p>AARP Driving Class 9-3pm (Teen Center) Blood Pressure Screening 9-10am German Conversation 10 - 12pm (Teen Center) Golden Age Bingo 10:00 - 1:30pm Chronic Pain Self- Management Class 1:30-3:30pm (Free) RR (Art Room) Reservations required.</p> 	<p>25</p> <p>Pickleball 9:30-12:30pm Armchair Fitness 10 - 10:30am Bingo 10:00 - 1:30pm Spanish Conversation 10:45am (Teen Center) Italian Conversation 1:30 - 3pm Rummikub 1:30-3pm Mixed Games 1:30-3pm</p> 	<p>26</p> <p>Hand and Foot Card Game 10am Health Care Law and the Future of Medicare 10am-Noon RR French Conversation 10 - 12pm (Senior Center) Knitting & Crocheting 10-12pm (Senior Center) Mixed Games 1:30-3pm</p> 	<p>27</p> <p>Watercolor/Drawing Open Studio 9:30am-12:30pm Bridge 10am Military History 10am--12pm Dave Brog/Dick Guild: Operation Building Thunder (Community Room) Oil and Acrylic Painting 12:30-3pm Modified Yoga 2:30pm RR</p> 
<p>30</p> <p>Bridge 10am Pickleball Noon-3pm (Gym) Pinochle 12:30-3pm Mixed Games 1:30-3pm (Senior Center)</p> 	<p>31</p> <p>Blood Pressure Screening 9-10am German Conversation 10 - 12pm Golden Age Bingo 10:00 - 1:30pm AARP- Protect Yourself from Fraud and Identity Theft 10am-Noon (Teen Center) (Free) Chronic Pain Self- Management Class 1:30-3:30pm (Free) RR</p> 	<p>St. Patrick's Day celebration with clovers and a leprechaun illustration.</p> 		