




















# February 2024

## FALLS CHURCH SENIOR CENTER CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h3 style="margin: 0;">Happy Valentines Day!!!</h3>			<p style="text-align: right;"><b>1</b></p> <p><b>Fitness —High Intensity</b> 9am RR  <b>French Conversation</b> 10am-Noon (Virtual)  <b>Fitness class—Chair</b> 10:10am RR  <b>Fitness —High Intensity</b> 10:50 RR  <b>American Mahjong</b>— Noon-3pm  <b>Pickleball club</b>— 12-3pm RR (Cavalier)</p>	<p style="text-align: right;"><b>2</b></p> <p><b>Water Color/Open Studio</b> 9:30am –12:30pm (Art Room)   <b>Military History</b> 10am-Noon Confederate Invasion New Mexico Territory  <b>Bridge</b> 10am-1pm Practice Play 9:30am-10am  <b>Pickleball Club</b> 12-3pm (Cavalier) RR  <b>Oil /Acrylic painting</b> 12:30-3pm</p>
<p style="text-align: right;"><b>5</b></p> <p><b>Fitness —High Intensity</b> 9am RR  <b>Pickleball Club</b> 9:30am-12:30pm RR  <b>Bridge</b> 10am-1pm Practice play starts at 9:30am  <b>Fitness class—Chair</b> 10:10am RR  <b>Pickleball Club</b> 12-3pm (Cavalier) RR  <b>Pinochle</b> 12:30pm –3pm  <b>Chair Volleyball</b> 1-3pm </p>	<p style="text-align: right;"><b>6</b></p> <p><b>Golden Age Bingo</b> 10am-1:30pm (Senior Center)  <b>Canasta Hand/Foot</b> 10am-2pm (Teen Center)  <b>Pickleball Club</b> 12-3pm RR (Cavalier)  <b>Rummikub/Scrabble</b> 1:30-3pm  <b>NO MODIFIED YOGA</b> </p>	<p style="text-align: right;"><b>7</b></p> <p><b>BINGO</b> 10am-1:30pm (Senior Center)  <b>Spanish Conversation</b> 10am-Noon (Virtual) (Teen Center)  <b>Italian Conversation</b> 1:30pm - 3pm (Hybrid) (Teen Center)  <b>Cribbage and Dominos</b> 1:30-3pm (Senior Center) </p>	<p style="text-align: right;"><b>8</b></p> <p style="text-align: center;"></p> <p><b>Fitness —High Intensity</b> 9am RR  <b>French Conversation</b> 10am-Noon (Virtual)  <b>Fitness class—Chair</b> 10:10am RR  <b>Fitness class—High Intensity</b> 10:50 RR  <b>American Mahjong</b>— Noon-3pm  <b>Pickleball club</b>— 12-3pm RR (Cavalier)</p>	<p style="text-align: right;"><b>9</b></p> <p><b>Water Color/Open Studio</b> 9:30am –12:30pm (Art Room)   <b>Bridge</b> 10am-1pm Practice Play 9:30am-10am  <b>Lunch Bunch</b> Noon (Pancake House)  <b>Pickleball Club</b> 12-3pm (Cavalier) RR  <b>Oil /Acrylic painting</b> 12:30-3pm (Art Room)</p>
<p style="text-align: right;"><b>12</b></p> <p><b>Fitness —High Intensity</b> 9am RR  <b>Pickleball Club</b> 9:30am-12:30pm  <b>Bridge</b> 10am-1pm Practice play starts at 9:30am  <b>Fitness class—Chair</b> 10:10am RR  <b>Pickleball Club</b> 12-3pm (Cavalier) RR  <b>Pinochle</b> 12:30pm –3pm  <b>Chair Volleyball</b> 1-3pm </p>	<p style="text-align: right;"><b>13</b></p> <p><b>Golden Age Bingo</b> 10am-1:30pm (Senior Center)  <b>Canasta Hand/Foot</b> 10am-2pm (Teen Center)  <b>Pickleball Club</b> 12-3pm RR (Cavalier)  <b>Rummikub/Scrabble</b> 1:30-3pm  <b>NO MODIFIED YOGA</b> </p>	<p style="text-align: right;"><b>14</b></p> <p><b>Valentine BINGO</b> 10am-1:30pm (Senior Center)  <b>Spanish Conversation</b> 10am-Noon (Hybrid) (Teen Center)  <b>Italian Conversation</b> 1:30pm - 3pm (Hybrid) (Teen Center)  <b>Cribbage and Dominos</b> 1:30-3pm (Senior Center) </p>	<p style="text-align: right;"><b>15</b></p> <p><b>Fitness —High Intensity</b> 9am RR  <b>French</b> 10am-Noon (Hybrid)  <b>Fitness class—Chair</b> 10:10am RR  <b>Fitness —High Intensity</b> 10:50 RR  <b>Technology 1 X 1</b> 10am-12pm (By Appointment only) RR  <b>American Mahjong</b>— Noon-3pm  <b>Pickleball club</b>— 12-3pm RR  <b>Valentine Dance</b> 1-2:45pm </p>	<p style="text-align: right;"><b>16</b></p> <p><b>Water Color/Open Studio</b> 9:30am –12:30pm (Art Room)  <b>Military History</b> 10am-Noon Washington’s Marines—The Origin of the Corps and the American Revolution 1775-77  <b>Bridge</b> 10am-1pm Practice Play 9:30am-10am  <b>Pickleball Club</b> 12-3pm (Cavalier) RR  <b>Oil /Acrylic painting</b> 12:30-3pm </p>
<p style="text-align: right;"><b>19</b></p> <p style="text-align: center;"><b>Presidents Day Senior Center Closed</b></p> 	<p style="text-align: right;"><b>20</b></p> <p><b>Golden Age Bingo</b> 10am-1:30pm (Senior Center)  <b>Canasta Hand/Foot</b> 10am-2pm (Teen Center)  <b>Pickleball Club</b> 12-3pm (Cavalier) RR  <b>Armchair Travel</b> 1pm Destination: New Zealand   <b>NO MODIFIED YOGA</b></p>	<p style="text-align: right;"><b>21</b></p> <p><b>BINGO</b> 10am-1:30pm (Senior Center)  <b>Spanish Conversation</b> 10am-Noon (Virtual) (Teen Center)  <b>Italian Conversation</b> 1:30pm - 3pm (Hybrid) (Teen Center)  <b>Cribbage and Dominos</b> 1:30-3pm (Senior Center)</p>	<p style="text-align: right;"><b>22</b></p> <p><b>Fitness —High Intensity</b> 9am RR  <b>French Conversation</b> 10am-Noon (Virtual)  <b>Fitness class—Chair</b> 10:10am  <b>Fitness class—High Intensity</b> 10:50am  <b>American Mahjong</b>— Noon-3pm  <b>Pickleball club</b>— 12-3pm RR (Cavalier) </p>	<p style="text-align: right;"><b>23</b></p> <p><b>Water Color/Open Studio</b> 9:30am –12:30pm (Art Room)   <b>Bridge</b> 10am-1pm Practice Play 9:30am-10am  <b>Pickleball Club</b> 12-3pm (Cavalier) RR  <b>Oil /Acrylic painting</b> 12:30-3pm  <b>Music Club</b> 1-3pm (Senior Center)</p>
<p style="text-align: right;"><b>26</b></p> <p><b>Fitness —High Intensity</b> 9am RR  <b>Pickleball Club</b> 9:30am-12:30pm RR  <b>Bridge</b> 10am-1pm Practice play starts at 9:30am  <b>Fitness class—Chair</b> 10:10am RR  <b>Pickleball Club</b> 12-3pm (Cavalier) RR  <b>Pinochle</b> 12:30pm –3pm  <b>Chair Volleyball</b> 1-3pm</p>	<p style="text-align: right;"><b>27</b></p> <p><b>Golden Age Bingo</b> 10am-1:30pm (Senior Center)  <b>Canasta Hand/Foot</b> 10am-2pm  <b>Pickleball Club</b> 12-3pm (Cavalier) RR  <b>Rummikub/Scrabble</b> 1:30-3pm (Teen Center)  <b>Modified Yoga</b> 2-3pm RR           (Community Room)</p>	<p style="text-align: right;"><b>28</b></p> <p style="text-align: center;"></p> <p><b>BINGO</b> 10am-1:30pm (Senior Center)  <b>Spanish Conversation</b> 10am-Noon (Hybrid) (Teen Center)  <b>Italian Conversation</b> 1:30pm - 3pm (Hybrid) (Teen Center)  <b>Cribbage and Dominos</b> 1:30-3pm (Senior Center)</p>	<p style="text-align: right;"><b>29</b></p> <p><b>Fitness —High Intensity</b> 9am RR  <b>French Conversation</b> 10am-Noon (Virtual)  <b>Fitness class—Chair</b> 10:10am RR  <b>Fitness —High Intensity</b> 10:50 RR  <b>American Mahjong</b>— Noon-3pm  <b>Pickleball club</b>— 12-3pm RR (Cavalier)</p>	