



FSCC JUNE NEWS



FAIRFAX SENIOR CITIZENS CENTER NEWS
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WEEKLY CLASS
SCHEDULED ON
BACK-SIDE

IFSLA SENIOR

NUTRITION

MONDAY - FRIDAY
LUNCH IS SERVED
10:30 AM TO 12:00 PM
60 AND OVER \$3
SUGGESTED DONATION

BINGO

EVERY WEDNESDAY
1:00 PM TO 3:00 PM
BL# S1015

ART CLASS

TUES & THURS
11:30 AM TO 12:45 PM

TECH TUESDAYS

COMPUTER HELP
10:30 AM TO 12:30 PM

SAN ANTONIO

MADDELENA

RESTAURANT

TUESDAY JUNE 18TH
10:30PM TO 4:00PM
PLEASE SHOW UP AT 10AM
THE FIELD TRIP IS FULL
PLEASE SEE STAFF TO JOIN
THE WAIT LIST.

INDEPENDENCE

DAY PARTY

TUESDAY, JULY 2ND
12:30PM
CHINESE FOOD INCLUDING
BBQ SPARE RIBS, MUSIC
AND PRIZES. \$10 PER PERSON

CHAIR YOGA

TUES & THURS
1:00 PM TO 2:00 PM
THIS IS A BEGINNER
YOGA CLASS

MEDITATION

TUES & THURS
1:00 PM TO 2:00 PM
MEDITATIVE YOGA AND
SOUNDBATH

YOGA

WED & FRI
10:00 AM TO 12:00 PM
THIS AN ADVANCED
YOGA CLASS
STRENGTH & YOGA

MAH JONG

EVERY FRIDAY
12:30 PM TO 2:00 PM

MONDAY

- 9:00 AM TO 3:30 PM - PUZZLE CLUB & GAME TIME (FREE)
- 9:00 AM TO 1:00 PM - VACCINATIONS (COMING SOON)
- 10:30 AM TO 12:00 PM - LUNCH PROVIDED BY JFSLA 60 & OVER \$3 SUGGESTED DONATION
- 10:30 AM TO 1:00 PM - COMPUTER LAB (FREE)

TUESDAY

- 9:00 AM TO 3:30 PM - PUZZLE CLUB & GAME TIME (FREE)
- 10:30 AM TO 12:00 PM - LUNCH PROVIDED BY JFSLA 60 & OVER \$3 SUGGESTED DONATION
- 10:30 AM TO 12:30 PM - COMPUTER LAB & TECH HELP WITH BILL (FREE)
- 11:30 AM TO 12:45 PM - MULTIMEDIA ART CLASS WITH TESHA (FREE)
- 12:15 PM TO 12:45 PM - WALK WITH EASE WITH RON (FREE)
- 1:00 PM TO 2:00 PM - CHAIR YOGA WITH MARUCA (FREE)
- 1:00 PM TO 2:00 PM - SOUND BATH & MEDITATION YOGA WITH TESHA (FREE)

WEDNESDAY

- 9:00 AM TO 3:30 PM - PUZZLE CLUB & GAME TIME (FREE)
- 10:00 AM TO 11:00 AM - STRENGTH CLASS WITH MARUCA (\$7.00 OR \$20 PER MONTH)
- 10:30 AM TO 12:00 PM - LUNCH PROVIDED BY JFSLA 60 & OVER \$3 SUGGESTED DONATION
- 10:30 AM TO 1:00 PM - COMPUTER LAB (FREE)
- 11:00 AM TO 12:00 PM - ADVANCED YOGA WITH MARUCA (\$7.00 OR \$20 PER MONTH)
- 1:00 PM TO 3:00 PM - BINGO (WIN PRIZES) (\$0.25 PER CARD, 6 CARDS MAXIMUM, LIC # S1015)

THURSDAY

- 9:00 AM TO 3:30 PM - PUZZLE CLUB & GAME TIME (FREE)
- 10:30 AM TO 12:00 PM - LUNCH PROVIDED BY JFSLA 60 & OVER \$3 SUGGESTED DONATION
- 10:30 AM TO 12:30 PM - COMPUTER LAB (FREE)
- 11:30 AM TO 12:45 PM - MULTIMEDIA ART CLASS WITH TESHA (FREE)
- 12:15 PM TO 12:45 PM - WALK WITH EASE WITH RON (FREE)
- 1:00 PM TO 2:00 PM - CHAIR YOGA WITH MARUCA (FREE)
- 1:00 PM TO 2:00 PM - SOUND BATH & MEDITATION YOGA WITH TESHA (FREE)

FRIDAY

- 9:00 AM TO 3:30 PM - PUZZLE CLUB & GAME TIME (FREE)
- 10:00 AM TO 11:00 AM - STRENGTH CLASS WITH MARUCA (\$7.00 OR \$20 PER MONTH)
- 10:30 AM TO 12:00 PM - LUNCH PROVIDED BY JFSLA 60 & OVER \$3 SUGGESTED DONATION
- 10:30 AM TO 1:00 PM - COMPUTER LAB (FREE)
- 11:00 AM TO 12:00 PM - ADVANCED YOGA WITH MARUCA (\$7.00 OR \$20 PER MONTH)
- 12:30 PM TO 2:00 PM - MAH JONG CLUB (Free)
- 1:00 PM TO 3:30 PM - MOVIE TIME & POPCORN (FREE)

SPECIAL EVENTS

- 10:30 AM TUES, JUNE 28TH - SAN ANTONIO MADDELENA FIELD TRIP
- 12:30 PM TUES, JULY 2ND - INDEPENDENCE DAY PARTY

Classes & Event flyers are available to view or print at:
<https://www.laparks.org/scc/fairfax> or scan this QR code

