



FSCC MAY NEWS



FAIRFAX SENIOR CITIZEN CENTER NEWS
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WEEKLY CLASS
SCHEDULE ON
BACK-SIDE

JFSLA 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 HELP

TUES & THURS
10:30 AM TO 12:30 PM

STOP SENIOR

SCAMS

MONDAY MAY 13TH
10:30PM TO 1:00PM
PROTECT YOUR FINANCES &
PERSONAL INFORMATION
ENJOY BAGELS &
CREAMCHEESE
ICE CREAM & CAKE

FAMILY DAY

CELEBRATION

TUESDAY MAY 28TH
STARTS AT 12:00 PM
TELL YOUR STORY
ENJOY A JFSLA LUNCH
THERE WILL BE DESSERT
AND MUSIC WITH KLEZMER
JUICE (GUSTAVO)

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 & 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)

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 TO 1:00 PM MONDAY, MAY 13TH--STOP SENIOR SCAMS EVENT
- 12:00 PM TO 2:00 PM TUESDAY, MAY 28TH-- FAMILY CELEBRATION DAY

Classes & Event flyers are available to view or print at:

<https://www.laparks.org/scc/fairfax> or scan this QR code

