

# GREAT FALLS SENIOR CENTER (GFSC)

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- GFSC mission: to serve, support, and enrich the lives of older adults in the Great Falls Community. Incorporated in 2012, we partner with the Fairfax County Neighborhood and Community Services (NCS) to provide a variety of opportunities for seniors including:
  - Monthly Events
  - Small Group Activities
  - Technology sessions
  - Great Decisions
  - Bus Trips

# PAST EVENTS

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- Mary Ann Jung portraying Sally Ride, Rosie the Riveter, Julia Child
- Antique Road Show
- Dr. Carla Easter on “Genomes”
- Ken Garrett and National Geographic
- Piano Concert by Mitch Mitchell
- Great Falls History with Jim Lewis
- Eleven Tribes of Virginia
- Annual Holiday Luncheon

# PAST RESTAURANT VENUES

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- L'Auberge Chez Francois
- Riverbend Country Club
- Clyde's at Willow Creek

# PAST BUS TRIPS

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- Tour of wineries in Loudoun County
- Train Trip: Potomac Eagle Scenic Railroad
- Cherry Blossom Cruise
- Lancaster, PA: Sight and Sound Show
- Lorton Workhouse Center for the Arts
- Tour of National Portrait Gallery
- Visit to NASA, tour of James Webb Telescope

# PAST SMALL GROUP ACTIVITIES

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- Trip to National Presbyterian Church for flower arranging class
- Craft classes—decoupage
- Art Classes
- Hearing Loss Program
- How to Best Support a Loved One with Dementia
- Writers Group, 6 sessions on writing your memories
- Container Gardening with Succulents
- Cultural lectures on Italy

# ON GOING

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- Monthly Events
- Four sessions a year on technology in partnership with the Fairfax County instructors of NCS. These sessions provide individual technical help with cell phones, tablets, etc.
- Eight sessions on The Great Decisions course to discuss current topics in a facilitated discussion.
- Ongoing Outreach Program that provides donated items to Cornerstone in Reston, VA. The items vary according to need and collected at events.

# UPCOMING EVENTS

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- January: Gennadiy Vasilenko speaking on the KGB and new book “Best of Enemies”
- February: Mary Ann Jung
- March: Jim Lewis
- April: Lunch at L’Auberge Chez Francois
- Bus trip in the spring to a Nationals Game, in the fall to more wineries (very popular)
- Small group activities planned; trip to Udvar Hazy, etc.

# CHALLENGES AND POSSIBLE SOLUTIONS

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- We are a “Center Without Walls” and we need walls in order to enlarge and enrich our program. Members have stated they would like a place to ‘drop in’ to visit with other seniors and more activities such as a book club, bridge group, etc.
- The Grange Does Not Work for Our Purposes
- Possible Solutions:
  - Enlarge the Great Falls Library to accommodate senior and other community events.
  - Build a Great Falls Community Center