

Events!!!

Tuesday August 10th and Tuesday August 17th – Free Encore Summer Rehearsal – Participants must be 55 and up: 11:00 a.m. to 12:30 p.m. followed by light refreshments; call 703-667-9801 to reserve a spot.

Aquatic Fall Prevention classes: \$10.00 per class
Tuesday and Thursday 1:30 p.m. to 2:30 p.m.
Monday and Friday 2:00 p.m. to 3:00 p.m.

Classes held in a heated salt water indoor pool.
Instructor is certified in Aquatic Fall Program through the Aquatic Therapy and Rehabilitation Institute (ATRI)

Call 703-667-9801 to sign up.

September 16th – Wine and Cheese Celebration: Call 703-667-9802 for details.

News!!!

Short – Term Stay introduced at The Woodlands Retirement Community
Call 703-667-9801 for details.