



**Neighborhood and Community Services**  
 Lorton Senior Center  
 703-550-7195



[www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

**April 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3.</b>            9:00- Personal Training Sessions            9:45- Piano Sessions*            10:30- Voice*            12:00- Piano*  <b>12:00- Advisory Council Sponsored: Hot Dog day!</b>            10:30- Mental Muscle            10:45- Line Dance            12:45- SAIL*            1:45- Ping Pong</p>	<p><b>4.</b>            8:30- Yoga II*            10:00 - Arthritis Exercise  <b>10:30-Trip: Walmart: Kingstowne</b>            11:00-Strength and Balance            10:00-Computer Help            10:30- Crochet/Knitting            10:30- Gold's Gym*            12:30- Ballroom *            12:30- Quilting</p>	<p><b>5.</b>            8:30- Tai Chi II*            9:35- Tai Chi-Gong*  <b>10:00-Trip: Movies: Beauty and the Beast</b>            10:00- Painting*            10:45- Qi-Gong I*            12:30- Multimedia Art*            12:45- Learn Something New            1:30- Ping Pong</p>	<p><b>6.</b>            9:15- Yoga I*            10:15- BP Check            10:30- GrandInvolved            10:30-Chair Yoga*            10:30- Crochet/Knitting            10:30- Gold's Gym*            11:30- Zumba Gold*            11:45-Lunch &amp; Learn            12:45-SAIL*            1:30- Ping Pong</p>	<p><b>7.</b>            8:30- Tai Chi II*            9:00- Personal Training Sessions            9:00- South Run*  <b>10:30- Russian Eggs</b>            10:00- Walk for a Cause            10:30- Chair Zumba*            11:30- Zumba Gold*            12:30- Connect to Culture            12:45-SAIL*            2:00- Hula Practice</p>
<p><b>10.</b>            9:00- Personal Training Sessions            9:45- Piano Sessions*  <b>10:00- New Member Picture Day</b>  <b>10:00- Spring Crafts</b>            10:30- Mental Muscle            10:30- Voice*            12:00- Piano*  <b>12:15- Fire &amp; Rescue</b>            12:30- SAIL*            1:45- Ping Pong</p>	<p><b>11.</b>            10:15 - Arthritis Exercise            10:00-Computer Help  <b>10:30- Advisory Council Meeting</b>            10:30- Crochet/Knitting            10:30- Gold's Gym*            11:00- Strength and Balance            12:30- Ballroom*            12:30- Quilting  <b>12:30- Bingo</b></p>	<p><b>12.</b>            8:30- Tai Chi II*            9:35- Tai Chi-Gong*            10:00- Painting*            10:45- Qi-Gong I*  <b>10:30- Trip: The Knife</b>            12:30- Multimedia Art*            12:45- Learn Something New            1:30- Ping Pong</p>	<p><b>13.</b>            9:15- Yoga I*            10:30- GrandInvolved            10:30-Chair Yoga*            10:30- Crochet/Knitting            10:30- Gold's Gym*            11:30- Zumba Gold*            11:45-Lunch &amp; Learn            12:45-SAIL*            1:30- Ping Pong</p>	<p><b>14.</b>            8:30- Tai Chi II*            9:00- Personal Training Sessions            9:00- South Run*            10:00- Walk for a Cause  <b>10:30-Fastran Q&amp;A</b>            10:30- Chair Zumba*            11:30- Zumba Gold*            12:30- Connect to Culture            12:45-SAIL*            2:00- Hula Practice</p>

<p><b>17.</b>  <b>9:00- Registration Day</b>  9:00- Personal Training Sessions  9:45- Piano Sessions*  10:30- Mental Muscle  10:30- Voice*  10:45- Line Dance  12:00- Piano*  12:30- SAIL*  1:45- Ping Pong</p>	<p><b>18.</b>  8:30- Yoga II*  10:00-Computer Help  10:15 – Arthritis Exercise  11:00- Strength and Balance  10:30- Crochet/Knitting  10:30- Gold’s Gym*  <b>12:30- Birthday Celebration</b>  12:30- Ballroom *  12:30- Quilting</p>	<p><b>19.</b>  8:30- Tai Chi II*  9:35- Tai Chi-Gong*  10:00- Painting*  <b>10:30- Trip: Potomac Mills</b>  10:45- Qi-Gong I*  12:30- Multimedia Art*  12:45- Learn Something New  1:30- Ping Pong</p>	<p><b>20.</b>  10:15- BP Check  10:30- GrandInvolved  10:30- Crochet/Knitting  10:30- Gold’s Gym *  11:45-Lunch &amp; Learn  <b>12:00- Western Luncheon</b>  <b>12:30- “Woodbridge Willie”</b>  1:30- Ping Pong</p>	<p><b>21.</b>  8:30- Tai Chi II*  9:00- Personal Training Sessions  9:00- South Run*  10:00- Walk for a Cause  10:30- Chair Zumba*  11:30- Zumba Gold*  12:30- Connect to Culture  12:45-SAIL*  2:00- Hula Practice</p>
<p><b>24.</b>  9:00- Personal Training Sessions  9:45- Piano Sessions*  10:30- Mental Muscle  <b>10:30- Trip: Wegman’s Woodbridge</b>  <b>10:30- Voice Recital</b>  10:45- Line Dance  12:00- Piano*  12:30- SAIL*  1:45- Ping Pong</p>	<p><b>25.</b>  8:30- Yoga II*  10:00-Computer Help  10:00 – Arthritis Exercise  11:00- Strength and Balance  10:30- Crochet/Knitting  10:30- Gold’s Gym*  12:30- Ballroom *  12:30- Quilting</p>	<p><b>26.</b>  8:30- Tai Chi II*  <b>10:30-Trip: Carlyle House-City of Alexandria</b>  10:00- Painting*  12:30- Multimedia Art*  12:45- Learn Something New  1:30- Ping Pong</p>	<p><b>27.</b>  9:15- Yoga I*  10:30- GrandInvolved  10:15- BP Check  10:30- Crochet/Knitting  10:30-Chair Yoga*  10:30- Gold’s Gym *  11:30- Zumba Gold*  11:45-Lunch &amp; Learn  12:45-SAIL*  1:30- Ping Pong</p>	<p><b>28.</b>  8:30- Tai Chi II*  9:00- Personal Training Sessions  9:00- South Run*  10:00- Walk for a Cause  10:30- Chair Zumba*  11:30- Zumba Gold*  12:30- Connect to Culture  12:45-SAIL*  2:00- Hula Practice</p>

**\*Class Fee Applies- Classes will not appear on the calendar if cancelled. Additional Cancellations/Changes may take place after printing so come in often to see what is going on in the center! Please follow the County Weather Policy for Fastran, Trips and Center Cancellations!**