



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

*Wellness Focus:
 Leisure*



www.fairfaxcounty.gov/ncs

August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. 9-11- Piano* 10:30- Mental Muscle 10:45- Line Dance 12:15- Fire and Rescue 11:00- Voice* 12:30- Bridge 12:30- Music & Movement* 1:45- Ping Pong</p>	<p>2. 8:30- Yoga II* 10:15 – Arthritis Exercise 10:00- Computer Help 10:30- Gold’s Gym* 11:15- Strength & Balance 12:30- Ballroom* 1:45- Ping Pong 5:00- National Night Out Family Celebration</p>	<p>3. 8:30- Tai Chi II* 10:30-Trip: Potomac Town Center 10:30- Painting* 10:45- Qi-Gong I (DVD) 12:30- Multimedia Art* 12:30-Advisory Council: Watermelon Day! 12:45- Learn Something New 1:30- Ping Pong</p>	<p>4. 9:15- Yoga I* 10:15- BP Check 10:30- Chair Yoga* 10:30- Gold’s Gym* 11:45- Lunch & Learn 1:30- Ping Pong</p>	<p>5. 8:30- Tai Chi II* 9:00- South Run* 11:00- Chair Zumba* 11:00- Computer Help 12:00- Zumba Gold* 1:00- Creation Corner- Olympics 1:00- Hula Practice 3:00- Ping Pong</p>
<p>8. 9-11- Piano* 10:30- English Conversation 10:30- Mental Muscle 10:45- Line Dance 11:00- Voice* 12-3- Piano* 12:30- Bridge 12:30- Music & Movement* 1:45- Ping Pong</p>	<p>9. 8:30- Yoga II* 10:00- Computer Help 10:15 – Arthritis Exercise 10:30- Advisory Council Meeting 11:15- Strength & Balance 10:30- Gold’s Gym* 12:30- Ballroom* 1:45- Ping Pong</p>	<p>10. 8:30- Tai Chi II* 10:30- Painting* 10:45- Qi-Gong I (DVD) 12:30- Multimedia Art* 12:45- Learn Something New 1:00- Ping Pong Tournament Day 1</p>	<p>11. 9:15- Yoga I* 10:30-Trip: Mount Vernon Inn 10:30- Chair Yoga* 10:30- Gold’s Gym* 11:45- Lunch & Learn 1:00- Ping Pong Tournament Day 2 **EXTENDED HOURS: 4-6- Exercise Room/Ping Pong</p>	<p>12. 8:30- Tai Chi II* 9:00- South Run* 11:00- Chair Zumba* 11:00- Computer Help 12:00- Zumba Gold* 1:00- Creation Corner 1:00- Hula Practice 3:00- Ping Pong</p>

<p>15. 9-11- Piano* 10:30-Trip: Springfield Town Center 10:30- Mental Muscle 10:45- Line Dance 11:00-Voice* 12:30- Bridge 12:30- Music & Movement* 1:45- Ping Pong</p>	<p>16. 8:30- Yoga II* 10:00- Computer Help 10:15 – Arthritis Exercise 10:30- Gold’s Gym* 11:15- Strength & Balance 12:30- Ballroom * 1:45- Ping Pong</p>	<p>17. 8:30- Tai Chi II* 10:30- Painting* 10:30- Fastran Transportation Help 10:45- Qi-Gong I (DVD) 12:30- Bingo 12:30- Multimedia Art* 12:45- Learn Something New 1:00- Ping Pong</p>	<p>18. 9:15- Yoga I* 10:15- BP Check 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45-Lunch & Learn 12:30-Birthday Celebration 1:00- Ping Pong</p>	<p>19. 8:30- Tai Chi II* 9:00- South Run* 11:00- Chair Zumba* 11:00- Computer Help 12:00- Zumba Gold* 1:00- Creation Corner 1:00- Hula Practice 3:00-Ping Pong</p>
<p>22. 9:00-Registration Day! 10:30-English Conversation 10:30- Mental Muscle 10:45- Line Dance 12:30- Bridge 12:30- Music & Movement* 1:45- Ping Pong</p>	<p>23. 8:30- Yoga II* 10:00- Computer Help 10:30-Trip: Market at Opitz Crossing 10:15 – Arthritis Exercise 10:30- Gold’s Gym* 11:15- Strength & Balance 12:30- Ballroom * 1:45- Ping Pong</p>	<p>24. 8:30- Tai Chi II* 10:30- Painting* 10:30-Trip: Apothecary Museum/Gadsby’s Museum/Tavern for Lunch 10:45- Qi-Gong I (DVD) 12:30- Multimedia Art* 12:45- Learn Something New 1:00- Ping Pong</p>	<p>25. 9:15- Yoga I* 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45-Lunch & Learn 1:00-Ping Pong ** EXTENDED HOURS: 4-6- Exercise Room/Ping Pong</p>	<p>26. 8:30- Tai Chi II* 9:00- South Run* 11:00- Chair Zumba* 11:00- Computer Help 12:00- Zumba Gold* 1:00- Creation Corner 1:00- Hula Practice 3:00- Ping Pong</p>
<p>29. 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 11:00- Voice Recital 12-3- Piano* 12:30- Bridge 12:30- Music & Movement* 1:45- Ping Pong</p>	<p>30. 10:00- Computer Help 11:30- Hawaiian Stars Hula Performance 12:00- Luau 10:30- Gold’s Gym* 1:45-Ping Pong</p>	<p>31. 8:30- Tai Chi II* 10:30- Painting* 12:30- Multimedia Art* 10:45- Qi-Gong I (DVD) 12:45- Learn Something New 1:00- Ping Pong</p>	<p>September 1. 10:15- BP Check 10:30- Trip: Potomac Mills 10:30- Gold’s Gym * 11:45-Lunch & Learn 1:00- Ping Pong</p>	<p>September 2. 8:30- Tai Chi II* 9:00- South Run* 11:00- Chair Zumba* 11:00- Computer Help 12:00- Zumba Gold* 1:00- Creation Corner 1:00- Hula Practice 3:00- Ping Pong</p>

*Class Fee Applies

Most Class cancellations listed under class descriptions. Additional cancellations/changes may take place after printing so come in often to see what is going on in the center!