




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



www.fairfaxcounty.gov/ncs

February 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| <p>30. 9:45- Strength and Balance 10:30- Mental Muscle 10:45- Line Dance 12:30- Chair Zumba* 1:45- Ping Pong</p> | <p>31. 8:30- Yoga II* 10:15 - Arthritis Exercise 10:00-Computer Help 10:30- Crochet/Knitting 10:30- Gold's Gym* 12:30- Ballroom * 12:30- Quilting</p> | <p>1. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p> | <p>2. 9:15- Yoga I* 10:15- BP Check 10:30-Chair Yoga* 10:30- Crochet/Knitting 10:30- Gold's Gym* 10:30- Trip: Kohls/Global Foods 11:45-Lunch & Learn 1:30- Ping Pong</p> | <p>3. National Wear Red Day 8:30- Tai Chi II* 9:00- South Run* 10:00- Walk for a Cause 10:30- Glass Etching 11:00- Chair Zumba* 12:00- Zumba Gold* 12:30- Connect to Culture 1:00-Creation Corner 2:00- Hula Practice</p> |
| <p>6. 10:00- Paul Mitchell Makeover Day 10:30- Mental Muscle 10:30- Voice* 12-3- Piano* 12:15- Fire & Rescue 12:30- Chair Zumba* 1:45- Ping Pong</p> | <p>7. 10:15 - Arthritis Exercise 10:00- New Member Picture Day 10:00-Computer Help 10:30- Crochet/Knitting 10:30- Gold's Gym* 12:30- Ballroom* 12:30- Quilting 12:30- Bingo</p> | <p>8. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:45- Qi-Gong I* 10:30- Trip: Springfield Town Center 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p> | <p>9. 9:15- Yoga I* 10:30-Chair Yoga* 10:30- Crochet/Knitting 10:30- Gold's Gym* 11:45-Lunch & Learn 12:30- Birthday Celebration 1:30- Ping Pong</p> | <p>10. 8:30- Tai Chi II* 9:00- South Run* 10:00- Walk for a Cause 10:15- Trip: National Portrait Gallery 11:00- Chair Zumba* 12:00- Zumba Gold* 12:30- Connect to Culture 1:00-Creation Corner 2:00- Hula Practice</p> |

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| <p>13. 9:45- Strength and Balance 10:30- Mental Muscle 10:30- Trip: Walmart: Kingstowne 10:30- Voice* 10:45- Line Dance 12-3- Piano* 12:30- Chair Zumba* 1:45- Ping Pong</p> | <p>14. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Advisory Council Meeting 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Valentine’s Day 12:30- Ballroom * 12:30- Quilting</p> | <p>15. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:15- Fastran Talk 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p> | <p>16. 9:15- Yoga I* 10:15- BP Check 10:30- Crochet/Knitting 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45-Lunch & Learn 12:30- Bingo 1:30- Ping Pong</p> | <p>17. 8:30- Tai Chi II* 9:00- South Run* 10:00- Walk for a Cause 11:00- Chair Zumba* 12:00- Zumba Gold* 12:30- Connect to Culture 1:00-Creation Corner 2:00- Hula Practice</p> |
| <p>20. Center Closed!!  President’s Day</p> | <p>21. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom * 12:30- Quilting</p> | <p>22. 8:30- Tai Chi II* 10:00- Painting* 10:00- Trip: Mt. Vernon 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p> | <p>23. 9:15- Yoga I* 10:15- BP Check 10:30- Crochet/Knitting 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45-Lunch & Learn 1:30- Ping Pong</p> | <p>24. 8:30- Tai Chi II* 9:00- South Run* 10:00- Walk for a Cause 10:30- Trip: Wegman’s Woodbridge 11:00- Chair Zumba* 12:00- Zumba Gold* 12:30- Connect to Culture 1:00-Creation Corner 2:00- Hula Practice</p> |
| <p>27. 9:00- Registration Day 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12-3- Piano* 12:30- Birthday Celebration 12:30- Chair Zumba* 1:45- Ping Pong</p> | <p>28. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:00- Advisory Council Sponsored: Pancake Day 12:30- Ballroom * 12:30- Quilting</p> | <p>1. 9:00-AARP Safe Driving 10:00- Painting* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p> | <p>2. 9:15- Yoga I* 10:15- BP Check 10:30-Chair Yoga* 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:45-Lunch & Learn 1:30- Ping Pong</p> | <p>3. 9:00- South Run* 11:00- Chair Zumba* 12:00- Zumba Gold* 1:00-Creation Corner 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!