




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



www.fairfaxcounty.gov/ncs

January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Center Closed!</p>  <p>HAPPY NEW YEAR</p>	<p>3. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:15- “Walk The World” Kickoff 12:30- Ballroom * 12:30- Quilting</p>	<p>4. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:30- Book Club Interest Meeting 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>5. 9:15- Yoga I* 10:00- New Member Picture Day 10:15- BP Check 10:30-Chair Yoga* 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:45-Lunch & Learn 12:30- Musical Stylings of Linda George 1:30- Ping Pong</p>	<p>6. 9:00- South Run* 10:00- Walk for a Cause 10:30- Trip: Potomac Mills 11:00- Chair Zumba* 12:00- Zumba Gold* 12:30- Connect to Culture 1:00- Creation Corner 2:00- Hula Practice</p>
<p>9. 9:45- Strength and Balance 10:30- Mental Muscle 10:45- Line Dance 12:15- Fire and Rescue 12:30- Chair Zumba* 1:45- Ping Pong</p>	<p>10. 8:30- Yoga II* 10:15 – Arthritis Exercise 10:00-Computer Help 10:30- Advisory Council Meeting 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom* 12:30- Quilting 12:30- Birthday Celebration</p>	<p>11. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:30- Trip: Cracker Barrel 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 12:30- Bingo 1:30- Ping Pong</p>	<p>12. 9:15- Yoga I* 10:15- Trip: Natural History Museum 10:30- Crochet/Knitting 10:30-Chair Yoga* 10:30- Gold’s Gym* 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>13. 9:00- South Run* 10:00- Walk for a Cause 11:00- Chair Zumba* 12:00- Advisory Council Sponsored: Pizza day 12:00- Zumba Gold* 1:00-Creation Corner 12:30- Connect to Culture 2:00- Hula Practice</p>

<p>16. Center Closed!!</p>  <p>Martin Luther King Jr. Day</p>	<p>17. 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>18. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:30- Trip: Aldi/Lowes 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>19. 9:15- Yoga I* 10:00- Fire Drill 10:15- BP Check 10:30- Crochet/Knitting 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45-Lunch & Learn 12:30- Walking the World Cultural Check 12:30- Stories by Adam 1:30- Ping Pong</p>	<p>20. Center Closed!!</p>  <p>Presidential Inauguration</p>
<p>23. 9:45- Strength and Balance 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12:00- Piano* 12:30- Chair Zumba* 1:45- Ping Pong</p>	<p>24. 8:30- Yoga II* 10:15 – Arthritis Exercise 10:00-Computer Help 10:30- Trip: AMC Theater- “Hidden Figures” 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom *</p>	<p>25. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:30- Fastran Talk 12:45- Learn Something New 1:30- Ping Pong</p>	<p>26. 9:15- Yoga I* 10:30- Crochet/Knitting 10:30-Chair Yoga* 10:30- Gold’s Gym * 10:30- Trip: Shoppes at Lorton Valley 11:45-Lunch & Learn 12:30-Bingo 1:30- Ping Pong</p>	<p>27. 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>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>

***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!**