



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

*Wellness Focus:  
 Vocational*



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

## July 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1.</b> 8:30- Tai Chi II* 9:00- South Run* 11:00- Chair Zumba <i>DVD</i> 11:00- Computer Help <b>1:00- Creation Corner-            4<sup>th</sup> of July Fun</b> 1:00- Hula Practice 3:00- Ping Pong
<b>4.</b> <b>Center Closed:            Happy fourth of July!!!</b> 	<b>5.</b> 10:15 – Arthritis Exercise 10:00- Computer Help 10:30- Gold’s Gym* 11:15- Strength & Balance 12:30- Ballroom* 1:45- Ping Pong	<b>6.</b> 8:30- Tai Chi II* 9:35- Qi-Gong II* 10:30- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:00- Ping Pong	<b>7.</b> 10:15- BP Check <b>10:30- Trip: Lorton            Station</b> 10:30- Gold’s Gym* 11:45- Lunch & Learn 1:00- Ping Pong <b>1:30- Fire Drill</b>	<b>8.</b> 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
<b>11.</b> 10:30- English Conversation 10:30- Mental Muscle 10:30- Voice* <b>11:00- Keep Moving Trip-            7-11 Slurpee Day</b> 10:45- Line Dance 12:00- Piano* 12:30- Bridge 12:30- Music & Movement* 1:45- Ping Pong	<b>12.</b> 8:30- Yoga II* 10:00- Computer Help 10:15 – Arthritis Exercise <b>10:30- Trip: Manchester            Lakes</b> <b>10:30- Advisory Council            Meeting</b> 10:30- Gold’s Gym* 11:15- Strength & Balance 12:30- Ballroom * 1:45- Ping Pong	<b>13.</b> 8:30- Tai Chi II* 9:35- Qi-Gong II* 10:30- Painting* <b>10:30- Trip: National            Building Museum</b> 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:00- Ping Pong	<b>14.</b> 9:15- Yoga I* 10:30- Chair Yoga* 10:30- Gold’s Gym * 11:45- Lunch & Learn 1:00- Ping Pong <b>**EXTENDED HOURS:            4-6- Fitness Room/            Ping Pong</b>	<b>15.</b> 8:30- Tai Chi II* 9:00- South Run* 11:00- Chair Zumba* 11:00- Computer Help 12:00- Zumba Gold* <b>12:30- Birthday            Celebration</b> 1:00- Creation Corner 1:00- Hula Practice 3:00- Ping Pong

<p><b>18.</b> 10:30- Mental Muscle 10:45- Line Dance 12:30- Bridge 12:30- Music &amp; Movement* 1:45-Ping Pong</p>	<p><b>19.</b> <b>9:00-5:00- AARP Safe Driving</b> 10:00- Computer Help <b>10:30- Trip: Potomac Yards Shopping Center</b> 10:30- Gold's Gym* <b>12:30- Bingo</b> 1:45-Ping Pong</p>	<p><b>20.</b> 8:30- Tai Chi II* 9:35- Qi-Gong II* 10:30- Painting* <b>10:30- Fastran Transportation Help</b> 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:00- Ping Pong</p>	<p><b>21.</b> 9:15- Yoga I* 10:15- BP Check <b>10:30- CPR Demonstration</b> 10:30-Chair Yoga* 10:30- Gold's Gym * 11:45-Lunch &amp; Learn 1:00-Ping Pong</p>	<p><b>22.</b> 8:30- Tai Chi II* 9:00- South Run* 11:00- Chair Zumba* 12:00- Zumba Gold* 1:00- Creation Corner 1:00- Hula Practice 3:00- Ping Pong</p>
<p><b>25.</b> 10:30-English Conversation 10:30- Mental Muscle <b>10:30-Trip: Mount Vernon Square</b> 10:30- Voice* 10:45- Line Dance 12:00- Piano* 12:30- Bridge 12:30- Music &amp; Movement* 1:45-Ping Pong</p>	<p><b>26.</b> 8:30- Yoga II* 10:00- Computer Help 10:30- Gold's Gym* <b>10:30- Day of Service: Community Service Project</b> 12:30- Ballroom * 1:45-Ping Pong</p>	<p><b>27.</b> 8:30- Tai Chi II* 9:35- Qi-Gong II* 10:30- Painting* 10:45- Qi-Gong I* <b>11:00- S'UP Teens Trivia Competition</b> 12:30- Multimedia Art* 12:45- Learn Something New 1:00- Ping Pong</p>	<p><b>28.</b> 9:15- Yoga I* 10:30-Chair Yoga* 10:30- Gold's Gym * 11:45-Lunch &amp; Learn <b>12:30-Bingo</b> 1:00-Ping Pong <b>**EXTENDED HOURS:</b> <b>4-6- Fitness Room/ Ping Pong</b></p>	<p><b>29.</b> 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!