



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



www.fairfaxcounty.gov/ncs

JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. 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	2. 8:30- Tai Chi II* 9:00- South Run* 10:30-Trip: Old Stone House/Rock Creek Park 10:00- Walk for a Cause 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL*
5. 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 12:00- Piano Sessions* 12:15- Fire & Rescue 12:45- SAIL* 1:45- Ping Pong	6. 8:30-Yoga II* 10:15 – Arthritis Exercise 10:00-Computer Help 10:30- Crochet/Knitting 10:30- Gold's Gym* 10:30-Trip: Potomac Mills 11:00- Strength/Balance 12:30- Ballroom* 12:30- Quilting	7. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:30- Musical Performance 12:45- Learn Something New 1:30- Ping Pong	8. 9:15- Yoga I* 10:30- Chair Yoga* 10:30-Community Service Activity 10:30- Crochet/Knitting 10:30- Gold's Gym* 11:45- Lunch & Learn 1:30- Ping Pong	9. 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*

<p>12. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Trip: Springfield Town Center 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12:00- Piano* 12:30- SAIL* 1:45- Ping Pong</p>	<p>13. 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Advisory Council Meeting 11:00- Strength/Balance 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom * 12:30- Quilting 12:30- Bingo</p>	<p>14. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>15. 10:15- BP Check 10:30- Father’s Day and Birthday Celebration 10:30- Crochet/Knitting 10:30- Gold’s Gym * 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>16. 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* 12:15- Connect to Culture 12:30- HIVE ALIVE! 12:45-SAIL*</p>
<p>19. 9:00- Registration Day 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:45- Line Dance 12:00- Piano* 12:30- SAIL* 1:45- Ping Pong</p>	<p>20. 10:00-Computer Help 10:00 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:00- Strength/Balance 12:30- Ballroom * 12:30- Quilting</p>	<p>21. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>22. 10:30- Crochet/Knitting 10:30- Gold’s Gym * 11:45-Lunch & Learn 12:30- Advisory Council Sponsored: Ice Cream Sundaes 1:30- Ping Pong</p>	<p>23. 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* 10:30- Trip: Kohls/ Global foods 12:30- Connect to Culture 12:45-SAIL*</p>
<p>26. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice Recital 10:45- Line Dance 12:00- Piano* 12:30- SAIL* 1:45- Ping Pong</p>	<p>27. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 11:00- Strength/Balance 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom * 12:30- Quilting</p>	<p>28. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:00- Painting* 10:00- World Powers of the 1930’s Board Game 10:45- Qi-Gong I* 12:30-Bingo 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>29. 10:15- BP Check 10:30- Crochet/Knitting 10:30- Gold’s Gym * 10:30-Trip: Olive Garden 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>30. 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*</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!