



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



www.fairfaxcounty.gov/ncs

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 10:30- Trip: Hobby Lobby/Old Country Buffet 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* 11:30- Zumba Gold* 11:45-Lunch & Learn 12:45-SAIL* 1:30- Ping Pong</p>	<p>3. 9:00- South Run* 9:00- Personal Training Sessions 10:30- Hinamatsuri Festival- Japanese Doll Festival 1:00-Walk for a Cause</p>
<p>6. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12:00- Piano Sessions* 12:15- Fire & Rescue 12:30- SAIL* 1:45- Ping Pong</p>	<p>7. 8:30- Yoga II* 10:15 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:00- Strength and Balance 11:00- Walking Trip: IHOP 12:30- Quilting 12:30- ShamrockRs Irish Dancers</p>	<p>8. 8:30- Tai Chi II* 10:00- Painting* 10:30-Trip: National Archives 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* 10:30- GrandInvolved 11:00-Trip: Dixie Bones 11:30- Zumba Gold* 11:45-Lunch & Learn 12:45- SAIL* 12:45- Bingo 1:30- Ping Pong</p>	<p>10. 8:30- Tai Chi II* 9:00- Personal Training Sessions 9:00- South Run* 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL* 1:00- Walk for a Cause</p>

<p>13. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12:00- Piano Sessions* 12:45- SAIL* 1:45- Ping Pong</p>	<p>14. 8:30- Yoga II* 10:00-Computer Help 10:00 – Arthritis Exercise 10:30- Advisory Council 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:00- Strength and Balance 12:00- Pie (π) Day 12:30- Ballroom * 12:30- Quilting</p>	<p>15. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:30- Trip: Kohls/Global Foods 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- GrandInvolved 10:30- Gold’s Gym * 10:30- Crochet/Knitting 10:30-Chair Yoga* 11:30- Zumba Gold* 11:45-Lunch & Learn 12:45- SAIL*</p>	<p>17. WEAR GREEN 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>
<p>20. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12:00- Piano Sessions* 12:45- SAIL* 1:45- Ping Pong</p>	<p>21. 8:30- Yoga II* 10:00 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 10:30-Trip: Red Lobster 11:00-Strength and Balance 12:30- Ballroom * 12:30- Quilting</p>	<p>22. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:45- Qi-Gong I* 12:45- Learn Something New 1:30- Ping Pong 12:30- Bingo</p>	<p>23. 9:15- Yoga I* 10:30- GrandInvolved 10:30- Crochet/Knitting 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:30- Zumba Gold* 11:45-Lunch & Learn 12:30- Birthday Celebration 12:45- SAIL*</p>	<p>24. 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* 12:00- Advisory Council Sponsored: Waffle day! 12:30- Connect to Culture 12:45- SAIL*</p>
<p>27. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12:00- Piano Sessions* 12:30- SAIL* 1:45- Ping Pong</p>	<p>28. 8:30- Yoga II* 10:00-Computer Help 10:00 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:00- Strength and Balance 12:30- Ballroom * 12:30- Quilting</p>	<p>29. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:30-Trip: Tanger Outlets 10:00-Tax Relief 10:45- Qi-Gong I* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>30. 9:15- Yoga I* 10:30- GrandInvolved 10:30- Gold’s Gym * 10:30- Crochet/Knitting 10:30-Chair Yoga* 11:30- Zumba Gold* 11:45-Lunch & Learn 12:45- SAIL*</p>	<p>31. 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!**