



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

*Wellness Focus:
 Nutritional*



www.fairfaxcounty.gov/ncs

November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31. 10:30- Mental Muscle 10:30- Costume Parade 10:30- Voice* 10:45- Line Dance 12:00 Piano* 12:30- Bridge 12:30- Chair Zumba* 12:30- Holiday Bingo 1:45-Ping Pong</p>	<p>1. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Glass Etching 10:30- Gold’s Gym* 12:30- Ballroom* 12:30- Quilting 1:45- Ping Pong</p>	<p>2. 10:00- Painting* 10:30- Trip: Town of Occoquan 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong *** Pick up new book for book club***</p>	<p>3. 9:15- Yoga I* 10:15- BP Check 10:30- Essential Oils Presentation 10:30-Chair Yoga* 10:30- Gold’s Gym* 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>4. 9:00- South Run* 10:00-2:00 Medicare part D enrollment event 11:00- Chair Zumba* 12:00- Zumba Gold* 1:00-Creation Corner 2:00- Hula Practice</p>
<p>7. 9:45- Strength and Balance 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12-3- Piano* 12:15- Fire & Rescue 12:30- Fraud Watch 12:30- Bridge 1:45- Ping Pong</p>	<p>8. 10:15 – Arthritis Exercise 10:00-Computer Help 10:30- Advisory Council Meeting 10:30- Gold’s Gym* 12:30- Ballroom* 12:30- Quilting 1:45- Ping Pong</p>	<p>9. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:30- Trip: Tanger Outlets 10:45- Qi-Gong I* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>10. 9:15- Yoga I* 10:30-Chair Yoga* 10:30- Gold’s Gym* 11:45-Lunch & Learn 12:30- Birthday Celebration 12:45- Bingo 1:30- Ping Pong</p>	<p>11. Closed Veteran’s Day!</p>

<p>14. 9:45- Strength and Balance 10:30- Mental Muscle 10:30- Trip: Target/Red Lobster 10:30- Voice* 10:45- Line Dance 12-3- Piano* 12:30- Bridge 12:30- Chair Zumba* 1:45- Ping Pong</p>	<p>15. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Gold’s Gym* 10:00- Trip: African American History Museum 12:30- Ballroom * 12:30- Quilting 1:45- Ping Pong</p>	<p>16. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:15- Fastran Talk 10:45- Qi-Gong I* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>17. 9:15- Yoga I* 10:15- BP Check 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45-Lunch & Learn 12:00- Advisory Council Sponsored: “Friendsgiving”</p>	<p>18. 8:30- Tai Chi II 9:00- South Run* 11:00- Chair Zumba* 12:00- Zumba Gold* 1:00-Creation Corner 2:00- Hula Practice</p>
<p>21. 9:45- Strength and Balance 10:15- Fire Drill 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12-3- Piano* 12:30- Bridge 12:30- National Park-Ranger Presentation on FDR Memorial 1:45- Ping Pong</p>	<p>22. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Trip: Wegman’s Woodbridge 10:30- Gold’s Gym* 11:15- Strength & Balance 12:30- Ballroom * 12:30- Quilting 1:45- Ping Pong</p>	<p>23. 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>24. Closed for Thanksgiving!</p> 	<p>25. Closed Government Holiday!</p> 
<p>28. 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12-3- Piano* 12:30- Bridge 12:30- Chair Zumba* 1:45- Ping Pong</p>	<p>29. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Gold’s Gym* 12:30- Ballroom * 12:30- Quilting 1:45- Ping Pong</p>	<p>30. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:30- Book Club Meeting 10:30- Trip: Potomac Mills 10:45- Qi-Gong I* 12:30- Multimedia Art* 1:30- 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!