



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

Wellness Focus:
Social



www.fairfaxcounty.gov/ncs

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12-3- Piano* 12:15- Fire and Rescue 12:30- Bridge 12:30- Music & Movement* 1:45-Ping Pong	4. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Gold’s Gym* 11:00-Trip: Outback Steakhouse 11:15- Strength & Balance 12:30- Ballroom* 12:30- Quilting 12:30- Spanish 1:45-Ping Pong	5. 8:30- Tai Chi II* 9:35- Qi-Gong II* 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New- Hive Alive Presentation 1:00- Ping Pong	6. 9:15- Yoga I* 10:15-BP Check 10:30-Chair Yoga* 10:30- Gold’s Gym* 11:45-Lunch & Learn 12:30- Anniversary Celebration Dessert Potluck and Picture 1:00- Ping Pong	7. 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 2:00-Ping Pong
10. Closed Columbus Day!  Columbus Day	11. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Advisory Council Meeting 10:30- Gold’s Gym* 11:15- Strength & Balance 12:30- Ballroom* 12:30- Quilting 12:30- Spanish 1:45-Ping Pong	12. 8:30- Tai Chi II* 9:35- Qi-Gong II* 10:00- Painting* Trip:10:30- ARTREACH 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:00- Ping Pong	13. 9:00- Trip: Advisory Council Sponsored: Scenic Train Ride* 9:15- Yoga I* 10:30-Chair Yoga* 10:30- Gold’s Gym* 11:45-Lunch & Learn 1:00- Ping Pong	14. 9:00-AARP Safe Driving* 9:00- South Run* 11:00- Trip: House of Dynasty Chinese 1:00-Creation Corner 2:00- Hula Practice 2:00-Ping Pong

<p>17 10:30-English Conversation 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12-3- Piano* 12:30- Bridge 12:30- Music & Movement* 1:45-Ping Pong</p>	<p>18. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Gold’s Gym* 11:15- Strength & Balance 11:30- Birthday Celebration 12:30- Ballroom * 12:30- Quilting 12:30- Spanish 1:45-Ping Pong</p>	<p>19. 8:30- Tai Chi II* 9:35- Qi-Gong II* 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:30- Fastran Talk 12:45- Learn Something New 1:00- Ping Pong</p>	<p>20. 9:15- Yoga I* 10:15- BP Check 10:30 Trip- Kohl’s/Global Foods 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45- Flu Shot Clinic 11:45-Lunch & Learn 1:45- Ping Pong</p>	<p>21. 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> <hr/> <p>23. Sunday Trip: 11:30 Riverside Dinner Theater “Driving Miss Daisy”*</p>
<p>24. 9:00-Registration Day! 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12:00- Piano* 12:30- Bridge 12:30- Music & Movement* 1:45-Ping Pong</p>	<p>25. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Gold’s Gym* 11:15- Strength & Balance 12:30- Ballroom * 12:30- Quilting 12:30- Spanish 1:45-Ping Pong</p>	<p>26. 8:30- Tai Chi II* 9:35- Qi-Gong II* 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:00- Ping Pong</p>	<p>27. 9:15- Yoga I* 10:30-Chair Yoga* 10:30- Gold’s Gym * 10:30-Trip: Springfield Town Center 11:45-Lunch & Learn 1:00- Ping Pong</p>	<p>28. 8:30- Tai Chi II* 9:00- South Run* 11:00- Chair Zumba* 12:00- Advisory Council Pizza Day* 12:00- Zumba Gold* 1:00-Creation Corner 2:00- Hula Practice</p>
<p>31. 10:30-English Conversation 10:30- Mental Muscle 10:30- Costume Parade 10:30- Voice* 10:45- Line Dance 12:00 Piano* 12:30- Bridge 12:30- Music & Movement* 12:30- Holiday Bingo 1:45-Ping Pong</p>				<p>SAVE THE DATE: Come Support the Advisory Council Saturday November 5th Vendor/ Craft Fair 9:00-1:30</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!