



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

*Wellness Focus:  
 Intellectual*



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

## September 2016

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
|   |  |   | <b>1.</b><br>10:15- BP Check<br><b>10:30- Trip: Potomac Mills</b><br>10:30- Gold's Gym *<br>11:45-Lunch & Learn<br>1:00- Ping Pong  | <b>2.</b><br>8:30- Tai Chi II*<br>9:00- South Run*<br>11:00- Chair Zumba*<br>12:00- Zumba Gold*<br>1:00- Creation Corner<br>2:00- Hula Practice  |
| <b>5.</b><br><b>Closed Labor Day!</b><br>   | <b>6.</b><br>8:30- Yoga II*<br>10:00-Computer Help<br>10:15 - Arthritis Exercise<br>10:30- Gold's Gym*<br>11:15- Strength & Balance<br>12:30- Ballroom*<br>12:30- Spanish<br>12:30- Quilting<br>1:45-Ping Pong   | <b>7.</b><br>8:30- Tai Chi II*<br>10:30- Painting*<br><b>10:30- CPR Certification*</b><br>12:30- Multimedia Art*<br>12:45- Learn Something New<br>1:00- Ping Pong                       | <b>8.</b><br>9:15- Yoga I*<br>10:30-Chair Yoga*<br>10:30- Gold's Gym*<br>11:45-Lunch & Learn<br><b>12:30-Labor Day Celebration- Navy Clarinet Quartet</b><br>1:45- Ping Pong                    | <b>9.</b><br>8:30-Tai Chi II*<br>9:00- South Run*<br><b>10:30- Trip: Kingstowne Walmart</b><br>11:00- Chair Zumba*<br>12:00- Zumba Gold*<br>1:00-Creation Corner<br>2:00- Hula Practice                  |
| <b>12.</b><br>10:30-English Conversation<br>10:30- Mental Muscle<br>10:30- Voice*<br>10:45- Line Dance<br>12:00- Piano*<br><b>12:15- Fire and Rescue</b><br>12:30- Bridge<br>12:30- Music & Movement*<br>1:45-Ping Pong | <b>13.</b><br>8:30- Yoga II*<br>10:00-Computer Help<br>10:15 - Arthritis Exercise<br><b>10:30- Advisory Council/ Primary/Nominations</b><br>10:30- Gold's Gym*<br>11:15- Strength & Balance<br>12:30- Ballroom *<br><b>12:30- Getting the Best from Cable</b><br>12:30- Spanish<br>12:30- Quilting | <b>14.</b><br>8:30- Tai Chi II*<br>9:35- Qi-Gong II*<br><b>11:00- Trip: Cracker Barrel</b><br>10:45- Qi-Gong I*<br>12:45- Learn Something New<br><b>12:30- Bingo</b><br>1:00- Ping Pong | <b>15.</b><br>9:15- Yoga I*<br>10:15- BP Check<br><b>10:30- Keep Movin' Trip: Gum Springs Outdoor Gym</b><br>10:30-Chair Yoga*<br>10:30- Gold's Gym *<br>11:45-Lunch & Learn<br>1:00- Ping Pong | <b>16.</b><br>8:30-Tai Chi II*<br>9:00- South Run*<br>11:00- Chair Zumba*<br><b>12:00- Advisory Council Sponsored Hot Dog Day!*</b><br>12:00- Zumba Gold*<br>1:00-Creation Corner<br>2:00- Hula Practice |

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| <p>19.<br/>10:30- Mental Muscle<br/>10:30- Voice*<br/>10:45- Line Dance<br/>12:00- Piano*<br/>12:30- Bridge<br/>12:30- Music &amp; Movement*<br/>1:45-Ping Pong</p>  | <p>20.<br/>8:30- Yoga II*<br/>10:00-Computer Help<br/>10:15 – Arthritis Exercise<br/>10:30- Gold’s Gym*<br/><b>10:30-Trip: Woodbridge Wegmans</b><br/>11:15- Strength &amp; Balance<br/>12:30- Ballroom *<br/>12:30- Spanish<br/>12:30- Quilting<br/>1:45-Ping Pong</p>  | <p>21.<br/>8:30- Tai Chi II*<br/>9:35- Qi-Gong II*<br/>10:30- Painting*<br/>10:45- Qi-Gong I*<br/>12:30- Multimedia Art*<br/><b>12:30- Fastran Talk</b><br/>12:45- Learn Something New<br/>1:00- Ping Pong</p> | <p>22.<br/>9:15- Yoga I*<br/>10:30-Chair Yoga*<br/>10:30- Gold’s Gym *<br/><b>12:30- Birthday Celebration</b><br/>11:45-Lunch &amp; Learn<br/>1:00- Ping Pong</p>               | <p>23.<br/>8:30-Tai Chi II*<br/>9:00- South Run*<br/>11:00- Chair Zumba*<br/>12:00- Zumba Gold*<br/>1:00-Creation Corner<br/>2:00- Hula Practice</p>   |
| <p>26.<br/>10:30-English Conversation<br/>10:30- Mental Muscle<br/>10:30- Voice*<br/><b>10:30- Advisory Council Voting Begins</b><br/>10:45- Line Dance<br/>12:00-Piano*<br/>12:30- Bridge<br/>12:30- Music &amp; Movement*<br/>1:45-Ping Pong</p> | <p>27.<br/><b>9:00-3:00 Yoga Retreat: Huntley Meadows*</b><br/>10:00-Computer Help<br/>10:15 – Arthritis Exercise<br/><b>10:30- Trip: Huntley Meadows for Yoga retreat or Fall picnic*</b><br/>10:30- Gold’s Gym*<br/>11:15- Strength &amp; Balance<br/>12:30- Ballroom *<br/>12:30-Spanish<br/>12:30- Quilting<br/>1:45-Ping Pong</p> | <p>28.<br/>8:30- Tai Chi II*<br/>9:35- Qi-Gong II*<br/>10:30- Painting*<br/>10:45- Qi-Gong I*<br/>12:30- Multimedia Art*<br/>12:45- Learn Something New<br/>1:00- Ping Pong</p>                                | <p>29.<br/>9:15- Yoga I*<br/><b>11:00- Trip: Olive Garden</b><br/>10:30-Chair Yoga*<br/>10:30- Gold’s Gym *<br/>11:45-Lunch &amp; Learn<br/>12:30-Bingo<br/>1:00- Ping Pong</p> | <p>30.<br/>8:30-Tai Chi II*<br/>9:00- South Run*<br/>11:00- Chair Zumba*<br/>12:00- Zumba Gold*<br/><b>12:30-Bingo</b><br/>1:00-Creation Corner<br/>2:00- Hula Practice<br/><b>4:00-Advisory Council Voting ends</b></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!