



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



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

## AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>31.</b>            9:00- Personal Training Sessions            9:00- Piano Sessions*            10:30- Mental Muscle            11:00- Voice*            10:45- Line Dance            12:45- Stay Active*            1:45- Ping Pong</p>	<p><b>1.</b>            8:30- Yoga II*            10:30- Crochet/Knitting            10:30- Gold's Gym*            11:00-Strength/Balance            12:30- Ballroom*</p>	<p><b>2.</b>            10:00-Computer Help            10:00- Painting*  <b>10:30- Jewlery Making</b>            12:30- Multimedia Art*            12:45- Learn Something New            1:30- Ping Pong  <b>*** Last Day to Bring Items for Advisory Council Fundraiser- "Attic Clean Out"</b></p>	<p><b>3.</b>            9:15- Yoga I*            10:15- BP Check            10:30-Chair Yoga*            10:30- Crochet/Knitting            10:30- Gold's Gym*            11:45-Lunch &amp; Learn            1:30- Ping Pong</p>	<p><b>4.</b>            8:30- Tai Chi II*            9:00- South Run*            10:00- Walk for a Cause  <b>10:30-Trip: Potomac Mills</b>            10:30- Chair Zumba*            11:30- Zumba Gold*            12:30- Connect to Culture            12:45- Stay Active*</p>
<p><b>7.</b>            9:00- Personal Training Sessions            9:00- Piano Sessions*            10:30- Mental Muscle            10:45- Line Dance            11:00- Voice*  <b>12:15- Fire &amp; Rescue</b>  <b>12:30- Bingo</b>            12:45- Stay Active*            1:45- Ping Pong</p>	<p><b>8.</b>            8:30-Yoga II*            10:15 – Arthritis Exercise  <b>10:30- Advisory Council Meeting</b>            10:30- Crochet/Knitting            10:30- Gold's Gym*            11:00- Strength/Balance            12:30- Ballroom*</p>	<p><b>9.</b>            10:00- Painting*  <b>11:00- Emergency Preparedness Presentation</b>            12:30- Multimedia Art*            12:45- Learn Something New            1:30- Ping Pong</p>	<p><b>10.</b>            9:15- Yoga I*  <b>10:30- Trip: King St. Old Town Alexandria</b>            10:30-Chair Yoga*            10:30- Crochet/Knitting            10:30- Gold's Gym*            11:45-Lunch &amp; Learn            1:30- Ping Pong</p>	<p><b>11.</b>            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- Stay Active*</p>

<p><b>14.</b> 9:00- Personal Training Sessions 9:00 Piano Sessions* 10:30- Mental Muscle 11:00- Voice* 10:45- Line Dance 12:45- Stay Active* 1:45- Ping Pong</p>	<p><b>15.</b> 8:30- Yoga II* <b>11:00- Lorton Luau</b> 10:15 – Arthritis Exercise 11:00- Strength/Balance 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom*</p>	<p><b>16.</b> 10:00- Painting* <b>10:30- Trip: Tanger Outlet</b> 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p><b>17.</b> 10:15- BP Check 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:45-Lunch &amp; Learn 1:30- Ping Pong</p>	<p><b>18.</b> 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-Stay Active*</p>
<p><b>21.</b> <b>9:00- Registration Day</b> 9:00- Personal Training Sessions 9:00- Piano Sessions* 10:30- Mental Muscle 10:45- Line Dance 11:00- Voice* 12:30- Stay Active* 1:45- Ping Pong</p>	<p><b>22.</b> 8:30- Yoga II* 10:00-Computer Help 10:00 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:00- Strength/Balance 12:30- Ballroom*</p>	<p><b>23.</b> 10:00-Computer Help 10:00- Painting* 12:30- Multimedia Art* <b>12:30- Bingo</b> 12:45- Learn Something New 1:30- Ping Pong</p>	<p><b>24.</b> 9:15- Yoga I* <b>10:30- Trip: Hibachi Grill</b> 10:30- Crochet/Knitting 10:30-Chair Yoga* 10:30- Gold’s Gym* 11:45-Lunch &amp; Learn 1:30- Ping Pong</p>	<p><b>25.</b> 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-Stay Active*</p>
<p><b>28.</b> 9:00- Personal Training Sessions 9:00- Piano Sessions* 10:30- Mental Muscle <b>11:00- Voice Recital</b> 10:45- Line Dance 12:30- Stay Active* 1:45- Ping Pong</p>	<p><b>29.</b> 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise <b>10:30- Wegman’s</b> 11:00- Strength/Balance 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom*</p>	<p><b>30.</b> 10:00- Painting* <b>10:15- Trip: River Boat Cruise</b> 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p><b>31.</b> 10:15- BP Check 10:30- Crochet/Knitting 10:30- Gold’s Gym * <b>10:30- Advisory Council Sponsored Pizza Day</b> 11:45-Lunch &amp; Learn 1:30- Ping Pong</p>	<p><b>1.</b> 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-Stay Active*</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!