





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



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

## JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3.</b>  <b>Center Closed</b></p>  <p><b>Office Closed</b>  <b>County Holiday!</b></p>	<p><b>4.</b>  <b>Center Closed</b></p>  <p><b>4<sup>TH</sup> OF JULY</b>  <b>Happy 4<sup>th</sup> of July!!!</b></p>	<p><b>5.</b>            8:30- Tai Chi II*            9:35- Tai Chi-Gong*            10:00-Computer Help            10:45- Qi-Gong I*            12:45- Learn Something New            1:30- Ping Pong</p>	<p><b>6.</b>            9:15- Yoga I*            10:15- BP Check  <b>10:30-Trip: Olive Garden</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>7.</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>10.</b>            9:00- Personal Training Sessions            9:45- Piano Sessions*  <b>10:00- New Member Picture Day</b>            10:30- Mental Muscle            10:30- Voice*            10:45- Line Dance            12:00- Piano Sessions*  <b>12:15- Fire &amp; Rescue</b>            12:45- Stay Active*            1:45- Ping Pong</p>	<p><b>11.</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 and Balance            12:30- Ballroom*  <b>12:30- Bingo</b></p>	<p><b>12.</b>            8:30- Tai Chi II*            9:35- Tai Chi-Gong*            10:00-Computer Help  <b>10:30-Trip: Kingstowne Walmart</b>            10:00- Painting*            10:45- Qi-Gong I*            12:30- Multimedia Art*            12:45- Learn Something New            1:30- Ping Pong</p>	<p><b>13.</b>            9:15- Yoga I*  <b>10:00-POP UP Lorton Library</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>14.</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>

**Saturday 8<sup>th</sup> 4:05 pm- Family Tickets Available Nationals**

<p><b>17.</b> 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Voice* 10:30- Mental Muscle 10:45- Line Dance 12:00- Piano Sessions* 12:45- Stay Active* 1:45- Ping Pong</p>	<p><b>18.</b> 10:15 – Arthritis Exercise 11:00- Strength and Balance 10:30- Crochet/Knitting 10:30- Gold’s Gym* <b>12:00- Advisory Council Hot Dog Day</b> <b>12:30-Dam Presentation</b> 12:30- Ballroom*</p>	<p><b>19.</b> 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong <b>*** Advisory Council Fundraising begins- “Attic Clean Out”</b></p>	<p><b>20.</b> 10:15- BP Check 10:30- Crochet/Knitting <b>10:30- Trip: National Harbor</b> 10:30- Gold’s Gym* 11:45-Lunch &amp; Learn 1:30- Ping Pong</p>	<p><b>21.</b> 8:30- Tai Chi II* 9:00- Personal Training Sessions 9:00- South Run* <b>10:30-Trip: Manassas Battle Field</b> 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>24.</b> 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:45- Line Dance 12:00- Piano* 12:45- Stay Active* 1:45- Ping Pong</p>	<p><b>25.</b> 8:30- Yoga II* 10:00 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:00- Strength and Balance <b>12:00- Birthday Celebration</b> 12:30- Ballroom*</p>	<p><b>26.</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>27.</b> 9:15- Yoga I* <b>10:30- Trip: Tim’s Rivershore Restaurant</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>28.</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>31.</b> 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12:00- Piano* 12:45- Stay Active* 1:45- Ping Pong</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!**