


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



www.fairfaxcounty.gov/ncs

MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:00- World Powers of the 1930's Board Game 10:15- Trip: Zoo 10:30- Voice* 10:30- Mental Muscle 10:45- Line Dance 12:00- Piano Sessions* 12:45- SAIL* 1:45- Ping Pong</p>	<p>2. 8:30- Yoga II* 10:00 - Arthritis Exercise 10:00-Computer Help 10:30- Crochet/Knitting 10:30- Gold's Gym* 11:00-Strength and Balance 12:30- Dance and Healing Movement Interactive Program 12:30- Quilting</p>	<p>3. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:30- Trip: Cracker Barrel 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>4. 9:15- Yoga I* 10:15- BP Check 10:30-Chair Yoga* 10:30- Crochet/Knitting 10:30- Gold's Gym* 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>5. 8:30- Tai Chi II* 9:00- Personal Training Sessions 9:00- South Run* 10:30- Stained Glass with Brigitte and Dale 12:30- Connect to Culture</p>
<p>8. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:00- World Powers of the 1930's Board Game 10:30- Mental Muscle 10:30- Voice* 12:00- Piano Sessions* 12:15- Fire & Rescue 12:45- SAIL* 1:45- Ping Pong</p>	<p>9. 10:15 - Arthritis Exercise 10:00-Computer Help 10:30- Advisory Council Meeting 10:30- Crochet/Knitting 10:30- Gold's Gym* 11:00- Strength and Balance 12:30- Ballroom* 12:30-Bingo 12:30- Quilting</p>	<p>10. 9:00-AARP SAFE DRIVING 10:00-Computer Help 10:00- Painting* 11:30 Trip: Advisory Council Sponsored-National Cathedral Tour & Tea 12:30- Multimedia Art* 12:45- Learn Something New</p>	<p>11. 10:30- Trip: Walmart: Kingstowne 10:30- Crochet/Knitting 10:30- Gold's Gym* 11:45-Lunch & Learn 1:45- Ping Pong</p>	<p>12. 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* 12:00- Advisory Council Sponsored: Pizza Day 12:30- Connect to Culture 12:45-SAIL* 7:05- Family Tickets Available Nationals</p>

<p>15. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:00- World Powers of the 1930's Board Game 10:30- Mental Muscle 10:30- Mother's Day and May Birthday Celebration 10:30- Voice* 10:45- Line Dance 12:00- Piano* 12:45- SAIL* 1:45- Ping Pong</p>	<p>16. 8:30- Yoga II* 10:00-Computer Help 11:00-Trip: Hayfield Shopping Center 10:15 – Arthritis Exercise 11:00- Strength and Balance 10:30- Crochet/Knitting 10:30- Gold's Gym* 12:30- Ballroom * 12:30- Quilting</p>	<p>17. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:00- New Member Picture Day 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:30- Musical Stylings of Linda George 12:45- Learn Something New 1:30- Ping Pong</p>	<p>18. 10:15- BP Check 10:30- Crochet/Knitting 10:30- Hearing Screenings 10:30- Gold's Gym * 11:45-Lunch & Learn 1:45- Ping Pong</p>	<p>19. 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-SAIL* 20. 11:00-2:00 Family Event: Lorton Community Action Center Hope & Health Festival</p>
<p>22. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:00- World Powers of the 1930's Board Game 10:30- Mental Muscle 10:45- Line Dance 12:00- Piano* 12:45- SAIL* 1:45- Ping Pong</p>	<p>23. 9:00-YOGA RETREAT Mason Neck State Park 8:30- Yoga II* 10:00-Computer Help 10:00 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold's Gym* 11:00- Picnic: Mason Neck 11:00- Strength/Balance 12:30- Ballroom * 12:30- Quilting</p>	<p>24. 10:00- Painting* 10:00-Computer Help 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:30- Bingo 12:45- Learn Something New 1:30- Ping Pong</p>	<p>25. 9:15- Yoga I* 10:30- Crochet/Knitting 10:30-Chair Yoga* 10:30- Gold's Gym * 11:45-Lunch & Learn 1:45- Ping Pong</p>	<p>26. 8:30- Tai Chi II* 9:00- Personal Training Sessions 9:00- South Run* 10:00- Walk for a Cause 10:30-Trip: National Harbor 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL*</p>
<p>29. Center Closed </p>	<p>30. 8:30-Yoga II* 10:15 – Arthritis Exercise 10:00-Computer Help 10:30- Crochet/Knitting 10:30- Gold's Gym* 11:00- Strength and Balance 12:30- Ballroom* 12:30- Quilting</p>	<p>31. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:30- Trip: Famer's Market 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>1. 9:15- Yoga I* 10:30-Chair Yoga* 10:30- Crochet/Knitting 10:30- Gold's Gym* 11:45-Lunch & Learn 1:45- Ping Pong</p>	<p>2. 8:30- Tai Chi II* 9:00- South Run* 10:00- Walk for a Cause 10:30-Trip: Old Stone House/Rock Creek Park 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL*</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!