



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



www.fairfaxcounty.gov/ncs

NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sunday November 19th Trip: 11:45 am “On Golden Pond” at Riverside Dinner Theater</p>		<p>1. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:30- Trip: Mission BBQ 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>2. 10:15- BP Check 10:30- GrandInvolved 10:30- Chair Yoga* 10:30- Gold’s Gym* 12:00- Advisory Council Sponsored: Friendsgiving 11:45- Lunch & Learn 1:30- Ping Pong</p>	<p>3. 8:30- Tai Chi II* 9:00- Personal Training Sessions 9:00- South Run* 9:30- Tai Chi I* 10:00- Walk for a Cause 10:30- “Young at Heart” performance 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL</p>
<p>6. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Trip: Walmart Kingstowne 10:30- Mental Muscle 10:30- Voice* 12:00- Piano Sessions* 12:15- Fire & Rescue 12:45- SAIL 1:45- Ping Pong</p>	<p>7. 10:15 – Arthritis Exercise 10:00-Computer Help 10:30- Gold’s Gym* 11:00- Strength/Balance 12:30- Ballroom* 12:30- Technology Tuesday 12:30- Quilting 1:30- Technology Q&A 12:30- Bingo</p>	<p>8. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:00- Painting* 10:45- Qi-Gong I* 10:30- Trip: “Young at Art” Art show 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>9. 9:15- Yoga I* 10:00- New Member Picture Day 10:30- GrandInvolved 10:30- Chair Yoga* 10:30- Fall Jewelry 10:30- Gold’s Gym* 11:45- Lunch & Learn 1:30- Ping Pong</p>	<p>10. Closed Veteran’s Day</p> 

<p>13. 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- SAIL 1:45- Ping Pong</p>	<p>14. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Advisory Council 11:00- Strength/Balance 10:30- Gold’s Gym* 12:30- Ballroom * 12:30- Technology Tuesday 12:30- Quilting 1:30- Technology Q&A 6:30- “Thanks for Giving” Caregiver event</p>	<p>15. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:00- Painting* 10:30- Presentation: “George Mason of Gunston Hall” 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>16. 9:15- Yoga I* 10:15- BP Check 10:30-Chair Yoga* 10:30- GrandInvolved 10:30- Crochet/Knitting 10:30- Gold’s Gym * 11:00- Trip: Town Hall Concert 11:45-Lunch & Learn 12:30- Guiding Eyes for the Blind Puppy Raising 1:30- Ping Pong</p>	<p>17. 8:30- Tai Chi II* 9:00- Personal Training Sessions 9:00- South Run* 9:30- Tai Chi I* 10:00- Walk for a Cause 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL</p>
<p>20. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:45- Line Dance 12:00- Piano* 12:45- SAIL 1:45- Ping Pong</p>	<p>21. 8:30- Yoga II* 10:00-Computer Help 10:00 – Arthritis Exercise 10:30- Gold’s Gym* 11:00- Strength/Balance 12:30- Ballroom * 12:30- Technology Tuesday 12:30- Quilting 1:30- Technology Q&A</p>	<p>22. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:00- Painting* 10:30- Trip: Target 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>23. Closed Thanksgiving</p> 	<p>24. Closed Government Holiday</p> 
<p>27. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Trip: Potomac Mills 10:30- Mental Muscle 10:45- Line Dance 12:00- Piano* 12:45- SAIL 1:45- Ping Pong</p>	<p>28. 8:30- Yoga II* 10:00-Computer Help 10:00 – Arthritis Exercise 10:15-Trip: Movies “The Current War” 10:30- Gold’s Gym* 11:00- Strength/Balance 12:30- Ballroom * 12:30- Technology Tuesday 12:30- Quilting 1:30- Technology Q&A</p>	<p>29. 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* 12:30- Birthday Celebration 12:45- Learn Something New 1:30- Ping Pong</p>	<p>30. 9:15- Yoga I* 10:30- GrandInvolved 10:30- Crochet/Knitting 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:30- Zumba Gold* 11:45-Lunch & Learn 12:30- Guiding Eyes for the Blind Puppy Raising 1:30- Ping Pong</p>	<p>1. 8:30- Tai Chi II* 9:00- Personal Training 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 3:30- Dinner/Bull Run Festival of Lights</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!**