




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



www.fairfaxcounty.gov/ncs

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Voice* 10:30- Mental Muscle 10:45- Line Dance 12:00- Piano Sessions* 12:15- Fire & Rescue 12:45- SAIL 1:45- Ping Pong</p>	<p>3. 8:30- Yoga II* 10:00- New Member Picture Day 10:15 – Arthritis Exercise 10:30- Gold’s Gym* 11:00- Strength and Balance 12:30- Quilting</p>	<p>4. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00-Computer Help 10:00- Painting* 10:30-Trip: The Knife 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:45- Ping Pong</p>	<p>5. 9:15- Yoga I* 10:15- BP Check 10:30- “Story of a Lifetime” 10:30-Chair Yoga* 10:30- Gold’s Gym* 11:45-Lunch & Learn 1:45- Ping Pong</p>	<p>6. 8:30- Tai Chi II* 9:30- Tai Chi I* 9:00- Personal Training Sessions 9:00- South Run* 10:00- CSB Wellness Program 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL</p>
<p>9. Center Closed</p>  <p align="center">Columbus Day</p>	<p>10. 8:30-Yoga II* 10:30- Advisory Council Meeting 10:30- Gold’s Gym* 12:30- Quilting 12:30- Bingo</p>	<p>11. 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 1:45- Ping Pong</p>	<p>12. 9:15- Yoga I* 10:30- Trip: Tanger Outlet 10:30-Chair Yoga* 10:30- Gold’s Gym* 11:45-Lunch & Learn 12:30- Birthday Celebration 1:45- Ping Pong</p>	<p>13. 8:30- Tai Chi II* 9:30- Tai Chi I* 9:00- Personal Training Sessions 9:00- South Run* 10:00- CSB Wellness Program 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL</p>

<p>16. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12:00- Piano* 12:00- Advisory Council Sponsored Pizza Day 12:45- SAIL 1:45- Ping Pong</p>	<p>17. 9:00- Yoga Retreat at Mason Neck 10:30- Gold's Gym* 10:30- Trip: Picnic Mason Neck 12:30- Quilting</p>	<p>18. 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 1:45- Ping Pong</p>	<p>19. 10:15- BP Check 10:30- Gold's Gym * 10:30-Trip: Old Country Buffet 11:45-Lunch & Learn 1:45- Ping Pong</p>	<p>20. 8:30- Tai Chi II* 9:30- Tai Chi I* 9:00- Personal Training Sessions 9:00- South Run* 10:30-Trip: Fort Ward 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL</p>
<p>23. 9:00- Registration Day 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>24. 8:30- Yoga II* 10:00 – Arthritis Exercise 10:30- Gold's Gym* 11:00- Strength and Balance 12:30- Ballroom * 12:30- Quilting</p>	<p>25. 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 1:45- Ping Pong</p>	<p>26. 9:15- Yoga I* 10:30-Chair Yoga* 10:30- Gold's Gym * 11:45-Lunch & Learn 12:30- Birthday Celebration 1:45- Ping Pong</p>	<p>27. 8:30- Tai Chi II* 9:30- Tai Chi I* 9:00- Personal Training Sessions 9:00- South Run* 10:00- Walk for a Cause 10:30- Chair Zumba* 10:30-Trip: Potomac Mills 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL</p>
<p>30. 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- Mental Muscle 10:45- Line Dance 10:30- Voice Recital 12:00- Piano* 12:30- SAIL 1:45- Ping Pong</p>	<p>31. 8:30- Yoga II* 10:00 – Arthritis Exercise 10:30- Gold's Gym* 11:00- Strength and Balance 12:30- Ballroom * 12:30-Bingo 12:30- Quilting</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!**