




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



www.fairfaxcounty.gov/ncs

September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sunday September 10th Trip : 11:30 am “Seven Brides for Seven Brother’s” At Riverside Dinner Theater				1. 9:00- Personal Training 9:00- South Run* 10:00- Walk for a Cause 12:30- Connect to Culture 12:45-SAIL
4. Closed Labor Day! 	5. 10:30- Gold’s Gym* 12:30- Ballroom* 12:30- Quilting 12:15- Fire and Rescue	6. 10:00-Computer Help 10:00- Painting* 10:30-Trip: Occoquan 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong	7. 10:30- Gold’s Gym* 11:15- Book Club Begins 11:45-Lunch & Learn 1:30- Ping Pong 12:30- Bingo	8. 9:00- Personal Training 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
11. 9:00- Advisory Council Nominations begin 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	12. 8:30- Yoga II* 10:15 – Arthritis Exercise 10:30- Advisory Council Meeting 11:00- Strength and Balance 10:30- Gold’s Gym* 12:30- Ballroom * 12:30- Quilting	13. 9:00- AARP Safe Driving 10:00-Computer Help 10:00- Painting* 11:00- ZIKA presentation 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong	14. 10:15- BP Check 10:30- Gold’s Gym * 10:30- Trip: National Harbor 11:45-Lunch & Learn 1:30- Ping Pong	15. 9:00- South Run* 10:00- CSB Wellness Program 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:30- Birthday Celebration 12:45-SAIL 3:00- Advisory Council Nominations end

<p>18. 9:00- Advisory Council voting begins 9:00- Personal Training Sessions 9:45- Piano Sessions* 10:30- “Legends and Legacies” 10:30- Mental Muscle 10:45- Line Dance 12:00- Piano* 12:45- SAIL 1:45- Ping Pong</p>	<p>19. 8:30- Yoga II* 10:00 – Arthritis Exercise 10:30- Trip: Global Foods/Kohl’s 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:00- Strength and Balance 12:30- Ballroom * 12:30- Quilting</p>	<p>20. 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-Bingo 1:30- Ping Pong</p>	<p>21. 9:15- Yoga I* 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45-Lunch & Learn 12:00- Advisory Council Sponsored: Oktoberfest 1:30- Ping Pong</p>	<p>22. 8:30- Tai Chi II* 9:30- Tai Chi I* 9:00- South Run* 10:00- CSB Wellness Program 10:30- Meadowood Walk 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL 3:00- Advisory Council voting ends</p>
<p>25. 9:00- New Council members announced 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- SAIL 1:45- Ping Pong</p>	<p>26. 8:30- Yoga II* 10:00 – Arthritis Exercise 10:30- Trip: Longhorn Steakhouse 10:30- Gold’s Gym* 11:00-Strength and Balance 12:30- Ballroom * 12:30- Quilting</p>	<p>27. 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</p>	<p>28. 9:15- Yoga I* 10:15- BP Check 10:30-Chair Yoga* 10:30- Gold’s Gym* 11:15- Book Club final discussion 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>29. 8:30- Tai Chi II* 9:30- Tai Chi I* 9:00- Personal Training 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>Saturday Sept. 30: Trip: 3:30pm: Workhouse discussion book club authors</p>	<p>Sunday Oct. 1 : 3:05 pm Family Activity: Free Tickets to Nationals Game (no transportation provided)</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!