



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



www.fairfaxcounty.gov/ncs

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				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 3:00- Dinner/Bull Run Festival of Lights
4. 9:00- Personal Training 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 10:30- Trip: Movies- "The Man Who Invented Christmas" 12:00- Piano Sessions* 12:45- SAIL 1:45- Ping Pong	5. 8:30-Yoga II* 10:00-Computer Help 10:30- Community Center Focus Group 12:30- Birthday Celebration 12:30- Ballroom* 12:30- Tech Tuesday 12:30- Quilting 1:30- Technology Q&A	6. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:45- Qi-Gong I* 12:30- Multimedia Art* 12:45- Learn Something New 12:30- Marine Corps Band 1:30- Ping Pong	7. 9:15- Yoga I* 10:30- Trip: Gunston Hall 10:30-Chair Yoga* 10:30- GrandInvolved 11:45-Lunch & Learn 12:30- Bingo 1:30- Ping Pong	8. 8:30- Tai Chi II* 9:00- Personal Training 9:00- South Run* 10:00- Walk for a Cause 10:30- Chair Zumba* 10:30- Trip: Manchester Lakes 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL

<p>11. 9:00- Personal Training 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 12:00- Piano Sessions* 12:45- SAIL 1:45- Ping Pong</p>	<p>12. 8:30-Yoga II* 10:00-Computer Help 10:30- Advisory Council Meeting 12:30- Ballroom* 12:30- Tech Tuesday 12:30- Quilting 1:30- Technology Q&A</p>	<p>13. 9:00- AARP Safe Driving 10:00- Painting* 10:30- Trip: Kingstowne Walmart 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>14. 9:15- Yoga I* 10:30- GrandInvolved 10:30-Chair Yoga* 11:00- Holiday Sing Along 12:00- Holiday party 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>15. 8:30- Tai Chi II* 9:00- Personal Training 9:00- South Run* 10:30- Holiday Wreath Making 10:00- Walk for a Cause 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Connect to Culture 12:45-SAIL</p>
<p>18. 9:00- Personal Training 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 10:45- Line Dance 12:00- Piano* 1:00- Cookie Exchange 1:45- Ping Pong</p>	<p>19. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30-Trip: Springfield Town Center 11:00- Strength and Balance 12:30- Ballroom * 12:30- Tech Tuesday 12:30- Quilting 1:30- Technology Q&A</p>	<p>20. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:30- Trip: Renwick Gallery 10:00- Painting* 12:45- Learn Something New 12:30- Multimedia Art* 1:30- Ping Pong</p>	<p>21. 10:15- BP Check 10:30- GrandInvolved 10:30-Winter Crafts 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>22. Center Closed for Holiday!! </p>
<p>25. Center Closed for Holiday!! </p>	<p>26. 10:00-Computer Help 10:00 – Arthritis Exercise 11:00- Strength and Balance 12:30- Ballroom * 12:30- Tech Tuesday 12:30- Holiday Bingo 12:30- Quilting 1:30- Technology Q&A</p>	<p>27. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:30- Trip: Pentagon Mall 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* 10:30- GrandInvolved 10:30-Chair Yoga* 11:45-Lunch & Learn 12:30- Guiding Eyes for the Blind Puppy Raising 1:30- Ping Pong</p>	<p>29. 8:30- Tai Chi II* 9:00- South Run* 10:00- Walk for a Cause 12:00-Ring in the New Year 12:30- Connect to Culture</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!