




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



www.fairfaxcounty.gov/ncs

February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sunday February 4th Trip: 11:45 am “Mama Mia” at Riverside Dinner Theater Tickets: \$55.00</p>			<p>1. 9:15- Yoga I* 10:15- BP Check 10:30- Chair Yoga* 10:30- Grandinvolved 10:30- Gold’s Gym* 10:30- Trip: Kohls/Global Foods 11:45- Lunch & Learn 1:30- Ping Pong</p>	<p>2. National Wear Red Day 9:00- Personal Training 9:00- South Run* 10:30- Chair Zumba* 12:00- Zumba Gold* 12:30- Superbowl Party 12:30- Retrain Your Brain 2:00- Hula Practice</p>
<p>5. 9:00- Personal Training 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 12:00- Piano Sessions* 12:30- Fire and Rescue 12:45- SAIL 1:45- Ping Pong 12:30- Bingo</p>	<p>6. 10:15 – Arthritis Exercise 10:00- New Member Picture Day 10:00- Computer Help 10:30- Gold’s Gym* 12:30- Ballroom* 12:30- Quilting 12:30- Yogurt Challenge</p>	<p>7. 10:00- Painting* 10:30- Trip: Aldi/Salvation Army 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>8. 9:15- Yoga I* 10:00-Musical Performance: John and Curt 10:30- Chair Yoga* 10:30- Grandinvolved 10:30- Gold’s Gym* 11:45- Lunch & Learn 1:30- Ping Pong</p>	<p>9. 9:00- Personal Training Sessions 9:00- South Run* 10:00- Walk for a Cause 10:30- Card Making 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Retrain Your Brain 12:45-SAIL 2:00- Hula Practice</p>

<p>12. 9:00- Personal Training 9:45- Piano Sessions* 10:30- Trip: Visit Another Center 10:30- Mental Muscle 10:30- Voice* 12:00- Piano Sessions* 12:45- SAIL 1:45- Ping Pong</p>	<p>13. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Advisory Council Meeting 10:30- Gold’s Gym* 12:30- Birthday Celebration 12:30- Ballroom * 12:30- Quilting</p>	<p>14. 10:00- Painting* 10:30- “Puppy Love” with Guiding Eyes for the Blind 12:30- Multimedia Art* 12:30- Valentine’s Day- “Find a Friend” 12:45- Learn Something New 1:30- Ping Pong</p>	<p>15. 9:15- Yoga I* 10:15- BP Check 10:30- Grandinvolved 10:30- Trip: Old Town Fairfax and Concert 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>16. 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- Retrain Your Brain 12:45-SAIL 2:00- Hula Practice</p>
<p>19. Center Closed!!</p>  <p>President's Day</p>	<p>20. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom * 12:30- Quilting</p>	<p>21. 10:00- Advisory Council Sponsored: Breakfast Bites 10:00- Painting* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>22. 9:15- Yoga I* 10:00- Trip: Mt. Vernon 10:15- BP Check 10:30- Grandinvolved 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>23. 8:30- Tai Chi II* 9:00- South Run* 10:00- Walk for a Cause 10:30- Trip: Wegman’s Woodbridge 11:00- Chair Zumba* 12:00- Zumba Gold* 12:30- Retrain Your Brain 2:00- Hula Practice</p>
<p>26. 9:00- Personal Training 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 12:00- Piano Sessions* 12:45- SAIL 12:30- Bingo 1:45- Ping Pong</p>	<p>27. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom * 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!**