



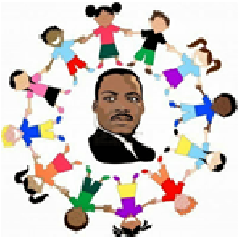
Neighborhood and Community Services
Lorton Senior Center
703-550-7195



www.fairfaxcounty.gov/ncs

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. Center Closed!!</p>  <p>HAPPY NEW YEAR</p>	<p>2. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 11:00- Strength and Balance 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom * 12:30- Quilting</p>	<p>3. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 10:45- Qi-Gong I* 10:30- Trip: “The Block” and Kmart 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>4. 9:15- Yoga I* 10:15- BP Check 10:30-Chair Yoga* 10:30- Gold’s Gym* 10:30- Happiness 101 12:00- Red Carpet Lunch 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>5. 8:30- Tai Chi II* 9:00- Personal Training 9:00- South Run* 9:35- Tai Chi* 10:00- Walk for a Cause 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Retrain Your Brain 12:45-SAIL</p>
<p>8. 9:00- Personal Training 9:45- Piano Sessions* 10:30- Mental Muscle 10:30- Voice* 12:00- Piano Sessions* 12:15- Fire & Rescue 12:45- SAIL 1:45- Ping Pong</p>	<p>9. 8:30-Yoga II* 10:15 – Arthritis Exercise 10:00-Computer Help 10:30- Advisory Council Meeting 10:30- Gold’s Gym* 11:00- Strength and Balance 12:30- Ballroom* 12:30- Quilting</p>	<p>10. 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- Guiding Eyes for the Blind Puppy Raising 1:30- Ping Pong</p>	<p>11. 9:15- Yoga I* 10:30- History of Glen Echo Park 10:30-Chair Yoga* 10:30- Gold’s Gym* 11:45-Lunch & Learn 12:30-Bingo 1:30- Ping Pong</p>	<p>12. 8:30- Tai Chi II* 9:00- Personal Training 9:00- South Run* 9:35- Tai Chi* 10:00- Walk for a Cause 10:30- Trip: Cracker Barrel 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Retrain Your Brain 12:45-SAIL</p>

<p>15. Center Closed!!!</p>  <p>Happy Martin Luther King Jr. Day</p>	<p>16. 8:30- Yoga II* 10:00-Computer Help 10:15 – Arthritis Exercise 11:00- Strength and Balance 10:30- Crochet/Knitting 10:30- Gold’s Gym* 12:30- Ballroom * 12:30- Quilting</p>	<p>17. 8:30- Tai Chi II* 9:35- Tai Chi-Gong* 10:00- Painting* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>18. 9:15- Yoga I* 10:15- BP Check 10:30-Chair Yoga* 10:30- Happiness 101 10:30- Trip: Old Town Fairfax and Concert 10:30- Gold’s Gym * 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>19. 8:30- Tai Chi II* 9:00- Personal Training 9:00- South Run* 9:35- Tai Chi* 10:00- Walk for a Cause 10:30- Chair Zumba* 11:30- Zumba Gold* 12:30- Retrain Your Brain 12:45-SAIL</p>
<p>22. 9:00- Personal Training 9:45- Piano Sessions* 10:30- Trip: Lidl 10:30- Mental Muscle 10:30- Voice* 12:00- Piano Sessions* 12:45- SAIL 1:45- Ping Pong</p>	<p>23. 8:30- Yoga II* 10:00-Computer Help 10:00 – Arthritis Exercise 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:00- Strength and Balance 12:30- Ballroom * 12:30- Quilting 12:30- Birthday Celebration</p>	<p>24. 10:00- Painting* 12:30- Multimedia Art* 12:30- Guiding Eyes for the Blind Puppy Raising 12:45- Learn Something New 1:30- Ping Pong</p>	<p>25. 9:15- Yoga I* 10:30- Paint and Sip 10:30-Chair Yoga* 10:30- Gold’s Gym * 11:45-Lunch & Learn 1:30- Ping Pong</p>	<p>26. 9:00- Personal Training Sessions 9:00- South Run* 10:00- Walk for a Cause 10:30- Chair Zumba* 11:30- Zumba Gold* 12:00- Advisory Council Sponsored: Pizza Day 12:30- Retrain Your Brain 12:45-SAIL</p>
<p>29. 9:00- Personal Training 9:45- Piano Sessions* 10:30- Mental Muscle 10:30-Trip: Manchester Lakes 10:30- Voice* 12:00- Piano Sessions* 12:30-Bingo 12:45- SAIL 1:45- Ping Pong</p>	<p>30. 8:30- Yoga II* 10:00-Computer Help 10:00 – Arthritis Exercise 10:30-Trip: Visit Another Center 10:30- Crochet/Knitting 10:30- Gold’s Gym* 11:00- Strength and Balance 12:30- Ballroom * 12:30- Quilting</p>	<p>31. 10:30- Trip: Native American History Museum 10:00- Painting* 12:30- Multimedia Art* 12:45- Learn Something New 1:30- Ping Pong</p>	<p>1. 9:15- Yoga I* 10:15- BP Check 10:30-Chair Yoga* 10:30- Crochet/Knitting 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>

*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!