Lorton Senior Center

7722 Gunston Plaza Lorton, VA 22079

Operating Hours: Monday - Friday 9 a.m. - 4 p.m.
tK2yŠ' 703-550-7195Ī ¢¢¸ TMM

Senior + Hours: Monday, Tuesday, Wednesday and Friday 10 a.m. - 2 p.m.

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

February 2016

Programs

Program	When	Time	Description
Exercise at Gold's	Tuesday and Thursday	10:30 a.m.	Exercise geared towards flexibility. No machines. Will honor your Senior center membership card for a discounted fee of $3 per class.
South Run	Friday	9 a.m.	see staff for details.

Classes

Class	When	Time	Description
English Conversation Class	Monday	10:30 a.m.	For people trying to improve their conversation skills. Need to know some of the English language. Come ready to have fun and learn.
Voice Class	Monday	10:30 a.m.	Can't carry a tune in a basket? That's what a class is for, join us!! It's a fun group lesson! $5 per quarter
Mental Muscle	Monday	10:30 a.m.	Challenge your mind by working and stretching your brain with fun games and puzzles. Increase your vocabulary with our Word of the Week and see how many times you can use it in conversations.
Bridge	Monday	12:30 p.m.	
Line Dance Class	Monday	10:45 a.m.	Learn basic steps and have fun.
Piano class	Monday	12:30 p.m.	All levels taught. Time slots are 1st come 1st preference. $5 per quarter
Music & Movement	Monday	12:30 p.m.	
Keep Moving	Monday Friday	1 p.m./10 a.m.	Helps you understand the whys of exercise as well teach you some "moves." come have fun and learn what "move" we should keep doing.
Arthritis Exercise Class	Tuesday	10:15 a.m.	Class space is limited. Reservations required
Strength and Balance	Tuesday	11:15 a.m.	Improve your movement and balance for everyday activities.
Stronger Seniors	Tuesday	10:15 a.m.	From waltz or swing and everything in between. All levels welcome
Quilting	Tuesday	12:30 p.m.	All levels. Learn a new skill, work on a project, or help with ongoing service projects.
Yoga II class	Tuesday	8:30 a.m.	Must be able to get on the floor. Wear comfortable clothing. Bring your own mat, blocks, strap, wool blanket and soft blanket. $5 per class per quarter
Qi-Gong II	Wednesday	9:35 a.m.	For all levels. You can stand or sit. Benefit balance, strength legs, reduce stress and pain, and help regain vitality and stamina through gentle movements/ regulation of breath/activation of energy, alertness and coordination
Qi-Gong	Wednesday	10:45 a.m.	You can stand or sit. Benefit balance, strength legs, reduce stress and pain, and help regain vitality and stamina through gentle movements/ regulation of breath/activation of energy, alertness and coordination
Tai Chi II Class	Wednesday	8:30 a.m.	Intermediate level. With prerequisite: completion of Yong Style. $5 per quarter
Art Multimedia Class	Wednesday	12:30 p.m.	Make unique art creations using a variety of mediums. Learn basic concepts of drawing, painting and other techniques-figure and perspective drawing.
Painting	Wednesday	10 a.m.	All levels. learn all aspects of watercolor and acrylic painting techniques and composition. Explore additional styles including Chinese brush painting. Paint Kit available for purchase.
Learn something new	Wednesday	12:45 p.m.	Shake up your routine by learning something new and interesting. It could be a new game, a Fairfax event, a stress reliever and more,
PingPong	Wednesday/Friday	2 p.m.	
Help puppy raise for Guiding Eyes for the Blind	Thursday	11:30 a.m.	Help, watch and learn techniques Brigitte utilizes to train Asti, her guiding eyes for the Blind puppy.
Yoga 1 class	Thursday	9:15 a.m.	Must be able to get on the floor. Wear comfortable clothing. Bring your own mat, blocks, strap, wool blanket and soft blanket. $5 per class per quarter
Yoga Chair Class	Thursday	10:30 a.m.	Classic yoga poses adapted in a safe and accessible manner. All work may be done seated with the option of using the chair as a balance point for standing poses. Wear comfortable clothing. Thursdays 10:30 a.m. $5 per quarter.
Chair Zumba	Friday	11 a.m.	Seated or standing (no side to side motion) A fun way to improve all elements of fitness (cardiovascular, muscular, conditioning, flexibility)
Tai Chi II Class	Friday	9:30 a.m.	
Creation Corner	Friday	1 p.m.	Create, build, develop and imagine. We will work to learn and create something every week. Look for the project of the week.
Zumba Gold	Friday	boon	The lower impact, easy to follow, Latin inspired dance fitness-party that keeps you in the groove of life.
Hula practice	Friday	2 p.m.	
Virginia Cooperative Extension	2/1/2016	12:30 p.m.	Nutritional cooking program presented by Virginia Cooperative extension
Pizza Day	2/3/2016	boon	Advisory Council Sponsored event $2.00 for 2 slices of pizza
Trip: Springfield Mall	2/4/2016	10:30 a.m.	Shopping trip to Springfield Mall
Super Bowl Party	2/5/2016	boon	Join us as we celebrate the Super Bowl and enjoy some good food!
Kingstowne Wal-mart	2/9/2016	10:30 a.m.	Shopping trip
Card Making	2/10/2016	12:45 p.m.	Homemade holiday card making
Valentine's Party @ Moose Lodge	2/12/2016	10:30 a.m.	Long standing center tradition to dance at the moose lodge@
Nutrition Talk	2/17/2016	12:15 p.m.	Monthly nutrition program
Wegman's Alexandria	2/18/2016	10:30 a.m.	Shopping trip to Wegmans
Blood Pressure Checks	2/18/16 & 2/25/16	10:15 a.m./ 10:30 a.m.	Blood Pressure Checks

Special Events/Trips			
Event/Trip	**When**	**Time**	**Description**
Keep Movin' Trip	2/19/2016	10:30 a.m.	Join us for a fun trip out of the center!
Registration Day	2/22/2015	9:00 a.m.	Registration Day for March/April Classes
Prince William Square	2/23/2016	10:30 a.m.	
Anacostia Community Museum	2/24/2016	10:30 a.m.	Come learn about the Community Heritage
Voice Recital	2/29/2016	10:30 a.m.	The Voice Class Recital
Birthday Celebration	2/29/2016	12:30 p.m.	Celebrating all of February Birthdays!
Community Meetings			
Meeting	**When**	**Time**	**Description**
Advisory Council Meeting	2/9/2016	10:30 a.m.	2nd Tuesday of each month.