

Lorton Senior Center

7722 Gunston Plaza Lorton, VA 22079



www.fairfaxcounty.gov/ncs

Operating Hours: Monday -Friday 9 a.m.-4 p.m.

703-550-7195

Telephone:

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

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

January 2015

Programs

Program	When	Time	Description
Game Room	Mon-Fri	9 a.m.-4 p.m.	Includes billiards, Ping Pong, Exercise bike, darts and basketball
Walk Aerobics by DVD	Monday	10:15 a.m.	Get in a quick 30 min. exercise. You can modify in chair.
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.
Quilting Group	Tuesday	12:30 p.m.	Learn to Quilt, beginners welcome. Finish your project or work on our community service project.
Mahjong Game	Wednesday	12:30 p.m.	Table Game
Scrabble/ Bananagrams	Thursday	11 a.m.	Table Game
Hospital Bears	Thursday	10:30 a.m.	Volunteer, Community Service Project
Chair Exercise	Friday	10:15 a.m.	With instructor or by video for lively exercises
Zumba Gold with DVD	Tuesday and Friday	2:15 p.m.	Zumba Gold is for people who need some modifications in regular Zumba. Can be done in chairs and is shorter in duration, plays the same energizing music.
Chats with Senior+ nurse or mental health therapist	Monday	12:45 p.m.	
Wellnes Program with Senior+	Wednesday	10:30 a.m.	
Brain Game with Senior+	Tuesday	10:15 p.m.	
Lunch and Learn	Thursday	11:45 a.m.	The Great Tours "Medieval Europe" with Jim Felkel. Travel to the mystery, drama, and splendor of the Middle Ages—BYOL!

Classes

Class	When	Time	Description
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
Line Dance Class	Monday	10:45 a.m.	Learn basic steps and have fun.
Piano class	Monday	noon-3 p.m.	All levels taught. Time slots are 1st come 1st preference. \$5 per quarter
Yoga class	Thursday	11 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
Computer class /1 on 1	Thursday	11 a.m.	
Get fit	Friday	9 a.m.-4 p.m.	At South Run Rec Center
Arthritis Exercise Class	Tuesday	10:15 a.m.	Class space is limited. Reservations required
Arthritis class by DVD	Tuesday	11:30 a.m.	
Tai Chi II Class	Wednesday	8:30 a.m.	Intermediate level. With prerequisite: completion of Yong Style. \$5 per quarter
Tai Chi I Class	Wednesday	9:35 a.m.	This is a beginning movement for Health Class. \$5 per quarter
Spanish Class	Wednesday	11:15 a.m.	Class space is limited. Reservations are required. Learn conversational Spanish.
Watercolor Class	Friday	10 a.m.	All levels taught. \$5 per quarter. Paint kit available for \$15.
Yoga Chair Class	Thursday	10:30 a.m.	
Beginner Billiards Class	Friday	12:30 p.m.	Class space is limited. Reservations required.
Advance Billiards Class	Friday	1:15 p.m.	
Whole Body exercise class	Thursday	12:45 p.m.	
Ballroom Dance class	Wednesday	12:30 p.m.	
Art Multimedia class	Friday	12:30 p.m.	
Group Play	Friday	1:15 p.m.	
Fitness Fun Senior+	Friday	12:30 p.m.	
Qigong Class	Wednesday	10:45 a.m..	Great for all levels. \$5 per quarter

Special Events/Trips

Event/Trip	When	Time	Description
Fireside Restaurant	1/6/2015	11:30 a.m.	Carpool trip. Lunch on your own. Bring money for lunch, tax and tip
Walmart and Hibachi Grill	1/9/2015	10 a.m.-2 p.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Potomac Mills Mall	1/20/2015	10 a.m.-2 p.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Stein Mart	1/26/2015	10 a.m.-2 p.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Concert at Old town hall	1/15/2015	10 a.m.-2 p.m.	Trips of Necessity. Advance reservations required. Lunch on your own. Free
Union Station and Postal Museum	1/7/2015	10 a.m.-2 p.m.	Charter Trip. Guided Tour. Advance reservations required. Free. Located in the old Post Office building next to Union Station. Introductory tours of the Postal Museum are offered to walk-in visitors at 11 a.m.. and 1 p.m.. (based on docent availability). These tours meet at the Museum's information desk and last approximately half an hour. Union Station is an historic train station housing numerous tourist shops and an upscale shopping mall. Wear comfortable shoes for walking. Lunch on your own or bring a bag lunch and beverages.
Fire and Rescue Talk	1/5/2015	12:15 p.m.	
Blood Pressure Checks	1/15/2015	10:15 a.m.	
Advisory Council Pizza Day	1/16/2015	12 p.m.	\$2. with advance reservations
Fire Drill	1/28/2015	1:30 p.m.	
Bingo	1/2, 5, 12, 20 and 26	1 p.m.	

Create Holiday Cards with Marvadell	1/14/2015	12:30 p.m.	
Nutrition Advisor	1/15/2015	12:15 p.m.	With Larry Sitney
AARP Smart Driver Class	1/22 and 1/23	9:30 a.m. - 2 p.m.	You must attend BOTH days to receive credit. \$15 AARP members or \$20 non-members of AARP.
Travel Club	1/8/2015	10:30 a.m.	
It's Showtime	1/30/2015	10:30 a.m.	The "Crooner" Music Dean Martin, Bing Crosby, Sinatra by Aaron Karppala. Dance, sing and celebrate our January Birthdays!
Maddie's Blankets	1/14/2015	1 p.m.	
Senior Showcase	1/27/2015	12:45 p.m.	Featuring our very own Saadia Wenrich
Sleep Better Tips	1/21/2015	12:45 p.m.	With Dr. Surin, Gerontologist
Volunteer party prep	1/29/2015	2 p.m.	
Community Meetings			
Meeting	When	Time	Description
Advisory Council Meeting	1/13/2015	10:30 a.m.	2nd Tuesday of each month.