Lorton Senior Center

7722 Gunston Plaza Lorton, VA 22079

www.fairfaxcounty.gov/ncs

Operating Hours: Monday - Friday 9 a.m. - 4 p.m. Telephone: 703-550-7195, TTY 711

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.

June 2015

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.
Quilting Group	Tuesday	12:30 p.m.	Learn to Quilt, beginners welcome. Finish your project or work on our community service project.
Be Well with Senior+	Wednesday	11 a.m.	Join Senior + discussion groups and hands-on activities covering a variety of wellness topics, including health and nutrition, awareness, mind and body wellness, and more
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	All levels taught. Time slots are 1st come 1st preference. $5 per quarter
Computer help	Mon/Thu.	12:45 p.m./11 a.m.	
Connections	Thursday	11 a.m.	Brain exercises, games, teambuilding, problem-solving and communication are all ways to keep your brain healthy. Have fun, laugh and connect to others.
Keep Moving	Monday/Friday	1 p.m./10 a.m.	Helps you understand the whys of exercise as well tach you some "moves." come have fun and learn what "move" we should keep doing.
Strength and Balance	Tuesday	11:15 a.m.	Improve your movement and balance for everyday activities.
Arthritis Exercise Class	Tuesday	10 a.m.	Class space is limited. Reservations required
Spanish Class	Tuesday	11:15 a.m.	Class space is limited. Reservations are required. Learn conversational Spanish.
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
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.
Ballroom Dance class	Wednesday	12:30 p.m.	From waltz or swing and everything in between. All levels welcome
Qigong Class	Wednesday	10:45 a.m.	Great for all levels. Gi-Gong is the cultivation of our own energy, the exercising and regulation of breath and gentle movements to find balance, reduce stress and pain and regain vitality. $5 per quarter.
Painting class	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.
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)
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 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
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.
Beginner Billiards Class	Friday	12:30 p.m.	Class space is limited. Reservations required. Class Join Arcadia, our Senior Olympic Billiards Gold Medalist, for beginner instruction. Free.
Get fit	Friday	9 a.m. - 4 p.m.	At South Run Rec Center
Zumba Gold	Friday	1 p.m.	The lower impact, easy to follow, Latin inspired dance fitness-party that keeps you in the groove of life.
Memory Lane	Thursday	10:30 a.m.	Enjoy reminiscing with friends as we give our photo albums a facelift in preparation of our 25th anniversary.
Meet Asti	Tuesday	1 p.m.	Help Brigitte train Asti, her Guiding Eyes for the blind puppy.
Cooking	6/3/2015	1 p.m.	Join us once a month as we make a quick and Healthy snack. We will talk about the benefits certain foods have on your body. Check the flyer to find out what snack we will be making. Come ready to cook and more importantly ready to eat.
Chronic Disease Management	Tuesday	10 a.m.	

Cranium Crunch	6/9 and 6/16	10:30 a.m.	
Music Moment	6/4 and 6/11	1 p.m.	Music is a language that brings society together, in this program we will take a look at the music through history and how times and music connect.
Special Events/Trips			
Event/Trip	**When**	**Time**	**Description**
"Trash to Treasure" Sale	6/20/2015	9 a.m.-3 p.m.	
National Harbor	6/4/2015	10:15 a.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Walmart Supercenter	6/12/2015	10 a.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Wegmans Kingstowne	6/17/2015	10:15 a.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Tanger Outlet	6/23/2015	11:15 a.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Potomac Mills	6/29/2015	10:15 a.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
National Arboretum	6/10/2015	10 a.m.	
National Zoo	6/7/2015	10:30 a.m.	
Fire and Rescue Talk	6/1/2015	12:15 p.m.	
Blood Pressure Checks	6/4 and/18	10:15 a.m.	
Fire Drill	6/29/2015	11 a.m.	
Bingo	6/1/2015	1 p.m.	
Movie	6/5/2015	noon	
Keep moving-walk in the park	6/8/2015	10:30 a.m.	
Nutrition Talk	6/11/2015	12:15 p.m.	
Tech Workshop	6/12/2015	10:30 a.m.	
June Birthday celebration	6/15/2015	12:30 p.m.	
Father's Day Picnic	6/24/2015	noon	
Art Project with Minnieland Kids	6/25/2015	10:30 a.m.	
Disaster Preparedness talk	6/18/2015	10:30 a.m.	
Chip and Dip	6/30/2015	noon	
Maddie's Blankets		10:30 a.m.	a nonprofit organization started by a fellow VA teen, Maddie Pelgrim, in 2007. The project supplies handmade fleece blankets to shelter animals and to children in foster care to provide a little comfort.
Community Meetings			
Meeting	**When**	**Time**	**Description**
Advisory Council Meeting	6/9/2015	10:30 a.m.	2nd Tuesday of each month.