

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.

March 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.	See current schedule posted on Senior + board. Free
Wellnes Program with Senior+	Wednesday	10:30 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
Brain Game with Senior+	Tuesday	10:15 p.m.	Including but not limited to, monthly jeopardy, word unscramblers, name that tune, humdingers, tribond, and group crosswords.
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 1 class /1 on 1	Monday/Thursday	12:45 p.m./ 11 a.m.	
Game room and Table games	Monday- Friday	9 a.m. - 4 p.m.	
Walk Aerobics by DVD	Monday	10:15 a.m.	
Chat with Senior+	Monday	12:45 p.m.	
Arthritis Exercise Class	Tuesday	10:15 a.m.	Class space is limited. Reservations required
Arthritis Exercise by DVD	Tuesday	11:30 a.m.	Great for strength & range of motion
Spanish Class	Tuesday	11:15 a.m.	Class space is limited. Reservations are required. Learn conversational Spanish.
Exercise at Gold's	Tuesday and Thursday	10:30 a.m.	
Brain Game with Senior+	Tuesday	10:15 a.m.	
Quilt Group	Tuesday	12:30 p.m.	
Zumba Gold DVD	Tuesday/ Friday	2:15 p.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
Art Multimedia Class	Wednesday	12:30 p.m.	
Mahjong Class	Wednesday	12:30 p.m.	
Ballroom Dance class	Wednesday	12:30 p.m.	
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.
Water Color and Acrylic Painting class	Wednesday	10 a.m.	
Whole Body exercise class	Thursday	12:45 p.m.	A variety of fun exercise routines geared to active adults; includes Aerobics, Light Weights, Pilates and Latin Dance Moves
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.
Hospital bears	Thursday	10:30 a.m.	
Scrabble/ Bananagrams	Thursday	11 a.m.	
Lunch and Lear: The great Tours " Medieval Europe"	Thursday	11:45 a.m.	
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.
Advance Billiards Class	Friday	1:15 p.m.	

Get fit	Friday	9 a.m.-4 p.m.	At South Run Rec Center
Group Play	Friday	1:15 p.m.	
Chair exercise	Friday	10:15 a.m.	
Wellness Program with Senior+	Friday	10:30 a.m.	
Fitness Fun Senior+	Friday	12:30 p.m.	Join Senior+ for adapted exercise from chair dance, balloon volleyball, shuffleboard, Bocce, Wii, ladder golf, table tennis, & more for a fun way to stay fit. Keep your body moving
Special Events/Trips			
Event/Trip	When	Time	Description
Lane Bryant -Kingstowne	3/6/2015	10 a.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Potomac Mills Mall	3/11/2015	10 a.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Wegman's	3/17/2015	10 a.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Landmark Mall	3/23/2015	10 a.m.	Trips of Necessity. Advance reservations required. Lunch on you own.
Create Holiday cards	3/4/2015	12:30 p.m.	With Marvadell
Travel Club	3/12/2015	10:30 a.m.	
The Landing Restaurant	3/23/2015	11:30 a.m.	
Elderlaw Attorney, Valerie Geiger with Info., Q& A and topic-Guardianship	3/3/2015	12:30 p.m.	
Relaxation Practice with Laura Wages	3/5/2015	11 a.m.	
Fire and Rescue Talk	3/2/2015	12:15 p.m.	
Blood Pressure Checks	3/5 and 19	10:15 a.m.	
Computer demo: Word for everyday letters and documents	3/2/2015	12:45 p.m.	
Fire Drill	3/9/2015	1:30 p.m.	
Bingo	3/6, 10, 16 and 27	1 p.m.	
Advisory Council Chip and Dip Day	3/16/2015	12:30 p.m.	
Nutrition Advisor	3/19/2015	12:15 p.m.	Larry Sitney
Maddie's Blankets	3/11/2015	1 p.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	3/10/2015	10:30 a.m.	2nd Tuesday of each month.