



Lorton Community Center

Address: 9520 Richmond Highway
 Lorton, VA 22079

Hours: Monday – Friday 8 a.m. to 9 p.m.
 Saturday, 9 a.m. to 9 p.m.

Phone: 703-550-7195, TTY 711

June, July, August 2024

IMPORTANT DATES / EVENTS


Title	When	Time	Description
<p>CAMP Fairfax</p>	<p>Monday, June 17 To Friday, August 16</p>	<p>SACC 7:30a.m. – 6p.m.</p>	<p>All day school care for K-6th grade until August 16th, 2024. Please call 703-449-8989 to register. SACC uses the gym, classrooms, computer lab, and the art room during their program time. All participants must be a registered in program</p>
<p>Teens in Action</p>	<p>Monday, June 17 To Friday, August 16</p>	<p>Teen Program 8:30a.m. – 5p.m.</p>	<p>After-School activities and programs for teens in 7th - 12th grade to include an afternoon meal until August 16th, 2024. The Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve personal resiliency, participate in project-based learning (PBL) and social emotional learning (SEL) activities and projects, and most importantly, have fun! Teens will also participate in recreational games and activities for STEAM, homework help, cultural experiences, the arts, character development, mentoring, fitness and nutrition, and leadership opportunities. All participants must be a registered member</p>

Juneteenth Holiday	Wednesday June 19	ALL DAY	Fairfax County Community, Teen, and Senior Centers will be CLOSED in honor of the Juneteenth Holiday
Independence Day Holiday	Thursday, July 4	ALL DAY	Fairfax County Community, Teen, and Senior Centers will be CLOSED in honor of Independence Day Holiday
Back To School Event	Saturday August 3	10am-2pm	Back to School event to provide family fun and most importantly school supplies for those in need.

FAMILY & YOUTH PROGRAMS

Title	When	Time	Description
SACC After-School Program	Monday - Friday	7 a.m. – 9:30 a.m. And 3:30 p.m. - 6:15 p.m.	Before and after school care for K-6th grade until June 13, 2024. Please call 703-449-8989 to register. SACC uses the gym, classrooms, computer lab, and the art room during their program time. All participants must be a registered member
Monday Moves (Sensory Room)	3 rd Monday of the Month June 17, July 15, and August 19	5:30-6:15 p.m.	It's time to bust a move! Join the 3 rd Monday of each month for an inclusive movement program for families with elementary aged kids! This program will explore motion and movement through a wide range of family friendly music and other musical elements. Spots are Limited: Registration is required.
Tuesday Little Sensations (Sensory Room)	Tuesdays	Session 1 > 9:30-10:15 a.m. Session 2 > 10:30-11:15 a.m.	Come enjoy an inclusive program with your little one! This program is designed for children 12 months-23 months of age . Little ones will explore various sensory elements to include sounds, sights, and textures. Caregivers and parents also have the opportunity to meet other families. Spots are Limited: Registration is required.
Family Gym Time (Day)	Tuesday/Thursday/ Saturday	Tues/Thurs 10:30 - 11:30 a.m. Saturday 9 a.m. – 11 a.m.	Open gym time for families with children (6th grade/11 years old and under with adult supervision.)

Sensory Sensorium with SACC (Summer program)	Tuesdays & Thursday	3:45-4:14 p.m.	SACC participants explore their senses in our state-of-the-art sensory room! Participants will engage in a variety of sensory focused activities ranging from educational, sensory motor, relaxation, creative movement and more. Must be registered with SACC
Family Gym Time (Evening)	Tuesday	Tuesday 6:15p.m. - 8:30p.m.	Open gym time for families with children (6th grade/11 years old and under with adult supervision.)
Family Game Night	Tuesday	Every Tuesday 6:15p.m. - 8:30p.m.	A variety of table and board games for families to play with children (6th grade/11 years old and under with adult supervision.)
Family Arts & Crafts	Wednesday	Every Wednesday 6:15p.m. - 8:30p.m.	A variety of arts & crafts activities for families to do with children (6th grade/11 years old and under adult supervision.)
Exploring Your Senses through STEAM (Summer Program)	Wednesdays	9-9:45 a.m.	Discover the Fascinating Link Between Technology and Our Senses! SACC participants will have the opportunity to engage in various activities that focus on both technology and sensory experiences. These activities encompass group discussions, relaxation exercises, and interactive technological components. Must be registered with SACC
Family Sensory STEAM Experience	2 nd Wednesday of the Month June 13, July 11, and August 8	5:30-6:30 p.m.	Come and join an inclusive fun night for the whole family! Families will be exposed to various sensory and STEAM activities ranging from yoga, meditation, art, science and more! Enjoy this family time as we learn, explore, and grow together!
Thursday Little Sensations (<i>Sensory Room</i>)	Thursdays	Session > 1 9:30-10:15 a.m. Session 2 > 10:30-11:15 am	Come enjoy an inclusive program with your little one! This program is designed for children 2-3 years old . Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents also have the opportunity to meet other families. Spots are Limited: Registration is required.

<p>STEAM-Family Night</p>	<p>Thursday 3rd Thursday of the month March 13, April 10, May 8</p>	<p>5-6pm</p>	<p>Our program welcomes elementary school kids and their families to dive into the realms of STEAM! Through hands-on projects, coding adventures, stimulating challenges, and math magic, we're here to spark curiosity and ignite young minds in the enchanting universe of STEAM.</p>  <p>Registered @ STEAM-Family Night (office.com)</p>
<p>Kids In Motion <i>(In Gym)</i></p>	<p>Fridays</p>	<p>11-11:45 a.m.</p>	<p>Enjoy an inclusive sensory motor program with your active little one! This program is designed for children 18 months-3 years old. Little movers will experience a variety of sensory and gross motor activities all within a social and active environment. Spots are Limited: Registration is required.</p>
<p>Saturday Sensorium <i>(Sensory Room)</i></p>	<p>2nd Saturday of the Month June 8, July 13, and August 10</p>	<p>Session 1 > 9:30-10:15 a.m. (4-5 yrs.) Session 2 > 10:30-11:15 a.m. (6-7yrs.)</p>	<p>Come and explore our immersive sensory room! This inclusive program is designed for early learners. Participants will engage in a variety of sensory focused activities ranging from education, stimulation, creative movement, music, and more! Caregivers and parents also have the opportunity to meet other families. Spots are Limited: Registration is required.</p>

TEEN (12-18) PROGRAMS

Title	When	Time	Description
Teens in Action After- School Program	Monday - Friday	3 p.m. – 6:00 p.m.	<p>After-School activities and programs for teens between 12 years old in 7th – 18 years old in 12th grade to include an afternoon meal. The Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve personal resiliency, participate in project-based learning (PBL) and social emotional learning (SEL) activities and projects, and most importantly, have fun!</p> <p>Teens will also participate in recreational games and activities for STEAM, homework help, cultural experiences, the arts, character development, mentoring, fitness and nutrition, and leadership opportunities.</p> <p>All participants must be a registered member</p>
Teens in Action Summer All Day Program	Monday – Friday June 17 August 16	8:30a.m. – 5p.m.	<p>All day teen camp program for teens between 12 years old in 7th – 18 years old in 12th grade to include an afternoon meal. The Teen program is designed to help teens build positive relationships, develop skills for good decision making, improve personal resiliency, participate in project-based learning (PBL) and social emotional learning (SEL) activities and projects, and most importantly, have fun!</p> <p>Teens will also participate in recreational games and activities for STEAM, cultural experiences, the arts, character development, mentoring, fitness and nutrition, and leadership opportunities.</p> <p>All participants must be a registered member</p>
Teen Sensory Experience (Summer Program)	Mondays & Thursdays	1:30-3 p.m. (20 min. rotations)	<p>Come explore and experience your senses in our immersive sensory room! Teens will experience a variety of activities ranging from open discussions, guided meditation, creative movement and more. The sensory room provides a safe and creative space</p>

			for teens to enjoy and build community. Must be registered for TIA Summer program
Supreme Teens Zone	Friday	6p.m. - 8:30 p.m.	Are you looking for a safe place to hang with your friends and chill? Come to Lorton where you can play basketball, volleyball, soccer, video games, ping pong, board games, and more!!!
STEAM-Zone	Wednesday- Friday	3:30p.m. -4:30 p.m.	Make your ideas come alive at STEAM-Zone. <i>(Science. Technology. Engineering. Art. Math)</i> Hang out with friends, work on projects, and use exciting new technology. STEAM-Zone provides a creative and safe after-school learning environment where you can explore your own ideas, develop new skills, and build more confidence using technology. Teens between 12 years old in 7th – 18 years old in 12th grade
Teen Homework Help	Tuesday - Wednesday	2:30 – 3:30 p.m.	Program runs through June 11 th , 2024 and provides support and help to participants for completing school assignments and projects. (School Laptops and/or Documents Needed)
Teen Basketball	Friday and Saturday	Friday 6:30p.m. – 8:30 p.m. Saturday 6p.m. – 8:30 p.m.	Open basketball for Teens between 12 years old in 7th – 18 years old in 12th grade

18+ ADULT PROGRAMS

Title	When	Time	Description
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18+ Adults Basketball	Monday Saturday	Monday 6:30 – 8:30 p.m. Saturday 1:30p.m. – 3:30 p.m.	Open play for adults ages 18+ out of High School.
18+ Adults Pickleball	Monday, Wednesday, Friday, and Saturday	Noon – 2:00 p.m. Saturday 11:15 a.m.- 1:15 p.m.	Pickleball open court for adults age 18+ out of High School.
18+ Adults Volleyball	Wednesday Saturday	6:30 – 8:30 p.m. Saturday 1:30p.m. – 3:30 p.m.	Open play for adults ages 18+ out of High School
STEAM- NextGen	Mondays	5:00-6pm	Discover a world of opportunity with our engaging program tailored for young adults! Dive into the exciting realms of 3D printing, photoshop, resume building and more. Join us and embark on a journey of skill development and empowerment. *All participants must have a RecDynamics account to participate.
18+ Adults Belly Dancing	Tuesday	6:15 p.m. – 7p.m.	This class is open to adults over the age of 18. Join this multilevel Zumba class for a great work out. Instructor will lead class through choreographed movements set to music
18+ Adults Yoga	Tuesday	7p.m.	This class is open to adults over the age of 18. Join this Yoga class to flow from one pose to the next and help focus on controlling your breath.
18+ Line Dancing	Wednesday	7p.m. – 8p.m.	This class is open to adults over the age of 18. Join this Line Dancing class to get your heart pumping and your brain working while improving coordination and balance.
18+ Energy Circle Dance	Monday Saturday	7p.m. – 8p.m. Saturday: 6p.m. – 8:30p.m.	This class is open to adults over the age of 18. Join this Line Dancing class to flow from one pose to the next and help focus on controlling your breath.
Move and Groove (Sensory Room)	Thursdays	6:00-6:45 p.m.	Let's move and groove! Join an inclusive movement program for adults 18 and older . This program will explore motion and movement through choreographed routines. Spots are Limited: Registration is required.
18+ Financial Literacy Class	Thursday Saturday	6p.m. – 8p.m. Saturday: Noon – 4p.m.	This class is open to adults over the age of 18. A free financial literacy class that allows individuals to learn about finances in hopes of a better future.

SENIOR/OLDER ADULT PROGRAMS

Title	When	Time	Description
50+ Adult Program	Monday – Friday	9a.m. – 4:00 p.m.	Activities, socialization, and community outings for adults 50+. Please see the senior calendar for a detailed schedule. Lunch and transportation are available upon request and may require a fee. Please see senior staff for more information. All participants must be a registered member
Senior Center (50+) Open Relaxation Station <i>(Sensory Room)</i>	Tuesdays & Fridays	Tues. 11:30 a.m.-12:00 p.m. Fri. 1:00-2:00 p.m.	Come and reduce your stress by enjoying the calming effects of an immersive sensory experience. Enjoy calming visuals, soothing music, and the tranquil sounds of the bubble tubes. Attendance is based on first come first served. Must be a member of the Senior Center
50+ Adult Bridge Club	Tuesday	Noon – 3p.m.	Drop in on Tuesdays for this fun filled environment as you play Bridge with others. Bridge is a card game played using a standard 52-card deck. The game is played by 4 players in two competing partnerships.
50+ Adults Book Club	Every 2 nd Wednesday of the month	1:30p.m. - 3:30 p.m.	Come see what the buzz is! Individuals read the assigned book and then meet up and discuss. A social activity centered on our love of reading! Try it out ~ contact center to sign out a book or for further details.
50+ Adults Meditation	Monday	11:30a.m. – 12pm	Facilitated by our Rec Therapist, Taylor Johnson. Teach techniques to help calm, relax, destress, and center oneself.
50+ Adults Arthritis Exercise	Tuesday	10:15a.m. – 11a.m.	Health and Wellness activity, focusing on balance, range of motion, and joint movements. Class registration is required.
50+ Adults Chair Yoga	Wednesday & Thursday	Wed: 9a.m. – 10a.m. Thur. 10:45a.m. – 11:45a.m.	All work may be done seated with the option of using the chair as a balance point for standing poses. Wear comfortable clothing.

50+ Adults Lymphatic Drainage Class Exercise	Wednesday	1:45 p.m. – 2:30 p.m.	Did you know Many cancer treatment survivors are susceptible to developing lymphedema? Come join us for a 30-minute lymphatic drainage class where we learn about lymphedema and perform exercises to get our lymph moving. Not a cancer patient or survivor? These exercises will also get your blood flowing, which can help with pedal edema. It's a low to no impact workout that will energize your body.
50+ Adults H.I.I.T.	Monday	10:30a.m. – 11:30 a.m.	HIIT stands for " High Intensity Interval Training " a form of cardiovascular exercise. HIIT can be further broken down into two main categories SIT (sprint interval training) and HIT (high intensity training)
50+ Adults Painting (Watercolor)	Wednesday	10a.m. – 11:30 a.m.	Open Studio. All levels are welcome. Join fellow artists as they paint and explore all aspects of watercolor and acrylic painting techniques and composition.
50+ Adults Personal Trainer (classes)	Friday	9:15a.m. – 10a.m. 10a.m. – 10:45a.m.	Personal Trainer, Pete, certified trainer, providing 2 sessions every Friday. Class registration is required.
Ping Pong/Table Tennis Club	Tuesday/Friday	2p.m. – 4:00 p.m.	Two tables available. Table tennis improves balance, does not put excessive stress on your joints, and aids in improving mental alertness through eye-hand coordination. This combination of movement, thinking, and socialization makes this a perfect activity for older adults. Drop-in
50+ Adults Rummikub	Monday - Friday	Open Session	Learn fun activities to stimulate one's memory. This is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. Drop-in.
Walking Club	Monday & Wednesday	9:00 a.m. – 10:00 a.m.	Join our newly formed walking club to start your day. Walking club will use the gymnasiums during cold weather and move to outdoors weather permitting.
50+ Adults Yoga	Tuesday & Thursday	Tues. 9a.m. - 10a.m. Thurs. 9:30a.m. - 10a.m.	Classic yoga poses adapted in a safe and accessible manner. Wear comfortable clothing. Class registration is required.

50+ Adults Lunch and Birthday Celebration!	Last Wednesday March 27, April 24, & May 29	Lunch	Share lunch amongst friends and celebrate center members' birthdays that have occurred during the month. Drop-in and help celebrate!
50+ Adults Trips of Necessity	Thursdays	10 a.m. – 2:00 p.m.	Join friends on a trip to various shopping centers in Northern Virginia. Trips will visit a shopping center with stores meeting necessities and various restaurants.
50+ Adult Game Night	First Friday March 1, April 5, & May 3	3p.m. – 8p.m.	Game Night is a time for Seniors 50+ to socialize with new and/or old friends, learn new games and play card games, board games and more!
STEAM- Savy Seniors (Tech Support) STEAM- Savy Seniors (Tech Support) STEAM- Savy Seniors (Typing Club)	Thursday Fridays Fridays	9:45-10:30am 9:45-10:30am 10:45-11:30am	Need Technology Help? We've Got Your Back for All Things Tech! Stuck with computers, iPhones, iPads, or lost on the web? Don't worry, we're here to help you sail smoothly through the digital realm! Adults (50 +) *All participants must be a registered member

SENSORY ROOM

Title	When	Time	Description
1 on 1 sessions	Monday-Friday	By appointment	Therapeutic sessions for individuals with physical, intellectual, and developmental disabilities utilizing different elements of the Sensory Room to achieve specific and desired goals.
Senior Center (50+) Meditation	Mondays	11:30 a.m.-Noon	Facilitated by our Rec Therapist, Taylor Johnson. Teach techniques to help calm, relax, destress, and center oneself.
Teen Sensory Experience (Summer Program)	Mondays & Thursdays	1:30-3:00 p.m. (20 min. rotations)	Come explore and experience your senses in our immersive sensory room! Teens will experience a variety of activities ranging from open discussions, guided meditation, creative movement and more. The sensory room provides a safe and creative space for teens to enjoy and build community. Must be registered for TIA Summer program
Monday Moves	3 rd Monday of the Month June 17, July 15, and August 19	5:30-6:15 p.m.	It's time to bust a move! Join the 3 rd Monday of each month for an inclusive movement program for families with elementary aged kids! This program will explore motion and movement through a wide range of family friendly music and other musical elements.

			Spots are Limited: Registration is required.
Tuesday Little Sensations	Tuesdays	Session 1 > 9:30-10:15 a.m. Session 2 > 10:30-11:15 a.m.	Come enjoy an inclusive program with your little one! This program is designed for children 12 months-23 months of age . Little ones will explore various sensory elements to include sounds, sights, and textures. Caregivers and parents also have the opportunity to meet other families. Spots are Limited: Registration is required.
Senior Center (50+) Open Relaxation Station	Tuesdays & Fridays	Tues. 11:30 a.m.-12:00 p.m. Fri. 1:00-2:00 p.m.	Come and reduce your stress by enjoying the calming effects of an immersive sensory experience. Enjoy calming visuals, soothing music, and the tranquil sounds of the bubble tubes. Attendance is based on first come first served. Must be a member of the Senior Center
Sensory Sensorium with SACC (Summer program)	Tuesdays & Thursday	3:45-4:14 p.m.	SACC participants explore their senses in our state-of-the-art sensory room! Participants will engage in a variety of sensory focused activities ranging from educational, sensory motor, relaxation, creative movement and more. Must be registered with SACC
Exploring Your Senses through STEAM (Summer Program)	Wednesdays	9-9:45 a.m.	Discover the Fascinating Link Between Technology and Our Senses! SACC participants will have the opportunity to engage in various activities that focus on both technology and sensory experiences. These activities encompass group discussions, relaxation exercises, and interactive technological components. Must be registered with SACC
Family Sensory STEAM Experience	2 nd Wednesday of the Month June 12, July 10, and August 14	5:30-6:30 p.m.	Come and join an inclusive fun night for the whole family! Families will be exposed to various sensory and STEAM activities ranging from yoga, meditation, art, science and more! Enjoy this family time as we learn, explore, and grow together!
Thursday Little Sensations	Thursdays	Session 1 > 9:30-10:15 a.m. Session 2 > 10:30-11:15 am	Come enjoy an inclusive program with your little one! This program is designed for children 2-3 years old . Little sensory seekers will explore various sensory elements to include sounds, sights, and textures all within a social environment. Caregivers and parents also have the opportunity to meet other families. Spots are Limited: Registration is required.

Move and Groove	Thursdays	6:00-6:45 p.m.	Let's move and groove! Join an inclusive movement program for adults 18 and older . This program will explore motion and movement through choreographed routines. Spots are Limited: Registration is required.
Kids In Motion	Fridays	11:00-11:45 a.m.	Enjoy an inclusive sensory motor program with your active little one! This program is designed for children 18 months-3 years old . Little movers will experience a variety of sensory and gross motor activities all within a social and active environment. Spots are Limited: Registration is required.
Saturday Sensorium	2 nd Saturday of the Month June 8, July 13, and August 10	Session 1 > 9:30-10:15 a.m. (4-5 yrs.) Session 2 > 10:30-11:15 a.m. (6-7yrs.)	Come and explore our immersive sensory room! This inclusive program is designed for early learners. Participants will engage in a variety of sensory focused activities ranging from education, stimulation, creative movement, music, and more! Caregivers and parents also have the opportunity to meet other families. Spots are Limited: Registration is required.

TECHNOLOGY PROGRAMS

Title	When	Time	Description
Exploring your SENSES through STEAM (SACC) (Summer Schedule)	Wednesday	9-9:45a.m.	Discover the Fascinating Link Between Technology and Our Senses! SACC participants will have the opportunity to engage in various activities that focus on both technology and sensory experiences. These activities encompass group discussions, relaxation exercises, and interactive technological components. Youth (elementary school students.) *Must be registered with SACC.
STEAM-Zone (TEENS) (Summer Schedule)	Mondays and Thursdays	1:30-3:00 p.m. (20 min. rotations)	STEAM-Zone provides a creative and safe after-school learning environment where you can explore your own ideas, develop new skills, and transform learning into an enjoyable, interactive, and applicable experience. Join us on this awesome journey of learning and exploration!
	Tuesday (Week 1-2,8-9 ONLY)	1:30-2:15pm	
	Wednesday	3-3:45pm	

	Fridays (Lego Club)	3-3:45pm	Teens between 12 years old in 7th – 18 years old in 12th grade *Must be registered with TIA (Teens in Action)*
STEAM-Tastic (SACC) (Summer Schedule)	Mondays *Every other Monday	10:45- 11:15am	STEAM-Tastic is designed for elementary school kids to dive into Science, Technology, Engineering, Math, and Art. Through hands-on projects, coding fun, engineering challenges, math magic, and creative art exploration, children embark on an engaging journey where learning is both exciting and limitless. Youth (elementary school students.) *Must be registered with SACC.
	Wednesdays	1:30-2:15pm	
	Thursdays	10:45am-11:15am	
STEAM- Savy Seniors Adults (50+)	Thursdays and Fridays (Tech Support)	9:45am-10:30am	Tech Support: Need Technology Help? We've Got Your Back for All Things Tech! Stuck with computers, iPhones, iPads, or lost on the web? Don't worry, we're here to help you sail smoothly through the digital realm! Adults (50 +) *All participants must be a registered member
	Fridays *No class last Friday of the month (Typing Club)	10:45-11:30am	Typing Club: unlock your typing potential with us! Are you ready to boost your typing skills and have fun at the same time? Whether you are a beginner or looking to refine your typing speed, our club offers a welcoming environment for everyone. Adults (50 +) *All participants must be a registered member
	Fridays *Last Friday of the month only (Crafts with Maria)	10:45-11:30am	Crafts with Maria: Engage in hands-on activities that challenge your creativity and keep your mind sharp. Discover your inner Artist with Maria's monthly crafts class! Calling all the seniors who love to create! Adults (50 +) *All participants must be a registered member
Family Sensory STEAM Experience	2 nd Wednesday of the Month June 12, July 10, and August 14	5:30-6:30 p.m.	Come and join an inclusive fun night for the whole family! Families will be exposed to various sensory and STEAM activities ranging from yoga, meditation, art, science and more! Enjoy this family time as we learn, explore, and grow together!
Tech Support with Manny Adults (50+)	Wednesdays	10a.m. *By appointment	One-on-one tech support and training to help older adults feel more comfortable with phones, computers, tablets, and more. Adults (50 +) *All participants must be a registered member

Open Computer Access	Monday- Friday	4pm-6pm	FREE computer access to all in the community. Laptops are available weekly for drop-in use in the senior room. If you need access to a computer to search the internet, check emails, apply for jobs come to the open computer access everyday Monday-Friday. No food or drinks allowed, please log out when finished children must be accompanied by an adult. All participants must have a RecDynamics account to participate.
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BUILDING USAGE AND SPACE RENTALS

<i>Community Building usage and Rentals (Please check with Lorton Community Center for more details)</i>	Monday - Friday Saturday	6:30 p.m. – 8:30 p.m. 9 a.m. – 8:00 p.m.	Please call Lorton Community Center at 703-550-7195 or email ncslortoncommunitycenter@fairfaxcounty.gov for more details. Applications must be submitted 6 weeks prior to the request date.
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Advisory Council Meetings

<i>Advisory Council Meetings</i>	Third Wednesday June 19 July 17 August 21	7 p.m. – 8:30 p.m.	Lorton Community Centers Advisory Council Meetings will be held the third (3 rd) Wednesday of the Month from 7p.m. to 8:30p.m.
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