



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Lorton Community Center

Address: 9520 Richmond Highway
Lorton, VA 22079

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

Phone: 703-550-7195, TTY 711

September, October, November 2023

IMPORTANT DATES / EVENTS

Title	When	Time	Description
Labor Day Holiday	Saturday, September 2 Monday, September 4	ALL DAY	CENTER CLOSED
Election Day	Tuesday, November 7	ALL DAY	CENTER CLOSED
Veterans Day Holiday	Friday, November 10 Saturday, November 11	ALL DAY	CENTER CLOSED
Thanksgiving Holiday	Thursday, November 23 Friday, November 24 Saturday, November 25	ALL DAY	CENTER CLOSED

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.	<p>Before and after school care for K-6th grade until June 17, 2023. Please call 703-449-8989 to register. SACC uses the gym, classrooms, computer lab, and the art room during their program time.</p> <p>All participants must be a registered member</p>
Family Sensory STEAM Experience	Wednesdays Sept 13, Oct 11, Nov 8	5:30-6:30 p.m.	<p>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!</p>
Family Gym Time	Tuesday/Thursday/ Saturday	Tues/Thurs 10:30 - 11:30 a.m. Saturday 9 a.m. – 11 a.m.	<p>Open gym time for families with children 11 years and under with adult supervision.</p>
Saturday	Family Time	9 a.m. – 10:30 a.m.	<p>Open gym time for families with young children full court</p>

TEEN AND ADULT PROGRAMS

Title	When	Time	Description
Teens in Action After- School Program	Monday - Friday	3 p.m. – 6 p.m.	<p>After-School activities and programs for teens in 7th - 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</p>

			development, mentoring, fitness and nutrition, and leadership opportunities. All participants must be a registered member
Teen Tech Sensory Exploration (Sensory Room)	Monday	4:30 p.m.-5:30 p.m.	Come and explore how technology and our senses are connected! Teens will experience a variety of technology and sensory focused activities ranging from group discussions, relaxation, and interactive technology elements. This program provides a safe and creative space for teens to come and build community. *Must be registered for TIA After-School program*
SUPREME TEENS ZONE	Friday	6 p.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	4:30 pm -5:30 p.m.	Make your ideas come alive at STEAM-Zone. (Science. Technology. Engineering. Art. Math) 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 (middle and high school students).
Teen Homework Help	Tuesday - Wednesday	2:30 – 3:30 p.m.	Teen Program until June 17, 2023. Programs provide support and help to participants for completing school assignments and projects.
Teen Basketball	Friday and Saturday	Friday 6:30 p.m. – 8:30 p.m. Saturday 6 p.m. – 8:30 p.m.	Open basketball for 7 th to 12 th grade.
18+ Adults Basketball	Adult Basketball	Monday 6:30 – 8:30 p.m. Saturday 1:30 p.m. – 3:30 p.m.	Open play for adults ages 18+ out of High School.
18+ Adults Pickleball	Monday, Wednesday, Thursday, Friday, and Saturday	Noon – 2 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	6:30 – 8:30 p.m.	Open play for adults ages 18+ out of High School

18+ Adults Yoga	Monday	7 p.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+ Adults Zumba	Monday	6:15 p.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

SENIOR/OLDER ADULT PROGRAMS

Title	When	Time	Description
50+ Adult Program	Monday – Friday	9 a.m. – 4 p.m.	Activities, socialization, and community outings for adults 50+. Please see 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
18+ Adults Pickleball*	Monday-Friday	Noon – 2 p.m.	Open pickleball for adults over 18+ years old.
50+ Adults Basketball	Monday Tuesday	Noon p.m. – 2 p.m. 6:30 p.m. – 8:30 p.m.	Open basketball for adults over 50 years old.
Senior Center (50+) Open Relaxation Station <i>(Sensory Room)</i>	Tuesday and Friday	Tues. 11 a m - Noon Fri. 1-2 pm	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.
50+ Adult Bridge Club	Tuesday	Noon – 3 p.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 Mystery Book Club	2 nd Wednesday June 14, July 12, and August 9	1:30 p.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	Mondays: 11:30 a.m. – Noon	Facilitated by our Rec Therapist, Taylor Johnson. Teach techniques to help calm, relax, destress, and center oneself.
50+ Adults Arthritis Exercise	Tuesday	10:15 a.m. – 11 a.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: 9 a.m. Thur. 10:45 a.m.	All work may be done seated with the option of using the chair as a balance point for standing poses. Wear comfortable clothing. Class registration required.
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	10:30 a.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	10 a.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	9:15 – 10 a.m. 10 a.m. – 10:45 a.m.	Personal Trainer, Pete, certified trainer, providing 2 sessions every Friday. Class registration is required.
Ping Pong/Table Tennis Club	Tuesday/Friday	2 p.m. – 4 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 a.m. – 10 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. 9 a.m. Thurs. 9:30 a.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 June 28, July 26, and August 30	Noon	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 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.

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 Tech Sensory Exploration	Mondays	4:30-5:30 p.m.	Come and explore how technology and our senses are connected! Teens will experience a variety of technology and sensory focused activities ranging from group discussions, relaxation, and interactive technology elements. This program provides a safe and creative space for teens to come and build community. *Must be registered for TIA After-School program*

Tuesday Little Sensations	Tuesdays	9:30-10:15 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. 11-11:45 a.m. Fri. 1:30-2:15 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.
Exploring Your Senses through STEAM	Tuesdays	4:30-5:30 p.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	Wednesdays Sept 13 th , Oct 11 th , Nov 8 th	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 3 years old and under. 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 and share resources. Spots are Limited: Registration is required.
Spark Your Senses with SACC	Thursdays	4:30-5:30 p.m.	SACC participants engage in various sensory focused activities ranging from education, stimulation, relaxation, creative movement, music, and more! *Must be registered with SACC*
Move and Groove!	Thursdays	6-6:45 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.
Sensational Little Movers	COMING SOON!	TBD	Enjoy an inclusive sensory motor program with your active little one! This program is designed for children 18months-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 Sensory Exploration	Saturdays Sept 16 th , Oct 21 st , Nov 18 th	Session 1 9:30-10:15 a.m. (4-5 yrs.) Session 2 10:30-11:15 a.m. (6-7 yrs.)	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
Teen Tech Sensory Exploration	Mondays	4:30-5:30 p.m.	Come and explore how technology and our senses are connected! Teens will experience a variety of technological and sensory focused activities ranging from group discussions, relaxation, and interactive technology elements. This program provides a safe and creative space for teens to come and build community. Teens (middle and high school students). *Must be registered with TIA (Teens in Action)
Exploring your SENSES through STEAM	Tuesday	4:45-5:30 p.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	Wednesday & Fridays	4:30 -5:30 p.m.	<p>Unleash your inner scientist, coder, engineer, and problem solver through engaging workshops, hands-on projects, and thrilling challenges! 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 transform learning into an enjoyable, interactive, and applicable experience. Students are equipped with the skills and mindset required to excel in STEAM fields and evolve into future trailblazers.</p> <p>Teens (middle and high school students). *Must be registered with TIA (Teens in Action)</p>
STEAM-Tastic	Thursdays	4:45-5:30 p.m.	<p>Make your ideas come alive at STEAM-Tastic. Hey there, future explorers! We're thrilled to introduce you to the "STEAM-Tastic After-School Program," where we're diving into the wonders of Science, Technology, Engineering, Art, and Mathematics (STEAM). Our mission? To light up your curiosity and nurture your inner innovator! Ready to jump into the coolest STEAM adventure ever? Buckle up and join the "STEAM-Tastic After-School Program" now! Let's make STEAM come alive in the most awesome ways!</p> <p>Youth (elementary school students.) *Must be registered with SACC.</p>
STEAM- Savy Seniors	Fridays	9 a.m.-Noon	<p>Embrace the wonders of modern technology designed to enhance every facet of your life. Join us as we delve into an array of smart devices that foster connections with loved ones, friends, and ensure top-notch senior care. Need Technology Help? We've Got Your Back for All Things Tech! Stuck with computers, iPhones, iPads, or lost in 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</p>
Tech Support	Wednesdays	10 a.m. *By appointment	<p>One-on-one tech support and training to help older adults feel more comfortable with phones, computers, tablets, and more.</p>

BUILDING USAGE AND SPACE RENTALS

*Community Building usage
and Rentals
(Please check with
Lorton Community Center
for more details)*

Monday - Friday

Saturday

6:30 p.m. – 8:30 p.m.

9 a.m. – 8 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.