



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Lorton Senior Center

Address: 9520 Richmond Highway,
Lorton, VA 22079

Hours: Monday – Friday, 8 a.m. - 4 p.m.

*This calendar will be updated once the Senior Center moves to the new Lorton Community Center on October 10.

Phone: 703-550-7195, TTY 711

September, October, November 2022

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Bingo!	1 st Wednesday	1 p.m.	Play bingo – everyone’s favorite game! Play for small prizes.
Book Club w/Pat Thompson	2 nd Wednesday	2- 4 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 ~ See Pat Thompson to sign out a book or for further details.
Meditation	Monday	Monday: 11:30 – 12 Noon	Facilitated by our Rec Therapist, Taylor Johnson. Teach techniques to help calm, relax, destress, and center oneself.
Open Fitness Room	Monday through Friday	9 a.m. – 4 p.m.	Our fitness room is perfect, especially during days of extreme weather which makes it hard to exercise outdoors. We offer stationary bikes, treadmill, elliptical, and cross-trainer machines. No sign-up required.
Ping Pong/Table Tennis Club	Tuesday/Friday	2 - 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.

Rummikub	Monday through 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.
CLASSES			
Title	When	Time	Description
Arthritis Exercise	Tuesday	10:15 - 11 a.m.	Health and Wellness activity, focusing on balance, range of motion, and joint movements. Class registration is required.
Belly Dance	Monday	2 p.m.	Are you looking for a fun cardio based class? This class will get your heart going in a fun environment.
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.
Line Dance, Beginner	Monday	1 – 2 p.m.	Beginner Line Dance will include an introductory level line dance to introduce many of the basic moves necessary for Line Dancing. Then move into beginner level dances, learning about 3 new dances each class. Free-Registration is required.
Painting (Watercolor) Open Studio	Wednesday	10 – 11:30 a.m.	All levels are welcome. Join fellow artist as they paint and explore all aspects of watercolor and acrylic painting techniques and composition.
Personal Trainer (classes)	Friday	9 – 9:40 a.m. 9:50 – 10:30 a.m.	Personal Trainer, Pete, certified trainer, providing 2 sessions every Friday. Class registration is required.
S.A.I.L. Class w/Taylor	Monday	10 - 11 a.m.	Stay Active and Independent for Life evidence-based Fall prevention exercise program. Class registration is required.
S.A.I.L. Class w/Pat Thompson	Tuesday	11:30 a.m. – 12:30 p.m.	Stay Active and Independent for Life evidence-based Fall prevention exercise program. Class registration is required.
S.A.I.L. Class w/Pat Thompson	Wednesday	11- 12 Noon	Stay Active and Independent for Life evidence-based Fall prevention exercise program. Class registration is required.
Strength and Balance	Wednesday	10 – 11 a.m.	Health and Wellness activity, focusing on balance, range of motion, and joint movements to increase ease in everyday movements. Class registration is required.
Total Body Workout	Monday	1 – 1:55 p.m.	This class includes it all, join a certified personal training for a class focusing on strength training, cardio, balance and stretching.
Yoga	Tuesday/Thursday	Tues. 8:30 a.m. Thurs. 9:30 a.m.	Classic yoga poses adapted in a safe and accessible manner. Wear comfortable clothing. Class registration is required. \$5.00
Events/Trips			

Title	When	Time	Description
Lunch and Birthday Celebration!	Last Wednesday of the month	12 Noon	Share lunch amongst friends and celebrate center members' birthdays that have occurred during the month. Drop-in and help celebrate!
Trips of necessity	Thursday	10 a.m. – 2 p.m.	Join friends on a trip to various shopping centers in Northern Virginia. We will visit a shopping center with stores meeting basic necessities and various restaurants
<u>Community Meetings and Community Use</u>			
Title	When	Time	Description
Hawaiian/Hula Practice	Wednesday	12:30-2:30 pm	[Practice session for performing group]
Advisory Council Meeting	Currently not meeting ~ TBA	TBA	Center Advisory Council consists of board members who are voted in by the center membership. Representatives who advocate for center programming and funding and act as a liaison between the membership and center staff.