



Fairfax County

# Neighborhood & Community Services

[www.fairfaxcounty.gov/neighborhood-community-services](http://www.fairfaxcounty.gov/neighborhood-community-services)

## Lorton Senior Center

**Address:** 7722 Gunston Plaza,  
Lorton, VA 22079

**Hours:** Monday – Friday, 9 a.m. - 4 p.m.

**Phone:** 703-550-7195, TTY 711

### March 2020

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
Mental Muscle	Monday	10:30 a.m.	Challenge your mind by working and stretching your brain with fun games and puzzles. Increase your vocabulary with our Word of the Week and see how many times you can use it in conversations.
Bingo	Monday	12:30 p.m.	First Monday of the month, play bingo and give out prizes.
Social Nails	Monday	12:30 p.m.	First, third and fifth Monday paint nails and socialize with participants.
Computer Help/Technology	Tuesday	10 a.m.	Provide expert help in use of computers and technology.
Gold's Gym	Tuesday	10:30 a.m.	Members can use the Gold's Gym and attend classes for small fee.
Trivia Tuesday	Tuesday	11:30 a.m.	Trivia questions and activities to exercise the brain and mental health
Painting	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.
Multimedia Art	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.

Lunch and Learn	Thursday	11:45 a.m.	Bring your lunch and learn about history, science and culture through Great Courses DVD Series. *Great Courses DVD's (from past Lunch- n- Learns) are available for check-out
South Run	Friday	9 a.m.	See staff for details.
Retrain Your Brain	Friday	12:30 p.m.	1 <sup>st</sup> and 3 <sup>rd</sup> Friday. Help keep the brain alert. Learn fun activities to stimulate one's memory.
Ping Pong	Monday/Thursday	1:45 p.m./1:30 p.m.	Two tables available.
<u>CLASSES</u>			
Title	When	Time	Description
Group Exercise (Adv/Beg) with Personal Trainer	Monday/Tuesday/Fri.	9 a.m.	Personal Trainers Lisa and Pete, certified trainers, providing 30 minutes training sessions. Must register in advance.
Line Dance	Monday	10:45 a.m.	Learn basic steps and have fun.
S.A.I.L.	Monday	12:30 p.m.	Stay Active and Independent for Life evidence-based Fall prevention exercise program.
Arthritis Exercise	Tuesday	10:15 a.m.	Health and Wellness activity, focusing on balance, range and motion, joint movements
Low Impact Exercise	Tuesday	11 a.m.	New low impact exercise class designed to maintain strength and mobility while maintaining a healthy lifestyle.
Technology Tuesday	Tuesday	10 a.m.	One on one computer help. Drop-in or by appointment. See front desk for more details.
Computer Help	Tuesday/Wednesday	10 a.m.	Get help with computers, tablets, smart phones, photography.
Yoga/Chair Yoga	Tuesday/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.
Tai Chi Flow	Wednesday	9:30 a.m.	Learn to create a solid foundation to strengthen your core and steady your balance while using the flowing, deeply relaxing yet energizing movements of Tai Chi.
Urban Line Dance	Wednesday	2 p.m.	Lean basic line steps and the dance routines while having fun
Qi gong	Wednesday	10:15 a.m.	Practice Qi-Gong movements to strengthen muscles and balance using precise slow movements.
Mighty Movers	Thursday	12:45p.m.	Health and Wellness activity, focusing on balance, range and motion, joint movements to increase everyday movements.

Belly Dancing	Friday	8:30 a.m.	An activity of fun that will also increase range of motion.
Hula Practice	Friday	2 p.m.	Hula Hawaii dancing while having fun
Activities/Events			
Title	When	Time	Description
Custom Senior Living Presentation	Monday, March 2	10:30 a.m.	Registration required.
Costal Flats	Tuesday, March 3	10 a.m.	Registration required. Lunch on your own.
Ted Talks w/Travis	Tuesday, March 3 & 17	1 p.m.	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday. Enjoy robust discussion around intriguing Life enrichment discussion with Ted Talks.
Monthly Birthday Celebration	Wednesday, March 4	12:30 a.m.	Come and celebrate the March birthdays of the year.
Healthy Cooking Demo	Tuesday, March 10	11 a.m.	Registration required.
Presentation: Travel Experiences	Tuesday, March 10	1 p.m.	Sharing travel experiences from all over the world.
The Amen Corner	Wednesday, March 11	10:30 a.m.	A Theatrical performance by James Baldwin at Sidney Harman Hall.
Financial Workshop	Thursday, March 12	10:30 a.m.	Security Exchange Commission representative will present on how seniors can avoid Investment Fraud
Bahama Breeze	Friday, March 13	10:30 a.m.	Registration required. Lunch on your own.
Afternoon Game Time	Friday, March 13	2:30 p.m.	Learn new games. Make new friends. Have fun!
McAlister's	Tuesday, March 17	10:30 a.m.	Registration required. Lunch is on your own.
National Gallery of Art	Wednesday, March 18	10:30	Registration Required. Lunch on your own.
Book Club	Thursday, March 19	2 p.m.	Individuals read the assigned book to meet up and discuss.
AARP Smart Driver's TEK Class	Tuesday, March 24	2 p.m.	Registration required.
Los Tios Grill	Thursday, March 26	10:30 a.m.	Registration required. Lunch is on your own.
Lorton Workhouse (Women's Museum)	Friday, March 27	10:30 a.m.	Registration required. Lunch is on your own.

Community Meetings

Title	When	Time	Description
Advisory Council Meeting	Tuesday, March 10	10:30 a.m.	2nd Tuesday of each month. Everyone is welcome! Give your input, share ideas, and help make decisions about the center.