



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

March, April, May 2024

IMPORTANT DATES / EVENTS

Title	When	Time	Description
Memorial Day	Saturday, May 25- Monday, May 27	ALL DAY	Fairfax County Community, Teen, and Senior Centers will be CLOSED in honor of the Memorial Day holiday

FAMILY & YOUTH PROGRAMS

Title	When	Time	Description
SACC After-School Program	Monday - Friday	7 – 9:30 a.m. And 3:30 - 6:15 p.m.	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. All participants must be a registered member

Family Sensory STEAM Experience	Wednesday Sept 13, Oct 11, Nov 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!
Family Gym Time (Day)	Tuesday/Thursday/ Saturday	Tues/Thurs 10:30 - 11:30 a.m. Saturday 9 – 11 a.m.	Open gym time for families with children (6th grade/11 years old and under with adult supervision.)
Family Gym Time (Evening)	Tuesday	Tuesday 6:15 - 8:30 p.m.	Open gym time for families with children (6th grade/11 years old and under with adult supervision.)
Family Game Night	Tuesday	Every Tuesday 6:15 - 8:30p.m.	A variety of table and board games for families to play with children (6th grade/11 years old and under adult supervision.)
Family Arts & Crafts	Wednesday	Every Wednesday 6:15 - 8:30p.m.	A variety of arts & crafts activities for families to do with children (6th grade/11 years old and under adult supervision.)

TEEN (12-18) PROGRAMS

Title	When	Time	Description
<p style="text-align: center;">Teens in Action After- School Program</p>	<p style="text-align: center;">Monday - Friday</p>	<p style="text-align: center;">3 – 6 p.m.</p>	<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>
<p style="text-align: center;">Teens in Action Spring All Day Program</p>	<p style="text-align: center;">Monday – Friday March 25, 2024- March 29, 2024</p>	<p style="text-align: center;">8:30a.m. – 6 p.m.</p>	<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</p>

			development, mentoring, fitness and nutrition, and leadership opportunities. All participants must be a registered member
Teen Tech Sensory Exploration <i>(Sensory Room)</i>	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 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. *Must be registered for TIA After-School program*
Supreme Teens Zone	Friday	6 - 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 -5:30 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 pm	The 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 6:30 – 8:30 p.m. Saturday 6 – 8:30 p.m.	Open basketball for teens between 12 years old in 7th grade – 18 years old in 12th grade
<u>18+ ADULT PROGRAMS</u>			
Title	When	Time	Description
18+ Adults Basketball	Monday Saturday	Monday 6:30 – 8:30 p.m. Saturday 1:30 – 3:30 p.m.	Open play for adults ages 18+ out of High School.
18+ Adults Pickleball	Monday, Wednesday, Thursday, Friday, and Saturday	12 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 Saturday	6:30 – 8:30 p.m. Saturday 1:30 – 3:30 p.m.	Open play for adults ages 18+ out of High School
18+ Adults Belly Dancing	Tuesday	6:15 – 7 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
18+ Adults Yoga	Tuesday	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+ Line Dancing	Wednesday	7 – 8 p.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	7 – 8 p.m. Saturday: 6 – 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.
18+ Financial Literacy Class	Thursday Saturday	Thursday 6– 8 p.m. Saturday: 12 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	9 a.m. – 4 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>	Tuesday and Friday	Tues. 11:15am-12 noon Fri. 1- 2 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.
50+ Adult Bridge Club	Tuesday	12 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 Book Club	Every 2 nd Wednesday of the month	1:30 - 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. – 12 noon	Facilitated by our Rec Therapist, Taylor Johnson. Teach techniques to help calm, relax, destress, and center oneself.
50+ Adults Arthritis Exercise	Tuesday	10:00a.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 – 10 a.m. Thur. 10:45- 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 – 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 – 11:30 a.m.	H.I.I.T. 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 – 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 – 10:45a.m.	Personal Trainer, Pete, certified trainer, providing 2 sessions every Friday. Class registration is 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
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 – 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 – 10 a.m. Thurs. 9:30 – 10 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 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	Thursday	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.
50+ Adult Game Night	First Friday March 1, April 5, & May 3	3 – 8 p.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!

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.
Social Communication Playgroup (ITC Program)	Mondays	10 -11 a.m.	This is a partnership program with Fairfax County Infant and Toddler Connection, registration is done through ITC. Does your child hesitate or have difficulties interacting with new people or in new environments? Do you ever feel like your child's activity level and/or sensory sensitivities makes it harder for them to participate in activities? If the answer to either of these questions is "yes" then this group is for you! We will provide opportunities for children to explore in a sensory friendly environment while parents connect and share information and resources.
Senior Center (50+) Meditation	Monday	11:30 a.m.-12 noon	Facilitated by our Rec Therapist, Taylor Johnson. Teach techniques to help calm, relax, destress, and center oneself.
Teen Tech Sensory Exploration	Monday	3:30-4:30 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. *Must be registered for TIA After-School program*

Monday Moves	Monday March 18, April 15, May 20	5:30-6:15 p.m.	It's time to bust a move! Join an inclusive movement program for the whole family! 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	Tuesday	(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 could meet other families. Spots are Limited: Registration is required.
Senior Center (50+) Open Relaxation Station	Tuesday & Friday	Tues. 11:15 a.m.-12 noon Fri. 1-2 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	5-5:30 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*
Teen Chat and Chill	Wednesday	3 -3:30 p.m.	It's time to unwind and chill. Teens will enjoy the calming effects of our immersive sensory room. *Must be registered for TIA After-School program*
Family Sensory STEAM Experience	Wednesday March 13, April 10, May 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	Thursday	(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 could also meet and share resources. Spots are Limited: Registration is required.
Spark Your Senses with SACC	Thursday	5 -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!	Thursday	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.
Kids In Motion <i>Formerly Sensational Little Movers</i>	Friday	11 - 11:45 a.m.	This is a partnership program with Fairfax County Infant and Toddler Connection. 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	Saturday March 16, April 27, May 18	(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 can also meet other families. Spots are Limited: Registration is required.

TECHNOLOGY PROGRAMS

Title	When	Time	Description
Teen Tech Sensory Exploration	Monday	3:30-4:30 p.m.	<p>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 between 12 years old in 7th grad – 18 years old in 12th grade *Must be registered with TIA (Teens in Action)*</p>
Exploring your SENSES through STEAM	Tuesday	4:45-5:30 p.m.	<p>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.</p>
STEAM-Zone	Wednesday & Friday	3:30 -4:30p.m.	<p>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! Teens between 12 years old in 7th – 18 years old in 12th grade *Must be registered with TIA (Teens in Action)*</p>
STEAM-Tastic	Thursday	5 - 6 p.m.	<p>a program designed for elementary school kids to dive into Science, Technology,</p>

			<p>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.</p> <p>Youth (elementary school students.) *Must be registered with SACC.</p>
STEAM- Savy Seniors	Friday	9:45-11:30 a.m.	<p>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!</p> <p>Adults (50 +) *All participants must be a registered member</p>
STEAM- NextGen	Monday	5 -6 p.m.	<p>Embrace Lifelong Learning: Designed for adults seeking intellectual stimulation, our program offers a unique blend of exploration and education. Ignite your curiosity, gain insights into cutting-edge advancements, and connect with a community of fellow enthusiasts. It's never too late to embark on a journey of discovery. Enrich your mind, cultivate new skills, and chart a course towards a future of endless possibilities.</p> <p>*All participants must have a RecDynamics account to participate.</p>
Visual Studio	Monday	6 – 7 p.m.	<p>Ready to code? Join us for 'Visual Studio'—an opportunity for learners of all levels to explore the magic of coding. Whether you're a student or just curious, jump into hands-on projects and discover the possibilities with Visual Studio. Let's make coding exciting and accessible—come and unleash your creativity with 'Visual Studio'!"</p> <p>*All participants must have a RecDynamics account to participate.</p>

Tech Support	Wednesday	10a.m. *By appointment	One-on-one tech support and training to help older adults feel more comfortable with phones, computers, tablets, and more.
<u>BUILDING USAGE AND SPACE RENTALS</u>			
<i>Community Building usage and Rentals (Please check with Lorton Community Center for more details)</i>	Monday - Friday Saturday	6:30 – 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.
<u>Advisory Council Meetings</u>			
<i>Advisory Council Meeting</i>	Third Wednesday March 20, April 17, & May 15	7 – 8:30 p.m.	Lorton Community Centers Advisory Council Meetings will be held the third (3 rd) Wednesday of the Month from 7:00p.m. to 8:30p.m.