1pri	l 2024		Menu and Monday - Friday
•	Monday, April 1	Tuesday, April 2	8:00am - 4:00pm Wednesday, April 3
	Menu	Menu	Menu
Hot Regular / Veggie	Chicken & Waffles Veggie: Vegan Chicken	Broccoli, Cheese, & Rice Casserole Veggie: Same	Vegetarian Lentil Soup Veggie: Same
Cold Regular	Cold Cuts and Cheese Flatbread	Roasted Vegetable Pasta	Spinach Strawberry Feta Salad
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:15 Zumba w/ Sarah (B) 1:30 Rummikub (DR) on your own 2:30-3:45 Badminton (B) Community Partner Use 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) <i>on</i> <i>your own</i> 10:30 Gentle Exercise DVD (DR) 11 ESL with Ming (CNF) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) 1 Rummikub (GR) <i>on your own</i> 2:30 Feldenkrais Floor:-(A) Community Partner Use 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:15 SAIL Video (C) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 11 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11 Spanish with Octavia (CNF) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12:15 Rising Phoenix Sing-a-long (DR) 12:215 Rising Phoenix Sing-a-long (DR) 12:22:30 AART (GR) 12:22:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-1:45 Feldenkrais Chair (DR) 1:30 ZUMBA Gold Class w/Celia P/ RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs Herndon Senior Center 873 Grace Street, Herndon, VA 20170

Thursday, April 4	Friday, April 5		
Menu	Menu		• • •
Oven Fried Chicken Legs Veggie: Vegan Nuggets	Salmon Patty Veggie: Vegan Fish Patty		e Center is CLOSED
Egg Salad WG Roll	Grilled Chicken	Satu	urdays & Sundays
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Level 1	
Programs	Programs	A	Ballroom A
8-2:45 Ping Pong (B)	8-12:45 Ping Pong (B)	В	Ballroom B
9-12 SLSA Folk Dance (C) 中文	9-11 SLSA Adv. Ballroom Dance (A) 中文	с	Ballroom C
9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR)	9:45 Garden Exchange with Hanh (DR) 10 Chair Exercise with Sarah (C)	DR	Dining Room
10 Chair Exercise w/ Donna DVD	10-12 Teaching Bridge (GR)	LBY	Lobby
(DR) 10:30 Rx Relax Yoga DVD (DR)	10-12 Party Bridge (GR) On your own 10-12 Beginning Ceramics w/ Vince RR/	AR	Activity Room
10:30 Walking Club (LBY)	P (CR)	Level 2)
11 Looming <i>on your own</i> (AR)	10:15 Morning Word Search (LBY)	CNF	Conference Room
11 Autism Awareness Program (LBY) 11:10 Fit 4 Life w/ Nabilah (GR)	10:15 Bingo (DR) 11 Yoga Breathing DVD (A)	CL	Computer Lab
12 *Lunch */RR (DR)	12 *Lunch */RR (DR)	CR	Craft Room
12:30-1 Beginning Flamenco (A)	1 Rummikub (DR) <i>on your own</i>	GR	Game Room
1-2:30 Level 1 & 2 Flamenco RR (A)	1 Crossword on your own (AR)	HWY	Hallway
1-2:45 Diamond Art (CR)	1-3:45 Badminton (B)	LIB	Library
1 ESL with Sue (CNF) 1 Rummikub (GR) <i>on your own</i>	1 Seated Exercise w/Hoop by Hanh (A)		-
2:30 Book Club (CNF) 3-4 Ballroom B Closed for	<u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)	RR	Registration Required.
Maintenance		Р	PAID class, payable with punch card only.
7:30-9:30 T-Squares (A)		中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

-r · ·	l 2024		Monday - Friday 8:00am - 4:00pm
	Monday, April 8	Tuesday, April 9	Wednesday, April 10
	Menu	Menu	Menu
Hot egular / /eggie	Baked Cajun Fish Veggie: Sliced Cheeses	Cup Jambalaya Veggie: Chick Stick Jambalaya	Chicken In Orange Sauce Veggie: Chix strips in orange sauce
Cold Regular	BBQ Chicken Salad	Tropical Bean Salad	5 a day Salad
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance Special Event (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2:30 AART (GR) 12-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:15 Zumba w/ Sarah (B) 1:30 Rummikub (DR) <i>on your own</i> <i>own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	 8-3:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) <i>+x</i> 9-12 SLSA Choral Group (C) <i>+x</i> 10 Chair Exercise w/ Donna DVD (DR) 10-11 Blood Pressure Clinic (CNF) 10:30 Rummikub (HWY) <i>on</i> <i>your own</i> 10:30 Rummikub (HWY) <i>on</i> <i>your own</i> 10:30 Gentle Exercise DVD (DR) 11-ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) 1-2:45 Diamond Art (CR) 1 Rummikub (GR) <i>on your own</i> 2:30 Feldenkrais Floor: (A) Community Partner Use Si:30-8:30 Rising Phoenix: Choir (A) 	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12 Advanced Ceramic w/Vince RR/P (CR) 10:30-12 Teaching Bridge (GR) 10 Travel Training Part 1 (CNF) 10:10 SAIL RR (DR) 10:15 SAIL Video (C) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 11 Yoga Breathing DVD (A) 11 Wellness Wednesday (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2:30 AART (GR) 12-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-1:45 Feldenkrais Chair (DR) 1:30 ZUMBA Gold Class w/Celia P/ RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) Community Partner Use 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

Thursday, April 11	Friday, April 12			
Menu	Menu			• • •
Salisbury Steak Veggie: Vegetarian Patty	Chicken Fajita Pasta Veggie: Chix Strips fajita pasta			e Center is CLOSED
Asian Chicken Salad	Yogurt and Cheese		<u>Sat</u>	urdays & Sundays
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	1	Level 1	1
Programs	Programs	∣⊢	A	Ballroom A
8-2:45 Ping Pong (B)	8-12:45 Ping Pong (B)	1 1	В	Ballroom B
9-12 SLSA Folk Dance (C) 中文	9-11 SLSA Adv. Ballroom Dance (A) 中文		- C	Ballroom C
9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR)	10 Chair Exercise with Sarah (C)	⊦	DR	Dining Room
10 Chair Exercise w/ Donna DVD	10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) <i>On your own</i>	⊦	_BY	
(DR)	10-12 Beginning Ceramics w/ Vince RR/	1 4		Lobby
10:30 Rx Relax Yoga DVD (DR)	P (CR)	1	٩R	Activity Room
10:30 Walking Club (LBY) 11 Looming <i>on your own</i> (AR)	10:15 Morning Word Search (LBY) 10:15 Bingo (DR)		Level 2	2
11:10 Fit 4 Life w/ Nabilah (GR)	11 Yoga Breathing DVD (A)		CNF	Conference Room
12 *Lunch */RR (DR)	11 Brain Games (AR)		CL	Computer Lab
	12 *Lunch */RR (DR)	(CR	Craft Room
12:30-1 Beginning Flamenco (A) 1-2:30 Level 1 & 2 Flamenco RR (A)	1 Jewelry Repair/Repurpose RR (CR)	(GR	Game Room
1-2:45 Diamond Art (CR)	1 Rummikub (DR) <i>on your own</i>		HWY	Hallway
1 ESL with Sue (CNF)	1 Crossword (AR)			-
1 Rummikub (GR) on your own	1-3:45 Badminton (B)	Ľ	LIB	Library
3-4 Ballroom B Closed for Maintenance	1 Seated Exercise w/Hoop by Hanh (A)	Г		Deviaturation
Mainternance	Community Partner Use		RR	Registration Required.
<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)		Ρ	PAID class, payable with punch card only.
			中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

Apri	il 2024		Menu and Monday - Friday 8:00am - 4:00pm
	Monday, April 15	Tuesday, April 16	Wednesday, April 17
	Menu	Menu	Menu
Hot Regular / Veggie	Jerk Chicken Veggie: Vegan Chicken	Sweet & Spicy Beef "Stir-fry" Veggie: Tofu Stir Fry	Mac & Cheese w/ Baked Beans Veggie: Same
Cold Regular	Roast Beef and Swiss Cheese	BLT Pasta Salad	Fresh Mozzarella w/ Pita Bread
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10 Air & Space Museum Trip (LBY) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Safety with Wyleng (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:15 Zumba w/ Sarah (B) 1:30 Rummikub (DR) on your own 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) ⊕☆ 9-12 SLSA Choral Group (C) ⊕☆ 10 Chair Ex w/ Donna DVD (DR) 10:30 Rummikub (HWY) <i>on</i> <i>your own</i> 10:30 Gentle Exercise DVD (DR) 10:30 Shepard Center (LBY) 10:30 Shepard Center (LBY) 10:30 Painting with Lauren RR (CR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) 1 Rummikub (GR) <i>on your own</i> 2:30 Feldenkrais Floor: (A) <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:12 Teaching Bridge (GR) 10:12 Advanced Ceramic w/Vince RR/P (CR) 10 Travel Training Part 2 (LBY) 10:10 SAIL RR (DR) 10:10 SAIL RR (DR) 10:15 SAIL Video (C) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 11 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11 Spanish with Octavia (CNF) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2:30 AART (GR) 12-21 Improve Line Dance with Lily P/RR (A) 12-21 Sadvanced Ceramic w/ Vince RR/P (CR) 1 HSC Advisory Council Meeting (CNF) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-1:45 Feldenkrais Chair (DR) 1:30 ZUMBA Gold Class w/Celia P/ RR (B) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A)

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

Menu	Friday, April 19		
	Menu		0 1 1
Vegetarian Lasagna Veggie: Same	Tuscan Smoked Turkey & Bean Soup Vegan: Bean Soup		ne Center is CLOSED
Tuna Salad	Cottage Cheese and English Muffin	Sat	urdays & Sundays
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Level	1
Programs	Programs	A	Ballroom A
B-2:45 Ping Pong (B) B-2:45 Ping Pong (B) B-12 SLSA Folk Dance (C) 中文 S30-12 Tai Chi (A) S30-2 Intl Mahjongg (GR) O Chair Exercise w/ Donna DVD DR) O Chair Exercise w/ Donna DVD DR) O 30 Walking Club (LBY) 1 Looming on your own (AR) 1:10 Fit 4 Life Walk (GR) 2 *Lunch */RR (DR) 2 Volunteer Luncheon (C) 2:30-1 Beginning Flamenco (A) -2:30 Level 1 & 2 Flamenco RR (A) -2:45 Diamond Art (CR) ESL with Sue (CNF) Rummikub (GR) on your own B-4 Ballroom B Closed for Maintenance 200munity Partner Use '30-9:30 T-Squares (A)	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) ⊕文 10 Chair Exercise with Sarah (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) On <i>your own</i> 10-12 Beginning Ceramics w/ Vince RR/ P (CR) 10:15 Morning Word Search (LBY) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)	A B C DR LBY AR CNF CL CNF CL CR GR HWY LIB	Ballroom B Ballroom C Dining Room Lobby Activity Room

Tim	(2024)		Menu and	Programs
4971	l 2024		Monday - Friday 8:00am - 4:00pm	Herndon Senio 873 Grace Stre
	Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday
	Menu	Menu	Menu	Me
Hot Regular / Veggie	Spaghetti & Meat Sauce Veggie: Spaghetti w/ Cheese	Fish Chowder Veggie: Vegan Fish Patty	Cheesy Bean Burrito Veggie: Same	Oven Fried C Veggie: Chi
Cold Regular	Spinach Strawberry Salad	Grilled Chicken w/ Bun	Pesto Pasta Salad	Taco S
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad A
	Programs	Programs	Programs	Progr
	 8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Earth Day Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2:45 Art w/ Jeanne (CR) 1 Hoys Covers (C) 1:15 Zumba w/ Sarah (B) 1:30 Rummikub (DR) on your own 2:30-3:45 Badminton (B) Community Partner Use 7:30 Herndon Women's Club (DR) 	8-3:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) <i>on</i> <i>your own</i> 10:30 Gentle Exercise DVD (DR) 10:30 Upcycle Art (CR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life Walk (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) 1-2:45 Diamond Art (CR) 1 Rummikub (GR) <i>on your own</i> 2:30 Feldenkrais Floor: (A) <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10:12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:15 SAIL Video (C) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 11 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-1:45 Feldenkrais Chair (DR) 1:30 ZUMBA Gold Class w/Celia P/ RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) Community Partner Use 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)	8-2:45 Ping Pong (E 9-12 SLSA Folk Dar 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg 10 Chair Exercise w (DR) 10:30 Rx Relax Yog 10:30 Walking Club 10:30 Shepard Ceni 11 Looming <i>on your</i> 11:10 Fit 4 Life w/ N 12 *Lunch */RR (DF 12:30-1 Beginning F 1-2:45 Diamond Art 1 ESL with Sue (CN 1 Rummikub (GR) <i>o</i> 3-4 Ballroom B Clos Maintenance <u>Community Partner U</u> 7:30-9:30 T-Squares (

703-464-6200 ndon Senior Center **TTY 711** Grace Street, Herndon, VA 20170 Thursday, April 25 Friday, April 26 Menu Menu The Center is Oven Fried Chicken Legs Meatloaf CLOSED Veggie: Chick Tenders Veggie: Soy beef strips Saturdays & Sundays Chickpea Waldorf Salad Taco Salad Chef Salad /Veggie Salad Chef Salad /Veggie Salad Level 1 Programs Programs А Ballroom A Ping Pong (B) в Ballroom B SLSA Folk Dance (C) 中文 С Ballroom C 2 Tai Chi (A) DR Intl Mahjongg (GR) Dining Room **Rising Phoenix** air Exercise w/ Donna DVD LBY Lobby Presents AR Activity Room Rx Relax Yoga DVD (DR) Starry Lights and Walking Club (LBY) Level 2 Shepard Center (LBY) **Dreamy Nights** CNF Conference Room oming on your own (AR) 11:00am-12:00pm CL Computer Lab Fit 4 Life w/ Nabilah (GR) CR Craft Room Ballroom ABC Inch */RR (DR) GR Game Room 12 *Lunch */RR (DR) 1 Beginning Flamenco (A) Level 1 & 2 Flamenco RR (A) HWY Hallway 1 Rummikub (DR) on your own Diamond Art (CR) 1 Crossword (AR) LIB Library with Sue (CNF) 1-3:45 Badminton (B) mikub (GR) on your own 1 Seated Exercise w/Hoop by Hanh (A) Registration allroom B Closed for RR Required. Community Partner Use Cardinal Cloggers 7-9 (DR) Merry Notes (ABC) enance PAID class, payable unity Partner Use with punch card Р 30 T-Squares (A) only. Instruction in Chinese & by demonstration. Bilingual 中文 participants available to translate.

	Monday, April 29	Tuesday, April 30	Wednesday, May 1
	Menu	Menu	Menu
Hot Regular / Veggie	Chicken and Waffles Veggie: Vegan Chicken	Broccoli, Cheese & Rice Veggie: Same	
Cold Regular	Cold Cuts & Cheese	Roasted Vegetable Pasta	
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11 Jeopardy Trivia (AR) 11 Jeopardy Trivia (AR) 11 Jeopardy Trivia (AR) 11 Jeopardy Trivia (AR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2:30 AART (GR) 12-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:15 Zumba w/ Sarah (B) 1:30 Rummikub (DR) <i>on your</i> <i>own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	 8-3:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) ⊕ x 9-12 SLSA Choral Group (C) ⊕ x 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) on your own 10:30 Gentle Exercise DVD (DR) 10:30 Butterfly Garden (CR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) 1-2:45 Diamond Art (CR) 1 Rummikub (GR) on your own 2:30-Feldenkrais Floor: (A) Community Partner Use 5:30-8:30 Rising Phoenix: Choir (A) 	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:15 SAIL Video (C) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 11 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11 Spanish with Octavia (CNF) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-1:45 Feldenkrais Chair (DR) 1:30 ZUMBA Gold Class w/Celia P/ RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs Herndon Senior Center 373 Grace Street, Herndon, VA 20170 Thursday, May 2 Friday, May 3 Menu Menu

2*Lunch */RR (DR) 11 Yoga Breathing DVD (A) 2:30-1 Beginning Flamenco (A) 11 Brain Games (AR) 2:30-1 Beginning Flamenco (A) 12 *Lunch */RR (DR) 2:30-1 Seguining Flamenco RR (A) 12 *Lunch */RR (DR) 2:45 Diamond Art (CR) 1 Rummikub (DR) on your own ESL with Sue (CNF) 1 Crossword (AR) Rummikub (GR) on your own 1 -S:45 Badminton (B) 4 Ballroom B Closed for 1 Seated Exercise w/Hoop by Hanh (A) 2mmunity Partner Use Cardinal Cloggers 7-9 (DR) 2mmunity Partner Use Cardinal Cloggers 7-9 (DR) P AlD class, payable with punch card only. Instruction in Chinese & by demonstration. Bilingual participants available to	Thursday, May 2	Friday, May 3		
Chef Salad /Veggie Salad Chef Salad /Veggie Salad Programs Programs 2:45 Ping Pong (B) 8-12:45 Ping Pong (B) 12 SLSA Folk Dance (C) 中文 9-11 SLSA Adv. Ballroom Dance (A) 中文 30-12 Tai Chi (A) 10 Chair Exercise W/ Sarah (C) 30-2 Intl Mahjongg (GR) 10-12 Party Bridge (GR) 0 Chair Exercise DVD (DR) 10-12 Party Bridge (GR) 10-12 Party Bridge (GR) 10-12 Eaginning Ceramics w/ Vince RR/ P (CR) 10-15 Bingo (DR) 11 Orit 5 Bingo (DR) 10:15 Bingo (DR) 12 *Lunch */RR (DR) 11 Brain Games (AR) 2:30 Level 1 & 2 Flamenco RR (A) 12 *Lunch */RR (DR) 2:30 Level 1 & 2 Flamenco RR (A) 1 Rummikub (DR) on your own 1 Crossword (AR) 1 Rummikub (DR) on your own 1 Crossword (AR) 1 Seated Exercise w/Hoop by Hanh (A) Community Partner Use Cardinal Cloggers 7-9 (DR) Merry Notes (ABC) PAID class, payable with punch card only. P PAID class, payable with punch card only. Instruction in Chinese & by demonstration. Bilingual participants available to Bilingual participants available to	Menu	Menu		CLOSED
Programs Programs Level 1 A Ballroom A 2:45 Ping Pong (B) 8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 30-12 Tai Chi (A) 10 Chair Exercise w/ Sarah (C) 10 Chair Exercise w/ Sarah (C) 30-21 Tai Chi (A) 10 Chair Exercise w/ Sarah (C) 10 Chair Exercise w/ Sarah (C) 10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) On your own 10:30 Rx Relax Yoga DVD (DR) 10-12 Party Bridge (GR) On your own 10-12 Beginning Ceramics w/ Vince RR/P (CR) 10:15 Morning Word Search (LBY) 10:15 Bingo (DR) 10:15 Bingo (DR) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 12 *Lunch */RR (DR) 13:45 Badminton (B) 2:30 Level 1 & 2 Flamenco RR (A) 1 Seated Exercise w/Hoop by Hanh (A) GR Game Room Merry Notes (ABC) 1 Seated Exercise M/Hoop by Hanh (A) RR Registration Required. P PAID class, payabli with punch card only. Instruction in Chinese & by demonstration. participants available to Bilingual participants available to	Ob of Colod Marrie Colod	Chaf Calad Marria Calad	Sat	urdays & Sundays
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participants available to	2:45 Ping Pong (B) 12 SLSA Folk Dance (C) 中文 30-12 Tai Chi (A) 30-2 Intl Mahjongg (GR) 0 Chair Exercise DVD (DR) 0:30 Rx Relax Yoga DVD (DR) 0:30 Walking Club (LBY) 1 Looming <i>on your own</i> (AR) 1:10 Fit 4 Life w/ Nabilah (GR) 2 *Lunch */RR (DR) 2:30-1 Beginning Flamenco (A) 2:30 Level 1 & 2 Flamenco RR (A) 2:45 Diamond Art (CR) ESL with Sue (CNF) Rummikub (GR) <i>on your own</i> 4 Ballroom B Closed for aintenance	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) ⊕☆ 10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) <i>On your own</i> 10-12 Beginning Ceramics w/ Vince RR/ P (CR) 10:15 Morning Word Search (LBY) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR)	B C DR LBY AR CNF CL CR GR HWY LIB RR P	Ballroom B Ballroom C Dining Room Lobby Activity Room Z Conference Room Conference Room Conference Room Game Room Hallway Library Registration Required. PAID class, payable with punch card only. Instruction in Chinese & by demonstration.
				participants