#### Menu and

Monday - Friday 8:00am - 4:00pm

	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	Vegetarian Lentil Soup Veggie: Same
Cold	Cold Cuts & Cheese	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) 12-2:10 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) 8-3:45 SLSA Instrument (LIB) 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) on your own 10:30 Gentle Exercise DVD (DR) 10:30 Butterfly Garden (CR) 11-ESL with Ming (GNF) 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) 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) 10:30-12 Teaching Bridge (GR) 10:10-12 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) 12-2:30 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

# 703-464-6200 TTY 711

Thursday, May 2	Friday, May 3		
Menu	Menu		
Oven Fried Chicken Legs Veggie: Vegan Nuggets	Salmon Patty Veggie: Vegan Fish Patty		ne Center is CLOSED
Egg Salad	Grilled Chicken		urdays & Sundays
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	<u> </u>	uradyo a Gariadyo
Programs	Programs		
8-2:45 Ping Pong (B)	8-12:45 Ping Pong (B)	Level '	I
8-3:45 SLSA Instrument (LIB)	9-11 SLSA Adv. Ballroom Dance (A) 中文	Α	Ballroom A
9-12 SLSA Folk Dance (C) 中文	9:45 Garden Exchange w/ Hanh (DR) 10 Chair Exercise w/ Sarah (C)	В	Ballroom B
9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR)	10 Rising Phoenix Bizarre (C)	С	Ballroom C
10 Chair Exercise w/ Donna DVD	10-12 Teaching Bridge (GR)	DR	Dining Room
(DR)	10-12 Party Bridge (GR) On your own	LBY	Lobby
10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY)	10-12 Beginning Ceramics w/ Vince RR/ P (CR)	AR	Activity Room
11:10 Fit 4 Life w/ Nabilah (GR)	10:15 Morning Word Search (LBY)	1	
12 *Lunch */RR (DR)	10:15 Bingo (DR)	Level 2	_
` ,	11 Yoga Breathing DVD (A)	CNF	Conference Room
12:30-1 Beginning Flamenco (A)	11 Brain Games (AR)	CL	Computer Lab
1-2:30 Level 1 & 2 Flamenco RR (A) 1-2:45 Diamond Art (CR)	12 *Lunch */RR (DR)	CR	Craft Room
1 ESL w/ Sue (CNF)	1 Rummikub (DR) On your own	GR	Game Room
1 Rummikub (GR) <i>On your own</i>	1 Crossword (AR)	HWY	Hallway
2:30 Book Club 3-4 Ballroom B Closed for	1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A)	LIB	Library
Maintenance			,
	Community Partner Use Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)	RR	Registration Required.
	Sign up for Army	Р	PAID class, payable with punch card only.
Community Partner Use 7:30-9:30 T-Squares (A)	Museum Trip opens today!	中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

## Menu and

Monday - Friday 8:00am - 4:00pm

	Monday, May 6	Tuesday, May 7	Wednesday, May 8
	Menu	Menu	Menu
Hot Regular / Veggie	Baked Cajun Fish Veggie: Sliced Cheese	Cup Jambalaya Veggie: Chick Stick Jambalaya w/ Cheese	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 (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 10:30 Sheperd's Center (LBY) 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 Intermediate Line Dance w/Lily P/RR (A) 1-2:45 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) 8-3:45 SLSA Instrument (LIB) 9-11 SLSA Folk Dance: Beginner (A) + ± 9-12 SLSA Choral Group (C) + ± 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) on your own 10:30 Gentle Exercise DVD (DR) 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 Cards (CR) 1Rummikub (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 Financial Budgeting Presentation (C) 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) 10:10 SAIL RR (DR) 10:10 SAIL RR (DR) 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 Improve Line Dance with Lily P/RR (A) 12:15-2:15 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

# 703-464-6200 TTY 711

Thursday, May 9	Friday, May 10		
Menu	Menu	-	0 1 1
Salisbury Steak Veggie: Vegetarian Patty	Chicken Fajita Pasta Veggie: Chix Strips Fajita Pasta		ne Center i CLOSED
Asian Chicken Salad	Yogurt, Cheese, & Muffin	Sat	urdays & Sunday
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
8-3:45 SLSA Instrument (LIB)	9-11 SLSA Adv. Ballroom Dance (A) 中文	С	Ballroom C
9-12 SLSA Folk Dance (C) 中文	10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR)	DR	Dining Room
9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR)	10-12 Feaching Bridge (GR)	LBY	Lobby
10 Chair Exercise w/ Donna DVD	10-12 Beginning Ceramics w/ Vince RR/	AR	Activity Room
(DR)	P (CR) 10:15 Morning Word Search (LBY)		,
10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY)	10:15 Bingo (DR)	Level	
11:10 Fit 4 Life w/ Nabilah (GR)	11 Yoga Breathing DVD (A)	CNF	Conference Ro
12 *Lunch */RR (DR)	11 Brain Games (AR)	CL	Computer Lab
12:30-1 Beginning Flamenco (A)	11 Volunteer Luncheon (C)	CR	Craft Room
1-2:30 Level 1 & 2 Flamenco RR (A)	12 *Lunch */RR (DR)	GR	Game Room
1-2:45 Diamond Art (CR)	1 Rummikub (DR) on your own	HWY	Hallway
1 ESL with Sue (CNF)	1 Crossword (AR) 1-3:45 Badminton (B)	LIB	Library
1 Rummikub (GR) <i>on your own</i> 3-4 Ballroom B Closed for	1 Seated Exercise w/Hoop by Hanh (A)		·
Maintenance	Community Partner Use	RR	Registration Required.
Community Partner Use	Cardinal Cloggers 7-9 (DR)		PAID class, paya
<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	Merry Notes (ABC)	Р	with punch card only.
	Sign up for Army Museum closes today	中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

#### enter is SED & Sundays

Level 1	
Α	Ballroom A
В	Ballroom B
С	Ballroom C
DR	Dining Room
LBY	Lobby

Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.
Р	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

## Menu and

Monday - Friday 8:00am - 4:00pm

	Monday, May 13	Tuesday, May 14	Wednesday, May 15
	Menu	Menu	Menu
Hot Regular / Veggie	Jerk Chicken Veggie: Vegan Chicken	Sweet & Spicy Beef "Stir Fry" Veggie: Tofu "Stir Fry"	Macaroni & Cheese Veggie: Same
Cold Regular	Protein, Cheese, Roast Beef, Egg	BLT Pasta Salad	Fresh Mozzarella, 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) 10:10 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 (C) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Cards with Ruth RR (CR) 1-2:45 Art w/ Jeanne (CNF) 1 Music Lovers (DR) 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) 8-3:45 SLSA Instrument (LIB) 9-11 SLSA Folk Dance: Beginner (A) ⊕ ½ 9-12 SLSA Choral Group Performance (C)⊕ ½ 10 Chair Exercise w/ Donna DVD (DR) 10:30 Painting with Lauren RR (CR) 10:30 Rummikub (HWY) on your own 10:30 Gentle Exercise DVD (DR) 10-11 Blood Pressure Clinic (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) 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 (C) 12-2 Improve Line Dance with Lily P/RR (A) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 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

703-464-6200 TTY 711

or o Grade Officet, Fleringon, V	7120170	_	
Thursday, May 16	Friday, May 17		
Menu	Menu	l —	
Vegetarian Lasagna Veggie: Same	Tuscan Smoked Turkey & Bean Soup Veggie: Beans		ne Cer
Tuna Salad	Cottage Cheese, English Muffin	Sat	urdays &
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Level	1
Programs	Programs	A	Ballroo
8-2:45 Ping Pong (B) 8-3:45 SLSA Instrument (LIB)	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文	В	Ballroo
9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR)	10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) <i>On your own</i>	C DR LBY	Ballroo Dining Lobby
10 Chair Exercise w/ Donna DVD (DR)	10-12 Beginning Ceramics w/ Vince RR/P (CR)	AR	Activity
10:30 Rx Relax Yoga DVD (DR)	10:15 Morning Word Search (LBY)	Level	2
10:30 Walking Club (LBY) 11 Herndon Community Concert (Courtyard) 11:10 Fit 4 Life w/ Nabilah (GR)	10:15 Bingo (DR) 10:30 Charter Trip: Army Museum (LBY) 11 Yoga Breathing DVD (A) 11 Brain Games (AR)	CNF CL CR	Confer Compu
12 *Lunch */RR (DR)	12 *Lunch */RR (DR)	GR	Game
12:30-1 Beginning Flamenco (A) 1-2:30 Level 1 & 2 Flamenco RR (A)	1 Rummikub (DR) on your own	HWY	Hallwa
1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF)	1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A)	LIB	Library
1 Rummikub (GR) on your own 3-4 Ballroom B Closed for	Community Partner Use	RR	Registra Require
Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)	Р	PAID cla with pun only.
17.00-5.00 1-0quates (A)		中文	Instruction Chinese demons Bilingua participa available

#### enter is SED & Sundays

Level 1	
A	Ballroom A
В	Ballroom B
С	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room
	-

Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.
Р	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

## Menu and

Monday - Friday 8:00am - 4:00pm

	Monday, May 20	Tuesday, May 21	Wednesday, May 22
	Menu	Menu	Menu
Hot Regular / Veggie	Spaghetti & Meat Sauce Veggie: Spaghetti w/ Cheese	Fish Chowder Veggie: Vegan Fish Patty	Cheesy Bean Burrito Veggie: Same
Cold Regular	Spinach Strawberry Salad	Grilled Chicken Mayo	Pesto Pasta 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 Safety w/ 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) Community Partner Use 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 8-3:45 SLSA Instrument (LIB) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group Spring Performance (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) on your own 10:30 Gentle Exercise DVD (DR) 10:30 Horticulture Inspired Program (CR) 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 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) 10:30-12 Teaching Bridge (GR) 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) 12-2:30 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 Geld 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 Class (B,C)

# Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170 703-464-6200 TTY 711

Menu Menu  Oven Fried Chicken Legs Veggie: Chicks Tenders  Taco Salad  Chickpea Waldorf Salad  Chef Salad /Veggie Salad  Chef Salad /Veggie Salad  Programs  8-2:45 Ping Pong (B) 8-3:45 SLSA Instrument (LIB) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 10:30 Horticulture Inspired Program (CR) 11:10 Fit 4 Life w/ Nabilah (GR) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) on your own 3-4 Ballroom B Closed for Maintenance  Meatloaf Veggie: Soy Beef strips  Abelload  Chickpea Waldorf Salad  Chef Salad /Veggie Salad  Programs  8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) On your own 10-12 Beginning Ceramics w/ Vince RR/ P (CR) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) on your own 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A)	Thursday, May 23	Friday, May 24
Taco Salad Chef Salad /Veggie Salad Chef Salad /Veggie Salad Programs 8-2:45 Ping Pong (B) 8-3:45 SLSA Instrument (LIB) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 10:30 Shepherd's center (LBY) 10:30 Horticulture Inspired Program (CR) 11:10 Fit 4 Life w/ Nabilah (GR) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) on your own 3-4 Ballroom B Closed for Maintenance  Chickpea Waldorf Salad Chef Salad /Veggie Salad Salad Chef Salad /Veggie Salad Chef Salad /Veggie Salad Salad Programs Salad Programs 10-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 10-12 Party Bridge (GR) On your own 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) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 11 Brain Games (AR) 11 Brain Games (AR) 11 Partner Use Community Partner Use Cardinal Cloggers 7-9 (DR)	Menu	Menu
Chef Salad /Veggie Salad  Programs  8-2:45 Ping Pong (B) 8-3:45 SLSA Instrument (LIB) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 10:30 Shepherd's center (LBY) 10:30 Horticulture Inspired Program (CR) 11:10 Fit 4 Life w/ Nabilah (GR) 12*Lunch*/RR (DR) 1-2:45 Diamond Art (CR) 1 Rummikub (GR) on your own 3-4 Ballroom B Closed for Maintenance  Chef Salad /Veggie Salad  Chef Salad /Veggie Salad  Programs  8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise w/ Sarah (C) 10-12 Party Bridge (GR) On your own 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) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12*Lunch*/RR (DR) 1 Rummikub (DR) on your own 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A)		
R-2:45 Ping Pong (B) 8-3:45 SLSA Instrument (LIB) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 10:30 Shepherd's center (LBY) 10:30 Horticulture Inspired Program (CR) 11:10 Fit 4 Life w/ Nabilah (GR) 1-2:45 Diamond Art (CR) 1 Rummikub (GR) on your own 3-4 Ballroom B Closed for Maintenance  8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR) 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) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) on your own 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A)	Taco Salad	Chickpea Waldorf Salad
8-2:45 Ping Pong (B) 8-3:45 SLSA Instrument (LIB) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9-30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 10:30 Shepherd's center (LBY) 10:30 Horticulture Inspired Program (CR) 11:10 Fit 4 Life w/ Nabilah (GR) 1-2:45 Diamond Art (CR) 1 Rummikub (GR) on your own 3-4 Ballroom B Closed for Maintenance  8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR) 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) on your own 1 Crossword (AR) 1 Seated Exercise w/Hoop by Hanh (A)	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
8-3:45 SLŠA Instrument (LIB) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) On your own 10-12 Beginning Ceramics w/ Vince RR/P(CR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 10:30 Walking Club (LBY) 10:30 Horticulture Inspired Program (CR) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 1-2:45 Diamond Art (CR) 1 Rummikub (GR) on your own 3-4 Ballroom Dance (A) 中文 10 Chair Exercise w/ Sarah (C) 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) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) on your own 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) Community Partner Use Cardinal Cloggers 7-9 (DR)	Programs	Programs
Community Partner Use 7:30-9:30 T-Squares (A)	8-3:45 SLŠA Instrument (LIB) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 10:30 Shepherd's center (LBY) 10:30 Horticulture Inspired Program (CR) 11:10 Fit 4 Life w/ Nabilah (GR) 12*Lunch*/RR (DR) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) on your own 3-4 Ballroom B Closed for Maintenance Community Partner Use	9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR) 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) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) on your own 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) Community Partner Use Cardinal Cloggers 7-9 (DR)

# The Center is CLOSED Saturdays & Sundays

Level 1	
A	Ballroom A
В	Ballroom B
С	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room

Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.	
Р	PAID class, payable with punch card only.	
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.	

## Menu and

Monday - Friday 8:00am - 4:00pm

	Monday, May 27	Tuesday, May 28	Wednesday, May 29
	Menu	Menu	Menu
Hot Regular / Veggie		Broccoli, Cheese, & Rice Casserole Veggie: Same	Vegetarian Lentil Soup Veggie: Same
Cold Regular		Roasted Vegetable Pasta Salad	Spinach Strawberry Feta Salad
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	THE CENTER IS CLOSED  Happy  Happy  Lower Law  Community Partner Use 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 8-3:45 SLSA Instrument (LIB) 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) on your own 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) 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 Bird House Builds (CNF) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-1:45 Feldenkraie 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

# 703-464-6200 TTY 711

Thursday, May 30	Friday, May 31		
Menu	Menu		
Oven Fried Chicken Legs Veggie: Vegan Nuggets	Salmon Patty Veggie: Vegan Fish Patty	The Center is CLOSED	
Egg Salad	Grilled Chicken	Sat	urdays & Sundays
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Level '	1
Programs	Programs	A	Ballroom A
Herndon Anniversary Celebration & Art Showcase 10:30-12:00pm Ballroom ABC	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR) 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) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) on your own 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A)	B C DR LBY AR  Level 2 CNF CL CR GR HWY LIB	Ballroom B Ballroom C Dining Room Lobby Activity Room
1 ESL with Sue (CNF) 1 Rummikub (GR) on your own 3-4 Ballroom B Closed for Maintenance  Community Partner Use 7:30-9:30 T-Squares (A)	Community Partner Use Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)	P 中文	Registration Required.  PAID class, payable with punch card only.  Instruction in Chinese & by demonstration. Bilingual participants available to translate.