

May 2024

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 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) <i>on your 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) 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) <i>on your own</i> 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 *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 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 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) 4-4:45 Feldenkrais Chair (DR) 4:30 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

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 |
| Egg Salad | Grilled Chicken |
| Chef Salad /Veggie Salad | Chef Salad /Veggie Salad |
| Programs | 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) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch*/RR (DR) 12:30-1 Beginning Flamenco (A) 1-2:30 Level 1 & 2 Flamenco RR (A) 1-2:45 Diamond Art (CR) 1 ESL w/ Sue (CNF) 1 Rummikub (GR) <i>On your own</i> 2:30 Book Club 3-4 Ballroom B Closed for Maintenance | 8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 9:45 Garden Exchange w/ Hanh (DR) 10 Chair Exercise w/ Sarah (C-) 10 Rising Phoenix Bizarre (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) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC) |
| <h3>Sign up for Army Museum Trip opens today!</h3> | |
| <u>Community Partner Use</u> 7:30-9:30 T-Squares (A) | |

**The Center is
CLOSED**
Saturdays & Sundays

| Level 1 | |
|---------|---------------|
| A | Ballroom A |
| B | Ballroom B |
| C | 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. |
| P | PAID class, payable with punch card only. |
| 中文 | Instruction in Chinese & by demonstration. Bilingual participants available to translate. |

May 2024

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 (LBV) 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) <i>on your 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) 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) <i>on 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 Cards (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 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) 10:15 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 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) 1-4:45 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

703-464-6200

TTY 711

| Thursday, May 9 | Friday, May 10 |
|--|---|
| Menu | Menu |
| Salisbury Steak Veggie: Vegetarian Patty | Chicken Fajita Pasta Veggie: Chix Strips Fajita Pasta |
| Asian Chicken Salad | Yogurt, Cheese, & Muffin |
| Chef Salad /Veggie Salad | Chef Salad /Veggie Salad |
| Programs | 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 (LBV) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch*/RR (DR) 12:30-1 Beginning Flamenco (A) 1-2:30 Level 1 & 2 Flamenco RR (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A) | 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) <i>On your own</i> 10-12 Beginning Ceramics w/ Vince RR/P (CR) 10:15 Morning Word Search (LBV) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 11 Volunteer Luncheon (C) 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) |
| Sign up for Army Museum closes today | |

The Center is CLOSED
Saturdays & Sundays

| Level 1 | |
|---------|-----------------|
| A | Ballroom A |
| B | Ballroom B |
| C | Ballroom C |
| DR | Dining Room |
| LBV | 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. |
|----|---|
| P | PAID class, payable with punch card only. |
| 中文 | Instruction in Chinese & by demonstration. Bilingual participants available to translate. |

May 2024

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) <i>on your 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) 8-3:45 SLSA Instrument (LIB) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group Performance (C)中文 10 Chair Exercise w/ Donna DVD (DR) 10:30 Painting with Lauren RR (CR) 10:30 Rummikub (HWY) <i>on your own</i> 10:30 Gentle Exercise DVD (DR) 10-11 Blood Pressure Clinic (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) 1-2:45 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 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 Wheel of Fortune (DR) 1 Computer Lab Help w/ John (CL) 1-4:45 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

703-464-6200
TTY 711

| Thursday, May 16 | Friday, May 17 |
|---|---|
| Menu | Menu |
| Vegetarian Lasagna Veggie: Same | Tuscan Smoked Turkey & Bean Soup Veggie: Beans |
| Tuna Salad | Cottage Cheese, English Muffin |
| Chef Salad /Veggie Salad | Chef Salad /Veggie Salad |
| Programs | 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 (LBV) 11 Herndon Community Concert (Courtyard) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12:30-1 Beginning Flamenco (A) 1-2:30 Level 1 & 2 Flamenco RR (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A) | 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) <i>On your own</i> 10-12 Beginning Ceramics w/ Vince RR/P (CR) 10:15 Morning Word Search (LBV) 10:15 Bingo (DR) 10:30 Charter Trip: Army Museum (LBV) 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) |

The Center is CLOSED
Saturdays & Sundays

| Level 1 | |
|---------|---------------|
| A | Ballroom A |
| B | Ballroom B |
| C | Ballroom C |
| DR | Dining Room |
| LBV | 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. |
| P | PAID class, payable with punch card only. |
| 中文 | Instruction in Chinese & by demonstration. Bilingual participants available to translate. |

May 2024

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 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) <i>on your 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) 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) <i>on your own</i> 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) 12:30-2:30 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 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) 4-4:45 Feldenkrais Chair (DR) 4:30 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

703-464-6200

TTY 711

| Thursday, May 23 | Friday, May 24 |
|--|--|
| Menu | Menu |
| Oven Fried Chicken Legs Veggie: Chicks Tenders | Meatloaf Veggie: Soy Beef strips |
| Taco Salad | Chickpea Waldorf Salad |
| Chef Salad /Veggie Salad | Chef Salad /Veggie Salad |
| Programs | 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 ESL with Sue (CNF) 1 Rummikub (GR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A) | 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) <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) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC) |

The Center is CLOSED
Saturdays & Sundays


| Level 1 | |
|---------|---------------|
| A | Ballroom A |
| B | Ballroom B |
| C | Ballroom C |
| DR | Dining Room |
| LB | 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. |
|----|---|
| P | PAID class, payable with punch card only. |
| 中文 | Instruction in Chinese & by demonstration. Bilingual participants available to translate. |

May 2024

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 |
| <p>THE CENTER IS CLOSED</p>  <p><u>Community Partner Use</u> 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)</p> | 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) <i>on 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) <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 Spanish with Octavia (CNF) 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 Bird House Builds (CNF) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 4-4:45 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

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 |
| Egg Salad | Grilled Chicken |
| Chef Salad /Veggie Salad | Chef Salad /Veggie Salad |
| Programs | Programs |
| <p>Herndon Anniversary Celebration & Art Showcase 10:30-12:00pm Ballroom ABC</p> <p>12 *Lunch */RR (DR) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance</p> <p><u>Community Partner Use</u> 7:30-9:30 T-Squares (A)</p> | 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) <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) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC) |

The Center is CLOSED
Saturdays & Sundays

| Level 1 | |
|---------|---------------|
| A | Ballroom A |
| B | Ballroom B |
| C | 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. |
| P | PAID class, payable with punch card only. |
| 中文 | Instruction in Chinese & by demonstration. Bilingual participants available to translate. |