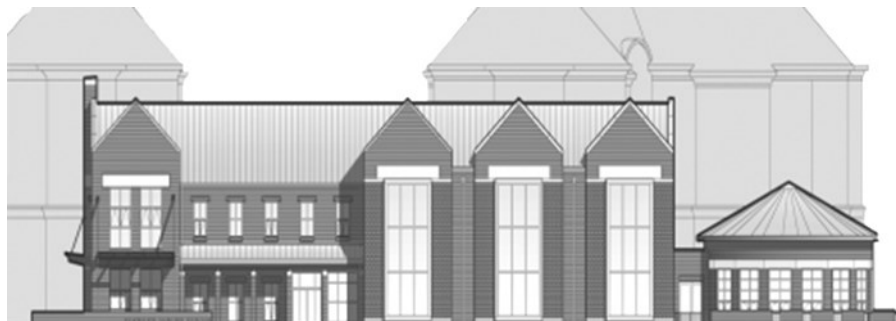


Herndon Senior Center

A Recreational Venue for
Active and Independent Adults 50+



Senior Center Director	Sarah Sprague, M.Ed., CTRS
Assistant Directors	Jeanne Alcazar Donna Lopez
Staff	Michelle Cloney, Jeff French, Nabeela Huq, Candia Hudson, Amy Lee, Karen Temple, Hanh Tran
Recreation Therapist	Lauren Topper, CTRS
Case Manager	Missi Amuda, MSW

May 2024

“May is the month of expectation, the month of wishes, the month of hope.”

Email, visit, or call us at:

873 Grace Street
Herndon, VA 20170

703-464-6200 TTY 711

NCSHerndonSeniorCenter@fairfaxcounty.gov

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



A Fairfax County, VA
Publication
February 2024
Updated 1/23/24

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) 1-1:45 Feldenkrais Chair (DR) 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

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 <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 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) <h2>Sign up for Army Museum Trip opens today!</h2>

**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 (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) <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 (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 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) 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) <h2 style="text-align: center;">Sign up for Army Museum closes today</h2>

**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 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 (LBY) 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 (LBY) 10:15 Bingo (DR) 10:30 Charter Trip: Army Museum (LBY) 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.

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) 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

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
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 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 style="text-align: center;">THE CENTER IS CLOSED</p>  <p>Community Partner Use 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)</p>	<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)</p> <p>12 *Lunch */RR (DR)</p> <p>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)</p> <p>Community Partner Use 5:30-8:30 Rising Phoenix: Choir (A)</p>	<p>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)</p> <p>12 *Lunch */RR (DR)</p> <p>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) 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)</p> <p>Community Partner Use 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)</p>

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</p> <p>10:30-12:00pm Ballroom ABC</p> <p>12 *Lunch */RR (DR)</p> <p>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>	<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)</p> <p>12 *Lunch */RR (DR)</p> <p>1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A)</p> <p><u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)</p>

**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 Highlights

Membership Processing

START Times:

- Monday - Friday
- > 10:15am - 11:30am
- > 12:45pm - 1:15pm

**Cash; Credit Cards, or
please make Checks out to DNCS.**

HSC Advisory Council's Elections for 2024-2026

Held in June 2024

Think about helping your center by running for a place on the Council! Fill out a self-nomination for one available at the front desk.

IMPORTANT SAIL NOTICE

- SAIL requires 20 participants or less to participate in the program.
- Due to this capacity, SAIL participants will be chosen at random using a lottery system.
- Priority will be given to those who are not in the current SAIL session.
- Sign ups will begin Tuesday, May 28th.
- Deadlines for sign ups will be Friday, June 7th.
- On June 10th, names will be put in a lottery system in which 20 names will be chosen at random.
- The 20 names chosen will be the 20 participants who will participate in the 12 week session beginning June 17th.

Lunch Reminder: FOOD IS NOT TO BE TAKEN HOME!

- * Please remember that lunch is served at **noon**, by calling table numbers.
- * We do **not** hold lunches.
 - Please call the center to cancel by 7:30am the day of cancelation.
 - When the last person in line is served, remaining lunches are considered excess.
 - Excesses are given to those on the waitlist - with priority to those riding FASTRAN.
- * We often finish service at 12:10pm, so please come to lunch promptly.

Emergency Drills

Under strict orders by the Fairfax County Fire Marshal we are required to complete monthly fire drills. These are to ensure your safety and best practices of how to safely and quickly exit the building.

Here are some tips to ensure your safety during an emergency:

- 1) Follow the instruction of Herndon Senior Center Staff
- 2) Please exit immediately and do not turn back to return to the program room.
- 3) As you exit follow the group to the designated safety zone.

If you have any questions or concerns of how the emergency drills are conducted please speak to Sarah Sprague, Director of Herndon Senior Center.

May 2024 ~ News to Use

****When Registering for a class or trip,
please see a staff member at the front desk
or call (703) 464-6200****

Programs to Note:

Rising Phoenix Bizarre

Please join Rising Phoenix and their clothing drive on Friday, May 1st, in Ballroom C. Feel free to donate gently used items. All proceeds to support HSC Advisory Council.

Spring Bizarre

Come shop our HSC Advisory Council Bazaar! We will have items located in the lobby behind the check in desk from Monday, May 6th-10th. Donations accepted through Friday, May 3rd.

SAIL (Stay Active & Independent for Life)

SAIL will now start at 10:10am. If you are not in the current SAIL session, a SAIL video will be available. **A new SAIL session will begin June 17th.**

Exercise Class Information

Gentle Chair Exercise DVD: Tuesdays at 10:30am in the Dining Room

Chair Exercise with Donna DVD: Tuesdays & Thursdays at 10:00am in the Dining Room

Fit 4 Life with Nabilah: Tuesdays & Thursdays at 11:10am in the Game Room

Chair Exercise with Sarah Fridays at 10:00am in Ballroom C

Computer Class with David

Class on Mondays! Stop by and bring your computer questions from 10:00am-11:00am. Learn basic computer skills from 11:00am-12:00pm.

Blood Pressure Clinic with Nurse Kerry

10:00am-11:00am in the Conference Room on the **second Tuesday** (May 14th) of the month.

Rising Phoenix Sing-a-long

The **first Wednesday** (May 1st) at 12:15pm in the Dining Room!

Zumba with Sarah

Mondays at 1:15pm-1:45pm. Must have 4 participants for active class.

May 2024 ~ News to Use Continued

****When Registering for a class or trip,
please see a staff member at the front desk
or call (703) 464-6200****

Spanish with Octavia

Join Octavia at 11:00am on Wednesday, May 1st, 15th, & 29th, in the Conference Room.

Garden Exchange with Hanh

Every **first Friday** of the month at 9:45am in the Dining Room (May 3rd)

Book Club

First Thursday (May 2nd) of the month at 2:30pm in the Conference Room

Blood Pressure Clinic with Nurse Kerry

10:00am-11:00am in the Conference Room on the **second Tuesday** (May 14th) of the month.

Shepard Center

Monday, May 6th, and Thursday, May 23rd, at 10:30am in the lobby.

Safety Presentation and Fire Safety Table with Wyleng from Fairfax County Fire Department:

- ◊ The **third Monday** (May 20th) of the month
- ◊ 11:00am in the Activity Room.
- ◊ 12:00pm in the Dining Room.

BINGO

No need to bring a prize to win. Limit of 2 cards per person. Game ends at 11:15am, or when prizes run out. Fridays at 10:15am in Ballroom C.

Baked Goods Distribution ~ 1 item per person!

Thank you to HSC Council and volunteers for getting Panera bread and sweets to the center for distribution on Wednesdays and Fridays at 10:15am in Ballroom C!

◆ **Donations are encouraged** — to cover costs of wrapping, gloves, bags, etc.

All Ages Read Together

Become a volunteer with AART. Mondays and Wednesdays from 12-2pm.

Help youngsters prepare for school by reading and guiding them through selected activities. Follow the lead of the 2 AART coordinators and see the students blossom and be ready for their first real school experience.

May 2024 ~ News to Use Continued

****When Registering for a class or trip,
please see a staff member at the front desk
or call (703) 464-6200****

All arts and craft programs will end at 2:45pm for proper clean up and closure.

****Diamond Art Notice****

There will be offered one small project a month. The project is first come, first serve. The rest of the month will be utilized to work on your large project. If you are a new participant, we will provide a small project to try before given a larger project.

Diamond Art Cards

Join us Tuesday, May 7th, at 1:00pm in the Craft Room. First come, first serve!

Painting with Lauren

Step by step painting, Tuesday, May 14th, at 10:30am in the Craft Room. Registration Required.

Cards with Ruth

Join us on Monday, May 13th, at 1:00pm for Spring Cards! Sign up at the front desk.

Horticulture Inspired Program

Join Michelle on May 21st & 23rd for two horticulture projects!

Bird House Builds

Wednesday, May 29th, at 1:00pm come make your own bird house in the Conference Room.

Charter Trip

Where: National Museum of the United States Army

When: Friday, May 10, 2024

Time: 10:00am

Cost: \$1.00 for Fastran

Waitlist Policy: If you are told that your reservation is waitlisted please come on the day of the charter trip to see if there are cancelations.

Questions please ask Sarah

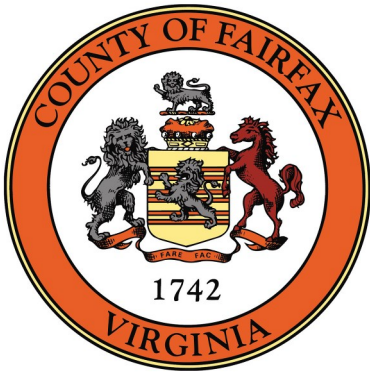


In Case of Inclement Weather



Listen for Fairfax School Closings and call the Center at
703-464-6200, TTY 711
for center status and activity cancellation information.

- * **If Fairfax County Public Schools calls a two hour delay** there is no lunch or Fastran. All scheduled activities are canceled. Only self-directed activities.
- * **If Fairfax County Public Schools calls a closure** there is no lunch or Fastran. All scheduled activities are canceled. Only self-directed activities.
- * **If Fairfax County Government calls a two hour delay** the senior center will open at 10:00am. No lunch or Fastran. All scheduled activities are canceled. Only self-directed activities.
- * **If Fairfax County Government is closed**, Herndon Senior Center is closed.



Look for our many creative activities to keep your body, mind, and spirit strong and resilient!

For more material, information, photos go to

HerndonSeniorCenter.org

Sponsored by the Herndon Senior Center Council, Inc.

Fairfax County's **Aging, Disability & Caregiver Resource Line**
for information on county services for older adults.

703-324-7948, TTY 711

www.fairfaxcounty.gov/familyservices/

Fairfax County Coordinated Services for Basic Needs and Assistance

703-222-0880, TTY 711.

Monday through Friday, 8:00am to 4:30pm.

Bilingual staff available



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.