

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.

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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.

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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.