

Special Programs to note:

Feldenkrais Class with Monica Browne Tuesdays, November 1, 15, 22, 29 and December 6 and 29. **Please sign up if you WILL be able to attend class on December 20 or December 27** so Monica can make the best use of time and resources. This program is **sponsored by the Herndon Senior Center Council, Inc.** -- *through a very generous grant by The Closet thrift shop!*

Special Community Art Project Tuesday, 11/22/2022 at 1 p.m. by McLean Project for the Arts Director, Sharon Fishel who will be doing a group art project with us inspired by Michael Janis's work "How We Take Care Of Each Other" in *the Continuum: Artists Teaching Artists* exhibition we visited during our special trip in October.

Each person will create a personal circular artwork collage with photos of their favorite thing to do for themselves or others. **Bring a small photo of yourself to include in the project.** If you do not have a photo easily available, come any day the week BEFORE the art session to the front desk and we will snap a photo and print it for you. Please do this a week ahead. There will be no time to do it the day of the project. The works together as a group will be installed at the Herndon Senior Center.

Reservations required. Sign up at the front desk by Friday, November 18. Expand the creative side of your brain and try something new!



Mr. Olsen's 6th grade Star Writing Students from Coates Elementary

Tuesday, November 15 10:30-11:30 in the dining room

Students will reconnect with the seniors they interviewed and present their writing projects! Don't miss the report out!

Create Holiday Earrings w/ Donna

Thursday, December 1 at 1 pm in craft room / reservations required

Learn Flamenco with experienced teacher, Nancy Bloomfield

Thursdays, 1 pm for exercise, flexibility and FUN!

Blood Pressure Clinic with our Nurse volunteers:

Monday, November 7 w/ Nurse Kerry

Friday, November 18 with Nurse Niki

Tuesday, December 6 with Nurse Kerry

It is so reassuring to get your blood pressure taken by a skilled nurse. They will be in the conference room. Drop by for a quick and easy mini-check!

Recurring programs:

Art with Jeanne: Mondays, November 14, 21, 28 and December 12 and 19 at 1 pm.

In the Craft Room. Fun, creative & compliments 2 pm VCAA Art with Sharon.

Paper Art and MORE! with Maria

Tuesdays, 10 am in craft room.

Diamond Art

Tuesdays, November 1 and 15 and December 6 and 20

PLUS Thursday, December 15. 1 pm in craft room.

Rising Phoenix Sing-along 12:30 in the Dining Room on the first **Wednesday** of the month. Enjoy some of your favorite songs!!!

Ceramic Classes w/Vince:

Wednesdays 10 to 12 and 12:15 to 2:15

In craft room. Reservations required.

Loom with Amy and Maggie: Thursdays, November 3 and 10

Book Club: 1st Thursday of each month at 2:30 p.m.

John Cooks! Join Chef Giovanni for a special recipe, tasting and discussion on the second Fridays of each month at 1 pm in Ballroom C. He will return January 13, 2023

Learn Spanish with Octavia:

Perfect for beginners! Fridays, 1:30 to 2 in conference room

Garden Exchange with Hanh:

Friday, November 4, 9:15 am in Ballroom C. Next exchange in March 2023.

Card Making:

Card-on-a-Cart “Harvest Thanksgiving” card available between 9 am and 2 pm November 1 to 10. Ask for supplies and instructions at the front desk.

Holiday Card Class, Friday, November 18 1 pm in craft room. Reservations are required by Thursday, November 10. Limited seating.

All Ages Read Together

Become a volunteer with AART. Mondays and Wednesdays noon to 2 pm. Help youngsters prepare for school by reading and guiding them through selected activities. Follow the lead of the 2 AART coordinators and see the student blossom and be ready for their first real school experience. Drop in to learn more about the program and to volunteer.



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