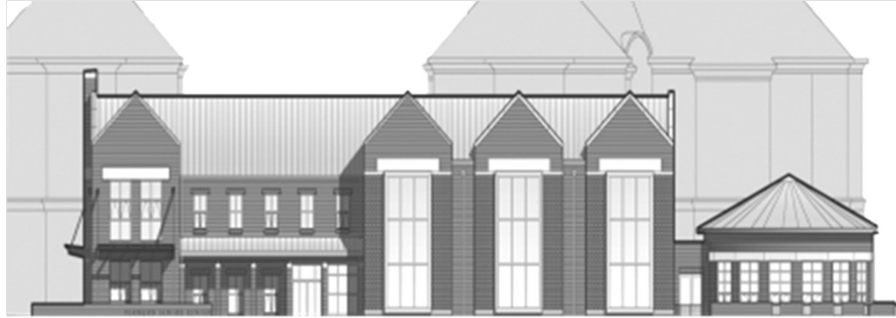


HERNDON SENIOR CENTER

**A RECREATIONAL VENUE FOR
ACTIVE AND INDEPENDENT ADULTS 50+**



Senior Center Director Becky Shearer
Assistant Directors Jeanne Alcazar
Amanda Garrett

Staff Camila Centeno-Lopez, Cailyn Diaz-Aviles, Michelle Cloney, Nabeela Huq, Candia Hudson, Amy Lee, Shosha Shen, Karen Temple, Sade Amuda, Emma Brown

Recreation Therapist Amanda Trenis, CTRS
Case Manager Missi Amuda, MSW

AUGUST 2025

Visit or call us at:

**873 Grace Street
Herndon, VA 20170**

703-464-6200 TTY 711

**Operating Hours
Monday - Friday
8:00am - 4:00pm**

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A Fairfax County, VA
Publication
AUGUST 2025
Updated 8/1/2025

Ongoing Classes & Activities

These classes & activities are included in the Senior Center membership, unless noted otherwise. They are open to all senior center members and may be cancelled some days for special occasions.

KEY	Registration Required	\$\$ - Supply Fee Required	DAILY
ACTIVITY/CLASSES		TIME	LOCATION
Lunch		12pm	Dining Room
Rummikub - <i>On your Own</i>		1:30pm	Dining Room
MONDAY - 8/4, 8/11, 8/18, & 8/25			
Ping Pong		8am-1pm	Ballroom B
Tai Chi/Exercise		9:30am-10:30am	Ballroom A
Computer Class with David-will resume August 18th!		10am	Computer Lab
SLSA Beginner Ballroom Dance		10am	Ballroom C
Crochet & Knitniks Group		10am-12pm	Craft Room
SAIL - Fall Prevention Program-Last day 8/11. Makeup Days: 8/13 & 8/18.		10:30am	Dining Room
NEW! CARDIO DRUMMING (Limited to 10 people. First Come, First Served)		10:30am-11am	Ballroom A
Yoga Breathing		11am	LOCATION CHANGE! Game Room
Jeopardy Trivia		11am	Activity Room
NEW! Chair Yoga		11:15am-11:45am	Ballroom A
Improve Line Dance with Lily		12:30-3pm	Ballroom A
Art with Jeanne		1-2pm	Craft Room
Music Lovers		1pm	LOCATION CHANGE! Game Room
Stronger Memory Program		1-2pm	Activity Room
NEW! Sound Bath/Meditation		1pm-1:45pm	Ballroom C
BALLROOM B CLOSED		1pm-1:45pm	Ballroom B
Badminton		2:30-3:45pm	Ballroom B
TUESDAY - 8/5, 8/12, 8/19, & 8/26			
SLSA Instrument		8am-12pm	Library
Ping Pong		8am-3:45pm	Ballroom B
SLSA Folk Dance Beginner 中文		9-11am	Ballroom A
SLSA Choral Group 中文		9am-12pm	Ballroom C
Chair Exercise - DVD		10:15am	Dining Room
Rummikub - <i>On your Own</i>		10:30am	Hallway
Gentle Exercise - DVD		10:45am	Dining Room
Beginner Line Dance with Hiroko		11am	Ballroom A
ESL		11am	Conference Room
Fit 4 Life w/ Nabeela		11:10-11:45am	Game Room
Advanced Line Dance w/ Hiroko		12pm	Ballroom A
SLSA Instrument		12:15pm	Game Room
SLSA Folk Dance		12:30-2:30pm	Ballroom C
Diamond Art		1-2:45pm	Craft Room
SLSA Choral Group		1pm	Conference Room

ALL CLASSES & ACTIVITIES AND THEIR LOCATIONS ARE SUBJECT TO CHANGE BASED ON CENTER NEEDS.

WEDNESDAY - 8/6, 8/13, 8/20, & 8/27

Ping Pong	8am-1:15pm	Ballroom B
Tai Chi/Excercise	9:30am-10:30am	Ballroom A
Ceramics w/ Vince - \$\$	10am-12pm	Craft Room
Party Bridge	10am-12pm	Game Room
Teaching Bridge	10am-12pm	Game Room
SAIL - Fall Prevention Program-Last day 8/11.	10:30am	Dining Room
Shopping Trip - \$\$	10:20am-1:30pm	
American Mahjong	10:30am	Hallway
Yoga Breathing	11am	Ballroom A
Mental Muscle (Wellness Wednesday on 3rd Week)	11:15am	Activity Room
All Ages Read Together - AART	12-2:30pm	Game Room
Advanced Ceramics with Vince - \$\$	12:15-2:15pm	Craft Room
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Feldenkrais Chair-NO CLASS ON 8/20 & 8/27!	12:45-1:30pm	Ballroom C
Computer Lab Help	1pm	Computer Lab
Zumba Gold Class w/ Celia	1:30pm	Ballroom B
Badminton	2:30-3:45pm	Ballroom B
CLOSED FOR MAITENANCE	3-4pm	Ballroom B

THURSDAY - 8/7, 8/14, 8/21, & 8/28

Ping Pong	8am-2:45pm	Ballroom B
SLSA Instrument	8am-12pm	Library
SLSA Folk Dance	9am-12pm	Ballroom C
International Mahjongg (GR)	9:30am-2pm	Hallway
Tai Chi	9:30am-12pm	Ballroom A
Chair Exercise - DVD	10:15am	Dining Room
Walking Club - Weather Permitting	10:30am	Lobby
Rx Relax Yoga DVD	10:45am	Dining Room
Fit 4 Life w/ Nabeelah	11:10-11:45am	Game Room
SLSA Instrument	12:15pm	Game Room
Diamond Art	1-2:45pm	Craft Room
ESL	1pm	Conference Room
Stronger Memory Program	1-2pm	Activity Room

FRIDAY - 8/1, 8/8, 8/15, 8/22, & 8/29

Ping Pong	8am-2:15pm	Ballroom B
SLSA Adv. Ballroom Dance	9-11am	Ballroom A
Ceramics w/ Vince - \$\$	10am-12pm	Craft Room
Party Bridge	10am-12pm	Game Room
Teaching Bridge	10am-12pm	Game Room
BINGO	10:15am	Dining Room
Morning Word Search	10:15am	Lobby
Yoga Breathing	11am	Ballroom A
Brain Games	11am	Activity Room
Things to Know About Your iPad	12-12:45pm	Game Room
How to Edit Your Pictures on an iPhone	1-1:30pm	Game Room
How to Use AI-Chat GPT	1:45-2:30pm	Game Room
Crossword	1pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B

Upcoming Events & Closures

<u>Day (s)</u>	<u>Activity</u>	<u>Time</u>	<u>Room</u>
Monday, August 4th- Friday, August 8th <i>Please see Camp Flier at- tachment for activity de- tails/schedule.</i>	Herndon Senior Center Summer Camp: Join us for fun summer program- ming: senior summer camp style!	FULL DAY	FULL BUILDING
Wednesday, August 6th	<u>Charter Trip:</u> Claude Moore Rec. Center	Board bus at 10:20am, depart HSC at 10:30am, return by 2pm	Claude Moore Rec. Center: Sterling, VA
Friday, August 8th & Saturday, August 9th	Rising Phoenix Perform- ers & Sun Dance Perform- ance Company present a fun musical show: Col- or My World With Music	8/8: 11am 8/9: 7pm	Ballrooms A-C
Saturday, August 30th- Monday, September 1st	CLOSED in observance of Labor Day	FULL DAY	FULL BUILDING

Did You Know....

- * **Our Advisory Council works year round to fundraise and support the center?** Some of the ways the council supports HSC: Organizing the yearly Ping-Pong tournament, providing desserts, turkey and ham for holiday events, planning and implementing historical displays, securing funding for the Feldenkrais class, outreach for fundraising, maintenance of our website, serving as liaisons between the participants and the NCS team, and so much more! **THANK YOU for all you do!**

Interested in attending an Advisory Council Meeting to observe, share your questions, comments or concerns? Meetings are held the second Wednesday of each month at 1pm in the Conference Room.

- * In the Dining Room, there are **Glass Feedback Vases**. Each week we will feature a new question to get your feedback on to improve our offerings at the center and to ensure **EVERYONE** feels seen and heard. You are welcome to remain anonymous or leave your name if you are willing to have us ask you questions to ensure we get all details!

MONTH AT A GLANCE

<u>MON- DAY</u>	<u>TUESDAY</u>	<u>WEDNES- DAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	KEY <i>Registration Required</i>	\$\$ - Supply Fee Re- quired		1
4	5	6 10:20am- Shopping Trip- \$\$ 10:20am: Char- ter Trip-Claude Moore Rec. Center	7 2:30pm - Book Club	8 -11am: Rising Phoenix Performers & Sun Dance Performance Company present a fun musical show: Color My World With Music!
11	12 10-11am: Blood Pressure Clinic 10:30am-12pm: Resin Shell Orna- ments (CR) <i>RR!</i>	13 10:20am- Shop- ping Trip-\$\$ 1-2pm - Música del Recuerdo en Español (DR)	14 10:30am: Disc Bead Earrings w/Amanda T. <i>RR! (CR)</i>	15
18	19 10:30am-12pm: DIY Picture Frames (CR) <i>RR!</i>	20 10:20am - Shopping Trip - \$\$	21 10:15am: Sip & Paint w/ Amanda T. <i>RR!</i> (CR)	22
25	26 10:30am: Pressed-n- Pounded Flower Card (CR) <i>RR!</i>	27 10:20am - Shop- ping Trip - \$\$ 1-2pm - Música del Recuerdo en Español (DR)	28 10:30am-12pm: Special Diamond Art Project— Hummingbirds on a Wire (CR) <i>RR!</i>	29

PROGRAM DETAILS

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

Digital Class with David-Will return August 18th!

Class on Mondays! Stop by and bring your computer questions from 10:00am-11:00am. Learn basic computer, 3D print or phone skills from 11:00am-12:00pm.

Rising Phoenix Sing-a-long

The **first Wednesday** at 12:10pm in the Dining Room!

Walking Club

Join us on Thursday's at 10:30am for a stroll to the farmers market or on the WO&D Trail.
Program is dependent on weather.

Book Club

Thursday, August 7th 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** of the month.

Shepard Center

Find information about the Shepard Center as well as speak to a representative in the front lobby. **Dates for August: August 6th and August 20th**

BINGO

Everyone Wins. Limit of 2 cards per person. Fridays at 10:15-11:15am in the Dining Room. One Prize per person but endless wins with bragging rights!

***NEW: Stronger Memory Program**

The Stronger Memory program at HSC is offered Mondays and Thursdays from 1-2pm in the Activity Room. Participants attend one (1) facilitated check-in per week for 12 weeks. Weekly check-ins at HSC consist of a lesson about memory & wellness. Participants will complete 3 activities 5-7 days a week for 30 minutes (10 minutes per activity) of: reading aloud, writing on paper, & simple math, either at the center or at home (or both). ***Consistency is required in order to receive program materials. *Sign-ups for the next cohort are in late September.***

A special thank you to Northwest Federal Credit Union for their donation to the HSC Advisory Council to go towards Feldenkrais Classes.

PROGRAM DETAILS—CONT.

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

****Diamond Art Notice****

There will be 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.

Resin Shell Ornaments with Michelle

Join us to create a beach-themed ornament with resin, pearls and sea adornments on Tuesday, August 12th from 10:30am-12pm in the Craft Room. Limited to 12 participants: please register at the front desk!

Disc Bead Earrings with Amanda T.

Make your very own pair of disc bead earrings on Thursday, August 14th at 10:30am in the Craft Room! Registration is required for this class-please register at the front desk!

DIY Picture Frames with Michelle

Design a one-of-a-kind picture frame for your favorite summer photo! If you have shells collected, feel free to bring them to adorn your frame. Tuesday August 19th in the Craft Room! Registration is required for this class -please register at the front desk! Limited to 12 participants.

Sip & Paint with Amanda T.

Step by Step Painting with light refreshments, on Thursday, August 21st at 10:15am in the Craft Room. Registration is required for this class-please register at the front desk!

Pressed-n-Pounded Flower Card

Create a unique card or piece of art using our pressed and/or pounded flower techniques, on Tuesday August 26th from 10:30am-12pm in the Craft Room!

Special Diamond Art Projects-Hummingbirds on a Wire

Join us to make a wire hummingbird small diamond art project Thursday, August 28th 10:30am-12pm in the Craft Room. This craft is limited to 8 participants: please register at the front desk!

CENTER REMINDERS

Emergency Drills

Under strict orders by the Fairfax County Fire Marshal we are required to complete quarterly drills. These ensure your safety & best practices of how to safely & 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,
Please Contact:

Becky Shearer, Senior Center Director.
Rebecca.Shearer@fairfaxcounty.gov

Membership Processing

START Times:

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

Cash; Credit Cards, or
please make Checks out to DNCS.
We do not accept AMEX .



4 WEDNESDAYS IN AUG 2025

TRIPS OF NECESSITIES [GROCERIES & SUPPLIES SHOPPING]

RETURN TRIPS ARRIVE BACK AT HERNDON SENIOR CENTER BY 1:30PM



Wed, AUG 6 TH at 10:30 am	Giant, CVS, five BELOW Ross, Marshall's, Popeye's, etc. ~ in Greenbriar Town Center	Drop Offs at Ross, Giant, & Marshall's 1pm ~ Pick Up at Giant Only 13043 Route 50 Hwy; Fairfax, VA 22033	During the Fall Winter Season, Flu Shot Information will be included here, restarting Sep / Oct 2025.
Wed, AUG 13 TH at 10:30 am	DOLLAR TREE, Giant, & Eateries ~ in Sterling Town Ctr Plaza & TRADER JOE'S ~ in Reston	12pm ~ Pick Up at Dollar Tree 21800 Town Center Plaza ~ Suite #237; Sterling, VA 20164 1:15pm ~ Pick Up at Trader Joe's 11958 Killingsworth Ave; Reston 20194	
Wed, AUG 20 TH at 10:30 am	Burlington, Marshall's, HomeGoods then nearby LIDL, TJ-maxx, & Eateries in Tysons, VA	12pm ~ Pick Up at Burlington 8355 Leesburg Pike, Vienna, VA 22182 1pm ~ Pick Up at Lidl Grocery Store 8387 D Leesburg Pike, Vienna, VA 22182	
Wed, AUG 27 TH at 10:30 am	Walmart, Michaels TARGET, BJ's Wholesale, PETSMART Aldi Groceries, Lands End, DSW Shoes, & BURGER KING ~ in Fair Lakes Shopping Center	1 st Drop Offs at Michaels Walmart Lands End 13059, 13053, & 12971 Fair Lakes Pkwy; 12:10 & 12:15pm ~ Pick Ups at Michael's, Walmart, & BJ's 2 nd Drop Off at Walmart, then Burger King 13040 Fair Lakes Center; Fairfax, VA 22033 12:50 & 1pm ~ Pick Ups at Walmart, then Burger King	

FOR A NECESSITIES | SHOPPING TRIP TO OCCUR,

NO HERNDON SENIOR CENTER STAFF ATTENDS.

- 5 PARTICIPANTS must register in Trip Sign Up Book,
 - BY THE FRIDAY PRIOR to a shopping trip.
 - WAITLIST [STAND BY] AFTER 11 REGISTRANTS.
- IF YOU MUST CANCEL, PLEASE PHONE
 - BY 12PM TUESDAY, THE DAY BEFORE.
- FOR LAST MINUTE EMERGENCY CANCELLATIONS,
 - Please CALL BY 9AM WEDNESDAY.
- ✓ Please pay \$1, WITH EXACT CASH ONLY,
 - at the check-in desk,
 - on the morning of the trip.
- ✓ Sites based on popular locations | recommendations.
 - ❖ Suggestions welcomed & encouraged.

- ✓ Lunch is on your own.
- ✓ Kindly remember to:
 - CANCEL your HSC Lunch Order
 - in the Lunch Sign Up Binder.
 - BY 1:30 PM, ON TUESDAY – THE DAY BEFORE.

- ✓ Shopping bags must fit around your seat.
 - ❖ Please bring your own reusable bags, &
 - ❖ insulated bags for frozen & refrigerated items.

- ✓ Questions | Suggestions? Please contact Na.bee.la
 - at the front desk or phone 703-464-6200.

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.**

INCLEMENT WEATHER POLICY

Watch for Fairfax County School Delays and Closings (tv/radio/internet)

When Fairfax County Schools have a delayed opening or are closed:

All FASTRAN buses, lunches, and classes, are cancelled for the day. The center is open for self-guided activities.

When Fairfax County Schools have an early release:

All afternoon classes are cancelled after lunch (at noon). The center will be open for self guided activities only. (If participants arrived by FASTRAN, they may be picked up early. If participants have not been picked up from their homes when an early release is announced, FASTRAN is cancelled for the day and no lunches will be served.)

When, in very exceptional circumstances, the Fairfax County Government is closed (Countywide Administrative Leave) the Center is CLOSED.

Please call the center to hear a recording about the cancellations.

You can sign up to receive alerts from Fairfax County Schools right to your phone: Send a text message to 67587 with the words "SUBSCRIBE" and you should receive a text letting you know that

Resources

- **Seniors On the Go:** Taxi Coupons. Call 703-877-5800 to apply.
- **AARP Driving Course:** Call 888-227-7669 for information.
- **AARP Tax Help:** 1-888-227 7669 (AARP NOW) for information or go to www.aarp.org/taxaide.
- **Insight Memory Care:** 703-204-4664
- **Shepherd's Center of Burke-Fairfax:** 703-323-4788 for more information.
- **Aging, Disability and Caregiver Resource Line:** 703-324-7948, TTY 703-449-1186 is Fairfax County's one stop for information on county services. Professional social workers are ready to assist you find the services you need. You can also visit the county's one-stop webpage at www.fairfaxcounty.gov/DFS/OlderAdultServices for information about services, recreation and community engagement opportunities.
- **Legal Services of Northern Virginia (LSNV):** 703-778-6800 (Mon-Thur 9:30 a.m.-12:30 p.m./ 1:30-3:30 p.m.) or online at <http://LSNV.org>

MEALS

<u>MONDAY</u>		<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
CHEF SALAD & VEGGIE SALAD OFFERED EVERYDAY					
Hot Regular / Veggie					1
Cold Regular					Yangs Orange Chicken w/ WG Rice/ Vegan Chicken
	4	5	6	7	8
Hot Regular / Veggie	Chicken Spaghetti/ Vegan Nuggets Chicken Spaghetti	Stuffed Pepper (ground beef, WG Rice, 1 whole pepper)/ Soy Protein in Pepper	Hawaiian Chicken Coconut Rice & WG Pita/ Vegan Nuggets & Coconut Rice	Swedish Meatballs (beef) & Egg Noodles/ Veggies Meatballs	Baked Cajun Fish/ Meatless Fish Patty
Cold Regular	Taco Salad w/ Southwest Ranch	Greek Salad w/ Chicken Strips	Tuna Salad & WG Bun	Yogurt, String Cheese, WG English Muffin	Spinach Strawberry Feta Salad
	11	12	13	14	15
Hot Regular / Veggie	Chicken & Waffles (WG waffle, chicken)	Spaghetti & Meat Sauce/ Spaghetti w/	Oven Fried Chicken Legs/ Vegan Nuggets	Grilled Pollock & WG Bun/ Vegan Fish	3 oz. Hamburger Patty w/ Lettuce, Tomato, Onion/ Veggie Burger w/Lettuce, Tomato, & Onion
Cold Regular	Tropical Bean Salad	Asian Chop Salad w/ Chicken	Beef Teriyaki Wrap- WG	Egg Salad & WG Roll	Pesto Pasta Salad (tomatoes), grains, & chicken
	18	19	20	21	22
Hot Regular / Veggie	Chicken Tikka Masala/ Chickpea Marsala	Meatloaf w/Gravy/ Vegan Beef Strips	Chicken Spinach Alfredo Bake/ Chix Strips	Vegetarian Lagna & Garlic Bread/ Same	Oven Roasted Haddock/ Vegan Fish Patty
Cold Regular	Chef Salad w/WG Corn Muffin w/butter	Pasta Salad w/WW Roll & butter	Turkey Mayo & Roll	Mild Buffalo Ranch Chicken Salad	Cottage Cheese, String Cheese, WG English Muffin
	25	26	27	28	29
Hot Regular / Veggie	Chinese Style Vegetables w/ Teriyaki Salmon/ Teriyaki Tofu	Oven Fried Chicken Legs/ Chicks Strips	Cheesy Italian Rice & Meatball/ Added beans, soy meatballs	Chicken in Orange Sauce/ Veggie Chix Strips in Orange Sauce	Macaroni & Cheese/ Same
Cold Regular	Cranberry Chicken Salad & WG Crackers	Powerhouse Wrap (Black Beans, WW Tortilla)	Tuna Salad Sandwich w/slices of WG Bread	Turkey, Cheese, & WW Bread	Grilled Chicken Mayo & WW Bun

MEAL INFO

Lunch Reminders:

- * **FOOD IS NOT TO BE TAKEN HOME!**
- * **Current UAI form MUST be on file in order to register for lunch. If your name is not on the Lunch List, please see Becky.**
- * *You are considered a guest until your paperwork is confirmed.*
- * **You MUST register for the next day by 2pm the business day before.**
- You have a choice of a hot lunch, vegetarian hot lunch, chef salad, fruit salad, or box lunch for field trips.
- * Please remember that lunch is served at **noon**, by calling table numbers.
- * We do **not** hold lunches.
 - Please call the center to cancel by 8:00am 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.
- * **You must be present by 12:10 p.m. or you are counted as a no show.**

Meal Charges

Guests under age 60, out-of-county residents, or unregistered participants: \$8.50 per meal. Lunch is served daily at noon. **Please note that lunches must be eaten in the dining room, and may not be taken home for food safety.**

For Ages 50 – 59 and All Guests: \$8.50

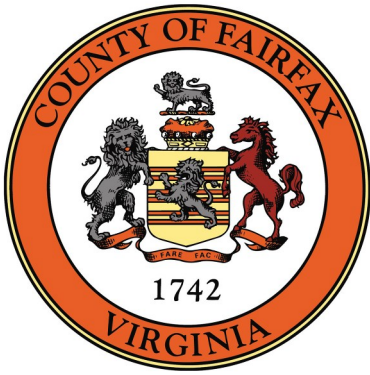
For Ages 60 and above:

<u>Monthly Income</u>	<u>Annual Income</u>	<u>Suggested Donation</u>
\$0 - \$1,170	\$ 0 - 14,036	\$2.00
\$1,171 - 1,772	\$ 14,037 - 21,258	\$3.00
\$1,773 – 2,127	\$ 21,259 - 25,520	\$4.00
\$2,128 – 3,012	\$ 25,521 - 36,149	\$5.00
\$3,013 and above	\$ 36,150 and above	\$6.00

(The actual average cost of the lunch time meal is \$8.50 per meal served.)

Lunch Utensil Request

Lunch utensils are provided to members who order the congregate meal only.
Please bring your own utensils if you have brought your own.



*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.