

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 .