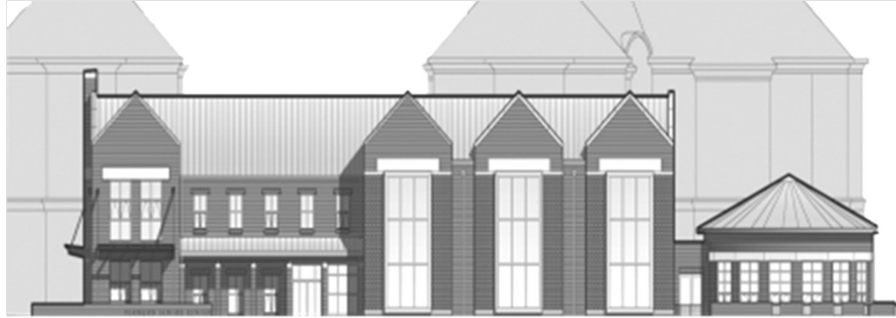


HERNDON SENIOR CENTER

**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, Amy Lee, Shosha Shen, Karen Temple, Sade Amuda, Emma Brown

Recreation Therapist Ash Glodek, CTRS
Case Manager Missi Amuda, MSW

DECEMBER 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
DECEMBER 2025
Updated 12/01/2025

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.

DAILY		
<u>ACTIVITY/CLASSES</u>	<u>TIME</u>	<u>LOCATION</u>
Lunch	12pm	Dining Room
Rummikub - <i>On your Own</i>	1:30pm	Dining Room
<u>MONDAY - 12/1, 12/8, 12/15, 12/22, & 12/29</u>		
Ping Pong	8-10:15am; 12-12:45pm; 1:45-2:30pm	Ballroom B
NEW! Beginning Ballroom Dance	8am-10am	Ballroom C
Tai Chi/Exercise (No Class on 12/15).	9:30am-10:30am	Ballroom A
Crochet & Knitniks Group	10am-12pm	Craft Room
<i>SAIL - Fall Prevention Program—Current Session Is Closed. Must Be registered</i>	10:30am	New! Ballrooms A & B
Community Case Manager	10:30am-2pm	Lobby
Yoga Breathing	11am	New! Game Room!
Jeopardy Trivia	11am	Activity Room
ESL w/John R.	11am	Conference Room
NEW! BALLROOM B CLOSED	10:15am-12pm; 12:45-1:45pm; 2:30-4pm	Ballroom B
NEW! Chair Yoga	11:15am-11:45am	Ballroom C
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Art with Jeanne	1-2pm	Craft Room
Stronger Memory Program	1-2pm	Activity Room
NEW! Sound Bath/Meditation	1pm-1:45pm	Ballroom C
Badminton	2:30-3:45pm	Ballroom B
<u>TUESDAY - 12/2, 12/9, 12/16, 12/23, & 12/30</u>		
NEW! Instrument	8am-12pm	Game Room
Ping Pong	8am-3:45pm	Ballroom B
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	Ballroom C
Advanced Line Dance w/ Hiroko	12pm	Ballroom A
SLSA Instrument	12:15pm	Game Room
Diamond Art	1-2:45pm	Craft Room
NEW! Seated Volleyball	1-2pm	Ballroom C
SLSA Choral Group	1pm	Conference Room

ALL CLASSES & ACTIVITIES AND THEIR LOCATIONS ARE SUBJECT TO CHANGE BASED

WEDNESDAY - 12/3, 12/10, 12/17, & 12/31

Ping Pong	8-10:30am; 12-1:15pm	Ballroom B
NEW! Chorus	9am-12pm	Ballroom C
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
<i>SAIL - Fall Prevention Program—Current Session Is Closed. Must Be registered.</i>	10:30am	New Location! Ballrooms A & B
American Mahjong	10:30am	Hallway
Yoga Breathing	11am	New Location for MW: Game Room!
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
Computer Lab Help	1pm	Computer Lab
NEW DAY! Music Lovers	1pm-2pm	Activity Room
Zumba Gold Class w/ Celia	1:30pm	Ballrooms B & C
Badminton	2:45-3:45pm	Ballroom B

THURSDAY - 12/4, 12/11, & 12/18

Ping Pong	8am-3:45pm	Ballroom B
NEW! Folk Dance	9am-11am	Ballroom C
International Mahjongg (GR)	9:30am-2pm	Hallway
Tai Chi	10:30am-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	Ballroom C
Diamond Art	1-2:45pm	Craft Room
New Day! Computer Lab Help with David	1-2pm	Computer Lab
ESL	1pm	Ballroom C
Stronger Memory Program	1-2pm	Activity Room
NEW! 'Just Dance' Fitness	1-2pm	Ballroom A

FRIDAY - 12/5, 12/12, 12/19, & 12/26

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
iPad Help- Please BYO iPad! (Not all apps are available on center iPads)	11:15am	Conference Room
iPhone—Tips, Tricks and Tutorials	12:15pm	Game Room
How to Use AI-Chat GPT	1pm	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>
Friday, December 12th	Rising Phoenix Performance	10:30pm	Ballrooms A-C
Friday, December 12th	Herndon Madrigals Performance	12:30am	Dining Room
Saturday, December 13th	<u>Charter Trip:</u> Kirkwood Holiday Concert	Board Bus at HSC: 1:30pm Concert Time: 3pm	Kirkwood Presbyterian Church: Springfield, VA
Wednesday, December 24th-Thursdays, December 25th	CLOSED in observance of the Christmas holiday	FULL DAY	FULL BUILDING
Thursday, January 1st	CLOSED in observance of New Year's Day	FULL DAY	FULL BUILDING
Monday, January 19th	CLOSED in observance of Martin Luther King, Jr. Day	FULL DAY	FULL BUILDING
Monday, February 16th	CLOSED in observance of Presidents' 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.
- * The HSC team has taken your feedback over the last year to create a new schedule that has something for all of our members. Please share your feedback with us by emailing nscherndonseniorcenter@fairfaxcounty.gov

DEC. MONTH AT A GLANCE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>		<u>FRIDAY</u>
1 10:30am-2pm: Com- munity Case Manag- er Onsite	2	3 10:20am– Shop- ping Trip-\$\$ 1pm: Spanish for Beginners w/ Octavia C. (Conference Room)	4		5 1-2pm: Card Making (Winter Holiday Themes, & New Year’s). CR. RR!
8 10:30am-2pm: Com- munity Case Manag- er Onsite	9	10 10:20am-Shopping Trip-\$\$	11 9:30am-12:30pm: Shep- herd’s Center 10:45am: Destination Dis- covery (Activity room)		12 10:30am: Rising Phoe- nix Holiday Perfor- mance (All Ballrooms) 12:30pm: Herndon Madrigals Perfor- mance (Dining Room)
15 10:30am-2pm: Com- munity Case Manag- er Onsite <i>Virtual Chinese Computer Class Can- celled Today</i>	16 10-11am: Blood Pressure Clinic	17 10:20am- Shop- ping Trip-\$\$ 1-2pm - Música del Recuerdo en Espa- ñol (DR)	18 9:30am-12:30pm: Shep- herd’s Center 10:15 am: Music Bingo (Activity room)		19 1-2pm: Jewelry Mak- ing (Winter Holiday Themes, & New Year’s) CR. RR!
22 10:30am-2pm: Com- munity Case Manag- er Onsite	23	24 CLOSED IN OBSERVANCE OF CHRIST- MAS EVE	25 CLOSED! MERRY CHRISTMAS!		26
29 10:30am-2pm: Com- munity Case Manag- er Onsite	30	31 10:20am– Shopping Trip-\$\$			
			<u>KEY</u>	Registration Required	\$\$ - Supply Fee Required

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

Class on Thursdays! Stop by and bring your computer questions, 3D printing or phone skills questions from 1-2pm!

Community Cares Manager Onsite

Every Monday from 10:30am-2pm

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, December 4th 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. **December Dates: December 11th & December 18th from 9:30am-12:30pm.**

ESL w/John R.

Mondays at 11am in the Conference Room.

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!

Stronger Memory Program

The Stronger Memory program is offered Mondays & Thursdays 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 each) of: reading aloud, writing, & simple math, at the center or at home (or both).

***Consistency is required to receive program materials. Please sign-up at the front desk.**

Participation in Programs is not permitted for members with expired memberships that have not filled out updated paperwork. You will be asked to fill out paperwork prior to joining your program.

PROGRAM DETAILS—CONT.

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

****Diamond Art Notice****

Card Making with Nabilah

Friday, December 5th from 1-2pm in the Craft Room! Winter Holiday Themes & New Year's!
Registration at the front desk is required!

Destination Discovery

Thursday, December 11th at 10:45 a.m. in the Activity Room! Stamp your passport and set off on a cultural adventure—each month, we'll journey to a new destination and uncover the rich history, traditions, and stories that make it unique. Registration at the front desk is required so we can adequately prepare supplies!

Music Bingo with Ash

Thursday, December 18th at 10:15a.m. in the Activity Room! Get in the groove with this special event, music bingo! Each person will be given a bingo sheet with song titles instead of numbers. A playlist will then be put on shuffle and players must name the song that is played and mark it down on their sheets. So come enjoy the tunes and the friendly competition! Benefits: This activity focuses on reminiscence and recall.

Jewelry Making with Nabilah

Friday, December 19th from 1-2pm in the Craft Room (Earrings & Stretch Bracelets, & Beaded Hair Pins)! Registration at the front desk is required!

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, & 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 OF 5 WEDNESDAYS IN DECEMBER 2025

TRIPS OF NECESSITIES [GROCERIES & SUPPLIES SHOPPING]

RETURN TO THE HERNDON SENIOR CENTER BY 1:30PM



<p>Wed, DEC 3RD at 10:20 am</p>	<p>MOM's Organic Market, <small>MOM's Organic Market</small></p> <p>LOTTE FOODS & SPROUTS <small>LOTTE FOODS & SPROUTS</small></p> <p>~ in Herndon Shopping Centre</p>	<p>1pm ~ MOM's Pick Up 1:10pm ~ Sprouts Pick Up</p> <p>374 -- 494 Elden St ~ Suite 110. Herndon 20170</p>	<p>My Dr's Pharmacy offers flu shots. <i>Walk-Ins welcome.</i></p> <p>[Located between Lotte & Sprouts.] (703) 215-8000, Ext 5</p>
<p>Wed, DEC 10TH at 10:20 am</p>	<p>NORDSTROM rack HOME SENSE OLD NAVY BARNES & NOBLE BOOKSELLERS</p> <p>then Wegmans Grocery Store ~ in Fairfax, VA</p>	<p>12pm ~ Nordstrom Rack Pick Up 12199 Fair Lakes Promenade Dr, 1pm ~ Wegmans Pick Up 11620 Monument Drive; Fairfax, VA 22033</p>	<p>Wegmans offers Flu Shots. <i>Walk-Ins welcome.</i></p> <p>(571) 525-5525, Ext #2, then #8= Pharmacy</p>
<p>Wed, DEC 17TH at 10:20 am</p>	<p>Goodwill, Giant, GNC LIVE WELL, HomeGoods Sorrento Grill, Taco Bamba, Etc</p> <p>~ in Herndon's Village Center at Dulles</p>	<p>1st Drop Offs at <i>Home Goods, GNC, Giant, & Goodwill</i> 12 & 12:05pm ~ Pick Ups at Home Goods & GNC 2nd Drop Offs Only to Giant & Goodwill 2545 through 2421 Centreville Road; Herndon VA 20171 1:10pm ~ Pick Up Only at Giant</p>	<p>Giant welcomes Flu Shot Walk-Ins from 10am -7 pm.</p> <p>703.689.2570, ~ Ext 0; then 0 [again] = Pharmacy.</p>
<p>Wed, DEC 24TH</p>	<p>No Shopping Trip</p>		
<p>Wed, DEC 31ST at 10:20 am</p>	<p>Walmart Michael's TARGET PETSMART BURGER KING</p> <p>~ in Fair Lakes Shopping Center</p>	<p>1st Drop Offs at Michaels & Walmart 13059, 13053, & 12971 Fair Lakes Pkwy; 12:10 ~ Pick Ups at Michael's then Walmart 2nd Drop Off at Walmart, then Burger King 13040 Fair Lakes Center; Fairfax, VA 22033 12:50 & 1pm ~ Pick Ups at Walmart, Burger King</p>	<p>Walmart offers Flu Shots 9am -12pm.</p> <p><i>Appointments Preferred.</i></p> <p>Please call (703) 631.9450 ~ Ext #1.</p>

FOR A NECESSITIES | SHOPPING TRIP TO OCCUR,

- **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.*

NO HERNDON SENIOR CENTER STAFF ATTENDS.

- ✓ 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>

DECEMBER MEALS

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	1	2	3	4	5
Hot Regular / Veggie	Beef Picadillo/ 3 oz. soy beef	Yangs Orange Chicken/ Veggie Chix Strips	1 - 5x5 slice Shepards Pie/ Vegan Beef	2 Cheese Manicotti (5.5oz) w 1/2 cup Tomato Basil Sauce/ Same	Stuffed Peppers w/3oz beef/ Soy Protein
Cold Regular	Tuna Salad	Chicken Caesar Salad w/Chicken Strips	Yogurt, String Cheese, WG Blueberry Muffin	Whole Chicken w/WG Wrap	Roasted Vegetable Pasta Salad w/ranch dressing
	8	9	10	11	12
Hot Regular / Veggie	Baked Chicken Thigh w/Herb Gravy/ Veggie Chix Strips	Turkey Patty w/Lettuce, Tomato, & Onion/ 3 oz. Soy Protein	Chili con Carne/ Vegetarian Chili	Sunny Lemon Creamy Chicken Enchiladas/ Veggie Chix Strips	Minestrone Soup/ Same
Cold Regular	Taco Salad w/ Southwest Ranch	Greek Salad w/ Chicken Strips	Chicken Salad (lettuce, tomato gar-nish), w/WW Bread	Fresh Mozzerela, WG Pita Bread, Veggie Bruschetta	Spinach Strawberry Feta Salad w/Chicken Breast
	15	16	17	18	19
Hot Regular / Veggie	Hamburger Patty w/Lettuce, Tomato, Onion/ Veggie Burger w/Lettuce, Tomato, Onion	Sliced Turkey & Gravy/ 3 oz. Chicks Strips	Grilled Pollock w/Tartar Sauce/ 3 oz. Vegan Fish	Oven Fried Chicken Legs 3 oz./ 3 oz. Vegan Nuggets	Spaghetti & Meat Sauce/ Spaghetti w/
Cold Regular	Tropical Bean Salad w/ WW Bread & Butter	Pesto Pasta Salad w/ Chicken	Beef Teriyaki Wrap	Egg Salad w/WG Roll	Asian Chop Salad w/ Chicken
	22	23	24	25	26
Hot Regular / Veggie	Chicken Tikka Masala & WG Rice/ 3 oz. Chickpea Marsala	Meatloaf w/Gravy/ Vegan Beef Strips	MERRY CHRISTMAS EVE!		Chicken & Dumplings/ Veggie Chix Strips
Cold Regular	Chef Salad w/Roast Beef, 1 Egg wedged & Swiss	Turkey Mayo & WG Roll	MERRY CHRISTMAS!		Mild Buffalo Ranch Chicken Salad
	29	30	31		
Hot Regular / Veggie	Chinese Style Vegetables w/Orange Chicken/ Teriyaki Tofu	Vegetarian Lasagna/ Same	Hamburger w/Lettuce, Tomato, & Onion w/WG Bun/ 3 oz. Vegetarian Patty		
Cold Regular	Cranberry Chicken Salad w/WG Crackers	Grilled Chicken Mayo w/WW Bun	Tuna Nicoise Salad w/WG Crackers		

CHEF SALAD & VEGGIE SALAD OFFERED EVERY DAY

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 Amanda G.**
- * *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 12:15 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

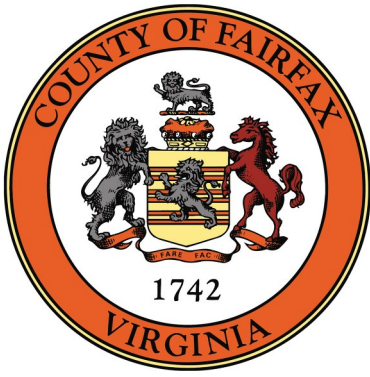
For Ages 60 and above:

<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.