

# 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.**