

# PROGRAM DETAILS

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

## **NEW—Hot Cocoa & Convo's**

Come join HSC Staff and your peers to enjoy hot chocolate and conversation on 1/17 & 1/31!

## **Computer Class with David**

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

## **Rising Phoenix Sing-a-long**

The **first Wednesday** at 12:15pm in the Dining Room!

## **Walking Club**

Join us on Thursday's at 10:30am for a stroll to the farmers market.  
*Program is dependent on weather.*

## **Book Club**

**Thursday, January 9th 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.

## **Safety Presentation and Fire Safety Table with Wyleng from Fairfax County Fire Department:**

- ◇ The **third Monday** of the month
- ◇ 11:00am in the Activity Room.
- ◇ 12:00pm in the Dining Room.

## **BINGO**

Everyone Wins. Limit of 2 cards per person. Game ends at 11:15am. Fridays at 10:15am in Ballroom C.

## **All Ages Read Together**

**Become a volunteer with AART. Mondays and Wednesdays from 12-2pm.**

Help youngsters prepare for school by reading and guiding them through selected activities. Follow the lead of the 2 AART coordinators and see the students blossom and be ready for their first real school experience.

**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.

## **Kindness Rocks**

Join us Tuesday, 1/7, at 10:30am in the Craft Room for rock painting.

## **Vision Boarding Art Collage**

1/14, at 10:30am in the Craft Room. First come, first serve!

## **Jewelry with Nabeela**

Join us on 1/10, at 1:00pm for **Beaded Hair Barrettes & Bobby Pins**. Please register at the front desk.

## **Cards with Nabeela**

Join us on 1/24, at 1:00pm for **Holiday Card Making**. Please register at the front desk.

## **Painting with Michelle**

Step by step painting, December 31st, at 10:30am in the Craft Room. Registration required - 8 participants only!

# CENTER REMINDERS

**If you have any Questions or Concerns,  
Please Contact Becky Shearer, Senior Cen-  
ter Director. Rebec-  
ca.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 .**

## **Emergency Drills**

Under strict orders by the Fairfax County Fire Marshal we are required to complete monthly fire drills. These ensure your safety and best practices of how to safely and 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.