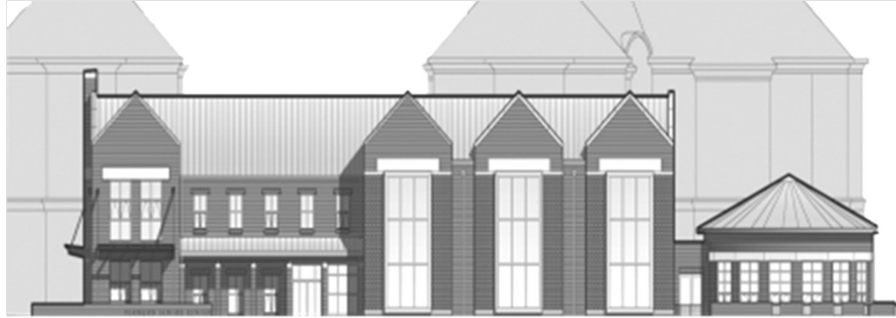


HERNDON SENIOR CENTER

**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

JULY 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
JULY 2025
Updated 6/30/2025

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

MONDAY - 7/7, 7/14, 7/21, & 7/28

Ping Pong	8am-2:15pm	Ballroom B
Tai Chi/Exercise	9:30am-10:30am	Ballroom A
Computer Class with David	10am	Computer Lab
SLSA Beginner Ballroom Dance	10am	Ballroom C
Crochet & Knitniks Group	10am-12pm	Craft Room
SAIL - Fall Prevention Program	10:30am	Dining Room
Yoga Breathing	11am	Ballroom A
Jeopardy Trivia	11am	Activity Room
All Ages Read Together - AART	12-2:30pm	Game Room
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Art with Jeanne	1-2pm	Craft Room
Music Lovers	1pm	Ballroom C
Stronger Memory Program	1-2pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B

TUESDAY - 7/1, 7/8, 7/15, 7/22, & 7/29

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.

KEY

Registration Required

\$\$ - Supply Fee Required

WEDNESDAY - 7/2, 7/9, 7/16, 7/23, & 7/30

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	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	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

THURSDAY - 7/3, 7/10, 7/17, 7/24, & 7/31

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
CLOSED FOR MAITENANCE	3-4pm	Ballroom B

FRIDAY - 7/11, 7/18, & 7/25

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
Crossword	1pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B

Upcoming Events & Closures

Day (s)	Activity	Time	Room
Friday, July 4th-Sunday, July 6th 2025	CLOSED in observance of the Fourth of July	FULL DAY	FULL BUILDING
Tuesday, July 22nd & Thursday July 24th	Ping Pong Tournament		Ballroom B
Wednesday, July 23rd, Thursday, July 24th, or Tuesday, July 22nd (Exact Date TBD)	Charter Trip: Loudoun County Fair Senior Citizens' Day (July 23rd), or Sensory Room Experience at Jim Scott Community Center (TBD)	TBD	TBD/Loudoun County Fair or Sensory Room at Jim Scott Community Center
Friday, August 8th & Saturday, August 9th	Rising Phoenix Performers & Sun Dance Performance Company present a fun musical show: Color My World With Music	8/8: 11am 8/9: 7pm	Ballrooms A-C
August 2025 (Date TBD-Monday, August 18 or Wednesday, August 20)	Charter Trip: Frying Pan Farm Park Wagon Ride	Depart HSC at 10:30am, return by 11:50am for lunch	Frying Pan Farm Park
Saturday, August 30th-Monday, September 1st	CLOSED in observance of Labor Day	FULL DAY	FULL BUILDING
Monday, September 1st	Field Trip: Maryland Renaissance Fair	FULL DAY	Crownsville, MD
Wednesdays	Closed for Maintenance	3-4pm	Ballroom B

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>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	1 10:30am-12pm Kindness Rocks- Beach (CR)	2 11am-12pm: Span- ish Class w/Octavia (Beginners) 12:10-12:50– Rising Phoenix Sing-A-Long	3	4 CLOSED FOR 4TH OF JULY
7	8 10:30am-12pm Dried Flower Resin Coasters (CR)	9 9:30am-12:30pm Shepherd’s Center 10:20am-Shopping Trip-\$\$	10 10:30am-Beaded Plants w/ Amanda T. CR. RR 2:30pm - Book Club	11 1-2 pm-Card Mak- ing: Summer, BBQ, Birthdays
14	15 10:30am-12pm Paint-a-Birdhouse (CR) Blood Pressure Clinic	16 10:20am- Shopping Trip-\$\$ 11am-12pm: Span- ish Class w/Octavia (Intermediate) 1-2pm - Música del Recuerdo en Español (AR)	17 10:15am-Sip and Paint w/Amanda T. (CR) RR!	18
21	22 10am-11am—VR Sessions—RR (Limited Space) 10:30am-12pm Watercolor & Doo- dles (CR)	23 9:30am-12:30pm Shepherd’s Center 10:20am - Shopping Trip - \$\$	24 10:30am-12pm: Small Diamond Art Project-Wire Butterflies	25 1 pm: Jewelry Mak- ing: 2 Wired Rings: 1 w/Dangling Seed Beads & 1w/ Wrapped Stone Larger Bead
28	29 Flower Weaving (CR) 10:30am-12pm	30 10:20am - Shopping Trip - \$\$	31 <div> <div>KEY</div> <div>Registration Required</div> </div>	<div> <div>\$\$ - Supply Fee Required</div> </div>

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 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: *Date Changed for the month of July!

Thursday, July 10th 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 July: July 9th and 23rd from 9:30am-12:30pm on both days!**

VR Sessions

Learn what we can do with Virtual Reality equipment at the center! 3 sessions available. **Registration Required—Very Limited Space July 22nd—Session 1: 10-10:15am, Session 2: 10:15-10:30am, Session 3: 10:30-10:45am**

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!

Spanish Classes with Octavia C.-Beginning in July!

First Wednesday of the month: **Beginners** (11am-12pm)

Third Wednesday of the month: **Intermediate** (11am-12pm)

***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.

Kindness Rocks-Beach, with Michelle

Join us to paint your very own rock-beach themed, on Tuesday July 1st at 10:30am in the Craft Room.

Dried Flower Resin Coasters with Michelle

Make your very own dried flower resin coaster in the Craft Room from 10:30am-12pm, on Tuesday July 8th!

Beaded Plants with Amanda T.

Join us to make beaded plants on July 10th at 10:30am in the Craft Room. ***Registration is required!***

Cards with Nabeela: Summer, BBQ, Birthdays

Join us on Friday, July 11th at 1:00pm in the Craft Room for **Card Making**. Please register at the front desk.

Paint-a-Birdhouse

Paint your very own birdhouse with us from 10:30am-12pm on Tuesday July 15th in the Craft Room!

Step by Step Painting with Amanda T.

Step by Step Painting with light refreshments, Thursday July 17th at 10:15am in the craft room. ***Registration is required!***

Watercolor & Doodles with Michelle:

Come join us for watercolor & doodles on Tuesday July 22nd in the Craft Room, from 10:30am-12pm!

Small Diamond Art Project-Wire Butterflies with Michelle

Join us to make a wire butterfly small diamond art project, on Thursday July 24th from 10:30am-12pm in the Craft Room!

Jewelry Making with Nabeela

Join us in the craft room on Friday July 25th at 1pm in the Craft Room to make 2 wired rings: 1 with Dangling Seed Beads and the other with Wrapped Stone/Larger Bead.

Flower Weaving with Michelle

Learn the art of weaving with flowers on Tuesday July 29th, 10:30am-12pm in the Craft Room!

CENTER REMINDERS

Emergency Drills

Under strict orders by the Fairfax County Fire Marshal we are required to complete quarterly 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.

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 OUT OF 5 WEDNESDAYS IN JULY 2025

TRIPS OF NECESSITIES [GROCERIES & SUPPLIES SHOPPING]

RETURN TO THE HERNDON SENIOR CENTER BY 1:30PM



Wed, JUL 2 ND	No Trip of Necessities	Enjoy the Rising Phoenix Singers during Lunch	Dining Room 12:10 – 12:50pm
Wed, JUL 9 TH @10:20am	 ~ in Leesburg, VA <i>Please pack lunch & bottled water, or purchase food in the Food Court.</i>	1pm ~ Pick Up at Leesburg Outlets Main Entrance [at Food Court] 241 Fort Evans Rd NE; Leesburg, VA 20176	During the Fall Winter Season, Flu Shot Information will be included here, restarting Sep / Oct 2025.
Wed, JUL 16 TH at 10:20 am	  & 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, JUL 23 RD at 10:20 am	NORDSTROM rack Barnes & Noble Books, Old Navy, DSW, & Eateries then  Wegmans Grocery Store ~ in Fairfax, VA	12pm ~ Nordstrom Rack Pick Up 12199 Fair Lakes Promenade Dr, Ffx 22033 1pm ~ Wegmans Pick Up 11620 Monument Drive; Fairfax, VA 22033	
Wed, JUL 30 TH at 10:20 am	   Aldi Groceries,  DSW , Lands End, &  ~ in Fair Lakes Shopping Center	1st Drop Offs at Michaels Walmart BJ's Wholesale Pet Smart 13059, 13053, & 12971 Fair Lakes Pkwy; 12:10 & 12:15pm ~ Pick Ups at Walmart & BJ's 2nd Drop Off at Walmart & Burger King 4516 Fair Knoll Drive; Fairfax, VA 22033 12:50 & 1pm ~ Pick Ups at Walmart & Burger King	

FOR A NECESSITIES SHOPPING TRIP TO OCCUR,	NO HERNDON SENIOR CENTER STAFF ATTENDS.
<ul style="list-style-type: none"> ➤ 5 PARTICIPANTS must register in Trip Sign Up Book, <ul style="list-style-type: none"> ▪ BY THE FRIDAY PRIOR to a shopping trip. ▪ MAXIMUM 15 REGISTRANTS. NO WAITLIST. ➤ CANCEL, BY PHONE, BY 12PM TUESDAY. ➤ FOR LAST MINUTE EMERGENCY CANCELLATIONS, <ul style="list-style-type: none"> ▪ Please CALL BY 9AM WEDNESDAY. 	<ul style="list-style-type: none"> ✓ Lunch is on your own. ✓ Remember to: <ul style="list-style-type: none"> ○ CANCEL your HSC Lunch Order ○ in the Lunch Sign Up Binder. ○ BY 1:30 PM, ON TUESDAY – THE DAY BEFORE.
<ul style="list-style-type: none"> ✓ Please pay \$1, WITH EXACT CASH ONLY, <ul style="list-style-type: none"> ○ at the check-in desk, ○ on the morning of the trip. 	<ul style="list-style-type: none"> ✓ Shopping bags must fit around your seat. <ul style="list-style-type: none"> ❖ Please bring your own reusable bags, & ❖ insulated bags for frozen & refrigerated items.
<ul style="list-style-type: none"> ✓ Sites based on popular locations recommendations. <ul style="list-style-type: none"> ❖ <i>Suggestions welcomed & encouraged.</i> 	<ul style="list-style-type: none"> ✓ Questions Suggestions? Please contact na.bee.la <ul style="list-style-type: none"> ➤ 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>
Hot Regular / Veggie	CHEF SALAD & VEGGIE SALAD OFFERED EVERY-DAY	1 Spaghetti & Meat Sauce/ Spaghetti w/Cheese	2 Oven Fried Chicken Legs/ Vegan Nuggets	3 3 oz. Hamburger Patty w/Lettuce, Tomato, Onion, Ketchup/Mustard/Mayo/ Veggie Burger w/Lettuce, Tomato, & Onion	4 CLOSED
Cold Regular		Asian Chop Salad w/ Chicken	Beef Teriyaki Wrap	Egg Salad w/WG Roll	
	7	8	9	10	11
Hot Regular / Veggie	Chicken Tikka Masala/ Chickpea Marsala	Meatloaf w/Gravy/ Vegan Beef Strips	Chicken Spinach Alfredo Bake/ Chix Strips	Oven Roasted Haddock & WG Quinoa/ Vegan Fish Patty	Vegetarian Lasagna/ Same
Cold Regular	Chef Salad (Protein/Swiss Cheese/Roast Beef/Egg wedged)	Pasta Salad w/Turkey bacon/cheddar cubes	Turkey Mayo Roll/ Tomato & Lettuce Garnish	Cottage Cheese, String Cheese, & WG English Muffin	Mild Buffalo Ranch Chicken Salad & Whole Wheat Bread
	14	15	16	17	18
Hot Regular / Veggie	Chinese Style Vegetables w/ Teriyaki Salmon & Brown Rice/ Teriyaki Tofu	Oven Fried Chicken Legs/ Chicks Strips	Cheesy Italian Rice & Meatball/ Cup added beans, soy	Chicken in Orange Sauce/Chix Strips in Orange Sauce	Macaroni & Cheese/ Same
Cold Regular	Cranberry Chicken Salad & WG Crackers	Powerhouse Wrap-Tossed Green Salad w/Italian Dressing	Chicken Salad Slices & WG Bread	Turkey/Cheese & WW Bread/ Lettuce/Tomato/mayo/Zucchini salad	Grilled Chicken Mayo & Whole Wheat Bun
	21	22	23	24	25
Hot Regular / Veggie	Korean Beef Over Jasmine Rice/ Korean Soy Beef over WG Rice	Salisbury Steak w/ mushroom gravy/ Vegetarian Patty	Yangs Teriyaki Chicken & WG Asian noodle/ Veggie Chicks Strips	Grilled Pollock Fish w/ Tarter Sauce/ Vegan Fish Patty	Ground Turkey & Spanish Rice/ 2 cups black beans & Spanish rice
Cold Regular	Roasted Vegetable Pata Salad, ranch dressing, & Fresh Mozzarella	Egg Salad & Whole Wheat Bread	Beef Kale Caesar Wrap-WG Wrap	Taco Salad w/Southwest Ranch Dressing	Chicken Gyro w/1oz Hummus
	28	29	30	31	
Hot Regular / Veggie	Chicken Carnitas Sorghum Burrito Bowl/ Bean Sorghum Burrito Bowl	Cod Filet & WG Noodles w/butter/ Vegan Fish	Korean Beef over Quinoa, WG Roll w/Butter/ Vegan Beef	Turkey Burger w/LTO & WG Bun/ Black Bean Burger	CHEF SALAD & VEGGIE SALAD OFFERED EVERY-DAY
Cold Regular	Tuna Salad & Whole Wheat Bagel	Chicken Caesar Salad-Chicken strips, WG Roll	Yogurt, String Cheese, WG Blueberry Muffin	Whole Chicken Wrap w/ Lettuce/Tomato/mayo	

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

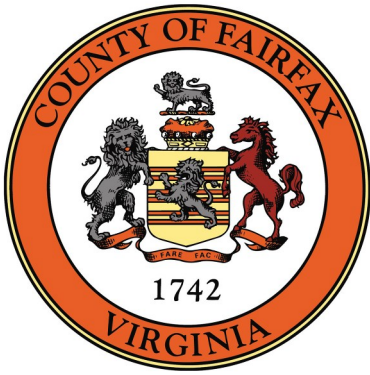
For Ages 60 and above:

<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.