

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 .***