

# 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 12:15pm 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, June 5th 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 June: TBD.

## **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. Fridays at 10:15-11:15am in the Dining Room.  
One Prize per person but endless wins with bragging rights!

**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.

### Rock Painting: Mandala Dot Technique with Michelle

Join us to paint your very own rock and learn the art of Mandala Dot Painting. June 3rd 10:30am-12pm in the Craft Room

### Cards with Nabeela

Join us on Friday, June 6th at 1:00pm for **Card Making**. Please register at the front desk.

### Open Crafternoon with Michelle

Work on new and existing projects at your own pace. June 10th 10:30am-12pm in the Craft Room.

### Jewelry Making with Nabeela

Join us in the craft room on June 13th from 1-2pm to make memory wire bracelets, as well as bracelets with theme options, including Juneteenth and Beachy Summer!

### Paint with Petals with Michelle

Join us to make your very own watercolor paint using fresh flower petals to create a work of art! June 17th from 10:30am-12pm in the Craft Room

### Nature Color Wheel with Michelle [Outside]

Join us to explore and appreciate the hues of the natural world with an interactive scavenger hunt! June 24th from 10:30am-12pm. Meet in the lobby and we will go outside to explore nature together, weather permitting!

### Step by Step Painting with Amanda T.

Step by Step Painting with light refreshments, June 26th at 10:15am in the craft room.

## CENTER REMINDERS

If you have any Questions or Concerns,

Please Contact:

Becky Shearer, Senior Center Director.

[Rebecca.Shearer@fairfaxcounty.gov](mailto: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 .**

### 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.