

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, May 1st 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

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.

Jewelry with Nabeela

Join us on 5/30, at 1:00pm for **Mermaid Beaded Bookmarks**. Please register at the front desk.

Cards with Nabeela

Join us on 5/9 at 1:00pm for **Card Making**. Please register at the front desk.

Resin Flower Jewelry Dish with Michelle

Create your own Resin Jewelry 5/6 at 10:30am in the Craft Room. Registration required

Sip and Paint with Amanda T.

Step by Step Painting with light refreshments, 5/22 at 10:30am in the craft Room.

Registration required.

Spring Craft Sale Prep with Michelle

Gather and merchandise member craft creations for our first Spring Craft Sale. All proceeds will be donated to the Senior Center Advisory Council. May 8th 10:30 – 12pm

Painting with Petals with Michelle

Learn how to paint with fresh flower petals, blooms and leaves. May 13th 10:30-12pm

Flower Pounding Tea Towel with Michelle

Design and create a nature-inspired tea towel using an innovative flower pounding technique. May 20th 10:30-12pm

Mandala Art with Michelle

Learn the art of Mandala Dot Painting. May 27th 10:30am-12pm

CENTER REMINDERS

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 .**

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.