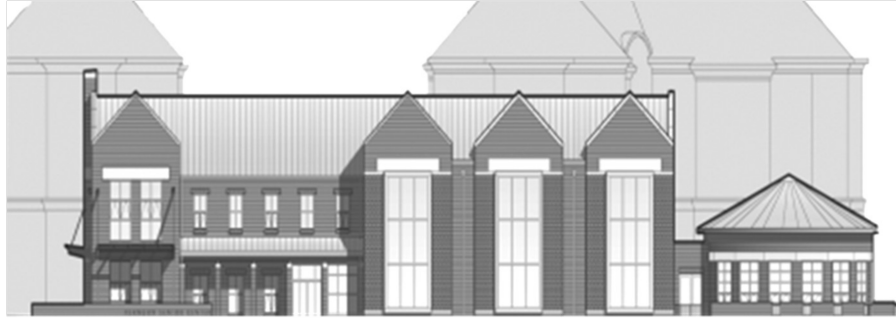


HERNDON SENIOR CENTER

**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, Amy Lee, Shosha Shen, Karen Temple,
Sade Amuda, Emma Brown

Recreation Therapist Amanda Trenis, CTRS
Case Manager Missi Amuda, MSW

OCTOBER 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**

**Page 2-3: Ongoing Activities
Page 4-5: Events, Closures, &
Month At-A-Glance
Page 6-7: Program Details & Center
Reminders
Page 8-9: Trip Info, Inclement
Weather Policy & Resources
Page 10-11: Meals**



A Fairfax County, VA
Publication
OCTOBER 2025
Updated 9/30/2025

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 - 10/6, 10/13, 10/20, & 10/27

Ping Pong	8-10:15am; 12-12:45pm; 1:45-2:30pm	Ballroom B
NEW! Beginning Ballroom Dance	8am-10am	Ballroom C
Tai Chi/Exercise	9:30am-10:30am	Ballroom A
Crochet & Knitniks Group	10am-12pm	Craft Room
<i>SAIL - Fall Prevention Program—Current Session Is Closed. Must Be registered</i>	10:30am	New! Ballrooms A & B
NEW! CARDIO DRUMMING (Limited to 15 people. First Come, First Served)	10:30am-11am	Ballroom C
Community Case Manager	10:30am-2pm	Lobby
Yoga Breathing	11am	New! Game Room!
Jeopardy Trivia	11am	Activity Room
NEW! BALLROOM B CLOSED	10:15am-12pm; 12:45-1:45pm; 2:30-4pm	Ballroom B
NEW! Chair Yoga	11:15am-11:45am	Ballroom C
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Art with Jeanne (No Class 10/27)	1-2pm	Craft Room
Stronger Memory Program	1-2pm	Activity Room
NEW! Sound Bath/Meditation	1pm-1:45pm	Ballroom C
Badminton	2:30-3:45pm	Ballroom B

TUESDAY - 10/7, 10/14, 10/21, & 10/28

NEW! Instrument	8am-12pm	Game Room
Ping Pong	8am-3:45pm	Ballroom B
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	Ballroom C
Advanced Line Dance w/ Hiroko	12pm	Ballroom A
SLSA Instrument	12:15pm	Game Room
Diamond Art	1-2:45pm	Craft Room
NEW! Seated Volleyball	1-2pm	Ballroom C
SLSA Choral Group	1pm	Conference Room

ALL CLASSES & ACTIVITIES AND THEIR LOCATIONS ARE SUBJECT TO CHANGE BASED

WEDNESDAY - 10/1, 10/8, 10/15, 10/22, & 10/29

Ping Pong	8-10:30am; 12-1:15pm	Ballroom B
NEW! Chorus	9am-12pm	Ballroom C
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
<i>SAIL - Fall Prevention Program—Current Session Is Closed. Must Be registered</i>	10:30am	New Location! Ballrooms A & B
American Mahjong	10:30am	Hallway
Yoga Breathing	11am	New Location for MW: Game Room!
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
Computer Lab Help (No class 10/8, 10/15, 10/22, 10/29, & 11/5).	1pm	Computer Lab
NEW DAY! Music Lovers	1pm-2pm	Activity Room
Zumba Gold Class w/ Celia	1:30pm	Ballrooms B & C
Badminton	2:45-3:45pm	Ballroom B

THURSDAY - 10/2, 10/9, 10/16, 10/23, & 10/30

Ping Pong	8am-3:45pm	Ballroom B
NEW! Folk Dance	9am-11am	Ballroom C
International Mahjongg (GR)	9:30am-2pm	Hallway
Tai Chi	10:30am-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	Ballroom C
Diamond Art	1-2:45pm	Craft Room
New Day! Computer Lab Help with David	1-2pm	Computer Lab
ESL	1pm	Ballroom C
Stronger Memory Program	1-2pm	Activity Room
NEW! 'Just Dance' Fitness	1-2pm	Ballroom A

FRIDAY - 10/3, 10/10, 10/17, 10/24, & 10/31

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
iPad Help- Please BYO iPad! (Not all apps are available on center iPads)	11:15am	Conference Room
iPhone—Tips, Tricks and Tutorials	12:15pm	Game Room
How to Use AI-Chat GPT	1pm	Game Room
Crossword	1pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B

Upcoming Events & Closures

<u>Day (s)</u>	<u>Activity</u>	<u>Time</u>	<u>Room</u>
Friday, October 10th	"Mocktails" & Mingle	1-3pm	Ballroom C
Monday, October 13th	Family Day & Wear Pink to Spread Breast Cancer Awareness	FULL DAY	Activities held in various rooms.
Wednesday, October 22nd	Senior Safety Summit	10am-1pm	Ballrooms & Dining Room
Thursday, October 23rd	Charter Trip: Native American History Museum ~ Honoring Indigenous Peoples' Day ~	Board bus at 10:20am, re-turn by 2pm	Washington, D.C.
Friday, October 24th	Charter Trip: Elvis Presley Concert	Board bus at 11:20am, re-turn by 2pm	Christ the Redeemer Church-Senior Group
Friday, October 24th	What's Your Favorite?	1-2pm	Ballroom C
Wednesday, October 29th	Library Card Sign-Up/ Libby Tutorial Event	10:30-11:45am	Conference Room
Tuesday, November 4th	CLOSED for Election Day	FULL DAY	FULL BUILDING
Tuesday, November 11th	CLOSED in observance of Veterans' Day	FULL DAY	FULL BUILDING
Thursday, November 13th	Charter Trip: Frying Pan Farm Park Wagon Ride	Board bus at 10:20am; re-turn by 2pm	Frying Pan Farm Park: Herndon, VA
Friday, November 14th	"Mocktails" & Mingle	1-3pm	Ballroom C
Thursday, November 20th	Seniorsgiving	12pm-1pm	Dining Room
Friday, November 21st	What's Your Favorite?	1-2pm	Ballroom C
Thursday, November 27th - Sunday, November 30th	CLOSED in observance of the Thanksgiving holiday	FULL DAY	FULL BUILDING

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.**
- * The HSC team has taken your feedback over the last year to create a new schedule that has something for all of our members. Please share your feedback with us by emailing nscherndonseniorcenter@fairfaxcounty.gov

OCT. MONTH AT A GLANCE

<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				1 1pm: Beginners' Spanish w/Octavia C. (in Conference Room)	2 2:30pm - Book Club	3 1pm: Card Making: Pink Breast Cancer Awareness Month; Native American Design Stamps; Halloween Dia de las Muertes; Diwali (Oct. 20th)
<u>KEY</u>	Registration required	Re-	\$\$ - Supply Fee Required			
6		7 10:30am-12pm: Kindness Rocks-Mandala Dot Art/ Breast Cancer Awareness Month themed (CR) RR!		8 10:20am-Shopping Trip-\$\$	9 9:30am-12:30pm: Shepherd Center	10 1-3pm: "Mocktails" & Mingle-Ballroom C
13 Wear Pink Day for Breast Cancer Awareness Month Family Day!		14 10-11am: Blood Pressure Clinic 10:30am-12pm: Pressed Flower Mandalas (Diwali) (CR) RR!		15 10:20am- Shopping Trip-\$\$ 1-2pm - Música del Recuerdo en Español (DR) 1pm: Intermediate Spanish w/Octavia C. (in Conference Room)	16 10:45am-12pm: Destination Discovery with Amanda T. (Ballroom C.) RR!	17 1pm: Jewelry Making: Corded Pendants ~ including Pink Cord option, w/Repurposed Dominoes & Glass Covered Photos; Leaf Rubbings Native American Art Diwali Halloween
20		21 10:30am-12pm: Breast Cancer Awareness Painted Pots w/Cricut Designs (CR) RR!		22 Senior Safety Summit!: 10am-1pm: Ballrooms & Dining Room 9:30am-12:30pm: Shepherd Center	23 Charter Trip: Native American History Museum: Board bus at 10:20am, return by 2pm 10:15am-12pm: Sip & Paint w/Amanda T. (CR) RR!	24 Charter Trip: Elvis Presley Free Concert: Board bus at 11:20am, return by 2pm 1-2pm: What's Your Favorite?: Ballroom C
27		28 10:30am-12pm: Pumpkin Decorating Craft (CR) RR!		29 10:20am- Shopping Trip-\$\$ 10:30-11:45am: Library Card Sign-Up/ Libby Event (Conference Room) RR!	30 10:30am-12pm: Small Diamond Art Halloween Themed (CR) RR!	31 Halloween! Dress up to get special tricks and treats during Bingo & Lunch!

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.

Community Cares Manager Onsite

Every Monday from 10:30am-2pm

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

Thursday, October 2nd 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. **October Dates: October 9th & 22nd**

Library Card Sign-Up/Libby Tutorial

We will have library staff onsite **Wednesday, October 29th from 10:30-11:45am in the Conference Room** to help you sign up for a Library Card, and to teach you how to use a handy library tool, Libby! Even if you already have a library card, come learn about Libby! *Please register at the front desk prior to the event, as the library staff need an accurate head count.*

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!

***NEW: Mocktails & Mingle**

Come mingle with your friends and make new ones while sipping some delicious refreshing mocktails!
Every 2nd Friday (Except Holidays), Ballroom C: 1-2:30pm

- 10/10
- 11/14

***NEW: What's Your Favorite?**

In this program, we will test out multiples of similar items to determine which is your favorite! For Ex.: Favorite Brand of Ginger Ale, Type of Vanilla Ice Cream, Favorite Cheese, etc. *Please sign up by 2pm the day before the program to ensure enough supplies are available.* **Every 4th Friday (Except Holidays), Ballroom C: 1-2pm**

- 10/24: Favorite Candy Bar and Cheeses
- 11/21: Favorite Bread and Favorite Jam

Stronger Memory Program

The Stronger Memory program is offered Mondays & Thursdays 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

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 you are given a larger project to work on.

Card Making with Nabilah

Friday, October 3rd at 1pm in the Craft Room! Themes include: Pink/Ribbons for Breast Cancer Awareness Month; Native American Design Stamps; Halloween|Dia de las Muertes; Diwali! Registration at the front desk is required!

Kindness Rocks-Mandala Dot Art/Breast Cancer Awareness Month themed with Michelle

Paint a cute rock! Tuesday, October 7th, 10:30am-12pm in the Craft Room. Registration at the front desk is required!

Pressed Flower Mandalas (for Diwali) with Michelle

Celebrate Diwali by making pressed flower mandalas! Tuesday October 14th 10:30am-12pm in the Craft Room! Registration at the front desk is required!

Destination Discovery with Amanda T.

Stamp your passport and set off on a cultural adventure—each month, we'll journey to a new destination and uncover the rich history, traditions, and stories that make it unique. This activity will be in Ballroom C, Thursday October 16th at 10:45am! Registration at the front desk is required!

Jewelry Making with Nabilah

Corded pendant including Pink Cords, w/repurposed dominoes & glass covered photos; Leaf Rubbings|Native American Art|Diwali|Halloween. Friday, October 17th 1-3pm in the Craft Room! Registration at the front desk is required!

Breast Cancer Awareness Painted Pots w/Cricut Designs with Michelle

Paint a plant pot, for you or someone you know! We will be utilizing the Cricut Machine for designs. Tuesday October 21st 10:30am-12pm in the Craft Room! Registration at the front desk is required!

Sip & Paint with Amanda T.

Step by Step Painting with light refreshments, on Thursday, October 23rd at 10:15am in the Craft Room. Registration at the front desk is required!

Pumpkin Decorating Craft with Michelle

Paint a pumpkin for Fall! Tuesday, October 28th 10:30am-12pm in the Craft Room. Registration at the front desk is required!

Small Diamond Art Project (Halloween themed) with Michelle

Join us for a small diamond art project with a Halloween theme! Thursday, October 30th 10:30am-12pm in the Craft Room. Registration at the front desk is required!

CENTER REMINDERS

Emergency Drills

Under strict orders by the Fairfax County Fire Marshal we are required to complete quarterly drills. These ensure your safety & best practices of how to safely & 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, & do not turn back to return to the program room.

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 OF 5 WEDNESDAYS IN OCTOBER 2025

TRIPS OF NECESSITIES [GROCERIES & SUPPLIES SHOPPING]



Wed, OCT 1 ST	Grocery Store, PAINTED TREE BOUTIQUE Burlington Coat Factory, & India Bazaar ~ in Sterling Community Plaza	Drop Offs at: Lidl, then India Bazaar. 11:20 pm ~ Pick Up at India Bazaar, 46960 Cedar Lake Plaza, Sterling, VA 20164 <i>then Drop Off at Lidl.</i> 1:10 pm ~ Pick Up at Lidl only. 47100 Community Plaza ~ Suite #101 Sterling, VA 20164	Flu Shots Unavailable.
Wed, OCT 8 TH at 10:20 am	DOLLAR TREE, T-Mobile, Giant & Eateries ~ in Sterling Town Center Plaza & TRADER JOE'S ~ in Reston	12 pm ~ Pick Up at Dollar Tree 21800 Town Center Plaza ~ Suite #237; Sterling, VA 20164 1 pm ~ Pick Up at Trader Joe's 11958 Killingsworth Ave; Reston 20194	Giant offers Flu Shots. Walk-Ins welcome. (703) 430-6115, Ext #5, then Ext #0 = Pharmacy Staff.
Wed, OCT 15 TH at 10:20 am	Giant, CVS, FIVE BELOW ROSS, Marshall's, POPEYES, etc ~ in Greenbriar Town Center	Drop Offs at Ross, Giant, & Marshalls 1pm ~ Pick Up at Giant Only 13043 Route 50 Hwy; Fairfax, VA 22033	Giant offers Flu Shots. Walk ins welcome. (703) 968-8324, Ext #8, then #0 = Pharmacy.
Wed, OCT 22 ND	No Trip of Necessities	Please attend the Senior Safety Summit. Pizza & Refreshments for Participants.	HSC's Ballroom Sponsored by Ffx Co's Board of Supervisors.
Wed, OCT 29 TH at 10:20 am	Walmart, Aldi, DSW, Michaels TARGET, Lands End, & PETSMART, BURGER KING ~ in Fair Lakes Shopping Center	1st Drop Offs at Michaels & Walmart 13059, 13053, & 12971 Fair Lakes Pkwy; 12:10 ~ Pick Ups at Michael's then Walmart 2nd Drop Off at Walmart, then Burger King 13040 Fair Lakes Center; Fairfax, VA 22033 12:50 & 1pm ~ Pick Ups at Walmart, Burger King	Walmart offers Flu Shots 9am -12pm. Appointments Preferred. Please call (703) 631.9450 ~ Ext #1.

FOR A NECESSITIES SHOPPING TRIP TO OCCUR,	NO HERNDON SENIOR CENTER STAFF ATTENDS.
➤ 5 PARTICIPANTS must register in Trip Sign Up Book, ▪ BY THE FRIDAY PRIOR to a shopping trip. ▪ WAITLIST [STAND BY] AFTER 11 REGISTRANTS. ➤ IF YOU MUST CANCEL, PLEASE PHONE ▪ BY 12PM TUESDAY, THE DAY BEFORE. ➤ FOR LAST MINUTE EMERGENCY CANCELLATIONS, ▪ Please CALL BY 9AM WEDNESDAY.	✓ Lunch is on your own. ✓ Kindly remember to: ○ CANCEL your HSC Lunch Order ○ in the Lunch Sign Up Binder. ○ BY 1:30 PM, ON TUESDAY – THE DAY BEFORE.
✓ Please pay \$1, WITH EXACT CASH ONLY, ○ at the check-in desk, ○ on the morning of the trip.	✓ Shopping bags must fit around your seat. ❖ Please bring your own reusable bags, & ❖ insulated bags for frozen & refrigerated items.
✓ Sites based on popular locations recommendations. ❖ Suggestions welcomed & encouraged.	✓ Questions Suggestions? Please contact Na.bee.la ➤ 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>

OCTOBER MEALS

<u>MONDAY</u>		<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Hot Regular / Veggie	CHEF SALAD & VEGGIE SALAD OFFERED EVERYDAY	6	1	2	3
Cold Regular			Tuna Noodle Casserole/ Same	Sunny Lemon Chicken/ Meatless Chicken	Chicken & Dumplings/ Veggie Chix Strips
			Turkey Mayo w/WG Roll	Cottage Cheese, String Cheese, & WG English Muffin	Mild Buffalo Ranch Chicken Salad w/WW Bread
Hot Regular / Veggie	7	Vegetarian Lasagna/ Same	8	9	10
	Chinese Style Vegetables w/Orange Chicken/ Teriyaki Tofu		Hamburger w/Lettuce, Tomato & Onion/ Vegetarian Patty	Beef Lo Mein/ Soy Beef	Oven Fried Chicken Legs/ 3 oz Veggie Chicks Strips
Cold Regular		Grilled Chicken Mayo w/WW Bun	Tuna Nicoise Salad & WG Crackers	Turkey, 1 oz Cheese, WW Bread, Lettuce, tomato (garnish), & mayo	1 Powerhouse Wrap (3/4 cup Black Beans, WW Tortilla, Tossed Green Salad w/Italian)
	13	14	15	16	17
Hot Regular / Veggie	Nashville Hot Chicken Sandwich/ Veggie Chix Strips	Salisbury Steak w/ Mushroom Gravy/ Vegetarian Patty	Yangs Teriyaki Chicken/ Veggie Chicken Strips	Grilled Pollock Fish w/ Tarter Sauce/ Vegan Fish Patty	Korean Beef over Jasmine Rice/ Korean Soy Beef over WG Rice
Cold Regular		Egg Salad & WW Bread	Beef Kale Caesar Wrap	Taco Salad w/Southwest Ranch Dressing	Chicken Gyro & Hummus
	20	21	22	23	24
Hot Regular / Veggie	Beef Picadillo w/WG Rice/ Soy Beef	Yangs Orange Chicken/ Veggie Chix Strips	1 - 5x5 Slice Shepards Pie/ Vegan Beef	Cheese Manicotti w/ Tomato Basil Sauce/ Same	Stuffed Peppers w/ WG Rice/ Soy Protein
Cold Regular		Chicken Caesar Salad	Yogurt, String Cheese, WG Blueberry Muffin	Whole Chicken Wrap w/ Lettuce, Tomato, Mayo	Roasted Vegetable Pasta Salad w/ranch dressing
	27	28	29	30	31
Hot Regular / Veggie	Baked Chicken Thigh w/Herb Gravy/ Veggie Chix Strips	Turkey Patty w/Lettuce, Tomato, Onion, & WG Bun/ Soy Protein	Chili con Carne/ Vegetarian Chili	Creamy Chicken Enchiladas/ Veggie Chix Strips Enchiladas	Minestrone Soup/ Same
Cold Regular		Greek Salad w/ Chicken Strips	Chicken Salad (lettuce, tomato garnish) & WW Bread	Fresh Mozzarella w/ WG Pita Bread & Vegetable Bruschetta	Spinach Strawberry Feta Salad w/ Chicken Breast

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 Amanda G.**
- * *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 12:15 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

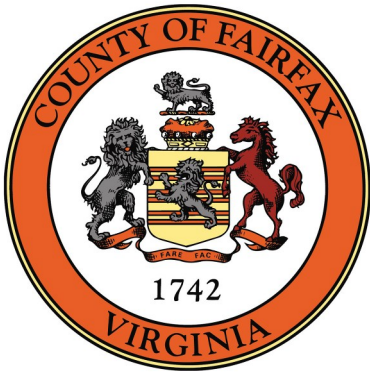
For Ages 60 and above:

<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.