

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.**