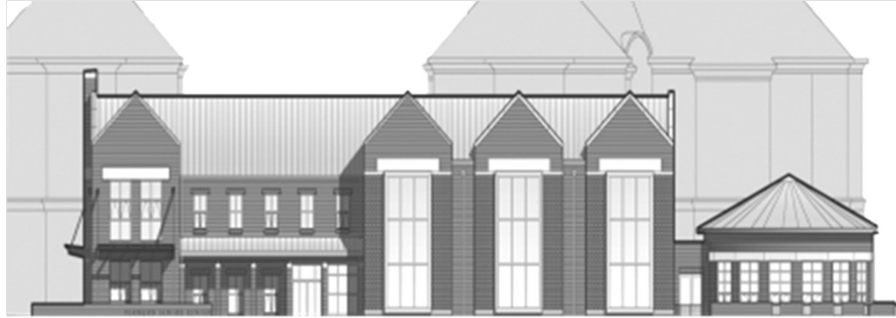


HERNDON SENIOR CENTER

**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

SEPTEMBER 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**

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Month At-A-Glance**

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A Fairfax County, VA
Publication
AUGUST 2025
Updated 8/29/2025

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
<u>MONDAY - 9/8, 9/15, 9/22, & 9/29</u>		
Ping Pong	8-11am; 12-12:45pm;	Ballroom B
Tai Chi/Exercise	9:30am-10:30am	Ballroom A
Computer Class with David	10am	Computer Lab
Crochet & Knitniks Group	10am-12pm	Craft Room
SAIL - Fall Prevention Program	10:30am	Dining Room
NEW! CARDIO DRUMMING (Limited to 15 people. First Come, First Served)	10:30am-11am	Ballroom C
Yoga Breathing	11am	Ballroom A
Jeopardy Trivia	11am	Activity Room
NEW! BALLROOM B CLOSED	11am-12pm; 12:45-	Ballroom B
NEW! Chair Yoga	11:15am-11:45am	Ballroom C
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Art with Jeanne	1-2pm	Craft Room
Stronger Memory Program	1-2pm	Activity Room
NEW! Sound Bath/Meditation	1pm-1:45pm	Ballroom C
NEW! Beginning Ballroom Dance	2pm-4pm	Ballroom C
Badminton	2:30-3:45pm	Ballroom B
<u>TUESDAY - 9/2, 9/9, 9/16, 9/23 & 9/30</u>		
SLSA Instrument	8am-12pm	Library
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 (9/16: Game Room)
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 ON CENTER NEEDS.

<u>KEY</u>	Registration Required	\$\$ - Supply Fee Required
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WEDNESDAY - 9/3, 9/10, 9/17 & 9/24

Ping Pong	8am-1:15pm	Ballroom B
NEW! Chorus	9am-12pm	Ballroom C
Tai Chi/Excercise	9:30am-10:30am	Ballroom A
Ceramics w/ Vince - \$\$ (Self Led 9/3)	10am-12pm	Craft Room
Party Bridge	10am-12pm	Game Room
Teaching Bridge	10am-12pm	Game Room
SAIL - Fall Prevention Program	10:30am	Dining Room
American Mahjong	10:30am	Hallway
Yoga Breathing	11am	Ballroom A
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 - \$\$ (Self Led 9/3)	12:15-2:15pm	Craft Room
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Computer Lab Help	1pm	Computer Lab
NEW DAY! Music Lovers	1pm-2pm	Activity Room
Zumba Gold Class w/ Celia (Class cancelled on 9/3).	1:30pm	Ballrooms B & C
Badminton	2:45-3:45pm	Ballroom B

THURSDAY - 9/4, 9/11, 9/18, & 9/25

Ping Pong	8am-3:45pm	Ballroom B
NEW! Folk Dance (No Class on 9/11)	9am-11am	Ballroom C
International Mahjongg (GR)	9:30am-2pm	Hallway
Tai Chi	10:30am-12pm	Ballroom A
Chair Exercise - DVD- (<i>Cancelled on 9/25 for event</i>)	10:15am	Dining Room
Walking Club - Weather Permitting	10:30am	Lobby
Rx Relax Yoga DVD (<i>Cancelled on 9/25 for event</i>)	10:45am	Dining Room
Fit 4 Life w/ Nabeelah	11:10-11:45am	Ballroom C (except 9/11)
Diamond Art	1-2:45pm	Craft Room
ESL	1pm	Ballroom C
Stronger Memory Program	1-2pm	Activity Room
NEW! 'Just Dance' Fitness	1-2pm	Ballroom A

FRIDAY - 9/5, 9/12, 9/19 & 9/26

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
NEW! CARDIO DRUMMING (Limited to 15 people)	10:30am-11am	Ballroom C
Yoga Breathing	11am	Ballroom A
Brain Games	11am	Activity Room
iPad Help- Please BYO iPad! (Not all apps are available on	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>
Saturday, August 30th-Monday, September 1st	CLOSED in observance of Labor Day	FULL DAY	FULL BUILDING
Friday, September 12th	"Mocktails" & Mingle	1-3pm	Ballroom C
Tuesday, September 16th	Suicide Prevention/Mental Health Crafts & Resources	10:30-11:45am	Ballroom C
Tuesday, September 23rd	NWFCU Financial Literacy Session	10:30-11:45am	
Thursday, September 25th	Hispanic Heritage Month Celebration	10:45-11:45 am: Health Cuisine Cooking Demo; 12:45-2pm: Country Highlight Presentations	Dining Room
Friday, September 26th	What's Your Favorite?	1-2pm	Ballroom C
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	<u>Charter Trip:</u> Native American History Museum ~ Honoring Indigenous Peoples' Day ~	Board bus at 10:20am, return by 2pm	Washington, D.C.
Friday, October 24th	What's Your Favorite?	1-2pm	Ballroom C

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

SEPT. MONTH AT A GLANCE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 <u>CLOSED</u> <u>FOR LABOR</u> <u>DAY</u>	2 10:30am-12pm: Kindness Rocks (Hispanic Heritage Month themed) RR! (CR)	3 9:30am-12:30pm: Shepherd's Center (Lobby)	4 2:30pm - Book Club	5 1-2pm: Card Making w/ Nabilah: Good Luck w/ School, Welcome Fall "Quilt" Patterns, Cacti Stamps, & Hispanic Heritage Month RR! (CR)
8	9 10:30am-12pm: Sun-Dye Craft on Fabric RR! (CR)	10 10:20am- Shopping Trip-\$\$	11 10:45am-12pm: Destination Discovery w/Amanda T. RR! (Ballroom C)	12 1-3pm: "Mocktails" & Mingle -Ballroom C
15	16 10-11am: Blood Pressure Clinic 10:30-11:45am: Self-Care Activity Day: Suicide Pre- vention Month & Mental Health Crafts & Resources- Ballroom C	17 10:20am- Shop- ping Trip-\$\$ 1-2pm - Música del Recuerdo en Español (DR)	18 10:15am: Sip & Paint w/Amanda T. RR! (CR)	19 1-2pm: Jewelry Making w/ Nabilah: (Repair, Redesign, Repurpose Own Jewelry Pieces) RR! (CR)
22	23 10:30am-12pm: Resin Charm Brace- lets w/Pressed Flowers RR! (CR) 10:30-11:45am: NWFCU Financial Literacy Session	24 10:20am - Shop- ping Trip - \$\$ 9:30am-12:30pm: Shepherd's Center (Lobby)	25 10:30am-12pm: Small Diamond Art Project RR! (CR) Hispanic Heritage Month Celebration in Dining Room: 10:45- 11:45am-Healthy Cui- sine Cooking Demo.; 12:45-2pm-Country Highlight Presentations	26 1-2pm: What's Your Favorite -Ballroom C
29	30 10:30am-12pm: Watercolor Book- marks RR! (CR)	<div> <div>KEY</div> <div>Registration Required</div> <div>\$\$ - Supply Fee Required</div> </div>		

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

Thursday, September 4th 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. **September 3rd and 24th**

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 when there is a Holiday), Ballroom C: 1-2:30pm

- 9/12
- 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 on the day before the program to ensure enough supplies are available.

Every 4th Friday (Except when there is a Holiday), Ballroom C: 1-2pm

- 9/26: Favorite Type of Vanilla and Brand of Chocolate Ice Cream, and Kettle Cooked Chips
- 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 (10 minutes each) of: reading aloud, writing on paper, & simple math, either at the center or at home (or both). ***Consistency is required to receive program materials. Please sign-up at the front desk to be in this program.**

Participation in Programs is not permitted for members with expired memberships that have not filled up updated paperwork. You will be asked to fill out paperwork prior to joining your program.

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-Hispanic Heritage Month themed with Michelle

Join us to create a beach-themed ornament with resin, pearls and sea adornments on Tuesday, September 2nd from 10:30am-12pm in the Craft Room. *Space is limited: please register at the front desk!*

Sun-Dye Craft on Fabric with Michelle

Learn the art of Sun-Dye! Tuesday September 9th from 10:30am-12pm in the Craft Room! *Registration is required for this class-please register at the front desk! Space is limited.*

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 September 11th at 10:45am! *Registration is required-please register at the front desk!*

Self-Care Activity Day with Michelle

We will have aromatherapy crafts, planning resources, and self-care resources for you to take home. This will be part of Mental Health Awareness and Suicide Prevention Month event. 10:30am-12pm in Ballroom C! *Registration is required for this activity-please register at the front desk!*

Sip & Paint with Amanda T.

Step by Step Painting with light refreshments, on Thursday, September 18th at 10:15am in the Craft Room. *Registration is required for this class-please register at the front desk!*

Resin Charm Bracelets w/Pressed Flowers with Michelle

Make your very own resin charm bracelet with pressed flowers! Tuesday, September 23rd from 10:30am-12pm in the Craft Room. *Please register at the front desk, as space is limited!*

Small Diamond Art Project with Michelle

Join us for a small diamond art project honoring Hispanic Heritage Month! Thursday, September 25th 10:30am-12pm in the Craft Room. *Please register at the front desk, as space is limited!*

Watercolor Bookmarks with Michelle

Paint your very own watercolor bookmark, for your favorite books or gift to a friend/family member! Tuesday September 30th, 10:30am-12pm in the Craft Room! *Registration is required-please register at the front desk!*

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, 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 .



4 WEDNESDAYS IN SEPTEMBER 2025

TRIPS OF NECESSITIES [GROCERIES & SUPPLIES SHOPPING]

RETURN TRIPS ARRIVE BACK AT HERNDON SENIOR CENTER BY 1:30PM



<p>Wed, SEP 3RD at 10:20 am</p>	<p>NORDSTROM rack HOME SENSE OLD NAVY BARNES & NOBLE BOOKSELLERS then Wegmans Grocery Store ~ in Fairfax, VA</p>	<p>12pm ~ Nordstrom Rack Pick Up 12199 Fair Lakes Promenade Dr, 1pm ~ Wegmans Pick Up 11620 Monument Drive; Fairfax, VA 22033</p>	<p>Wegmans offers Flu Shots. Walk-Ins welcome. (571) 525-5525, Ext #2, then #8= Pharmacy</p>
<p>Wed, SEP 10TH at 10:20 am</p>	<p>MOM's Organic Market. LOTTE FOODS & SPROUTS FARMERS MARKET ~ in Herndon Shopping Centre</p>	<p>1pm ~ MOM's Pick Up 1:10pm ~ Sprouts Pick Up 374 -- 494 Elden St ~ Suite 110. Herndon 20170</p>	<p>My Dr's Pharmacy offers flu shots. Walk-Ins welcome. [Located between Lotte & Sprouts.] (703) 215-8000, Ext 5</p>
<p>Wed, SEP 17TH at 10:20 am</p>	<p>Goodwill, Giant, GNC LIVE WELL, HomeGoods Sorrento Grill, Taco Bamba, Etc ~ in Herndon's Village Center at Dulles</p>	<p>1st Drop Offs at Home Goods, GNC, Giant, & Goodwill 12 & 12:05pm ~ Pick Ups at Home Goods & GNC 2nd Drop Offs Only to Giant & Goodwill 2545 through 2421 Centreville Road; Herndon VA 20171 1:10pm ~ Pick Up Only at Giant</p>	<p>Giant welcomes Flu Shot Walk-Ins from 10am -7 pm. 703.689.2570, ~ Ext 0; then 0 [again] = Pharmacy.</p>
<p>Wed, SEP 24TH at 10:20 am</p>	<p>Walmart, Aldi, DSW, Michaels TARGET, Lands End, & PETSMART, BURGER KING ~ in Fair Lakes Shopping Center</p>	<p>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</p>	<p>Walmart offers Flu Shots 9am -12pm. Appointments Preferred. Please call (703) 631.9450 ~ Ext #1.</p>

FOR A NECESSITIES | SHOPPING TRIP TO OCCUR,

- **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.**
- ✓ Please pay **\$1, WITH EXACT CASH ONLY,**
 - at the check-in desk,
 - on the morning of the trip.
- ✓ **Sites based on popular locations | recommendations.**
 - ❖ *Suggestions welcomed & encouraged.*

NO HERNDON SENIOR CENTER STAFF ATTENDS.

- ✓ 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.**
- ✓ **Shopping bags must fit around your seat.**
 - ❖ Please bring your own reusable bags, &
 - ❖ insulated bags for frozen & refrigerated items.
- ✓ **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>

SEPTEMBER MEALS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1	2	3	4	5
CLOSED FOR LABOR DAY	Salisbury Steak w/ Mushroom/ <i>Vegetarian Patty</i>	Yangs Teriyaki Chicken/ <i>Chix Strips</i>	Grilled Pollock Fish w/ Tartar Sauce/ <i>Vegan Fish Patty</i>	Ground Turkey w/ Spanish Rice/ <i>Black</i>
CLOSED FOR LABOR DAY	Egg Salad w/ WW Bread	Beef Kale Caesar Wrap	Taco Salad w/ South-west Ranch	Chicken Gyro
8	9	10	11	12
Chicken Carnitas Sorghum/ <i>Bean Sorghum Burrito Bowl</i>	Cod Filet w/ WG Noodles/ <i>Vegan Fish</i>	Korean Beef w/ Quinoa/ <i>Vegan Beef</i>	Turkey Burger w/ LTO/ <i>Vegan Fish</i>	Yangs Orange Chicken/ <i>Vegan Chicken Nuggets</i>
Tuna Salad w/ WW Bagel	Chicken Caesar Salad	Yogurt, String Cheese, WG Blueberry Muffin	Whole Chicken Wrap	Chicken Gyro
15	16	17	18	19
Chicken Spaghetti/ <i>Chix Spaghetti</i>	Beef Stuffed Pepper/ <i>Soy Protein in Pepper</i>	Hawaiian Chicken Coconut Rice/ <i>Vegan Nuggets Coconut Rice</i>	Swedish Meatballs w/ Egg Noodles/ <i>Vegan</i>	Baked Cajun Fish/ <i>Meatless Fish Patty</i>
Taco salad w/ South-west Ranch	Greek Salad w/ Chicken	Tuna Salad w/ WG Bun	Yogurt, String Cheese, WG Blueberry Muffin	Spinach Strawberry Feta Salad w/ Chicken
22	23	24	25	26
Grilled Pollock/ <i>Vegan Fish</i>	Chicken & Waffles/ <i>Chix Strips</i>	Spaghetti & Meat Sauce/ <i>Spaghetti w/</i>	Oven Fried Chicken Legs/ <i>Vegan Nuggets</i>	Hamburger w/ LTO/ <i>Veggie Burger w/ LTO</i>
Egg Salad w/ WG Roll	Tropical Bean Salad w/ Lettuce	Asian Chop Salad w/ Chicken	Beef Teriyaki Wrap	Pesto Pasta Salad w/ Chicken
29	30			
Chicken Tikka Masala w/ Basmati Rice/ <i>Chickpea Masala</i>	Meatloaf w/ Gravy/ <i>Vegan Beef Strips</i>			
Chef Salad w/ Swiss & Roast Beef	Pasta Salad (Turkey bacon, Cheddar Cubes, WG Rotini)			

CHEF SALAD & VEGGIE SALAD OFFERED EVERYDAY

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

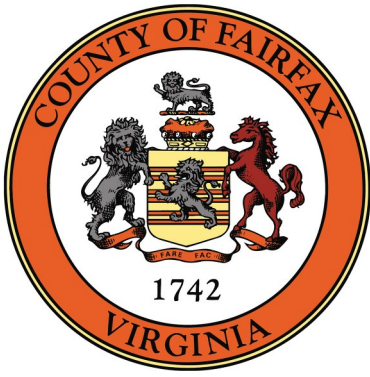
For Ages 60 and above:

<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.