

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 .