

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.

<u>EVERYDAY</u>					
<u>Activity or Event</u>	<u>Day/Date</u>	<u>Start Time</u>	<u>End Time</u>	<u>Description</u>	<u>Location</u>
Board Games	Everyday	8:00 AM	3:45 PM	Self Led - Please come to the front desk to borrow game boxes or you may use games from the Game Room cabinets.	Facility
Ping Pong Table	Everyday	8:00 AM	3:45 PM	Self Led	2nd Floor
<u>MONDAY</u>					
<u>Activity or Event</u>	<u>Day/Date</u>	<u>Start Time</u>	<u>End Time</u>	<u>Description</u>	<u>Location</u>
Memorial Day	Monday, May 25, 2026	CLOSED	CLOSED	CLOSED FOR MEMORIAL DAY	
Beginning Ballroom Dance	Mondays	8:00 AM	10:00 AM	Learn synchronized ballroom styles like waltz and cha-cha in a team setting. Improve coordination, rhythm, and teamwork while dancing in dynamic group formations.	Ballroom C
Ping Pong	Mondays	8:00 AM	10:15 AM	Unavailable 4/6 until 1pm & 4/13 - Full Day	Ballroom B
Closed for Maintenance	Monday, April 13, 2026	8:00 AM	4:00 PM	All ballrooms will be closed 4/13-4/15	All Ballrooms
Tai Chi & Exercise	Mondays	9:30 AM	10:30 AM	Slow, flowing movements paired with breath and focus to improve balance, reduce stress, and support overall well-being.	Ballroom A
Autism Awareness Month Event	Monday, April 6, 2026	10:00 AM	11:30 AM	We will be collaborating with Therapeutic Recreation Services to host an Autism Awareness Event, with educational resources, dancing, games, and a few fun giveaways!	All Ballrooms
Crochet & Knitkniks Group	Mondays	10:00 AM	12:00 PM	Arts and crafts activity.	Craft Room
Cornerstones Community Case Manager Onsite	Mondays	10:00 AM	2:30 PM	A Cornerstones Community Case Manager will be onsite to provide information/resources for seniors.	Lobby
S.A.I.L. Exercise	Mondays	10:30 AM	11:30 AM	An evidence-based 12-week exercise program designed to improve strength, balance, and mobility for older adults. Current session full. Next sign-ups begin in late May .	Ballrooms A & B
ESL: All Levels	Mondays	10:30 AM	11:30 AM	English as a second language.	Conference Room
Jeopardy Trivia	Mondays	11:00 AM	12:00 PM	Test your knowledge and challenge your brain in a fun trivia game. Perfect for socializing and mental exercise.	Activity Room
Yoga Breathing	Mondays	11:00 AM	12:00 PM	Seated yoga and breathing exercises, guided by DVD.	Game Room
Elder Abuse Prevention/Older Americans Month Presentation	Monday, May 11, 2026	11:00 AM	12:00 PM	Join us for a presentation in honor of Elder Abuse Prevention Month, and Older Americans Month.	Ballroom C
Mindful Monday	Monday, April 27, 2026	11:15 AM	12:00 PM	Join us for some mindfulness activities.	Activity Room

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Mindful Monday	Monday, May 25, 2026	11:15 AM	12:00 PM	Join us for some mindfulness activities.	Activity Room
Ping Pong	Mondays	12:00 PM	2:15 PM	Unavailable 4/6 until 1pm & 4/13 - Full Day	Ballroom B
AART (All Ages Read Together)	Mondays	12:00 PM	2:30 PM	Read, guide, and inspire young learners while helping them thrive in their first school experiences.	Game Room

Stronger Memory Program	Mondays	1:00 PM	2:00 PM	Improve memory, focus, and cognitive skills through weekly guided sessions and simple daily exercises. A 12-week program designed to build mental strength, confidence, and consistency.	Activity Room
Mixed Media Art	Mondays	1:00 PM	3:00 PM	Art found in various mediums	Craft Room
Badminton	Mondays	2:30 PM	3:45 PM	Self Led	Ballroom B
Memorial Day	Monday, May 25, 2026	CLOSED	CLOSED	CLOSED FOR MEMORIAL DAY	FULL BUILDING

### TUESDAYS

<u>Activity or Event</u>	<u>Day/Date</u>	<u>Start Time</u>	<u>End Time</u>	<u>Description</u>	<u>Location</u>
Asian & Pacific Islander Folk Dance	Tuesdays	8:00 AM	10:45 AM	Explore vibrant, tradition-rich dances that tell stories through movement. Build coordination while connecting to culture, community, and history.	Ballroom A
Instrument Group	Tuesdays	8:00 AM	12:00 PM	Play instruments together in a relaxed group setting. Boost coordination, rhythm, and camaraderie while making music.	Game Room
Ping Pong	Tuesdays	8:00 AM	3:45 PM	Unavailable 4/14 - Full Day	Ballroom B
Closed for Maintenance	Tuesday, April 14, 2026	8:00 AM	4:00 PM	All ballrooms will be closed 4/13-4/15	All Ballrooms
Blood Pressure Clinic	Tuesday, April 14, 2026	10:00 AM	11:00 AM	Nurse Kerry will come to take blood pressure and provide resources as needed	Conference Room
Blood Pressure Clinic	Tuesday, May 12, 2026	10:00 AM	11:00 AM	Nurse Kerry will come to take blood pressure and provide resources as needed	Conference Room
Chair Exercise DVD	Tuesdays	10:15 AM	10:45 AM	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements.	Dining Room
HSC 21st Anniversary	Tuesday, May 12, 2026	Full Day	Full Day	Join us for performances starting at 10:30, a boutique sale, art show, music and more for the centers 21st birthday!	
Mental Health Awareness Month Event	Tuesday, May 19, 2026	10:30 AM	11:45 AM	Join us as we honor Mental Health Awareness Month with educational resources, and relaxing mindfulness activities, crafts, and games.	Ballroom C
DIY Herbarium In Oil	Tuesday, May 26, 2026	10:30 AM	12:00 PM	Learn how to preserve flowers in a jar using infused oils.	Craft Room
Earth Day Group Project	Tuesday, April 21, 2026	10:30 AM	12:00 PM	Join with other members to create an Earth Day work of art using reusable and recyclable materials.	Craft Room
Kindness Rocks: Easter/Earth Day	Tuesday, April 7, 2026	10:30 AM	12:00 PM	Paint an Easter and/or Earth Day rock!	Craft Room

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Kindness Rocks: Cinco de Mayo/Mother's Day	Tuesday, May 5, 2026	10:30 AM	12:00 PM	Paint a Cinco de Mayo/Mother's Day rock!	Craft Room
Mental Health Day Crafts	Tuesday, May 19, 2026	10:30 AM	12:00 PM	Engage in mindful craft activities designed to reduce stress, spark creativity, and promote emotional well-being.	Ballroom C
Pressed Flower Animals	Tuesday, May 12, 2026	10:30 AM	12:00 PM	Make whimsical animals using pressed flowers. A calming, creative activity that blends nature and art.	Craft Room
Sketching in the Garden	Tuesday, April 28, 2026	10:30 AM	12:00 PM	Join us for a relaxing morning in the garden to do some sketching!	Garden
Watercolor Mandalas	Tuesday, April 14, 2026	10:30 AM	12:00 PM	Relax and focus while painting intricate mandalas. Great for mindfulness, stress relief, and artistic expression.	Craft Room

Gentle Exercise DVD	Tuesdays	10:45 AM	11:15 AM	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements.	Dining Room
Beginner Line Dance	Tuesdays	11:00 AM	12:00 PM	This is a Beginner Line Dance class. Give it a try!	Ballroom A
Fit 4 Life	Tuesdays	11:10 AM	11:45 AM	Chair and/or standing exercises: Warm-up, stretch, cardio, weights for strengthening, balance, & cool-down.	Ballroom C
Intermediate Line Dance	Tuesdays	12:00 PM	1:00 PM	This is an Intermediate Line Dance class.	Ballroom A
Instrument Group	Tuesdays	12:15 PM	2:00 PM	Play instruments together in a relaxed group setting. Boost coordination, rhythm, and camaraderie while making music.	Game Room
Mental Health Awareness Month Event	Tuesday, May 19, 2026	12:45 PM	2:00 PM	Join activities and discussions celebrating mental health, promoting awareness, and fostering community support.	Ballroom C
Choral Group	Tuesdays	1:00 PM	2:00 PM	Sing as a group to strengthen your voice, boost mood, and build confidence while connecting with others through music.	Conference Room
Feldenkrais	Tuesdays	1:00 PM	2:00 PM	Join us in this relaxing movement class! Thank you to The Closet for their donation to make this program happen.	Ballroom C
Diamond Art	Tuesdays	1:00 PM	2:45 PM	This time is utilized to work on larger projects. New participants will receive a small project to try before a large project.	Craft Room

### WEDNESDAYS

<u>Activity or Event</u>	<u>Day/Date</u>	<u>Start Time</u>	<u>End Time</u>	<u>Description</u>	<u>Location</u>
Ping Pong	Wednesdays	8:00 AM	10:15 AM	Unavailable 4/15 - Full Day	Ballroom B
Closed for Maintenance	Wednesday, April 15, 2026	8:00 AM	4:00 PM	All ballrooms will be closed 4/13-4/15	All Ballrooms
Choral Group	Wednesdays	9:00 AM	12:00 PM	Sing as a group to strengthen your voice, boost mood, and build confidence while connecting with others through music.	Ballroom C

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Tai Chi & Exercise	Wednesdays	9:30 AM	10:30 AM	Slow, flowing movements paired with breath and focus to improve balance, reduce stress, and support overall well-being.	Ballroom A
Bridge-Party & Teaching	Wednesdays	10:00 AM	12:00 PM	Learn or sharpen your Bridge skills in a friendly, social setting. Great for strategy, memory, and making new friends.	Library
Ceramics	Wednesdays	10:00 AM	12:00 PM	Create beautiful pottery or sculptures while expressing your creativity and building focus and hand-eye coordination.	Craft Room
Shopping trips	Wednesdays	10:20 AM	1:30 PM	Local food markets, such as Walmart, Wegmans, Trader Joe's. Lunch is on your own. Sign up by the Friday before the trip.	Shopping Trip
S.A.I.L. Exercise	Wednesdays	10:30 AM	11:30 AM	An evidence-based 12-week exercise program designed to improve strength, balance, and mobility for older adults. Current session full. Next sign-ups begin in late May .	Ballrooms A & B
Volunteer Appreciation Event	Wednesday, April 8, 2026	10:30 AM	12pm	This event will celebrate our Volunteers who make a difference in the lives of our members!	Ballroom A
Yoga Breathing	Wednesdays	11:00 AM	12:00 PM	Seated yoga and breathing exercises, guided by DVD.	Game Room

Spanish: Beginners	Wednesday, April 1, 2026	11:00 AM	12:00 PM	Learn Spanish in this beginner-level class.	Conference Room
Spanish: Beginners	Wednesday, May 6, 2026	11:00 AM	12:00 PM	Learn Spanish in this beginner-level class.	Conference Room
Spanish: Intermediate	Wednesday, April 15, 2026	11:00 AM	12:00 PM	Brush up on your Spanish skills in this intermediate-level class.	Conference Room
Spanish: Intermediate	Wednesday, May 20, 2026	11:00 AM	12:00 PM	Brush up on your Spanish skills in this intermediate-level class.	Conference Room
Mental Muscle (various activities)	Wednesdays	11:15 AM	12:00 PM	Various activities designed to work all different parts of our brains!	Activity Room
Sing-along	Wednesday, April 1, 2026	12:00 PM	1:00 PM	Come and join the Rising Phoenix Performers monthly for a sing-along!	Dining Room
Sing-along	Wednesday, May 6, 2026	12:00 PM	1:00 PM	Come and join the Rising Phoenix Performers monthly for a sing-along!	Dining Room
Ping Pong	Wednesdays	12:00 PM	2:15 PM	Unavailable 4/15 - Full Day	Ballroom B
AART (All Ages Read Together)	Wednesdays	12:00 PM	2:30pm	Read, guide, and inspire young learners while helping them thrive in their first school experiences.	Game Room
Ceramics	Wednesdays	12:15 PM	2:15 PM	Create beautiful pottery or sculptures while expressing your creativity and building focus and hand-eye coordination.	Craft Room
Music Lovers	Wednesdays	1:00 PM	2:00 PM	Join us to sing and dance to your favorite songs.	Activity Room
Música del Recuerdo en Español	Wednesday, April 8, 2026	1:00 PM	2:00 PM	Join us to sing and dance to your favorite songs in Spanish.	Game Room

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Música del Recuerdo en Español	Wednesday, April 22, 2026	1:00 PM	2:00 PM	Join us to sing and dance to your favorite songs in Spanish.	Game Room
Música del Recuerdo en Español	Wednesday, May 13, 2026	1:00 PM	2:00 PM	Join us to sing and dance to your favorite songs in Spanish.	Game Room
Música del Recuerdo en Español	Wednesday, May 27, 2026	1:00 PM	2:00 PM	Join us to sing and dance to your favorite songs in Spanish.	Game Room
Computer Lab Help	Wednesdays	1:00 PM	2:00 PM	Our Volunteers and staff are here to lend an ear and help problem-solve your IT issues.	Computer Lab
Zumba GOLD	Wednesdays	1:30 PM	2:30 PM	A lower-intensity Zumba® class designed for active older adults. Enjoy easy-to-follow dance moves that improve balance, coordination, and overall fitness while having fun and feeling strong.	Ballrooms B & C
Zumba GOLD - Choreography Practice	Wednesdays	2:30 PM	3:30 PM	Choreography Practice for Zumba	Ballroom B & C
Badminton	Wednesdays	2:45 PM	3:45 PM	Self Led	Ballroom B

### THURSDAYS

<u>Activity or Event</u>	<u>Day/Date</u>	<u>Start Time</u>	<u>End Time</u>	<u>Description</u>	<u>Location</u>
International Folk Dance	Thursdays	9:00 AM	11:00 AM	Experience dances from around the world! Learn steps, connect with global cultures, and enjoy music, movement, and community.	Ballroom C
Chair Exercise DVD	Thursdays	10:15 AM	10:45 AM	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements.	Dining Room

Walking Club	Thursdays	10:30 AM	11:30 AM	May-November - Join us as we walk into Town of Herndon for the Farmers Market! Weather permitting.	Lobby
DIY Flower Frogs	Thursday, April 16, 2026	10:30 AM	12:00 PM	Design an air dry clay flower frog for your Spring blooms.	Craft Room
DIY Mini Flower Press	Thursday, May 28, 2026	10:30 AM	12:00 PM	Learn how to make your own portable accordionstyle flower petal press.	Craft Room
DIY Spring Salt Scrub	Thursday, May 7, 2026	10:30 AM	12:00 PM	Choose from a variety of essential oil recipes and make your own rejuvenating spring salt scrub.	Craft Room
Growing Together: Flower Planting and Memory Exercises	Thursday, April 23, 2026	10:30 AM	12:00 PM	Decorate pots, plant seeds, and learn simple plant care while enjoying good company. A hands-on activity that supports memory and focus through fun, engaging tasks.	Activity Room
Music Bingo	Thursday, April 16, 2026	10:30 AM	12:00 PM	Get in the groove with music bingo. Match songs to your card as you listen and compete for the win. A fun, social way to spark memories and test your recall.	Activity Room

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Music Bingo	Thursday, May 14, 2026	10:30 AM	12:00 PM	Get in the groove with music bingo. Match songs to your card as you listen and compete for the win. A fun, social way to spark memories and test your recall.	Activity Room
No Scrap Fabric Decoupage Collage	Thursday, April 9, 2026	10:30 AM	12:00 PM	Create colorful collages using fabric scraps and decoupage techniques. Fun, tactile, and perfect for crafting creativity.	Craft Room
Paper Collage 101	Thursday, May 14, 2026	10:30 AM	12:00 PM	Learn the basics of paper collage and make your own unique artwork. A hands-on, creative experience for all skill levels.	Craft Room
Sip n' Paint	Thursday, April 23, 2026	10:30 AM	12:00 PM	Painting and light refreshments.	Craft Room
Sip n' Paint	Thursday, May 21, 2026	10:30 AM	12:00 PM	Painting and light refreshments.	Craft Room
Tai Chi & Exercise	Thursdays	10:30 AM	12pm	Slow, flowing movements paired with breath and focus to improve balance, reduce stress, and support overall well-being.	Ballroom A
Shape Initiative Event	Thursday, April 30, 2026	10:30 AM	12pm	Learn how Fairfax County's SHAPE initiative supports older adults in living safely, independently, and with dignity. Explore key focus areas and community efforts that enhance quality of life.	Dining Room
Destination Discovery	Thursday, April 9, 2026	10:45 AM	12:00 PM	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.	Activity Room
Destination Discovery	Thursday, May 7, 2026	10:45 AM	12:00 PM	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.	Activity Room
Bouquets and Breathing	Thursday, May 28, 2026	11:00 AM	12:00 PM	Arrange flowers and enjoy guided relaxation exercises to reduce stress and boost calm. A hands-on, rejuvenating activity led by a Recreational Therapist.	Activity Room
Fit 4 Life	Thursdays	11:10 AM	11:45 AM	Chair and/or standing exercises: Warm-up, stretch, cardio, weights for strengthening, balance, & cool-down.	Ballroom C

ESL: Beginners	Thursdays	1:00 PM	2:00 PM	English as a second language.	Conference Room
Stronger Memory Program	Thursdays	1:00 PM	2:00 PM	Improve memory, focus, and cognitive skills through weekly guided sessions and simple daily exercises. A 12-week program designed to build mental strength, confidence, and consistency.	Activity Room
Diamond Art	Thursdays	1:00 PM	2:45 PM	This time is utilized to work on larger projects. New participants will receive a small project to try before a large project.	Craft Room
Herndon Senior Center Book Club	Thursday, April 2, 2026	2:30 PM	3:45 PM	We meet to discuss the monthly read.	Conference Room
Herndon Senior Center Book Club	Thursday, May 7, 2026	2:30 PM	3:45 PM	We meet to discuss the monthly read.	Conference Room

All programs, classes Events are Subject to Change based on center needs

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<u>FRIDAYS</u>					
<u>Activity or Event</u>	<u>Day/Date</u>	<u>Start Time</u>	<u>End Time</u>	<u>Description</u>	<u>Location</u>
Ping Pong	Fridays	8:00 AM	2:15 PM	Self Led	Ballroom B
Asian & Pacific Islander Folk Dance	Fridays	9:00 AM	10:30 AM	Explore vibrant, tradition-rich dances that tell stories through movement. Build coordination while connecting to culture, community, and history.	Ballroom C
Advanced Ballroom Dance	Fridays	9:00 AM	11:00 AM	Learn synchronized ballroom styles like waltz and cha-cha in a team setting. Improve coordination, rhythm, and teamwork while dancing in dynamic group formations.	Ballroom A
Bridge-Party & Teaching	Fridays	10:00 AM	12:00 PM	Learn or sharpen your Bridge skills in a friendly, social setting. Great for strategy, memory, and making new friends.	Game Room
Ceramics	Fridays	10:00 AM	12:00 PM	Create beautiful pottery or sculptures while expressing your creativity and building focus and hand-eye coordination.	Craft Room
Bingo	Fridays	10:15 AM	11:15 AM	Recreational activity	Dining Room
Word Search	Fridays	10:15 AM		Come grab a word search in the lobby near the check-in desk!	Lobby
Charter Trip: Meadowlark Botanical Gardens	Friday, April 10, 2026	10:35 AM	2:00 PM	Join us for beautiful Springtime blooms at Meadowlark Botanical Gardens in Vienna, VA.	Charter Trip
Charter Trip: Asian (Freer & Sackler Galleries), & African Art Museums	Friday, May 15, 2026	10:35 AM	2:00 PM	Join us to honor Asian American and Pacific Islander Heritage Month as we view these 2-3 museums in Washington, D.C., (the museums are located closely to each other).	Charter Trip
Zumba GOLD	Fridays	10:45 AM	11:45 AM	A lower-intensity Zumba® class designed for active older adults. Enjoy easy-to-follow dance moves that improve balance, coordination, and overall fitness while having fun and feeling strong. Please Bring Your own Water Bottle	Ballroom C
Brain Games	Fridays	11:00 AM	12:00 PM	Recreational activity	Activity Room
Yoga Breathing	Fridays	11:00 AM	12:00 PM	Seated yoga and breathing exercises, guided by DVD.	Ballroom A
Rising Phoenix Spring Show	Friday, April 24, 2026	11:00 AM	12:00 PM	Join Rising Phoenix for their Spring Show of singing, dancing, and fun!	All Ballrooms
Asian American & Pacific Islander Heritage Month Celebration	Friday, May 29, 2026	1:00 PM	1:45 AM	Celebrate Asian American & Pacific Islander Heritage Month with fun facts, interactive BINGO and Jeopardy games, and member showand-tell contributions.	Ballroom C
Canasta	Friday, May 8, 2026	1:00 PM	1:45 PM	A classic partnership card game where players work in teams to build sets and score points. Great for strategy, memory, and social connection.	Game Room

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Canasta	Friday, May 22, 2026	1:00 PM	1:45 PM	A classic partnership card game where players work in teams to build sets and score points. Great for strategy, memory, and social connection.	Game Room
Muslim American Heritage Month, Earth Day & Arbor Day Celebration	Friday, April 17, 2026	1:00 PM	1:45 PM	Celebrate Muslim American Heritage Month with fun facts and food samples, then explore Earth Day and Arbor Day tips for energy saving, gardening, and plants.	Ballroom C
Greeting Card Making: Earth Day, Cinco de Mayo, Mother's Day	Friday, April 10, 2026	1:00 PM	2:00 PM	Make your own seasonal and birthday cards.	Craft Room
Greeting Card Making: Memorial Day, Summer Launch, BBQs, Graduations	Friday, May 15, 2026	1:00 PM	2:00 PM	Make your own seasonal and birthday cards.	Craft Room
Jewelry Making: Repair, Repurpose, Redesign	Friday, April 24, 2026	1:00 PM	2:00 PM	Come join us to make your very own jewelry!	Craft Room
Jewelry Making: Mother's Day Beaded Mermaid Bookmarks	Friday, May 8, 2026	1:00 PM	2:00 PM	Come join us to make your very own jewelry!	Craft Room
Mocktails & Mingle	Friday, April 10, 2026	1:00 PM	2:30 PM	Join us for some "mocktails", dancing and socializing!	Lobby
Crossword	Fridays	1:00 PM		Recreational activity.	Activity Room
Badminton	Fridays	2:30pm	3:45 PM	Self Led	Ballroom B
<b><u>SATURDAY</u></b>					
<u>Activity or Event</u>	<u>Day/Date</u>	<u>Start Time</u>	<u>End Time</u>	<u>Description</u>	<u>Location</u>
Rising Phoenix Spring Show	Saturday, April 25, 2026	7:00 PM	8:00 PM	Join Rising Phoenix for their Spring Show of singing, dancing, and fun!	All Ballrooms