

HERNDON SENIOR CENTER

A RECREATIONAL VENUE FOR
ACTIVE AND INDEPENDENT ADULTS 50+



Senior Center Director Becky Shearer

Assistant Director Amanda Garrett

Staff Sade Amuda, Emma Brown, Camila Centeno-Lopez,
Michelle Cloney, Cailyn Diaz-Aviles, Nabeela Huq, Amy Lee,
Shosha Shen, Karen Temple

Recreation Therapist Ash Glodek, CTRS

Case Manager Missi Amuda, MSW

FEBRUARY 2026

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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A Fairfax County, VA
Publication
FEBRUARY 2026
Updated 2/6/2026

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>
<i>Lunch</i>	12pm	Dining Room
Rummikub - <i>On your Own</i>	1:30pm	Dining Room

MONDAY - 2/2, 2/9, & 2/23

Ping Pong	8-10:15am; 12-12:45pm; 1:45-2:30pm	Ballroom B
Beginning Ballroom Dance	8am-10am	Ballroom C
Tai Chi/Exercise	9:30am-10:30am	Ballroom A
Crochet & Knitniks Group	10am-12pm	Craft Room
Community Case Manager	10:30am-2pm	Lobby
Yoga Breathing	11am	Game Room
Jeopardy Trivia <i>(No Jeopardy Trivia on 2/23)</i>	11am	Activity Room
ESL	11am	Conference Room
BALLROOM B CLOSED	10:15am-12pm; 2:30-4pm	Ballroom B
Improve Line Dance	12:30-3pm	Ballroom A
Mixed Media Art	1-2pm	Craft Room
Badminton	2:30-3:45pm	Ballroom B

TUESDAY - 2/3, 2/10, 2/17, & 2/24

Instrument	8am-12pm	Game Room
Asian and Pacific Islander Folk Dance	8am-10:45am	Ballroom A
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	11am	Ballroom A
Fit 4 Life	11:10-11:45am	Ballroom C
Advanced Line Dance	12pm	Ballroom A
Instrument	12:15pm	Game Room
<i>Diamond Art</i>	1-2:45pm	Craft Room
Feldenkrais <i>(No Class 2/10 & 2/17)</i> .	1-2pm	Ballroom C
Choral Group	1pm	Conference Room

ALL CLASSES & ACTIVITIES AND THEIR LOCATIONS ARE SUBJECT TO CHANGE BASED ON CENTER NEEDS.

WEDNESDAY - 2/4, 2/11, 2/18, & 2/25

Ping Pong	8-10:30am; 12-1:15pm	Ballroom B
Chorus	9am-12pm	Ballroom C
Tai Chi/Excercise	9:30am-10:30am	Ballroom A
Ceramics - \$\$	10am-12pm	Craft Room
Party Bridge	10am-12pm	Library
Teaching Bridge	10am-12pm	Library
American Mahjong	10:30am	Hallway
Yoga Breathing	11am	Game Room
All Ages Read Together - AART	12-2:30pm	Game Room
Advanced Ceramics - \$\$	12:15-2:15pm	Craft Room
Improve Line Dance	12:30-3pm	Ballroom A
Computer Lab Help	1pm	Computer Lab
Music Lovers	1pm-2pm	Activity Room
Zumba Gold Class	1:30pm	Ballrooms B & C
Badminton	2:45-3:45pm	Ballroom B

THURSDAY - 2/5, 2/12, 2/19, & 2/26

Ping Pong	8am-3:45pm	Ballroom B
International 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	11:10-11:45am	Ballroom C
Diamond Art	1-2:45pm	Craft Room
ESL	1pm	Conference Room
'Just Dance' Fitness	1-2pm	Ballroom A

FRIDAY - 2/6, 2/13, 2/20, & 2/27

Ping Pong	8am-2:15pm	Ballroom B
Asian and Pacific Islander Folk Dance	8am-10:45am	Ballroom C
Advanced Ballroom Dance	9-11am	Ballroom A
Ceramics - \$\$	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
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, February 6th	Wear Red Day	All Day	Full Building
Thursday, February 12th	Lunar New Year Performances & Celebration	10:30am	All Ballrooms
Monday, February 16th	CLOSED in observance of Presidents' Day	FULL DAY	FULL BUILDING
Thursday, February 19th	Charter Trip: African American Museum of History and Culture	10:20am: Board Bus 2pm: Return to HSC	African American Museum of History and Culture: Washington, DC
Thursday, February 19th	Cancer Prevention Month Presentation	1pm	Ballroom C
Tuesday, February 24th	Black History Month Presentation w/Guest Speaker Richard Dicker-	11:30am	Ballroom C
Wednesday, March 4th	National Consumer Protection Week 2026 Consumer Booth	10am-2pm	All Ballrooms

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

FEB. MONTH AT A GLANCE

<u>MONDAY</u>	<u>TUES-DAY</u>	<u>WEDNES-DAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>				
2 10:30am-2pm: Community Case Manager On-site	3	4 10:20am-Shopping Trip-\$\$	5	6 Wear Red Day!				
9 10:30am-2pm: Community Case Manager On-site 11am: Black History Month Jeopardy	10 10-11am: Blood Pressure Clinic	11 10:20am-Shopping Trip-\$\$	12 10:30am-Lunar New Year Performances & Celebration 1pm: Destination Discovery (Activity Room) <i>RR!</i> 2:30pm: Book Club	13 10:15am: Valentines' Day Themed BINGO! 1pm-Jewelry Making (CR) <i>RR!</i> 1-2:30pm: Mocktails & Mingle-Valentines' Edition				
16 CLOSED IN OBSERVANCE OF PRESIDENTS' DAY	17	18 10:20am- Shopping Trip-\$\$	19 10:30am: Music Bingo (Activity Room) <u>Charter Trip:</u> African American Museum of History & Culture: 10:20am: Board Bus; 2pm: Approximate Return to HSC 1pm: Cancer Prevention Month Presentation (Ballroom C)	20 <u>(New Date)!</u> 1pm-Card Making (CR) <i>RR!</i>				
23 10:30am-2pm: Community Case Manager Onsite 11:15am: Mindful Monday (Activity Rm)	24 11:30am: Black History Month Presentation (Ballroom C)	25 10:20am- Shopping Trip-\$\$	26	27				
			<table border="1"> <tr> <td><u>KEY</u></td> <td></td> <td><i>Registration Required</i></td> <td>\$\$ - Supply Fee Required</td> </tr> </table>	<u>KEY</u>		<i>Registration Required</i>	\$\$ - Supply Fee Required	
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PROGRAM DETAILS

**When Registering for a class or trip,
please see a staff member at the front desk
or call (703) 464-6200**

Wellness Wednesdays are now Mindful Mondays!

Wellness Wednesday has a new name-Mindful Monday! This occurs on the last Monday of each month (for this month, February 23rd) at 11:15am in the Activity Room!

Black History Month Jeopardy

Please join us on February 9th for a special educational edition of Jeopardy, featuring facts about Black History Month at 11am in the Activity Room!

Community Cares Manager Onsite

Every Monday from 10:30am-2pm

SAIL Class Begins

Classes will begin Feb. 2nd! If you were not signed up by Jan. 16th and did not complete an assessment on Jan. 21st or Jan. 26th, you will not be permitted to take SAIL this session.

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.

Beginner's Spanish

3rd Wednesday of the month (February 18th) at 1pm in the Conference Room!

Book Club

Thursday, February 12th at 2:30pm in the Conference Room.

Blood Pressure Clinic

10:00am-11:00am in the Conference Room on the **second Tuesday** of the month.

Safety Presentation

Date: Monday, (Date TBD) at 11am in the Activity Room.

Shepard Center

Find information about the Shepard Center as well as speak to a representative in the front lobby. **February Dates are TBD, from 9:30am-12:30pm.**

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!

February 13th is a special Valentines' Day BINGO!

Stronger Memory Program

Mondays and Thursdays, from 1-2pm in the Activity Room, beginning February 23rd! Please sign up at the front desk to attend (new and returning participants).

PROGRAM DETAILS—CONT.

All arts and craft programs end at 2:45pm for proper clean up and closure.

Diamond Art Notice

Encouragement Hearts

Come make your very own DIY Watercolor Hearts with fun encouraging messages for Valentines' Day! Tuesday, February 3rd at 10:30am in the Craft Room!

Kindness Rocks

Thursday, February 5th at 10:30am in the Craft Room! We will be painting rocks for the Senior Center (examples include: Year of the Horse, Valentine's, Mardi Gras Themed).

Lunar New Year Craft: Year of the Horse-Fortune and Lanterns

Tuesday, February 10th from 10:30am-12pm in the Craft Room!

Destination Discovery

Thursday, February 12th at 1:00 p.m. in the Activity Room! 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. Registration is required so we can adequately prepare supplies!

Jewelry Making

Friday, February 13th from 1-2pm in the Craft Room (Corded Pendants w/Repurposed Dominoes & Glass Covered Photos; & Black History Month Theme Colors) Registration is required! Limited to 7 registrants.

Mardi Gras Craft

Make a Marti Gras mask-Tuesday, February 17th at 10:30am in the Craft Room! Registration Required!

Music Bingo

Thursday, February 19th at 10:30a.m. in the Activity Room! Get in the groove with this special event! Each person will be given a bingo sheet with song titles instead of numbers. A playlist will then be put on shuffle and players must name the song that is played and mark it down on their sheets. Come enjoy the tunes and the friendly competition! This activity focuses on reminiscence and recall.

Twisted Wire Heart Beaded Suncatcher

Thursday February 19th at 10:30am in the Craft Room! Registration Required!

Card Making

Friday, February 20th (New Date) at 1-2pm in the Craft Room! (Pop-Up, Friends|Galentines'|Valentines', & Black History Month Theme Colors) Registration required! No Waitlist, only Standby. Limited to 7 registrants.

Sip n' Paint: Valentine's Day Barn!

Tuesday February 24th from 10:30am-12pm in the Craft Room! Registration 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.
- 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

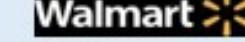
> 12:45pm - 1:15pm

Cash; Credit Cards, or



4 WEDNESDAYS IN FEBRUARY 2026
TRIPS OF NECESSITIES [GROCERIES & SUPPLIES SHOPPING]
RETURN TRIPS ARRIVE BACK AT HERNDON SENIOR CENTER BY 1:30PM.



Wed, FEB 4 TH at 10:20 am	 Grocery Store, PAINTED TREE BOUTIQUES 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 then Drop Off at Lidl. 1:10 pm ~ Pick Up at Lidl only. 47100 Community Plaza ~ Suite #101 Sterling, VA 20164	Flu Shots Unavailable.
Wed, FEB 11 TH at 10:20 am	 DOLLAR TREE, Giant, & Eateries ~ in Sterling Town Ctr Plaza &  ~ in Reston	12pm ~ Pick Up at Dollar Tree 21800 Town Center Plaza ~ Suite #237; Sterling, VA 20164 1:15pm ~ Pick Up at Trader Joe's 11958 Killingsworth Ave; <u>Reston 20194</u>	Giant offers Flu Shots. Walk-Ins welcome. (703) 430-6115, Ext #5, then Ext #0 = Pharmacy Staff.
Wed, FEB 18 TH at 10:20 am	 Goodwill, Giant,  GNC LIVE WELL, HomeGoods Sorrento Grill, Taco Bamba, etc ~ in Herndon's Village Center at Dulles	1st Drop Offs at Home Goods, GNC, Giant, & Goodwill 12pm & 12:05pm ~ Pick Ups Only 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 2445 Centreville Rd	Giant welcomes Flu Shot Walk-Ins from 10am -7 pm. 703.689.2570, ~ Ext 0; then 0 [again] = Pharmacy.
Wed, FEB 25 TH at 10:20 am	   BJ's Wholesale,  Aldi Groceries,  Lands End, DSW Shoes, &  ~ in Fair Lakes Shopping Center	1st Drop Offs at Michaels Walmart BJ's Wholesale Pet Smart 13059, 13053, & 12971 Fair Lakes Pkwy; 12:10 & 12:15pm ~ Pick Ups at Walmart & BJ's 2nd Drop Off at Walmart & Burger King 4516 Fair Knoll <u>Drive, Fairfax, VA 22033</u> 12:50 & 1pm ~ Pick Ups at Walmart & Burger King	Walmart offers Flu Shots from 9am -12pm. 703.631.9450 ~ Ext 2; then 1=Pharmacy

FOR A NECESSITIES SHOPPING TRIP TO OCCUR,	NO HERNDON SENIOR CENTER STAFF ATTENDS.
<ul style="list-style-type: none"> ➤ 5 PARTICIPANTS must register in Trip Sign Up Book, <ul style="list-style-type: none"> ▪ BY THE FRIDAY PRIOR to a shopping trip. ▪ WAITLIST [STAND BY] AFTER 11 REGISTRANTS. ➤ IF YOU MUST CANCEL, PLEASE PHONE <ul style="list-style-type: none"> ▪ BY 12PM TUESDAY, THE DAY BEFORE. ➤ FOR LAST MINUTE EMERGENCY CANCELLATIONS, <ul style="list-style-type: none"> ▪ Please CALL BY 9AM WEDNESDAY. 	<ul style="list-style-type: none"> ✓ Lunch is on your own. ✓ Kindly remember to: <ul style="list-style-type: none"> ○ CANCEL your HSC Lunch Order ○ in the Lunch Sign Up Binder. ○ BY 1:30 PM, ON TUESDAY – THE DAY BEFORE.
<ul style="list-style-type: none"> ✓ Please pay \$1, WITH EXACT CASH ONLY, <ul style="list-style-type: none"> ○ at the check-in desk, ○ on the morning of the trip. 	<ul style="list-style-type: none"> ✓ Shopping bags must fit around your seat. <ul style="list-style-type: none"> ❖ Please bring your own reusable bags, & ❖ insulated bags for frozen & refrigerated items.
<ul style="list-style-type: none"> ✓ Sites based on popular locations recommendations. <ul style="list-style-type: none"> ❖ Suggestions welcomed & encouraged. 	<ul style="list-style-type: none"> ✓ Questions Suggestions? Please contact Na.bee.la <ul style="list-style-type: none"> ➤ 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>

FEBRUARY MEALS

2	Hot Regular / Veggie	Bean Burrito (Pinto Beans, W/G Tortilla)/ Same	Oven Fried Chicken/ Veggie Chix Strips	Roast Beef w/Gravy/ Soy Beef	Chicken Parmesan/ Eggplant Parmesan	5
3	Cold Regular / Veggie	Tuna Salad w/WW Roll	Aztec Grain Bowl (butternut squash, W/G quinoa, cannellini beans)	5-A-Day Salad, Spinach/Kale, other; Herb Vinaigrette, Sliced Turkey Mayo	WG Pasta Salad w/Turkey bacon, cheddar, Red&Green Pepper strips w/Italian	6
4	Hot Regular / Veggie	Chili con Carne w/Beans (Meat Alternative-ground beef & kidney beans)/ Veggie Bean Chili	BBQ Shredded Chicken w/W/G Bun/ BBQ Tofu	Salisbury Steak & Country Gravy/ Veggie Patty	Turkey Wild Rice Soup/ Lentil Wild Rice Soup	10
5	Cold Regular / Veggie	Grilled Chicken Mayo w/W/G Sliced Bread	Roast Beef w/W/G Roll	Chicken Caesar Salad w/Chicken Strips	Ranch Hand Lunch (Eggs, Cheese, WG Bran Muffin)	11
6	Hot Regular / Veggie	Grilled Chicken Mayo w/W/G Sliced Bread	BBQ Shredded Chicken w/W/G Bun/ BBQ Tofu	Chicken Caesar Salad w/Chicken Strips	Ranch Hand Lunch (Eggs, Cheese, WG Bran Muffin)	12
7	Cold Regular / Veggie	Grilled Chicken Mayo w/W/G Sliced Bread	Roast Beef w/W/G Roll	Chicken Caesar Salad w/Chicken Strips	Ranch Hand Lunch (Eggs, Cheese, WG Bran Muffin)	13
8	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	14
9	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Whole Chicken Wrap (2 pieces) w/W/G tortilla	15
10	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	16
11	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	17
12	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	18
13	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	19
14	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	20
15	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	21
16	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	22
17	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	23
18	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	24
19	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	25
20	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	26
21	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	27
22	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	28
23	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	29
24	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	30
25	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	31
26	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	1
27	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	2
28	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	3
29	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	4
30	Hot Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Tuna Salad w/WW Bread	Asian Chicken Salad w/W/G Roll	5
31	Cold Regular / Veggie	Closed-Presidents' Day	Closed-Presidents' Day	Breaded Fish Filet (meat alternative, grains)/ Veggie-Hummus Sandwich	Swedish Chicken Meatballs w/ WG Egg Noodle)/ Vegetable Meatballs w/sauce	6

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:

Monthly Income	Annual Income	Suggested Donation
\$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.