

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) 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 with Michelle

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

Kindness Rocks with Michelle

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).

Card Making with Nabilah

Friday, February 6th from 1-2pm in the Craft Room! (Pop-Up, Friends|Galentines'|Valentines'; and Black History Month Theme Colors) Registration is required! No Waitlist, only Standby. Limited to 7 registrants.

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

10:30am-12pm in the Craft Room!

Destination Discovery with Ash

Thursday, February 12th at 10:45 a.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 at the front desk is required so we can adequately prepare supplies!

Jewelry Making with Nabilah

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

Mardi Gras Craft with Michelle

Make your very own Marti Gras mask-10:30am in the Craft Room! Registration Required!

Music Bingo with Ash

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. So come enjoy the tunes and the friendly competition! This activity focuses on reminiscence and recall.

Twisted Wire Heart Beaded Suncatcher

10:30am in the Craft Room! Registration Required!

Sip n' Paint: Valentine's Day Barn!

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