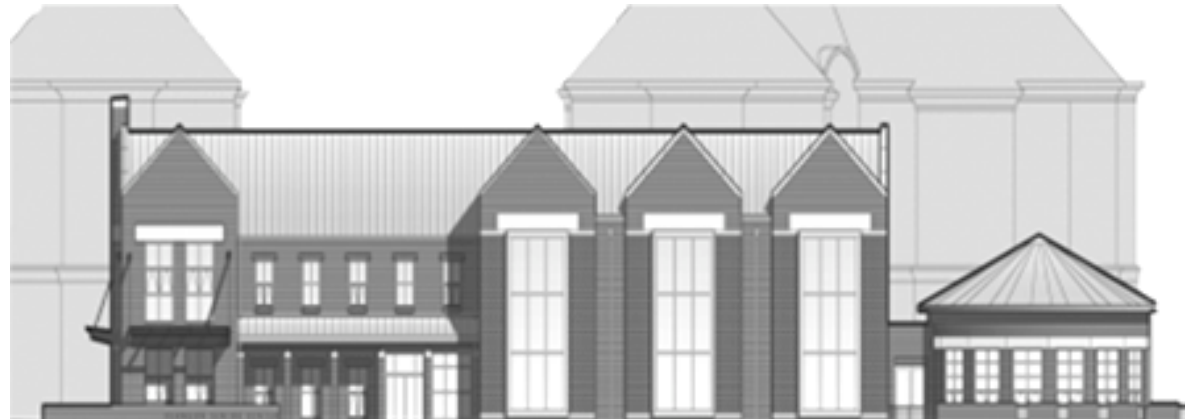


Herndon Senior Center

Connect, stay active, and have fun in a welcoming space for adults 50+.



Center Team

Center Director - Human Development Specialist IV
Becky Shearer

Assistant Directors - Human Development Specialist III
Amanda Garrett & Anita Chinyavong

Center Lead - Nabilah Haque

Rec Leaders

Amy Lee, Birgit Klare, Cailyn Diaz-Aviles, Camila Centeno-Lopez, Emma Brown, Karen Temple, Michelle Cloney & Sade Amuda

Service Source

Case Manager - Missi Amuda
CTRS - Ash Glodek

JUNE, JULY, & AUGUST 2026

VISIT OR CONTACT US

873 Grace Street, Herndon, VA 20170

703-464-6200

Operating Hours: Monday-Friday ✦ 8am-4pm

HERNDONSENIORCENTER.ORG

NEWSLETTER UPDATE ON 6/15 - 3:08PM

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>
Ping Pong	Mondays	8:00 AM	10:15 AM	Self-Led	Ballroom B
Beginning Ballroom Dance	Mondays	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 C
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
Elder Abuse Prevention/Older Americans Month Presentation	Monday, June 1, 2026	1:00 PM	2:30 PM	Join us for a presentation in honor of Elder Abuse Prevention Month, and Older Americans Month.	Activity Room
World Elder Abuse Awareness Day: Wear Purple	Monday, June 15, 2026	All Day	All Day	Wear purple in observance of World Elder Abuse Awareness Day.	Full Building
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 <i>(Class Begins June 22nd)</i>	10:30 AM	11:30 AM	An evidence-based 12-week Stay Active and Independent for Life exercise program designed to improve strength, balance, and mobility for older adults. <i>Sign-ups are June 1st-12th. Assessments are June 15th & 17th. Class Begins June 22nd. Must be signed up beforehand to attend the 12-week class.</i>	Ballrooms A & B
ESL: Beginners	Mondays	10:30 AM	12:00 PM	English as a second language.	Conference Room
Jeopardy Trivia	Mondays (except last Monday of each month)	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
Mindful Monday	Monday, June 29, 2026	11:15 AM	12:00 PM	Join us for some mindfulness activities.	Activity Room
Mindful Monday	Monday, July 27, 2026	11:15 AM	12:00 PM	Join us for some mindfulness activities.	Activity Room
Mindful Monday	Monday, August 31, 2026	11:15 AM	12:00 PM	Join us for some mindfulness activities.	Activity Room
Ping Pong	Mondays	12:00 PM	2:15 PM	Self-Led	Ballroom B
Music Performance- Visit from Sterling Middle School	Monday, June 8, 2026	12:00 PM	1:00 PM	Sterling Middle School Orchestra will provide us with a musical lunchtime performance!	Dining Room

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.

Stronger Memory Check-In/Meet-Up	Mondays	1:00 PM	1:30 PM	Meet up with fellow Stronger Memory classmates and work on the exercises from the class (reading out loud, writing, and simple math).	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	Health and Wellness Activity. Self-Led.	Ballroom B
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	Self-Led	Ballroom B
Blood Pressure Clinic	Tuesday, June 9, 2026	10:00 AM	11:00 AM	Nurse Kerry will come to take blood pressure and provide resources as needed.	Conference Room
Hearing Screenings	Tuesday, June 23, 2026	10:00 AM	2:00 PM	We will be providing hearings screenings for those who would like to sign up for an appointment. Please sign up at the front desk.	Library
Blood Pressure Clinic	Tuesday, July 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, August 11, 2026	10:00 AM	11:00 AM	Nurse Kerry will come to take blood pressure and provide resources as needed.	Conference Room
Ping Pong Tournament	Tuesday, July 28, 2026	10:00 AM	2:00 PM	Our annual HSC Ping Pong Tournament will take place—come play and/or cheer on your friends!	Ballroom B
Chair Exercise	Tuesdays	10:15 AM	10:45 AM	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, and joint movements.	Dining Room
Kindness Rocks: Fairy Doors	Tuesday, June 2, 2026	10:30 AM	12:00 PM	Paint a rock-fairy style!	Craft Room
Group Rainbow Bird Mobile	Tuesday, June 9, 2026	10:30 AM	12:00 PM	This is a group project where we will create a rainbow bird mobile!	Craft Room
Watercolor Postcards: Butterflies/Fish/Shells	Tuesday, June 16, 2026	10:30 AM	12:00 PM	Create a watercolor postcard with various designs, including butterflies, fish, and shells!	Craft Room
Resin, Nail Polish & Painted Flower Sculptures	Tuesday, June 23, 2026	10:30 AM	12:00 PM	Paint your very own flower sculptures made of resin and nail polish!	Garden
Decoupage Shell Keychain	Tuesday, June 30, 2026	10:30 AM	12:00 PM	Make a decoupage shell keychain to get into the summer spirit!	Craft Room
Kindness Rocks: Under the Sea	Tuesday, July 7, 2026	10:30 AM	12:00 PM	Paint a sea-themed kindness rock! The Reston Teen Center will be visiting us for this craft as well!	Craft Room
Teen Center Visit- Seated Volleyball and Karaoke	Tuesday, July 7, 2026	10:30 AM	12:00 PM	The Reston Teen Center will be visiting for intergenerational activities: seated volleyball in Ballroom C, and Karaoke in the Dining Room!	Ballroom C/Dining Room
International Self-Care Day Workshop	Tuesday, July 14, 2026	10:30 AM	12:00 PM	We will provide information/resources/tips on self-care, along with some crafts and activities to promote self-care!	Ballroom C

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Watercolor + Washi Tape	Tuesday, July 21, 2026	10:30 AM	12:00 PM	Join us to create your very own masterpiece with watercolor paints and Washi Tape!	Craft Room
Escape Room: Intergenerational Edition	Tuesday, July 28, 2026	11:00 AM	12:00 PM	Come join us for a special intergenerational edition of Escape Rooms! A fun experience full of puzzles, trivia, riddles and more.	Ballroom C
Summer Camp Craft	Tuesday, August 4, 2026	10:30 AM	12:00 PM	Come join us for a nature summer camp craft and socializing!	Ballroom C/Garden Patio
Intro to Watercolor Mosaics	Tuesday, August 11, 2026	10:30 AM	12:00 PM	Learn a new mosaic watercolor technique!	Craft Room
Sea Glass Art	Tuesday, August 18, 2026	10:30 AM	12:00 PM	Make your own one-of-a-kind creation with sea glass!	Craft Room
DIY Decoupage Vase + Garden Bouquet	Tuesday, August 25, 2026	10:30 AM	12:00 PM	Make your own decoupage vase and a garden flower bouquet!	Craft Room
Charter Trip: Smithsonian's American History Museum	Tuesday, August 25, 2026	10:40 AM	2:00 PM	Join us as we adventure to Washington, DC to explore the Smithsonian American History Museum! This will be the 2nd of 2 days offered for this trip.	National Mall: Washington, D.C.
Rx-Relax Adapted Yoga	Tuesdays	10:45 AM	11:30 AM	Try this highly recommended, evidence-based program. Seated yoga is designed to build a strong and flexible body, a more robust brain, a resilient outlook on life and assist with pain management.	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
Life Safety Presentation	Tuesday, June 9, 2026	11:00 AM	12:00 PM	The Fire & Rescue Department's Life Safety Education Specialist will teach us about various topics related to home and fire safety.	Activity Room
Life Safety Presentation	Tuesday, July 14, 2026	11:00 AM	12:00 PM	The Fire & Rescue Department's Life Safety Education Specialist will teach us about various topics related to home and fire safety.	Activity Room
Life Safety Presentation	Tuesday, August 11, 2026	11:00 AM	12:00 PM	The Fire & Rescue Department's Life Safety Education Specialist will teach us about various topics related to home and fire safety.	Activity Room
Intermediate Line Dance	Tuesdays	12:00 PM	1:00 PM	This is an Intermediate Line Dance class.	Ballroom A
Nutrition Education: Food Demo	Tuesday, June 16, 2026	12:00 PM	12:30 PM	During lunch, a guest from the county's Nutrition Education program will be discussing Brain Health and demonstrating how to make a Berry Brain Boost Salad Recipe that you can make at home too!	Dining Room
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
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

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<u>WEDNESDAYS</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	Wednesdays	8:00 AM	10:15 AM	Self-Led	Ballroom B
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
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	2:15 PM	Create beautiful pottery or sculptures while expressing your creativity and building focus and hand-eye coordination. All levels welcome, no previous experience necessary. You must register - this is not a drop-in class.	Craft Room
Shopping trips	Wednesdays	10:30 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 Various Locations
S.A.I.L. Exercise	Wednesdays (Class Begins June 22nd).	10:30 AM	11:30 AM	An evidence-based 12-week Stay Active and Independent for Life exercise program designed to improve strength, balance, and mobility for older adults. Sign-ups are June 1st-12th. Assessments are June 15th & 17th. Class Begins June 22nd. Must be signed up beforehand to attend the 12-week class.	Ballrooms A & B
Teen Center Visit	Wednesday, June 24, 2026	10:30 AM	12:00 PM	The Reston Teen Center will be visiting for intergenerational activities throughout the building!	Throughout Building
Charter Trip: Claude Moore Park & Rec Center	Wednesday, July 29, 2026	10:40 AM	2:00 PM	Join us on our Summer Camp field trip for swimming in the indoor pool. You must fill out a waiver form to sign up for this trip!	Claude Moore Park & Rec Center: Sterling, VA
Yoga Breathing	Wednesdays	11:00 AM	12:00 PM	Seated yoga and breathing exercises, guided by DVD.	Game Room
Spanish: Beginners	Wednesday, June 3, 2026	11:00 AM	12:00 PM	Learn Spanish in this beginner-level class.	Conference Room
Spanish: Beginners	Wednesday, July 1, 2026	11:00 AM	12:00 PM	Learn Spanish in this beginner-level class.	Conference Room
Spanish: Beginners	Wednesday, August 5, 2026	11:00 AM	12:00 PM	Learn Spanish in this beginner-level class.	Conference Room
Spanish: Intermediate	Wednesday, June 17, 2026	11:00 AM	12:00 PM	Brush up on your Spanish skills in this intermediate-level class.	Conference Room
Spanish: Intermediate	Wednesday, July 15, 2026	11:00 AM	12:00 PM	Brush up on your Spanish skills in this intermediate-level class.	Conference Room
Spanish: Intermediate	Wednesday, August 19, 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 are offered such as puzzles, crosswords, trivia, etc., designed to work all different parts of our brains! <i>Self-Led every other week.</i>	Activity Room

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Sing-along	Wednesday, June 3, 2026	12:00 PM	1:00 PM	Come and join the Rising Phoenix Performers monthly for a sing-along!	Dining Room
Sing-along	Wednesday, July 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, August 5, 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	1:15 PM	Self-Led	Ballroom B
Music Lovers	Wednesdays	1:00 PM	2:00 PM	Join us to sing and dance to your favorite songs.	Activity Room
Flamenco Dancers Performance	Wednesday, June 10, 2026	1:00 PM	2:00 PM	Join us for our Flamenco Dancers' summer performance!	Dining Room
Música del Recuerdo en Español	Wednesday, June 10, 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, June 24, 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, July 8, 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, July 22, 2026	1:00 PM	2:00 PM	Join us to sing and dance to your favorite songs in Spanish.	Game Room
Charter Trip: Loudoun County Fair	Wednesday, July 22, 2026	10:40 AM	2:00 PM	Join us for Loudoun County Fair's "Free Entry for Seniors" Designated Day! We will have the opportunity to see cute animals, win prizes, have snacks and/or ride rides!	Loudoun County Fair Grounds
Música del Recuerdo en Español	Wednesday, August 12, 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, August 26, 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. *Wear comfortable workout clothes & athletic shoes. Bring a water bottle! Class Cancelled 6/24.	Ballrooms B & C
Zumba GOLD - Choreography Practice	Wednesdays	2:30 PM	3:00 PM	Choreography Practice for Zumba. Class Cancelled 6/24.	Ballroom A
Badminton	Wednesdays	2:45 PM	3:45 PM	Health and Wellness Activity. Self Led.	Ballroom B
THURSDAYS					
Activity or Event	Day/Date	Start Time	End Time	Description	Location
Ping Pong	Thursdays	8:00 a.m.	3:45 p.m.	Self-Led. 7/23: Ballroom Closed until 1:00 p.m.	Ballroom B
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
Ping Pong Tournament	Thursday, July 30, 2026	10:00 AM	12:00 PM	Our annual HSC Ping Pong Tournament will take place-come play and/or cheer on your friends!	Ballroom B

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Chair Exercise	Thursdays	10:15 AM	10:45 AM	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, and joint movements.	Dining Room
Walking Club	Thursdays May-Nov.	10:30 AM	11:30 AM	Join us as we walk into Town of Herndon for the Farmers Market! Weather permitting.	Lobby
Small Diamond Art Project	Thursday, June 4, 2026	10:30 AM	12:00 PM	Come join us to work on a small diamond art project!	Craft Room
Open Crafternoon	Thursday, June 11, 2026	10:30 AM	12:00 PM	Come work on any pending projects from the Craft Room or bring your own project to work on.	Craft Room
Music Bingo	Thursday, June 18, 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
Juneteenth Speaker: Richard Dickerson	Thursday, June 18, 2026	11:00 AM	12:00 PM	In honor of Juneteenth, attend a meet-and-greet and presentation with our guest speaker Richard Dickerson, who will be talking about his time with the Buffalo Soldiers, post-Civil War, and beyond World War II.	Ballroom C
Summer Sip N' Paint	Thursday, June 25, 2026	10:30 AM	12:00 PM	Painting and light refreshments. Registration Required!	Craft Room
Small Diamond Art Project	Thursday, July 2, 2026	10:30 AM	12:00 PM	Come join us to work on a small diamond art project!	Craft Room
Open Crafternoon	Thursday, July 9, 2026	10:30 AM	12:00 PM	Come work on any pending projects from the Craft Room or bring your own project to work on.	Craft Room
Sip N' Paint: Seashell Pearl	Thursday, July 16, 2026	10:30 AM	12:00 PM	Painting and light refreshments. Registration Required!	Craft Room
Music Bingo	Thursday, July 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
Talent Show "Herndon's Got Talent"	Thursday, July 23, 2026	10:30 AM	12:00 PM	Come show off your skills at Herndon's very own talent show! Demonstrate your talent to your fellow members and judges or come support your friends. First, second, and third place winners will receive a special award for their talents. Register at the front desk to enter!	Ballrooms A & B
Open Crafternoon	Thursday, July 23, 2026	10:30 AM	12:00 PM	Come work on any pending projects from the Craft Room or bring your own project to work on.	Craft Room
Sun + Tie Dye Fun Summer Camp	Thursday, July 30, 2026	10:30 AM	12:00 PM	We will be tie-dyeing and sun-dyeing fabrics: if you have one you'd like to bring from home, feel free to do so!	Ballroom C/Garden Patio
Summer Hawaiian Luau	Thursday, July 30, 2026	10:00 AM	1:00 PM	Join us for Hawaiian-themed activities, food, crafts, and music! Feel free to wear your favorite summer/tropical attire!	Ballrooms & Dining Room
International Friendship Day	Thursday, July 30, 2026	All Day	All Day	Join us as we celebrate long-time friends, new friends, and all in between, on this International Friendship Day!	Various Rooms
Seated Disco	Thursday, August 6, 2026	11:00 AM	11:45 AM	Get in the groove with this seated disco event! No need to bring your dancing shoes as this dancing class will be done from the comfort of chairs. So come dance along to this instructor-led disco!	Dining Room

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Polymer Clay-Designed Earrings	Thursday, August 13, 2026	10:30 AM	12:00 PM	Make your very own earrings made out of polymer clay!	Craft Room
Music Bingo	Thursday, August 20, 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
Sip N' Paint: Beach Gnome	Thursday, August 20, 2026	10:30 AM	12:00 PM	Painting and light refreshments. Registration Required!	Craft Room
Open Crafternoon	Thursday August 27, 2026	10:30 AM	12:00 PM	Come work on any pending projects from the Craft Room or bring your own project to work on.	Craft Room
Tai Chi & Exercise	Thursdays	10:30 AM	12:00 PM	Slow, flowing movements paired with breath and focus to improve balance, reduce stress, and support overall well-being.	Ballroom A
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
Charter Trip: Frank Sinatra Tribute Concert	Thursday, June 4, 2026	11:30 AM	2:00 PM	Join us to listen to a Frank Sinatra Tribute Concert at Christ the Redeemer Church in Sterling, VA	Christ the Redeemer Church: Sterling, VA
Destination Discovery	Thursday, June 4, 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
Charter Trip: Frederick Douglass Home in DC	Thursday, June 25, 2026	10:40 AM	2:00 PM	In honor of Juneteenth, join us for a tour of Frederick Douglass' former home in Washington, D.C.	Washington, D.C.
Destination Discovery	Thursday, July 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, August 13, 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
Charter Trip: Smithsonian's American History Museum	Thursday, August 20, 2026	10:40 AM	2:00 PM	Join us as we adventure to Washington, DC to explore the Smithsonian American History Museum! This will be the 1st of 2 days offered for this trip.	National Mall: Washington, DC
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: All Levels	Thursdays	1:00 PM	2:00 PM	English as a second language. No Class 7/23.	Conference 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, June 4, 2026	2:30 PM	3:45 PM	We meet to discuss the monthly read.	Conference Room
Herndon Senior Center Book Club	Thursday, July 2, 2026	2:30 PM	3:45 PM	We meet to discuss the monthly read.	Conference Room

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Herndon Senior Center Book Club	Thursday, August 6, 2026	2:30 PM	3:45 PM	We meet to discuss the monthly read.	Conference Room
<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>
Ruth Junkin: Celebration of Life	Friday, June 5, 2026	10:30 AM	12:00 PM	Join us as we share memories and honor the life and legacy of Ruth Junkin, Founding Director of Herndon Senior Center.	All Ballrooms
Juneteenth Holiday	Friday, June 19, 2026	All Day	All Day	The building will be closed in observance of Juneteenth.	Full Building
4th of July	Friday, July 3, 2026	All Day	All Day	The building will be closed in observance of the 4th of July holiday.	Full Building
Ping Pong	Fridays	8:00 AM	2:15 PM	Self-Led. All Ballrooms will be closed 6/5.	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. All Ballrooms will be closed 6/5.	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. All Ballrooms will be closed 6/5.	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. All levels welcome, no previous experience necessary. You must register - this is NOT a drop-in class.	Craft Room
Bingo	Fridays	10:15 AM	11:15 AM	Recreational activity	Dining Room
Word Search	Fridays	10:15 AM	Onward	Come grab a word search in the lobby near the check-in desk!	Lobby
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. NO CLASS 6/5, 6/19 (holiday), 7/3 (holiday), 7/24, 7/31, & 8/7	Ballroom C
Brain Games	Fridays	11:00 AM	12:00 PM	Fun activities designed to challenge your mind and keep you sharp.	Activity Room
Yoga Breathing	Fridays	11:00 AM	12:00 PM	Seated yoga and breathing exercises, guided by DVD. All Ballrooms closed on 6/5.	Ballroom A
Rising Phoenix Summer Show	Friday, August 7, 2026	11:00 AM	12:00 PM	Join Rising Phoenix for their Summer Show of singing, dancing, and fun!	All Ballrooms
Canasta	Friday, June 12, 2026	12:30 PM	2:30 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, June 26, 2026	12:30 PM	2:30 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
Canasta	Friday, July 10, 2026	12:30 PM	2:30 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
Canasta	Friday, July 24, 2026	12:30 PM	2:30 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
Canasta	Friday, August 14, 2026	12:30 PM	2:30 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
Canasta	Friday, August 28, 2026	12:30 PM	2:30 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
Mocktails & Mingle: Pride Party	Friday, June 12, 2026	1:00 PM	2:30 PM	Come celebrate pride with Herndon Senior Center! This event will have pride flag drinks, music from LGBTQ+ artists, and an informational presentation on sexualities and gender.	Ballroom C
Greeting Card Making: June Season	Friday, June 5, 2026	1:00 PM	2:00 PM	Make your own seasonal cards including: Father's Day, Graduation Weddings- Congratulations, National Pride Month, Juneteenth, Birthdays. Reservations are required the week prior to the class. Maximum 7 registrants. No waitlist, standby only.	Craft Room
Jewelry Making: Charm Memory Wire Bracelets: National Pride Month, Juneteenth	Friday, June 26, 2026	1:00 PM	2:00 PM	Come join us to make your very own jewelry!	Craft Room
Jewelry Making: Beaded Hair Clips-4th of July-Red, White, & Blue	Friday, July 10, 2026	1:00 PM	2:00 PM	Come join us to make your very own jewelry!	Craft Room
Greeting Card Making: July Holidays	Friday, July 31, 2026	1:00 PM	2:00 PM	Make your own seasonal cards, including: 4th of July; Birthdays; BBQ Picnics~Invitations & Thank You Notes; National Cancer Awareness Month; National Minority Mental Health Awareness Month. Reservations are required the week prior to the class. Maximum 7 registrants. No waitlist, standby only.	Craft Room
Jewelry Making: Beaded Mermaid Bookmarks	Friday, August 7, 2026	1:00 PM	2:00 PM	Come join us to make your very own beaded mermaid bookmarks!	Craft Room

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Greeting Card Making: August Season	Friday, August 21, 2026	1:00 PM	2:00 PM	Make your own seasonal cards, including Labor Day BBQ Picnics~Invitations & Thank You Notes; Summer Travels~Bon Voyage & Trip Updates; National Adoption Day; National Wellness Month. Reservations are required the week prior to the class. Maximum 7 registrants. No waitlist, standby only.	Craft Room
Crossword	Fridays	1:00 PM	2:00 PM	Recreational activity.	Activity Room
Badminton	Fridays	2:30pm	3:45 PM	Health and Wellness Activity. Self-Led. All Ballrooms Closed 6/5.	Ballroom B
<u>SATURDAY</u>					
<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 Summer Show	Saturday, August 8, 2026	7:00 PM	8:00 PM	Join Rising Phoenix for their Summer Show of singing, dancing, and fun!	All Ballrooms

Inclement Weather Policy

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. (Board games, computer lab, fitness room, puzzles, etc.)

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.

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 you are registered.

Center Info & Resources

LUNCH MENU - Available on site & online at herndonseniorcenter.org

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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.

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.)

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.

Resources

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.

- **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>
