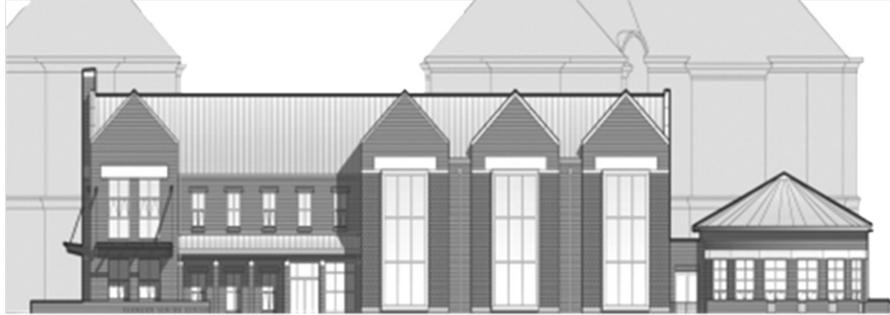


HERNDON SENIOR CENTER

**A RECREATIONAL VENUE FOR
ACTIVE AND INDEPENDENT ADULTS 50+**



Senior Center Director	Becky Shearer
Assistant Directors	Amanda Garrett Anita Chinyavong
Staff	Sade Amuda, Emma Brown, Camila Centeno-Lopez, Michelle Cloney, Cailyn Diaz-Aviles, Nabeela Huq, Amy Lee, Karen Temple
Recreation Therapist	Ash Glodek, CTRS
Case Manager	Missi Amuda, MSW

MARCH 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**

**Page 2-3: Ongoing Activities
Page 4-5: Events, Closures, &
Month At-A-Glance
Page 6-7: Program Details & Center
Reminders
Page 8-9: Trip Info, Inclement
Weather Policy & Resources
Page 10-11: Meals**



A Fairfax County, VA
Publication
MARCH 2026
Updated 2/27/2026

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>
Lunch	12pm	Dining Room
Rummikub - <i>On your Own</i>	1:30pm	Dining Room
<u>MONDAY - 3/2, 3/9, 3/16, 3/23, & 3/30</u>		
Ping Pong	8-10:15am;12-2:30pm	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
S.A.I.L. (Staying Active & Independent for Life)	10:30-11:30am	Ballrooms A & B
Community Case Manager	10:30am-2pm	Lobby
Yoga Breathing	11am	Game Room
Jeopardy Trivia (<i>not on 3/16 or 3/30</i>)	11am	Activity Room
ESL	11am	Conference Room
BALLROOM B CLOSED	10:15am-12pm	Ballroom B
Improve Line Dance	12:30-3pm	Ballroom A
Mixed Media Art	1-2pm	Craft Room
Stronger Memory Program	1-2pm	Activity Room
Badminton	2:30-3:45pm	Ballroom B
<u>TUESDAY - 3/3, 3/10, 3/17, 3/24, & 3/31</u>		
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
Diamond Art	1-2:45pm	Craft Room
Feldenkrais	1-2pm	Ballroom C
Choral Group	1pm	Conference Room

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

WEDNESDAY - 3/4, 3/11, 3/18, & 3/25

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
S.A.I.L. (Staying Active & Independent for Life)	10:30-11:30am	Ballrooms A & B
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 - 3/5, 3/12, 3/19, & 3/26

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	10:45am	Dining Room
Fit 4 Life	11:10-11:45am	Ballroom C
Diamond Art	1-2:45pm	Craft Room
ESL	1pm	Conference Room
Stronger Memory Program	1-2pm	Activity Room
'Just Dance' Fitness	1-2pm	Ballroom A

FRIDAY - 3/6, 3/13, 3/20, & 3/27

Ping Pong	8am-2:15pm	Ballroom B
Asian and Pacific Islander Folk Dance	8am-10:15am	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
Zumba (<i>Newly Added Class!</i>)! No Class on 3/13.	10:45-11:45am	Ballroom C
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>
Wednesday, March 4th	National Consumer Protection Week 2026 Consumer Booth	10am-2pm	Front Lobby
Wednesday, March 4th	Holi Celebration	10:30am-12pm	Dining Room
Wednesday, March 11th	<u>Charter Trip:</u> National Museum of Women in the Arts	Board Bus: 10:10am; Return to HSC: 2pm	National Museum of Women in the Arts: Washington, D.C.
Friday, March 13th	<u>Charter Trip:</u> St. Patrick's Day Concert	Board Bus: 11:20am; Return to HSC: 2pm	Christ the Redeemer Catholic Church: Sterling, VA
Monday, March 16 th - Friday, March 20 th	Luck of the Irish Scavenger Hunt	All Day	Full Building
Wednesday, March 25th	Women's History Month Event	1-2pm	Ballroom C
Tuesday, March 31st	Transgender Day of Visibility Event with Crafts	10:30am	Arts and Crafts Room

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

MAR. MONTH AT A GLANCE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2 10:30am-2pm: Community Case Manager Onsite	3 10:30am: Kindness Rocks! (CR) <i>RR!</i>	4 10:30am-12pm: Holi Celebration (Dining Room) 10am-2pm: National Consumer Protection Week Booth (Lobby) 10:20am-Shopping Trip-\$1 Fastran Fee	5 10:30am: Sun Vision Boards (CR) <i>RR!</i> 2:30pm: Book Club	6 1pm: Card Making (CR) <i>RR!</i>
9 10:30am-2pm: Community Case Manager Onsite	10 10:30am: Glue Painting Batik (CR) <i>RR!</i>	11 Charter Trip: National Museum of Women in the Arts (Board Bus: 10:10am) 10:20am-Shopping Trip-\$1 Fastran Fee	12 10:30am: Resin Drop Earrings Craft (CR) <i>RR!</i> 10:45am: Destination Discovery (Activity Room) <i>RR!</i>	13 Charter Trip: Irish Concert in Sterling, VA (Board Bus: 11:20am) 1pm-Jewelry Making (CR) <i>RR!</i>
16 Luck of the Irish Scavenger Hunt Begins! (Goes through March 20th) 10:30am-2pm: Community Case Manager On-site	17 Happy St. Patrick's Day! 10:30am: Handmade Fabric Bowl (CR) <i>RR!</i>	18 10:20am- Shopping Trip-\$1 Fastran Fee	19 10:30am: Music Bingo (Activity Room) 10:30am: Sip & Paint (CR) <i>RR!</i>	20
23 10:30am-2pm: Community Case Manager Onsite	24 10:30am: Bird & Doodle Watercolor (CR) <i>RR!</i>	25 10:20am- Shopping Trip-\$1 Fastran Fee Women's History Month Event	26 10:30am: Small Diamond Art Project (CR) <i>RR!</i>	27
30 11:15am: Mindful Monday (Activity Rm)	31 10:30am-Transgender Day of Visibility Event (CR)			
			<u>KEY</u>	<i>Registration Required</i>
				\$\$ - Supply Fee Required

PROGRAM DETAILS

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

Canasta

A rummy style game played with two card decks. 2nd & 4th Fridays from 1-1:45pm in the Game Room.

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, March 30th) at 11:15am in the Activity Room!

Community Cares Manager Onsite

Every Monday from 10:30am-2pm

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.

S.A.I.L. (Staying Active & Independent for Life)

Mondays & Wednesdays, 10:30-11:30am. Must be signed up and have completed an assessment before beginning class. All others will need to sign up for the next session (sign-ups beginning again in late May).

Beginner's Spanish

3rd Wednesday of the month at 1pm in the Conference Room!

Book Club

Thursday, March 5th at 2:30pm in the Conference Room.

Blood Pressure Clinic

No Blood Pressure Clinic this month-Will resume in April!

Safety Presentation

3rd Monday of the month 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. **March 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!

Stronger Memory Program

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

Participation in Programs is not permitted for members with expired memberships who have not filled out 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

Kindness Rocks

Tuesday, March 3rd, 10:30am in the Craft Room. Paint a St. Patrick's Day-themed rock! Registration Required!

Sun Vision Boards

Thursday, March 5th at 10:30am in the Craft Room. Registration Required!

Card Making

Friday, March 6th, 1-2pm in the Craft Room. (Pi-Day, St. Patrick's Day, Spring Blooms, Easter) Registration required!

Glue Painting Batik

Tuesday, March 10th at 10:30am in the Craft Room. Registration Required!

Resin Drop Earrings

Thursday, March 12th at 10:30am in the Craft Room. Registration Required!

Destination Discovery

Thursday, March 12th at 10:45am 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 required!

Jewelry Making

Friday, March 13th from 1-2pm in the Craft Room (Key Chain, Backpack|Bag~Beaded Charms) Registration is required!

Handmade Fabric Bowl

Tuesday, March 17th at 10:30am in the Craft Room-join us to make your own fabric bowl! Registration Required.

Music Bingo

Thursday, March 19th at 10:30a.m. in the Activity Room. Get in the groove w/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.

Sip n' Paint:

Thursday, March 19th at 10:30am in the Craft Room. Registration Required!

Bird & Doodle Watercolor

Tuesday, March 24th at 10:30am in the Craft Room. Registration Required!

Small Diamond Art Project

Thursday, March 26th at 10:30am in the Craft Room.

Transgender Visibility Day Event: Come celebrate Transgender Day of Visibility by making watercolor hearts of encouragement to give to the NoVA Prism Center. Tuesday, March 31st in the Craft Room.

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



4 WEDNESDAYS IN MARCH 2026

TRIPS OF NECESSITIES [GROCERIES & SUPPLIES SHOPPING]

RETURN TRIPS ARRIVE BACK AT HERNDON SENIOR CENTER BY 1:30PM.



<p>Wed, MAR 4TH at 10:20 am</p>	<p>Grocery Store, PAINTED TREE BOUTIQUES Burlington Coat Factory, & India Bazaar ~ in Sterling Community Plaza</p>	<p><i>Drop-Offs at: Lidl, then India Bazaar.</i> 11:20 pm ~ Pick Up at India Bazaar, 46960 Cedar Lake Plaza, Sterling, VA 20164 <i>then Drop Off at Lidl.</i> 1:10 pm ~ Pick Up at Lidl only. 47100 Community Plaza ~ Suite #101 Sterling, VA 20164</p>	<p>Flu Shots Unavailable.</p>
<p>Wed, MAR 11TH at 10:20 am</p>	<p>DOLLAR TREE, Giant, & Eateries ~ in Sterling Town Ctr Plaza & TRADER JOE'S ~ in Reston</p>	<p>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; Reston 20194</p>	<p>Giant offers Flu Shots. <i>Walk-Ins welcome.</i> (703) 430-6115, Ext #5, then Ext #0 = Pharmacy Staff.</p>
<p>Wed, MAR 18TH at 10:20 am</p>	<p>LEESBURG PREMIUM OUTLETS ~ in Leesburg, VA <i>Please pack your own lunch & bottled water, or purchase food at the Food Court.</i></p>	<p>1pm ~ Pick Up at Leesburg Outlet Mall's Main Entrance [at Food Court] 241 Fort Evans Rd <u>NE</u>; Leesburg, VA 20176</p>	<p>No Flu Shots Available.</p>
<p>Wed, MAR 25TH at 10:20 am</p>	<p>Walmart, Michaels, Target, Aldi Groceries, PET SMART, Lands End, DSW Shoes, BURGER KING ~ in Fair Lakes Shopping Center</p>	<p>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</u>; <u>Fairfax</u>, VA 22033 12:50 & 1pm ~ Pick Ups at Walmart & Burger King</p>	<p>Walmart offers Flu Shots from 9am -12pm. 703.631.9450 ~ Ext 2; then 1=Pharmacy</p>

<p>FOR A NECESSITIES SHOPPING TRIP TO OCCUR,</p> <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. 	<p>NO HERNDON SENIOR CENTER STAFF ATTENDS.</p> <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"> ❖ <i>Suggestions welcomed & encouraged.</i> 	<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>

MARCH MEALS

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	2	3	4	5	6
Hot Regular / Veggie	Shepherd's Pie w/Peef & Potatoes/ Lentil Shepherd's Pie	Slice Turkey & Gravy	Beef Pho-WG-& 4 Meatballs 2/ Rice Noodles/1 1/2 Cup TofuPho w/WG	Yangs Lemongrass Chicken	Macaroni & Cheese/ Same + 1 oz. cheese
Cold Regular	Macaroni Salad w/ Crackers	Beef Caesar Salad	Chicken Saad w/	Taco Salad (Beef) w/ Southwest Ranch	Powerhouse Wrap w/ Hummus & WW Tortilla
	9	10	11	12	13
Hot Regular / Veggie	Spaghetti & Meat Sauce/ Beef soy protein w/Spaghetti & cheese, tomato sauce	Chicken Pozole w/Veggies & Hominy/ Pinto Bean Pozole	Meatloaf & Gravy/ Vegan Beef Strips	Chicken Pad Thai over WG Linguini Noodles/ Tofu	Breaded Fish Filet w/ Tartar Sauce/ Vegan Veggie Patty
Cold Regular	Asian Chop Salad w/ Chicken & Veggies	Turkey Sliced, Cheese, & WG Tortilla	Pesto Pasta Salad w/WG	Greek Steak Salad w/WG Pita & Veggies	Cottage Cheese, String Cheese, WG Apple Muffin, & Italian Tomato Salad
	16	17	18	19	20
Hot Regular / Veggie	Bean Burrito 4 oz w/ Pinto Beans & WG	Oven Fried Chicken w/WG Corn Muffin/ Veggie Chix Strips	Roast Beef w/Gravy/ Soy Beef	Chicken Parmesan w/WG Spaghetti noodles/ Eggplant Parmesan	Taco Soup (legumes, tomato, corn, red pepper, onion)/ Lentil Taco Soup
Cold Regular	Tuna Salad w/WW Roll	Aztec Grain Bowl (Veg -butternut squash, WG quinoa, cannellini)	5 a Day Salad, Spinach/Kale w/Herb Vinaigrette & Sliced Turkey Mayo	Pasta Salad (Turkey bacon, cheddar, Rotini, Red & Green Peppers, Italian)	Mediterranean Roasted Vegetable Sandwich
	23	24	25	26	27
Hot Regular / Veggie	Chili Con Carne w/ Beans/ Bean Chili	BBQ Shredded Chicken/ BBQ Tofu	Salisbury Steak & Country Gravy/ Veggie	Turkey Wild Rice Soup w/ Veggies/ Lentil Wild Rice Soup	Grilled Pollock/ White Bean & Parm
Cold Regular	Grilled Chicken Mayo w/WG Sliced Bread	Roast Beef w/WG Roll	Chicken Caesar Salad	Ranch Hand Lunch (Eggs, Cheese, WG Bran Muffin, Cowboy Cavier)	#6 Scoop Sriracha Chickpea Salad
	30	31			
Hot Regular / Veggie	Honey Lime Chicken w/ WG Pita/ Honey Lime Chickpeas	Beef Lomein Noodle/ Soy Beef Strips			
Cold Regular	Cold Winter Salad Bowl	Tuna Salad w/WW Bread			

CHEF SALAD & VEGGIE SALAD OFFERED EVERY DAY

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.**

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:

<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.)

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.