

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