Herndon Senior Center

Nov-26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9-11am Beginning Ballroom Dance w/Hope *C 9:30-10:30am Tai Chi w/Mary *A 10am-Noon Crochet & Knitkniks w/Sandy & Vicki *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Beginners ESL w/John *CF 11am-Noon Jeopardy Trivia w/Ash *AR 11am-Noon Yoga Breathing *GR 1-2pm Stronger Memory w/Amanda *AR # 1-2pm Paper Crafts w/Maria *CR	**3** **Election Day** **Center** **Closed**	**4** 9am-Noon Choral Group w/Jiying *C 9:30-10:30am Tai Chi w/Mary *A 10am-2:15pm Ceramics w/Vincent *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Yoga Breathing *GR 11:15am-Noon Mental Muscle Activity: Self-led *AR **12-1pm Rising Phoenix Sing-along *DR** **12:30-1:15pm Cardio Drumming w/Adair *C** 1-2pm Spanish Class w/Octavia *CF 1:30-2:30pm Zumba GOLD w/Celia *A&B	**5** 9-11:45am Advanced Ballroom Dance w/Hope *C 10:15-10:45am Chair Exercise Video *DR 10:30am-Noon Tai Chi w/HuiXian *A 11-11:45am Seated Disco w/Ash *DR 1-2pm ESL All Levels w/Sue *CF 1-3pm Diamond Art w/Michelle *CR **2:30-3:45pm Book Club w/Monica *CF**	**6** 9-10:30am Folk Dance w/Ping *A 10am-Noon Ceramics w/Vincent *CR 10:15-11:15am BINGO *DR **10:45 NO Zumba GOLD w/Anita *C** **11am-Noon Chair Yoga w/Sara *GR** **11am-Noon Beginners ESL w/John&Jeanne *CF** 11am-Noon Brain Games w/Ash *AR 11am-Noon Yoga Breathing *A 12:30-3pm Mahjong w/Birgit *GR # 1-2pm Math Mania w/Ash *AR 1-2pm Card Making w/Nabilah *CR #	**7** **Sunday** **8** **Saturday**
9 9-11am Beginning Ballroom Dance w/Hope *C 9:30-10:30am Tai Chi w/Mary *A 10am-Noon Crochet & Knitkniks w/Sandy & Vicki *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Beginners ESL w/John *CF 11am-Noon Yoga Breathing *GR 1-2pm Stronger Memory w/Amanda *AR # 1-3pm Mixed Media Art w/Ash *CR	**10** 8-10:45am Folk Dance w/Ping *A 8am-2pm Instrument Group *GR **10-11am Blood Pressure Clinic w/Kerry *CF** **10am-11am Mat Yoga w/Sally *C** 10:15-10:45am Chair Exercise Video *DR 10:30am-Noon Thankful Turkey's w/Ash *AR 10:45-11:30am Rx-Relax Adapted Yoga w/Anita *DR 11am-Noon Beginner Line Dance w/Hiroko *A 12-1pm Intermediate Line Dance w/Hiroko *A 1-2pm Choral Group w/Jiying *CF 1-3pm Diamond Art w/Michelle *CR	**11** **Veterans Day** **Center** **Closed**	**12** 9-11:45am Advanced Ballroom Dance w/Hope *C 10:15-10:45am Chair Exercise Video *DR **10:30am Trip: Frying Pan Farm Park Wagon Ride, Herndon** 10:30am-Noon Tai Chi w/HuiXian *A 10:45am-Noon Destination Discovery w/Ash *AR 11:10-11:45am Fit 4 Life w/Nabilah *GR 1-2pm ESL All Levels w/Jeanne *CF 1-3pm Diamond Art w/Michelle *CR	**13** 9-10:30am Folk Dance w/Ping *A 10am-Noon Ceramics w/Vincent *CR 10:15-11:15am BINGO *DR 10:45-11:45am Zumba GOLD w/Anita *C **11am-Noon Chair Yoga w/Sara *GR** **11am-Noon Beginners ESL w/John&Jeanne *CF** 11am-Noon Brain Games w/Ash *AR 11am-Noon Yoga Breathing *A **1-2pm Caregiver Appreciation Day *C** 1-2pm Jewelry Making w/Nabilah *CR # 1-1:45pm Canasta w/Birgit *GR	**14** **Sunday** **15** **Saturday**
16 9-11am Beginning Ballroom Dance w/Hope *C 9:30-10:30am Tai Chi w/Mary *A 10am-Noon Crochet & Knitkniks w/Sandy & Vicki *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Beginners ESL w/John *CF 11am-Noon Jeopardy Trivia w/Ash *AR 11am-Noon Yoga Breathing *GR 1-2pm Stronger Memory w/Amanda *AR # 1-2pm Paper Crafts w/Maria *CR	**17** 8-10:45am Folk Dance w/Ping *A 8am-2pm Instrument Group *GR **10am-11am Mat Yoga w/Sally *C** 10:15-10:45am Chair Exercise Video *DR 10:45-11:30am Rx-Relax Adapted Yoga w/Anita *DR 11am-Noon SSG Fox Program for Veterans w/Jaci Anderson *C 11am-Noon Beginner Line Dance w/Hiroko *A 12-1pm Intermediate Line Dance w/Hiroko *A 1-2pm Choral Group w/Jiying *CF 1-3pm Diamond Art w/Michelle *CR	**18** 9am-Noon Choral Group w/Jiying *C 9:30-10:30am Tai Chi w/Mary *A 10am-2:15pm Ceramics w/Vincent *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Yoga Breathing *GR 11:15am-Noon Mental Muscle Activity: Self-led *AR **12:30-1:15pm Cardio Drumming w/Adair *C** 1-2pm Spanish Class w/Octavia *CF 1-2pm Music Lovers w/Emma *AR 1:30-2:30pm Zumba GOLD w/Celia *A&B	**19** **9-11:45am NO Advanced Ballroom Dance w/Hope *C** 10:15-10:45am Chair Exercise Video *DR **10:30am-Noon NO Tai Chi w/HuiXian *A** 10:30am-Noon Silver Light Performance *A,B,C 10:30am-Noon Music Bingo w/Ash *AR **11:10-11:45am NO Fit 4 Life w/Nabilah *GR** **12-1:50pm Thanksgiving Luncheon & Dancing w/Terry *A,B,C** 1-2pm ESL All Levels w/Sue *CF 1-3pm Diamond Art w/Michelle *CR	**20** 9-10:30am Folk Dance w/Ping *A 10am-Noon Ceramics w/Vincent *CR 10:15-11:15am BINGO *DR 10:45-11:45am Zumba GOLD w/Anita *C **11am-Noon Chair Yoga w/Sara *GR** **11am-Noon Beginners ESL w/John&Jeanne *CF** 11am-Noon Brain Games w/Ash *AR 11am-Noon Yoga Breathing *A 12:30-3pm Mahjong w/Birgit *GR # 1-2pm Math Mania w/Ash *AR	**21** **Sunday** **22** **Saturday**
23 9-11am Beginning Ballroom Dance w/Hope *C 9:30-10:30am Tai Chi w/Mary *A 10am-Noon Crochet & Knitkniks w/Sandy & Vicki *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Beginners ESL w/John *CF 11am-Noon Yoga Breathing *GR 1-2pm Stronger Memory w/Amanda *AR # 1-3pm Mixed Media Art w/Ash *CR	**24** 8-10:45am Folk Dance w/Ping *A 8am-2pm Instrument Group *GR **10am-11am Mat Yoga w/Sally *C** 10:15-10:45am Chair Exercise Video *DR 10:45-11:30am Rx-Relax Adapted Yoga w/Anita *DR 11am-Noon Beginner Line Dance w/Hiroko *A 12-1pm Intermediate Line Dance w/Hiroko *A 1-2pm Choral Group w/Jiying *CF 1-3pm Diamond Art w/Michelle *CR	**25** 9am-Noon Choral Group w/Jiying *C 9:30-10:30am Tai Chi w/Mary *A 10am-2:15pm Ceramics w/Vincent *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Yoga Breathing *GR 11:15am-Noon Mental Muscle Activity w/Missi *AR **12:30-1:15pm Cardio Drumming w/Adair *C** 1-2pm Music Lovers w/Emma *AR 1:30-2:30pm Zumba GOLD w/Celia *A&B	**26** **Thanksgiving Day** **Center** **Closed**	**27** **Day After Thanksgiving** **Center** **Closed**	**28** **Sunday** **29** **Saturday**
30 9-11am Beginning Ballroom Dance w/Hope *C 9:30-10:30am Tai Chi w/Mary *A 10am-Noon Crochet & Knitkniks w/Sandy & Vicki *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Beginners ESL w/John *CF 11am-Noon Comedy Club w/Ash *AR # 11am-Noon Yoga Breathing *GR 1-2pm Stronger Memory w/Amanda *AR # 1-2pm Paper Crafts w/Maria *CR	**Ping Pong & Billiards** **Monday - Friday | 8am-3:45pm | *2nd Floor Ping Pong** **Mondays | 8-10:15am | 12-2:15pm | *B** **Tuesdays & Thursdays | 8am-3:45pm | *B** **Wednesdays | 8-10:15am | 12-1:15pm | *B** **Fridays | 8am-2:15pm |*B** **Badminton** **Mondays & Fridays | 2:30-3:45pm | *B** **Wednesdays | 2:45-3:45pm | *B**	**Vaccine Clinic w/Safeway** **Wednesday, 11/4 | 10:30am-1pm | *Library** **Computer Lab Help w/John** **Wednesdays | 1-2pm | *2nd Floor** **(No Computer Lab Help on 11/4 & 11/18)** **Fridays - Technology with Norma** **Fit University | 10-11am | *AR** **Smartphone Skills | 11:15am-Noon | Computer Lab** **Ipad 101 | 1-2pm | Computer Lab**	**Travel Training w/ECNC - Karla Nativi** **Tuesday, 11/10 | 11am-Noon | *C** **Life Safety Presentation w/FFX Fire & Rescue** **2nd Tuesday | 12:20-1:20pm | *DR** **Crafts with Michelle** **Tuesdays&Thursdays | 10:30am - Noon | *CR** **All Ages Read Together** **Mondays & Wedensdays | 12-2:15pm | *GR**	*** A = Ballroom A * AR = Activity Room** *** B = Ballroom B * GR = Game Room** *** C = Ballroom C * CR = Craft Room** *** DR = Dining Room *CF = Conference** **# Registration Required** **Trip of Necessity #** **Wednesdays | 10:30am - 1:30 pm**	**Sunday**

HERNDON SENIOR CENTER

November 2026

703-464-6200 TTY 711
Monday-Friday, 8 a.m.-4 p.m.

873 Grace Street, Herndon, VA 20170

fairfaxcounty.gov/ncs herndonseniorcenter.org

Satoriea Warren, OPS Manager
Candice Tran, Director
Amanda Garrett, Asst. Director
Anita Chinyavong, Asst. Director
Nabilah Haque, Center Leader
Ash Glodek, Recreation Therapist-CTRS
Missi Amuda, Social Worker-MSW

Happy November!

As we welcome November and the beautiful fall season, it's a wonderful time to pause and reflect on the things we are grateful for. At Herndon Senior Center, we are especially thankful for our wonderful members, volunteers, staff, and community partners who make our center such a welcoming and active place.

November brings new opportunities to connect with friends, enjoy engaging activities, stay active, and celebrate the spirit of community. We hope you'll join us throughout the month for our programs, classes, special events, and social activities.

Reminders:
• The center will be closed on November 3 for Election Day, November 11 for Veterans Day, and November 26–27 for Thanksgiving.

Upcoming Events:
• Vaccine Clinic with Safeway – Wednesday, November 4, 10:30 a.m. –1 p.m.
• Thanksgiving Lunch and Entertainment – Thursday, November 19, 12:00 p.m.–1:50 p.m.

New Classes:

• Mat Yoga—Tuesdays, 10 – 11a.m.
• Cardio Drumming – Wednesdays, 12:30 p.m.–1:15 p.m.
• Chair Yoga – Fridays, 11:00 a.m.– Noon

Wishing you and your loved ones a happy, healthy, and gratitude-filled November! Thank you for being a valued part of our senior center community.

Meet Your
Herndon Senior Center Council

Tommy Chin—President
Jian Jun Zhang—Vice President
Monita Chin—Treasurer
Alison Officewala—Asst. Treasurer
John Rosendahl—Secretary
Sylvia Glover—Director-at-Large
Alison Yanagawa—at Large
Ines Bello—at Large
JoAnn Norton—at Large
Lee Jane Chen—SLSA Liaison
Greg Hanson—Website Liaison
Next meeting: 11/04/26 at 11 a.m.

Donations of store-bought and sealed cookies or crackers are appreciated.

All trips depart the center at 10:30 a.m. and return by 2 p.m.
* ***Bring money for lunch.***
Sign-up sheets for Charter Trips will be available two weeks before each trip.

Wednesday, November 4
Lidl, Sterling Community Plaza (Trip of Necessity)
Thursday, November 12
Frying Pan Park, Herndon (Charter Trip)
Wednesday, November 18
Giant, Greenbriar Town Center (Trip of Necessity)
Wednesday, November 25
Walmart, Fair Lakes Shopping Center (Trip of Necessity)

Center Membership:

Joining the center costs $75 per year. A half price waiver is available if your household income is $59,500 per year or less. Non Fairfax County residents pay $150 per year, and no waiver is available. Proof of income for the waiver is required. Acceptable forms of income include: Letter of Award from the Social Security Administration, statement of monthly/pension benefits, employer paystub, bank statement showing automatic deposit of Social Security check, SSI check retirement benefits, and/or prior year's taxes.

Transportation Service:

Fairfax County registered participant 60+ may apply for transportation if you live within the service area for Herndon Senior Center, and a one-time application must be completed. You choose which days you want to attend, and will be approved on a space-available basis to be picked up.
Participants cancelling for more than 30 days lose their FASTRAN ride and need to reapply upon return. You may request a "one-time only" ride for a special occasion with a minimum of 8 days' notice. (i.e., by the Monday prior for a Monday trip) The cost for transportation is $.50 each way each time you ride. **Anyone who does not cancel a scheduled ride by calling 703-464-6200 before 8:15 a.m. may lose their next scheduled ride.** Please leave a message after hours!

Inclement Weather Policy:

Listen to the news. What to listen for: *If Fairfax County Public Schools are closed because of inclement weather, there will be no transportation, lunches, programs, or classes and the center may or may not remain open.*
If schools are delayed 1 or 2 hours, the Senior Center is open; however, there will be no lunch, no Fastran, and only self-directed activities.
If schools close 1 hour early, the center operates as usual. If schools close 2 or 3 hours early, all afternoon activities are canceled. Lunch will be served and FASTRAN will take riders home following lunch. If FASTRAN has not picked up riders when early dismissal is announced, FASTRAN is cancelled.

Meal Program:

Fairfax County registered participants 60+ may order meals at least 24 hours in advance and up to a week in advance. Meals must be eaten at the center and may NOT go home. You must be present by 12:15 p.m. in order to receive your meal. You may **cancel by 2:00 p.m.** Please leave a message after hours! *If you are late or do not call, we may cancel your next scheduled meal.* Nutrition counseling may be available. Please see menu and ask staff for more information.

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711

A Fairfax County, VA publication
October 2026

Not feeling well? We're sorry to hear that! PLEASE, if you are not feeling well, STAY HOME! We serve a high risk group, where coughs and colds can lead to serious illness. To prevent spread of disease: Stay home if you don't feel well; Wash hands frequently; Don't share food/beverages; COUGH/SNEEZE INTO YOUR SLEEVE, NOT YOUR HAND
Please call the center to cancel your ride and lunch.

Welcome to Herndon, one of 14 Senior Centers in Fairfax County! To qualify for membership, an adult, 50+, must, with or without reasonable modification be:

- Able to adhere to the Senior Center's Terms of Membership/Code of Conduct while in the facility (the back of the membership form you signed.)
- Able to orient correctly to person, place, and time.
- Able to independently navigate to programs and through the center safely.
- Able to get on and off a county vehicle safely and remain seated with the seatbelt fastened until the vehicle comes to a complete stop.
- Able to receive and follow instructions independently.
- Able to recognize and respond appropriately to emergency warnings.
- Able to maintain personal care (eating, restroom usage, personal hygiene, medication management) independently.

Free transportation service for medical appointments may call the Shepherd's Center at 703-281-0538 to request rides.

Holidays & Observances:

National Native American Heritage Month

11/01 Daylight Saving Time Ends

11/03 Election Day

11/04 Diwali

11/11 Veterans Day

11/13 Caregiver Appreciation Day

11/14 World Diabetes Day

11/15-11/21 National Hunger and Homelessness Awareness Week

11/19 International Men's Day

11/25 International Day for the Elimination of Violence Against Women

11/26 Thanksgiving