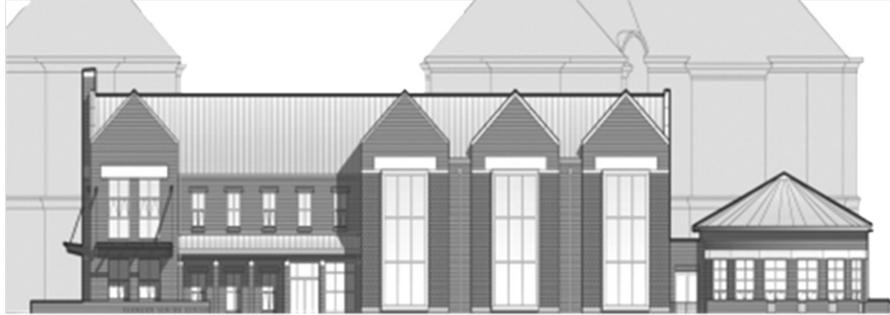


HERNDON SENIOR CENTER

A RECREATIONAL VENUE FOR
ACTIVE AND INDEPENDENT ADULTS 50+



Senior Center Director Becky Shearer
Assistant Directors Jeanne Alcazar
Amanda Garrett

Staff Camila Centeno-Lopez, Cailyn Diaz-Aviles, Michelle Cloney, Nabeela Huq, Amy Lee, Shosha Shen, Karen Temple, Sade Amuda, Emma Brown

Recreation Therapist Ash Glodek, CTRS
Case Manager Missi Amuda, MSW

JANUARY 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**

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A Fairfax County, VA
Publication
JANUARY 2026
Updated 12/22/2025

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 - 1/5, 1/12, & 1/26</u>		
Ping Pong	8-10:15am; 12-12:45pm; 1:45-2:30pm	Ballroom B
Beginning Ballroom Dance	8am-10am	Ballroom C
Tai Chi/Exercise (No Class on 12/15).	9:30am-10:30am	Ballroom A
Crochet & Knitniks Group	10am-12pm	Craft Room
Community Case Manager	10:30am-2pm	Lobby
Yoga Breathing	11am	Game Room
Jeopardy Trivia	11am	Activity Room
ESL w/John R.	11am	Conference Room
BALLROOM B CLOSED	10:15am-12pm; 2:30-4pm	Ballroom B
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Mixed Media Art	1-2pm	Craft Room
Badminton	2:30-3:45pm	Ballroom B
<u>TUESDAY - 1/6, 1/13, 1/20, & 1/27</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 with Hiroko	11am	Ballroom A
ESL	11am	Conference Room
Fit 4 Life w/ Nabeela	11:10-11:45am	Ballroom C
Advanced Line Dance w/ Hiroko	12pm	Ballroom A
SLSA Instrument	12:15pm	Game Room
Diamond Art	1-2:45pm	Craft Room
Feldenkrais	1-2pm	Ballroom C
SLSA Choral Group	1pm	Conference Room

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

WEDNESDAY - 1/7, 1/14, 1/21, & 1/28

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 w/ Vince - \$\$	10am-12pm	Craft Room
Party Bridge	10am-12pm	Library
Teaching Bridge	10am-12pm	Library
American Mahjong	10:30am	Hallway
Yoga Breathing	11am	Game Room
		Activity Room
Wellness Wednesday	11:15am	
All Ages Read Together - AART	12-2:30pm	Game Room
Advanced Ceramics with Vince - \$\$	12:15-2:15pm	Craft Room
Improve Line Dance with Lily	12:30-3pm	Ballroom A
Computer Lab Help	1pm	Computer Lab
Music Lovers	1pm-2pm	Activity Room
Zumba Gold Class w/ Celia	1:30pm	Ballrooms B & C
Badminton	2:45-3:45pm	Ballroom B

THURSDAY - 1/8, 1/15, 1/22, & 1/29

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 DVD	10:45am	Dining Room
Fit 4 Life w/ Nabeelah	11:10-11:45am	Ballroom C
Diamond Art	1-2:45pm	Craft Room
Computer Lab Help with David	1-2pm	Computer Lab
ESL	1pm	Ballroom C
'Just Dance' Fitness	1-2pm	Ballroom A

FRIDAY - 1/2, 1/9, 1/16, 1/23, & 1/30

Ping Pong	8am-2:15pm	Ballroom B
Asian and Pacific Islander Folk Dance	8am-10:45am	Ballroom C
SLSA Adv. Ballroom Dance	9-11am	Ballroom A
Ceramics w/ Vince - \$\$	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
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, December 31st	Charter Trip: George Mason University Basketball Game	10:40am: Board Bus 3:30pm: Approximate Return to HSC	George Mason University: Fairfax, VA
Thursday, January 1st	CLOSED in observance of New Year's Day	FULL DAY	FULL BUILDING
Monday, January 19th	CLOSED in observance of Martin Luther King, Jr. Day	FULL DAY	FULL BUILDING
Thursday, January 22nd	Charter Trip: Claude Moore Park Rec Center~ Indoor Pool, etc.	10:20am: Board Bus 2pm: Return to HSC	Claude Moore Park Rec Center: Sterling, VA
Monday, February 16th	CLOSED in observance of Presidents' Day	FULL DAY	FULL BUILDING
Thursday, February 19th	Charter Trip: African American Museum of History and Culture	10:20am: Board Bus 2pm: Return to HSC	African American Museum of History and Culture: Washington, DC

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

JAN. MONTH AT A GLANCE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			1 HAPPY NEW YEAR! CLOSED	2
5 10:30am-2pm: Community Case Manager Onsite	6	7 10:20am-Shopping Trip-\$\$	8 10:45am: Destination Discovery w/Ash (Activity Room) RR! 2:30pm: Book Club	9 1pm: Card Making (Lunar New Year, Birthdays) (CR) RR!
12 10:30am-2pm: Community Case Manager Onsite	13 10-11am: Blood Pressure Clinic	14 10:20am- Shopping Trip-\$\$	15 10:15am: Music Bingo w/ Ash (Activity Room)	16
19 CLOSED IN OBSERVANCE OF MLK JR. DAY	20	21 10:20am- Shopping Trip-\$\$	22 <u>Charter Trip</u> : Claude Moore Park Rec Center: Board Bus at 10:20am, return to HSC at 2pm	23 1pm: Jewelry Making (Beaded Charms & Sweater Pins) (CR) RR!
26 10:30am-2pm: Community Case Manager Onsite	27	28 10:20am- Shopping Trip-\$\$	29	30

KEY

Registration Required

\$\$ - 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****

Digital Class with David

Class on Thursdays! Stop by and bring your computer questions, 3D printing or phone skills questions from 1-2pm!

Community Cares Manager Onsite

Every Monday from 10:30am-2pm

SAIL Sign-Ups Begin

- *Sign-up dates for SAIL are from Monday, Jan. 5th-Friday, Jan. 16th.*
- *All participants MUST be signed up by Jan. 16th in order to participate.*
- *All signed-up participants MUST complete an assessment on one of the following dates: Wednesday, Jan. 21st or Monday, Jan. 26th.*
- **Classes will begin Feb. 2nd! If you are not signed up and do not complete an assessment, 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 with Tibby (substituting for Octavia C.)

3rd Wednesday of the month (January 21st) at 1pm in the Conference Room!

Book Club

Thursday, January 8th at 2:30pm in the Conference Room.

Blood Pressure Clinic with Nurse Kerry

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. **January Dates are TBD, from 9:30am-12:30pm.**

ESL w/John R.

Mondays at 11am in the Conference Room.

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!

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

Card Making with Nabilah

Friday, January 9th from 1-2pm in the Craft Room! (Lunar New Year and Birthdays) Registration at the front desk is required!

Destination Discovery with Ash

Thursday, January 8th 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!

Music Bingo with Ash

Thursday, January 15th at 10:15a.m. in the Activity Room! Get in the groove with this special event, music bingo! 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! Benefits: This activity focuses on reminiscence and recall.

Jewelry Making with Nabilah

Friday, January 23rd from 1-2pm in the Craft Room (Beaded Charms & Sweater Pins)! Registration at the front desk is 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
please make Checks out to
DNCS. We do not accept AMEX.**



4 WEDNESDAYS IN JANUARY 2026

TRIPS OF NECESSITIES [GROCERIES & SUPPLIES SHOPPING]



<p>Wed, JAN 7TH @10:20am</p>	<p> Giant, CVS, FIVE BELOW Ross, Marshalls, POPEYES, etc ~ in Greenbriar Town Center</p>	<p style="text-align: center;"><i>Drop Offs at Ross, Giant, & Marshalls</i> <i>1pm ~ Pick Up at Giant Only</i> 13043 Route 50 Hwy; Fairfax, VA 22033</p>	<p>Giant offers Flu Shots. Walk ins welcome. (703) 968-8324, Ext 8, then # 0 = Pharmacy.</p>
<p>Wed, JAN 14TH at 10:20 am</p>	<p> DOLLAR TREE, Giant, & Eateries ~ in Sterling Town Ctr Plaza & TRADER JOE'S ~ in Reston</p>	<p style="text-align: center;"><i>12pm ~ Pick Up at Dollar Tree</i> 21800 Town Center Plaza ~ Suite #237; Sterling, VA 20164 <i>1:15pm ~ Pick Up at Trader Joe's</i> 11958 Killingsworth Ave; Reston 20194</p>	<p>Giant offers Flu Shots. <u>Walk-Ins welcome.</u> (703) 430-6115, Ext #5, then Ext #0 = Pharmacy Staff</p>
<p>Wed, JAN 21ST at 10:20 am</p>	<p>Sully Station Shopping Center then nearby SULLY STATION Wegmans Grocery Store of Chantilly</p>	<p style="text-align: center;"><i>12pm Pick Up @ Goodwill in Sully Station Center</i> 5077 Westfields Blvd, Centreville, VA 20120 <i>1pm Pickup @ Wegmans Chantilly</i> 14361 Newbrook Dr, Chantilly, VA 20151</p>	<p>Wegmans offers Flu Shots. <u>Walk-Ins welcome.</u> (571) 525-5525, Ext #2, then #8 = Pharmacy Staff.</p>
<p>Wed, JAN 28TH at 10:20 am</p>	<p> Walmart, Michaels TARGET Aldi Groceries, PETSMART DSW, Lands End, & BURGER KING ~ in Fair Lakes Shopping Center</p>	<p style="text-align: center;"><i>1st Drop Offs at Michaels Walmart BJ's Wholesale Pet Smart 13059, 13053, & 12971 Fair Lakes Pkwy;</i> <i>12:10 & 12:15pm ~ Pick Ups at Walmart & BJ's</i> <i>2nd Drop Off at Walmart & Burger King 4516 Fair Knoll Drive; Fairfax, VA 22033</i> <i>12:50 & 1pm ~ Pick Ups at Walmart & Burger King</i></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>

JANUARY MEALS

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	CHEF SALAD & VEGGIE SALAD OFFERED EVERY-DAY				
Hot Regular / Veggie				HAPPY NEW YEAR!	
Cold Regular				CLOSED	Grilled Pollock/ <i>White Bean & Parmesean</i>
					Scoop Sriracha Chickpea Salad
Hot Regular / Veggie	5 Honey Lime Chicken/ Honey Lime Chick-peas	6 Beef Lomein Noodle/ <i>Soy Beef Strips</i>	7 Breaded Fish Filet/ Veggie-Hummus Sandwich	8 6 Swedish Chicken Meatballs w/WG Egg Noodle/ <i>Vegetable Meatballs w/Sauce</i>	9 Minestrone Soup/ Same
Cold Regular	Cold Winter Salad Bowl (WG Rice, feta, beets, roasted carrot, chickpeas) w/balsamic dressing	Tuna Salad w/WVG Bread	Whole Chicken Wrap (2 pieces) w/WVG Tortilla	Asian Chicken Salad	Caprese: Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette w/ WG Pita Bread
Hot Regular / Veggie	12 Oven Fried Chicken/Vegetarian Chix Strips	13 Beef Stew/Lentil Stew	14 Chicken Piccata/ Vegetarian Chix Strips	15 WG Tagliatelle Pasta w/Kale, Tomatoes, Cannellini beans, Veggies, WG/Same	16 Vegetarian Chili/Same
Cold Regular	Chef Salad (Protein, Swiss Cheese, Roast Beef, Wedged Egg)	Spinach Strawberry Feta Salad w/Chicken Breast	Tabbouleh (Grain, Veg-Bell pepper, cucumber, tomato)	Asian Beef Spring Roll	Egg Salad w/WVG English Muffin
Hot Regular / Veggie	19 CLOSED IN OBSERVANCE OF MLK JR. DAY	20 Sliced Turkey & Gravy/ Vegetarian Chicks Strips	21 Beef Pho, WG & Meatballs w/Rice Noodles/ <i>Vegetarian Tofu Pho w/WG</i>	22 Yangs Lemongrass Chicken/ <i>Lemongrass Chix Strips</i>	23 Macaroni & Cheese/ Same + Cheese
Cold Regular		Beef Caesar Salad	Chicken Salad w/WVG Roll	Taco Salad w/ Southwest Ranch	Powerhouse Wrap
Hot Regular / Veggie	26 Spaghetti & Meat Sauce/ Beef Soy Protein w/ Spaghetti & Cheese, Tomato Sauce	27 Chicken Pozole (w/ Veggies-radish, green cabbage, onion, homi-	28 Meatloaf & Gravy/ Vegan Beef Strip	29 Chicken Pad Thai over WG Linguini Noodles/ <i>Tofu</i>	30 Breaded Fish Filet/ Vegan Veggie Patty
Cold Regular	Asian Chop Salad w/ Chicken	Turkey Sliced, Cheese w/WVG Tortilla	Pesto Pasta Salad	Greek Steak Salad	Cottage Cheese, String Cheese, WG Apple Muffin, Italian Tomato Salad

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.
- * **You must be present by 12:15 p.m. or you are counted as a no show.**

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.