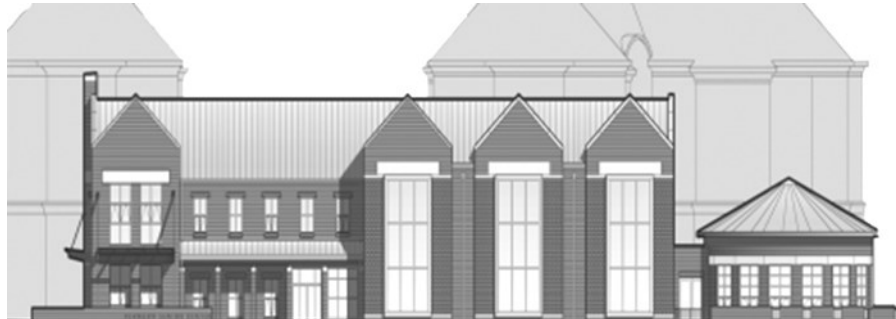


Herndon Senior Center

A Recreational Venue for
Active and Independent Adults 50+



Senior Center Director	Sarah Sprague, M.Ed., CTRS
Assistant Directors	Jeanne Alcazar Donna Lopez
Staff	Michelle Cloney, Jeff French, Nabeela Huq, Candia Hudson, Amy Lee, Karen Temple, Hanh Tran
Recreation Therapist	Lauren Topper, CTRS
Case Manager	Missi Amuda, MSW

April 2024

“April showers pave the way for warm and sunny summer days”

Email, visit, or call us at:

873 Grace Street
Herndon, VA 20170

703-464-6200 TTY 711

NCSHerndonSeniorCenter@fairfaxcounty.gov

Opening Hours
Monday - Friday
8:00am - 4:00pm



A Fairfax County, VA
Publication
February 2024
Updated 1/23/24

April 2024

Menu and

Monday - Friday
8:00am - 4:00pm

	Monday, April 1	Tuesday, April 2	Wednesday, April 3
	Menu	Menu	Menu
Hot Regular / Veggie	Chicken & Waffles Veggie: Vegan Chicken	Broccoli, Cheese, & Rice Casserole Veggie: Same	Vegetarian Lentil Soup Veggie: Same
Cold Regular	Cold Cuts and Cheese Flatbread	Roasted Vegetable Pasta	Spinach Strawberry Feta Salad
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitnicks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:15 Zumba w/ Sarah (B) 1:30 Rummikub (DR) <i>on your own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) <i>on your own</i> 10:30 Gentle Exercise DVD (DR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) 1-2:45 Diamond Art Keychains (CR) 1 Rummikub (GR) <i>on your own</i> 2:30 Feldenkrais Floor:-(A) <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10-12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:15 SAIL Video (C) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 11 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11 Spanish with Octavia (CNF) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12:15 Rising Phoenix Sing-a-long (DR) 12-2:30 AART (GR) 12-2 Improve Line Dance with Lily P/RR (A) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-4:45 Feldenkrais Chair (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, April 4	Friday, April 5
Menu	Menu
Oven Fried Chicken Legs Veggie: Vegan Nuggets	Salmon Patty Veggie: Vegan Fish Patty
Egg Salad WG Roll	Grilled Chicken
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-2:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 11 Looming <i>on your own</i> (AR) 11 Autism Awareness Program (LBY) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12:30-1 Beginning Flamenco (A) 1-2:30 Level 1 & 2 Flamenco RR (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) <i>on your own</i> 2:30 Book Club (CNF) 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 9:45 Garden Exchange with Hanh (DR) 10 Chair Exercise with Sarah (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) <i>On your own</i> 10-12 Beginning Ceramics w/ Vince RR/ P (CR) 10:15 Morning Word Search (LBY) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 1 Rummikub (DR) <i>on your own</i> 1 Crossword <i>on your own</i> (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

**The Center is
CLOSED**
Saturdays & Sundays

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room

Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

April 2024

Menu and

Monday - Friday
8:00am - 4:00pm

	Monday, April 8	Tuesday, April 9	Wednesday, April 10
	Menu	Menu	Menu
Hot Regular / Veggie	Baked Cajun Fish Veggie: Sliced Cheeses	Cup Jambalaya Veggie: Chick Stick Jambalaya	Chicken In Orange Sauce Veggie: Chix strips in orange sauce
Cold Regular	BBQ Chicken Salad	Tropical Bean Salad	5 a day Salad
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance Special Event (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:15 Zumba w/ Sarah (B) 1:30 Rummikub (DR) <i>on your own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10-11 Blood Pressure Clinic (CNF) 10:30 Rummikub (HWY) <i>on your own</i> 10:30 Gentle Exercise DVD (DR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) 1-2:45 Diamond Art (CR) 1 Rummikub (GR) <i>on your own</i> 2:30 Feldenkrais Floor:-(A) <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12 Advanced Ceramic w/Vince RR/P (CR) 10:30-12 Teaching Bridge (GR) 10 Travel Training Part 1 (CNF) 10:10 SAIL RR (DR) 10:15 SAIL Video (C) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 11 Yoga Breathing DVD (A) 11 Wellness Wednesday (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2 Improve Line Dance with Lily P/RR (A) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-4:45 Feldenkrais Chair (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, April 11	Friday, April 12
Menu	Menu
Salisbury Steak Veggie: Vegetarian Patty	Chicken Fajita Pasta Veggie: Chix Strips fajita pasta
Asian Chicken Salad	Yogurt and Cheese
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-2:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 11 Looming <i>on your own</i> (AR) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12:30-1 Beginning Flamenco (A) 1-2:30 Level 1 & 2 Flamenco RR (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise with Sarah (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) <i>On your own</i> 10-12 Beginning Ceramics w/ Vince RR/P (CR) 10:15 Morning Word Search (LBY) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Jewelry Repair/Repurpose RR (CR) 1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

**The Center is
CLOSED
Saturdays & Sundays**

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room

Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

April 2024

Menu and

Monday - Friday
8:00am - 4:00pm

	Monday, April 15	Tuesday, April 16	Wednesday, April 17
	Menu	Menu	Menu
Hot Regular / Veggie	Jerk Chicken Veggie: Vegan Chicken	Sweet & Spicy Beef "Stir-fry" Veggie: Tofu Stir Fry	Mac & Cheese w/ Baked Beans Veggie: Same
Cold Regular	Roast Beef and Swiss Cheese	BLT Pasta Salad	Fresh Mozzarella w/ Pita Bread
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10 Air & Space Museum Trip (LBY) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Safety with Wyleng (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 4:15 Zumba w/ Sarah (B) 1:30 Rummikub (DR) <i>on your own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Ex w/ Donna DVD (DR) 10:30 Rummikub (HWY) <i>on your own</i> 10:30 Gentle Exercise DVD (DR) 10:30 Shepard Center (LBY) 10:30 Painting with Lauren RR (CR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) 1 Rummikub (GR) <i>on your own</i> 2:30 Feldenkrais Floor:-(A) <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10-12 Advanced Ceramic w/Vince RR/P (CR) 10 Travel Training Part 2 (LBY) 10:10 SAIL RR (DR) 10:15 SAIL Video (C) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 11 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11 Spanish with Octavia (CNF) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2 Improve Line Dance with Lily P/RR (A) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 HSC Advisory Council Meeting (CNF) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-1:45 Feldenkrais Chair (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, April 18	Friday, April 19
Menu	Menu
Vegetarian Lasagna Veggie: Same	Tuscan Smoked Turkey & Bean Soup Vegan: Bean Soup
Tuna Salad	Cottage Cheese and English Muffin
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-2:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 11 Looming <i>on your own</i> (AR) 11:10 Fit 4 Life Walk (GR) 12 *Lunch */RR (DR) 12 Volunteer Luncheon (C) 12:30-1 Beginning Flamenco (A) 1-2:30 Level 1 & 2 Flamenco RR (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise with Sarah (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) <i>On your own</i> 10-12 Beginning Ceramics w/ Vince RR/ P (CR) 10:15 Morning Word Search (LBY) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

**The Center is
CLOSED**
Saturdays & Sundays

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room

Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

April 2024

Menu and

Monday - Friday
8:00am - 4:00pm

	Monday, April 22	Tuesday, April 23	Wednesday, April 24
	Menu	Menu	Menu
Hot Regular / Veggie	Spaghetti & Meat Sauce Veggie: Spaghetti w/ Cheese	Fish Chowder Veggie: Vegan Fish Patty	Cheesy Bean Burrito Veggie: Same
Cold Regular	Spinach Strawberry Salad	Grilled Chicken w/ Bun	Pesto Pasta Salad
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Earth Day Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:15 Zumba w/ Sarah (B) 1:30 Rummikub (DR) <i>on your own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) <i>on your own</i> 10:30 Gentle Exercise DVD (DR) 10:30 Upcycle Art (CR) 11 ESL with Ming (CNE) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life Walk (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) 1-2:45 Diamond Art (CR) 1 Rummikub (GR) <i>on your own</i> 2:30 Feldenkrais Floor:-(A) <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10-12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:15 SAIL Video (C) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 11 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2 Improve Line Dance with Lily P/RR (A) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-1:45 Feldenkrais Chair (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, April 25	Friday, April 26
Menu	Menu
Oven Fried Chicken Legs Veggie: Chick Tenders	Meatloaf Veggie: Soy beef strips
Taco Salad	Chickpea Waldorf Salad
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-2:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 10:30 Shepard Center (LBY) 11 Looming <i>on your own</i> (AR) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12:30-1 Beginning Flamenco (A) 1-2:30 Level 1 & 2 Flamenco RR (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	<div style="text-align: center;"> Rising Phoenix Presents Starry Lights and Dreamy Nights 11:00am-12:00pm Ballroom ABC </div> 12 *Lunch */RR (DR) 1 Rummikub (DR) <i>on your own</i> 4 Crossword (AR) 4 3:45 Badminton (B) 4 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

**The Center is
CLOSED
Saturdays & Sundays**

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room
Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

April 2024

Menu and

Monday - Friday
8:00am - 4:00pm

	Monday, April 29	Tuesday, April 30	Wednesday, May 1
	Menu	Menu	Menu
Hot Regular / Veggie	Chicken and Waffles Veggie: Vegan Chicken	Broccoli, Cheese & Rice Veggie: Same	
Cold Regular	Cold Cuts & Cheese	Roasted Vegetable Pasta	
Salads	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:15 Zumba w/ Sarah (B) 1:30 Rummikub (DR) <i>on your own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) <i>on your own</i> 10:30 Gentle Exercise DVD (DR) 10:30 Butterfly Garden (CR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) 1-2:45 Diamond Art (CR) 1 Rummikub (GR) <i>on your own</i> 2:30 Feldenkrais Floor:-(A) <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10-12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:15 SAIL Video (C) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 11 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11 Spanish with Octavia (CNF) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2 Improve Line Dance with Lily P/RR (A) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1-4:45 Feldenkrais Chair (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, May 2	Friday, May 3
Menu	Menu
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-2:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) 11 Looming <i>on your own</i> (AR) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12:30-1 Beginning Flamenco (A) 1-2:30 Level 1 & 2 Flamenco RR (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (GR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise w/ Sarah (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) <i>On your own</i> 10-12 Beginning Ceramics w/ Vince RR/ P (CR) 10:15 Morning Word Search (LBY) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

**The Center is
CLOSED**
Saturdays & Sundays

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room

Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

March 2024 Highlights

Membership Processing

START Times:

- Monday - Friday
- > 10:15am - 11:30am
- > 12:45pm - 1:15pm

Cash; Credit Cards, or
please make Checks out to **DNCS**.

Important Diamond Art Notice

Starting in March there will only be offered **one small project a month**.

If you are a **new participant**, we will **always have a small project to try** before given a large project.

The rest of the month will be used for large projects. Participants are able to bring in their own supplies if wanting something smaller.

Participant Survey

What programs would you like to see at the center?

Drop your ideas in the suggestion box or email Sarah at sarah.sprague2@fairfaxcounty.gov

Lunch Reminder: FOOD IS NOT TO BE TAKEN HOME!

- * Please remember that lunch is served at **noon**, by calling table numbers.
- * We do **not** hold lunches.
 - Please call the center to cancel by 7:30am 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.
- * We often finish service at 12:10pm, so please come to lunch promptly.

Emergency Drills

Under strict orders by the Fairfax County Fire Marshal we are required to complete monthly fire drills. These are to ensure your safety and best practices of how to safely and 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 and 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 of how the emergency drills are conducted please speak to Sarah Sprague, Director of Herndon Senior Center.

March 2024 ~ News to Use

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

Programs to Note:

SAIL (Stay Active & Independent for Life)

A new SAIL session begins March 11th! **SAIL will now start at 10:10am.** If you are not in the current SAIL session, a SAIL video will be available.

Exercise Class Information

Gentle Chair Exercise DVD: Tuesdays at 10:30am

Chair Exercise with Donna DVD: Tuesdays and Thursdays at 10:00am

Fit 4 Life with Nabilah: Tuesdays and Thursdays at 11:10am *Special Earth Day Walk on April 18th & 23rd.

Chair Exercise with Sarah Fridays at 10:00am in Ballroom C

Book Club

First Thursday (April 4th) of the month at 2:30pm in the Conference Room.

Computer Class with David

Class on Mondays at 10am! Stop by and bring your computer questions from 10:00am-11:00am. Learn basic computer skills 11:00am-12:00pm. Sign up at the front desk for the class.

Blood Pressure Clinic with Nurse Kerry

10:00am-11:00am in the Conference Room on the **second Tuesday** (April 9) of the month.

Rising Phoenix Sing-a-long

Wednesday, April 3rd, at 12:15pm in the Dining Room!

Spanish with Octavia

Join Octavia at 11:00am on Wednesday, April 3rd and 11th, in the Conference Room.

Zumba with Sarah

Mondays at 1:15pm-1:45pm. Must have 4 participants for active class.

Shepard Center

Tuesday April 16 and Thursday April 25th at 10:30am in the lobby

April 2024 ~ News to Use Continued

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

All arts and craft programs will end at 2:45pm for proper clean up and closure.

Diamond Art Keychains

Join us Tuesday, April 2nd, at 1:00pm in the Craft Room.

Painting with Lauren

Step by step painting, Tuesday, April 16th, at 10:30am in the Craft Room.

Butterfly Gardens

Spring décor project with Sarah Tuesday, April 30th, at 10:30am in Craft Room.

Garden Exchange with Hanh

Every **first Friday** of the month at 9:45am in the Dining Room (April 5th)

Upcycle Art

Challenge your creativity of card design on Tuesday, April 23rd, at 10:30am

Jewelry Repair and Repurpose

Friday, April 12th, at 1:00pm. Please sign up at the front desk by Tuesday, April 9th.

Charter Trips

Where: Air and Space Museum in Chantilly, Va

When: Monday, April 15th, 2024

Time: 10:15am

Cost: \$1 for Fastran and \$2 for lunch (Due at sign-up)

Sign-up deadline: Wednesday April 10, 2024 @ 2:30pm

April 2024 ~ News to Use Continued

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

Travel Training with the Public Bus System

What can you do with a Senior SmarTrip Card & How can you get one? Join us for a discussion group meeting with Dulles Area Transportation Association Wed. April 10 at 10:30am. Group participants can sign up for a Guided Trip on Wed. April 17 at 10:00am.

Safety Presentation and Fire Safety Table with Wyleng from Fairfax County Fire Department:

- ◇ The **third Monday** (April 15th) of the month
- ◇ 11:00am in the Activity Room.
- ◇ 12:00pm in the Dining Room.

Flamenco Class REMIX

Hearing about the amazing Flamenco classes with Instructor Nancy Bloomfield? You, too, can learn!

Thursdays in Ballroom A:

- ◆ 12:30-1:00pm Intro to Flamenco
- ◆ 1:00-2:00pm Level 1 & 2

BINGO Activity Update:

No need to bring a prize to win. Limit of 2 cards per person. Game ends at 11:15am, or when prizes run out. Fridays at 10:15am in Ballroom C.

Baked Goods Distribution ~ 1 item per person!

Thank you to HSC Council and volunteers for getting Panera bread and sweets to the center for distribution on Wednesdays and Fridays at 10:15am in the lobby!

- ◆ **Donations are encouraged** — to cover costs of wrapping, gloves, bags, etc.
- ◆ Please form a line for fair distribution.
- ◆ Follow the arrows for everyone's safety.

All Ages Read Together

Become a volunteer with AART. Mondays and Wednesdays from 12-2pm.

Help youngsters prepare for school by reading and guiding them through selected activities. Follow the lead of the 2 AART coordinators and see the students blossom and be ready for their first real school experience.

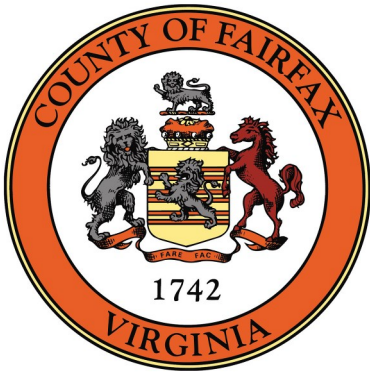


In Case of Inclement Weather



Listen for Fairfax School Closings and call the Center at
703-464-6200, TTY 711
for center status and activity cancellation information.

- * **If Fairfax County Public Schools calls a two hour delay** there is no lunch or Fastran. All scheduled activities are canceled. Only self-directed activities.
- * **If Fairfax County Public Schools calls a closure** there is no lunch or Fastran. All scheduled activities are canceled. Only self-directed activities.
- * **If Fairfax County Government calls a two hour delay** the senior center will open at 10:00am. No lunch or Fastran. All scheduled activities are canceled. Only self-directed activities.
- * **If Fairfax County Government is closed**, Herndon Senior Center is closed.



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.