Ац	gust 202	22	Menu and Monday - Friday 8:00-4:00 p.m.
Pick	Monday, August 1	Tuesday, August 2	Wednesday, August 3
One	Menu	Menu	Menu
<i>Hot</i> Regular/ Veggie	Asian Sweet & Spicy Veggie Burger Veggie: Veggie Burger	Paella w/Meat Alternate Veggie:: Vegetarian Paella	Hamburger Stroganoff Veggie: Tofu
Fruit Plate	Fruit Plate	Fruit Plate	Fruit Plate
<i>Cold</i> Regular/	Chef Salad w/Swiss Cheese & Roast Beef	Pasta Salad w/Roll	Turkey w/Roll & field greens
Salad Regular/ Veggie	Chef Salad / Veggie Salad	Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
	Programs	Programs	Programs
National Coloring Week! Add your bit of color to the commun ity poster ******** Self- nominate for Herndon Council, INC.	Programs 8-1 Ping Pong (B) 9 VCAA Ipad in Chinese 9:30 Chair Exer DVD (DR) 9:30-10:30 Tai Chi/Exer (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise W/Hanh RR (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Tech Help w/Kevin (Lobby) 11 Mental Muscle (AR) 11 Yoga Breathing DVD (A) 11:15 Arthritis Exercise W/Hanh (C) 12 *Lunch*/RR (DR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Rummikub (DR) 1 Art w/Jeanne (CR) 1:30 ZUMBA Gold w/Celia P/RR (B) 2 Mixed Media (CR) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B)	Programs 8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: (A)申文 9-12 SLSA Folk Dance: (A)申文 9-12 SLSA Choral Group (C)中文 9:30 Chair Ex w/Donna DVD (DR) 10 Art Exploration (CR) <i>On your own</i> 10:30 Gentle Exercise (DR) 11 What would you do? w/Kevin (AR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/Hiroko P/RR (A) 11:45 History of American snacks and samples w/ Ruth! (DR) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/Hiroko P/RR (A) 12:30-3 SLSA Folk Dance: (C)中文 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (A) 2 Feldenkrais (A) 2-3 S.A.I.L. Exercise Video (DR) 3-4 Ballroom B closed for maintenance <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	Programs 8-1 Ping Pong (B) 9:30 Chair Ex Video w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) OYO 10-12 Ceramic w/Vince RR/P (CR) 10:15 S.A.I.L. Exercise w/Hanh H/RR (C) 10:15 Shopping Trip P/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12:30 Rising Phoenix Sing-Along (DR) 1st Wed of each month 12-2 Improve Line Dance w/Lily P/RR (A) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold w/Celia P/RR (B) 2:30-3:45 Badminton (B) Community Partner Use 6:30-8:30 Sun Dance Dancers (A) 7:30-9 Beginners Square Dance (B+C)

Program Guide: If a program has **P** next to it, there is a charge to participate. If it has **RR** next to it, you must register in advance in order to participate. See front desk for details.

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

Thursday, August 4	Friday, August 5		CI	OSED on
Menu	Menu			aturdays
Oven Roasted Haddock Veggie: Same	Vegetarian Lasagna		Leve	-
Fruit Plate			A	Ballroom A
Tuttilate		ĺ	В	Ballroom B
Cottage Cheeses, String Cheese, Muffin		ĺ	С	Ballroom C
		ĺ	DR	Dining Room
			LBY	Lobby
Chef Salad / Veggie Salad	Chef Salad w/ Turkey		AR	Activity Room
Programs	Programs		Leve	1
•			CNF	CNF. Room
8-3:45 Ping Pong (B)	9:30 Chair Ex Video w/Donna (DR)		CL	Comp. Lab
9-12 SLSA Folk Dance: Advanced (C)	10:15 Morning Word Search (LBY)		CR	Craft Room
- · (-) 中文	10-12 Party Bridge (GR)		GR	Game Room
9:30-12 Tai Chi (A)	On your own 10:45 in your seat for prize tickets!		HWY	2nd floor Hallway
9:30 Chair Exercise DVD (DR)	11 SUMMER		LIB	Library
9:30-2 Intl Mahjongg (GR) <i>On your own</i> 10:45 Rx Relax Yoga (DR)			KIT	2nd floor
11:20-11:50 Fit 4 Life (DR)	SONG			Staff Kitchen
11 ESL: Conversation w/ Jeanne (CNF)	CELEBRATION	RR	Re	egistration Required.
12 *Lunch */RR (DR)	with Rising Phoenix Performers &	н		/brid. Classes will be li eamed to or from the
12:45 Beginner Line Dance w/Hiroko P/RR (A)	Sun Dance Performance Company		ce	nter.
1 Learn Rummikub (DR)	FREE for Senior Center Members	Р	Th ab	is is a PAID class, pay le with punch card onl
1 Wordscapes w/Kevin (AR)	12 *Lunch*/RR (DR) 1 Rummikub (DR)	s		JPPLY fee <u>only</u> may ply.
2:30 Book Club (CNF)	1 INDEPENDENT Crossword (AR)		Th	is is a PAID class, pay
1st Thu of each month	2-3:45 Badminton (B)	P+S		le with punch card onl JPPLY fee may apply.
	SATUDDAY August 6		Us an	sed to pay for attend- ice of paid classes.
	SATURDAY, August 6	Punch	1 the	/ailable for purchase a e front desk. \$5 for 8
	7 pm Summer Song Celebration open to the	Card	cla	asses.
	public by donation			
Community Partner Use			by	struction in Chinese ar demonstration.
7:30-9:30 T-Squares (A)	Community Partner Use Cardinal Cloggers 7-9 (A or B)	中文	Bil	ingual participants ma available to translate
	Cardinal Cloggers / -3 (A O D)			

703-464-6200 TTY 711

Ац	gust 2022	2	Menu and Monday - Friday 8:00-4:00 p.m.
Pick	Monday, August 8	Tuesday, August 9	Wednesday, August 10
One	Menu	Menu	Menu
Hot Regular / Veggie	Meatloaf Veggie: Chicks Tenders	Oven Fried Chicken Legs Veggie:: Chicks Strips	Korean Beef over Jasmine Rice Veggie: Chana Marsala over Rice
Fruit Plate	Fruit Plate	Fruit Plate	Fruit Plate
Cold Regular	Pesto Pasta Salad w/ Chicken	Grilled Chicken w/Bun	Tuna Salad Sandwich
Salads	Chef Salad /Veggie Salad	Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
	Programs	Programs	Programs
Self- nominate for Herndon Council, INC. RESERVE MUSEUM TRIP by Monday AUGUST 8	8-1 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exer (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise W/Hanh RR (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Tech Help w/Kevin (Lobby) 11 Yoga Breathing DVD (A) 11 DOLLAR DAY program created by Jessica Ye 1 1:15 Anthritis Exercise W/Hanh (C) 12 *Lunch*/RR (DR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Art w/Jeanne (CR) 1 Trivia (AR) 1 Rummikub (DR) 1:30 ZUMBA Gold w/Celia P/ RR (B) 2 Mixed Media (CR)	8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A)中文 9-12 SLSA Choral Group (C)中文 9:30 Chair Ex w/Donna DVD 10 Art Exploration (CR) OYO 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise (DR) 10-11 Blood Pressure Clinics w/Kerry (LIB) 2nd Tuesdays 11 ESL with Ming (CNF) 11 Beginner Line Dance w/Hiroko P/RR (A) 11 What would you do? w/Kevin (AR) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/Hiroko P/RR (A) 12:30-3 SLSA Folk Dance:(C)中文 1 Rummikub (GR) On Your Own 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Video (DR)	8-1 Ping Pong (B) 9:30 Chair Ex Video w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12:30 Ceramic w/Vince RR/P 10:15 S.A.I.L. Exercise w/Hanh H/ RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) OYO 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12-2 Improve Line Dance w/Lily P/ RR (A) 1 Council Meeting (CNF) 2nd Wed of each month 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold w/Celia P/RR (B) 2:30-3:45 Badminton (B)

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

Thursday, August 11	Friday, August 12	Т	he Center is			
Menu	Menu		CLOSED			
Chicken w/Orange Sauce	Macaroni & Cheese		on Saturdays			
Veggie: Chix Strips in Orange Sauce	Veggie: Same	Lev	vel 1			
Fruit Plate	Fruit Plate	A	Ballroom A			
Turkey w/Cheese & Bread	Powerhouse Wrap	В	Ballroom B			
		С	Ballroom C			
Chef Salad / Veggie Salad	Chef Salad / Veggie Salad	DR	Dining Room			
		LB	Y Lobby			
Programs	Programs	AR	Activity Room			
8-3:45 Ping Pong (B)	8-12:45 Ping Pong (B)	Lev	vel 2			
9-12 SLSA Folk Dance (C) 中文	9-11 SLSA Adv. Ballroom Dance (A)	CN	IF CNF. Room			
9:30-12 Tai Chi (A)	9:15 Garden Exchange w/Hanh (C) 9:30 Chair Ex Video w/Donna (DR)	CL	Comp. Lab			
9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjongg (GR) <i>On your own</i>	10-12 Party Bridge (GR)	CR				
	On your own	GR	Game Room			
AFRICAN AMERICAN MUSEUM	10:15 S.A.I.L. U-tube (DR) 10:15 Morning Word Search (LBY)	HW	2nd floor			
SMITHSONIAN, D.C. TRIP	10:15 Bring-a-Prize to Play Bingo (C)		Hallway			
10 GATHER 10:15 DEPART	10:30 Gentle Exercise (DR)	LIB	,			
Please reserve by Monday, August 8 if	11:15 Yoga Breathing DVD (A)	KIT	2nd floor Staff Kitchen			
space remains. LIMITED TICKETS.	11:15 Hula Hoop Setup/Practice (C)	RR	Registration Required.			
10:45 Rx Relax Yoga (DR)	11 Mental Muscle (AR) 12 *Lunch*/RR (DR)		Hybrid. Classes will be live			
11 ESL: Conversation w/ Jeanne (CNF)	1 John Cooks! (2nd Fridays) (C)	н	streamed to or from the ce ter.			
11:20-11:50 Fit 4 Life (DR)	1 Rummikub (DR)	Р	This is a PAID class, paya with punch card only.			
12 *Lunch */RR (DR)	1 Gentle Exercise & Balance DVD (A)	s	SUPPLY fee only may app			
12:45 Beginner Line Dance w/Hiroko P/RR (A)	1 Crossword H (AR) 1-3:45 Badminton (B)	P+	This is a PAID class, pava			
1 Learn Rummikub (DR)	1:30 Hula Hoop Exercise w/Hanh (A)	S	with punch card only. SUPPLY fee may apply.			
1 Wordscapes w/Kevin (AR)	RR	Pu nc h Car d	Used to pay for attendance paid classes. Available for purchase at th front desk. \$5 for 8 classes			
<u>Community Partner Use</u>	Community Partner Use 7-10 Merry Notes: Square Dancers (ABC) Cardinal Cloggers 7-9 (Craft Room)	中文	Instruction in Chinese and demonstration. Bilingual participants may available to translate			
	Chinese Cultural Group					
The menu provided for Mon-Fri is for t about eating lunch at the Center, plea	he Congregate Meal Program. For	nore ii	nformation			

Aug	ust 2022		Menu and Monday - Friday 8:00-4:00 p.m.
Pick	Monday, August 15	Tuesday, August 16	Wednesday, August 17
One	Menu	Menu	Menu
Hot Regular / Veggie	Oven Fried Chicken Legs Veggie: Vegan Nuggets	Bean Burrito Veggie: Same	Chicken Curry Casserole Veggie: Vegan Nuggets
Fruit Plate	Fruit Plate	Fruit Plate	Fruit Plate
Cold Regular	Greek Salad w/ chicken strips	Turkey w/Cheese & Bread	Taco Salad w/Southwest Ranch
Salads	Chef Salad /Veggie Salad	Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
	Programs	Programs	Programs
	8-close Ping Pong (B) 9 VCAA Ipad in Chinese 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exer (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Tech Help w/Kevin (Lobby) 11 Mental Muscle (AR) 11 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Art w/Jeanne (CR) 1 Fire Safety with Wyleng Virtual (AR) 1 Rummikub (DR) 1:30-ZUMBA Gold w/Celia P/ RR (B)	8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A)中文 9-12 SLSA Choral (C)中文 9:30 Chair Ex w/Donna DVD (DR) 10 Art Exploration (CR) OYO 10:30 Gentle Exercise (DR) 11 What would you do? w/Kevin+ Wyleng (AR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:30 Safety with Wyleng (DR) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Video (DR)	8-1 Ping Pong (B) 9:30 Chair Ex Video w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12:30 Ceramic w/Vince RR/P (CR) 10:15 S.A.I.L. Exercise w/Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12-2 Improve Line Dance w/Lily P/RR (A) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B)

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

A 20170

Thursday, August 18	Friday, August 19	The Center is		
Menu	Menu		CLOSED	
Chicken Spaghetti Veggie: Vegan Arroz con Pollo	Baked Cajun Fish	on Saturdays		
Veggie: Vegan Arroz con Pollo	Veggie: Red Cajun Beans	Leve	1	
Fruit Plate	Fruit Plate	A	Ballroom A	
Yogurt, String Cheese, Yogurt	BBQ Chicken Salad w/Bun	в	Ballroom B	
rogart, othing onecose, rogart		С	Ballroom C	
		DR	Dining Room	
Chef Salad / Veggie Salad	Chef Salad / Veggie Salad	LBY	Lobby	
Programs	Programs	AR	Activity Room	
8-3:45 Ping Pong (B)	8-12:45 Ping Pong (B)	Leve	2	
9-12 SLSA Folk Dance (C) 中文	9-11 SLSA Adv. Ballroom Dance (A) 9:30 Chair Ex Video w/Donna (DR)	CNF	CNF. Room	
9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR)	10-12 Party Bridge (GR)	CL	Comp. Lab	
9:30-2 Intl Mahjongg (GR) On your own	On your own	CR	Craft Room	
10:45 Rx Relax Yoga (DR)	10:15 Morning Word Search (LBY) 10:15 S.A.I.L. U-tube DR)	GR	Game Room	
11:20-11:50 Fit 4 Life (DR)	10:15 S.A.I.L. O-tube DR) 10:15 Bring-a-Prize to Play Bingo (C)		2nd floor	
11 ESL: Conversation w/ Jeanne (CNF) 12 *Lunch */RR (DR)	10:30 Gentle Exercise (DR)	HWY	Hallway	
12:45 Beginner Line Dance	11 Mental Muscle (AR)	LIB	Library	
w/Hiroko P/RR (A)	11:15 Yoga Breathing DVD (A)	KIT	2nd floor Staff Kitchen	
1 Learn Rummikub (DR)	11:15 Hula Hoop Setup/Practice (C)			
1 Wordscapes w/Kevin (AR) 1 Fairy Light Bottles with Donna and	12 *Lunch*/RR (DR)	RR	Registration Required.	
Sasha RR (CR)	1 Watercolor Seaside Cards w/Ruth RR by August 12 (CR)	н	Hybrid. Classes will be live streamed to or from the cen- ter.	
Got stuff? The Herndon	1 Rummikub (DR) 1 Gentle Exercise&Balance DVD(DR)	Р	This is a PAID class, payable with punch card only.	
Senior Center Council Inc.	1 Crossword H (AR)	s	SUPPLY fee only may apply.	
can use it! The Council is in need of donations for the Boutique. We accept items such as	1-3:45 Badminton (B) 1:30 Hula Hoop Exercise w/Hanh	P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.	
fashion jewelry, crafts, knick knacks and household items no bigger than a shoe box. Your extras will be someone else's	(A) RR	Punc h Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.	
treasure and will help raise funds to support programs, activities and special events in the center.	<u>Community Partner Use</u> Cardinal Cloggers 7-9 (A)	中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate	
<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	Saturday Community Partner Use Chinese Cultural Group			
The menu provided for Mon-Fri is for lunch at the Center, please refer to th	the Congregate Meal Program . For e ""Donation Schedule and Charges."	, more ir	nformation about eating	

Augı	ıst 2022		Menu and Monday - Friday 8:00-4:00 p.m.
	Monday, August 22	Tuesday, August 23	Wednesday, August 24
	Menu	Menu	Menu
Hot Regular / Veggie	Grilled Pollack Veggie: Vegetarian Patty	Creamy Chicken Enchilada Veggie: Black Bean Enchilada	Spaghetti & Meat Sauce Veggie: Spaghetti w/Cheese
Fruit Plate	Fruit Plate	Fruit Plate	Fruit Plate
Cold Regular Tropical Bean Salad Roast Beef w/Roll Teriyaki W			
Salads	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
BACK TO SCHOOL!	8-1 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exer (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Tech Help w/Kevin (Lobby) 11 Mental Muscle (AR) 11 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Art w/Jeanne (CR) 1 Trivia (AR) 1 Rummikub (DR) 1:30 ZUMBA Gold w/Celia P/ RR (B) 2 Mixed Media (CR) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B)	8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) $\pm \dot{\chi}$ 9-12 SLSA Choral Group (C) $\pm \dot{\chi}$ 9:30 Chair Ex Video w/Donna (DR) 10 Art Exploration (CR)OYO 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise (DR) 11 What would you do? w/Kevin (AR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 12:30-3 SLSA Folk Dance: (C) $\pm \dot{\chi}$ 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Vid (DR) 3-4 Ballroom B closed for maintenance <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1 Ping Pong (B) 9:30 Chair Ex Video w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12:30 Ceramic w/Vince RR/F (CR) 10:15 S.A.I.L. Exercise w/Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12-2 Improve Line Dance w/Lily P/RR (A) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7:30-9 Beginners Square Dance (B+C)
		as P next to it, there is a charge vance in order to participate. S	

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

Thursday, August 25	Friday, August 26		т	'he	Center is
Menu	Menu				
Oven Fried Chicken Veggie: Chicx Strips	Sloppy Turkey Joe w/Bun Veggie: Chicx Strips		C		Saturdays
Fruit Plate	Fruit Plate	_	Le۱	/el 1	
Asian Chicken Salad	Cottage Cheese,, String Cheese,		А		Ballroom A
Asian Onicken Salau	Muffin		В		Ballroom B
			С		Ballroom C
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad		DR		Dining Room
Programs	Programs		LB	Y	Lobby
	8-12:45 Ping Pong (B)		AR		Activity Room
8-3:45 Ping Pong (B)	9-11 SLSA Adv. Ballroom Dance (A)		Lev	vel 2	
9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A)	9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR)		CN	F	CNF. Room
9:30 Chair Exercise DVD (DR)	On your own		CL		Comp. Lab
9:30-2 Intl Mahjongg (GR) On your	10:15 Morning Word Search (LBY)		CR		Craft Room
<i>own</i> 10:45 Rx Relax Yoga (DR)	10:15 S.A.I.L. Exercise U-tube (DR) 10:15 Bring-a-Prize to Play Bingo (C)		GR	1	Game Room
11:20-11:50 Fit 4 Life (DR)	10:30 Gentle Exercise (DR)		нм	/Y	2nd floor
11 ESL: Conversation w/Jeanne (CNF)	11 Mental Muscle (AR)		LIB		Hallway Library
12 *Lunch */RR (DR)	11:15 Yoga Breathing DVD (A) 11:15 Hula Hoop Setup/Practice		-		2nd floor
12:45 Beginner Line Dance w/Hiroko P/RR (A)	(C)		KIT		Staff Kitchen
1 Learn Rummikub (DR)	12 *Lunch*/RR (DR)	RF	2	Regi	stration Required.
1 Wordscapes w/Kevin (AR)	1 Late Summer Cards w/ Ruth (CR) RR by August 19	н			id. Classes will be live med to or from the cente
Support HSC every time	1 Rummikub (DR) 1 Gentle Exercise & Balance DVD	Р		This with	is a PAID class, payable punch card only.
you shop!	(DR)	s		SUP	PLY fee only may apply.
When you shop at AmazonSmile, at no cost to you Amazon donates 0.5% of the purchase	1 Crossword H (AR) 1-3:45 Badminton (B) 1:30 Hula Hoop Exercise w/Hanh (A) RR	P+S		This is a PAID class, payable with punch card only. SUPPLY fee may apply.	
price to Herndon Senior Center Council Incorporated. Go to <u>http://</u> <u>smile.amazon.com/ch/45-</u>		Punch Card		paid Avai	I to pay for attendance of classes. able for purchase at the desk. \$5 for 8 classes.
<u>4744693</u> . Community Partner Use 7:30-9:30 T- Squares (A)	<u>Community Partner Use</u> Cardinal Cloggers 7-9 (A)	中フ	t	dem Bilin	uction in Chinese and by onstration. gual participants may be able to translate

The menu provided for Mon-Fri is for the **Congregate Meal Program**. For more information about eating lunch at the Center, please refer to the "Donation Schedule and Charges."

	CLOSED							
	on Saturdays							
	Le	vel 1		_				
	А		Ballroom A					
	В		Ballroom B					
	С		Ballroom C					
	DR		Dining Room					
	LB	Y	Lobby					
	AR		Activity Room					
	Le	vel 2						
	CN	IF	CNF. Room					
	CL		Comp. Lab					
	CR		Craft Room					
	GF	2	Game Room					
	нν	٧Y	2nd floor Hallway					
	LIE	3	Library					
	KI	Г	2nd floor Staff Kitchen					
RR		Regi	stration Required.	1				
Н		Hybr strea	id. Classes will be live amed to or from the center.					
Р	P This with		is a PAID class, payable punch card only.					
s	SUP		PLY fee <u>only</u> may apply.					
This with		with	is a PAID class, payable punch card only. PLY fee may apply.					
	unch paid		t to pay for attendance of classes. lable for purchase at the desk. \$5 for 8 classes.					
¢۲	ζ	dem Bilin	uction in Chinese and by onstration. gual participants may be able to translate					

Augi	ıst 2022		Menu and Monday - Friday 8:00-4:00 p.m.
	Monday, August 29	Tuesday, August 30	Wednesday, August 31
	Menu	Menu	Menu
Hot Regular / Veggie	Asian Sweet & Spicy Veggie Burger Veggie: Same	Paella w/meat alternate Veggie: Veggie Paella	Hamburger Stroganoff Veggie: Tofu Stroganoff
Fruit Plate	Fruit Plate	Fruit Plate	Fruit Plate
Cold Regular	Chef Salad w/Cheese & Roast Beef	Pasta Salad w/Roll	Turkey w/Roll & Field Greens
Salads	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-2 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exer (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Tech Help w/Kevin (Lobby) 11 Tech Help w/Kevin (Lobby) 12 Tech Help w/Kevin (Lobby) 12 Tech Help w/Kevin (Lobby) 13 Tech Help w/Kevin (Lobby) 14 Tech Help w/Kevin (Lobby) 15 Tech Help w/Kevin (Lobby) 16 Tech Help w/Kevin (Lobby) 17 Tech Help w/Kevin (Lobby) 18 Tech Help w/Kevin (Lobby) 18 Tech Help w/Kevin (Lobby) 19 Tech Help w/Kevin (Lobby) 19 Tech Help w/Kevin (Lobby) 19 Tech Help w/Kevin (Lobby) 10 Tech Help w/Kevin (Lobby) 11 Tech Help w/Kevin (Lobby) 12 Tech Help w/Kevin (Lobby)	8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) $\pm \dot{\chi}$ 9-12 SLSA Choral (C) $\pm \dot{\chi}$ 9:30 Chair Ex Video w/Donna (DR) 10 Art Exploration (CR)OYO 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise (DR) 11 What would you do? w/Kevin (AR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 12:30-3 SLSA Folk Dance: (C) $\pm \dot{\chi}$ 1 Jewelry w/ Donna RR 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Vid(DR) 3-4 Ballroom B maintenance	8-2 Ping Pong (B) 9:30 Chair Ex Video w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12:30 Ceramic w/Vince RR/P (CR) 10:15 S.A.I.L. Exercise w/Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12-2 Improve Line Dance w/Lily P/RR (A) 1 Computer Lab Help w/John (CL) 1 Rumnikub (DR) 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B) Community Partner Use

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

Thursday,September 1	Friday, September 2		Tł	ne Center i
Menu	Menu			CLOSED
			10	n Saturday
			Leve	1
			A	Ballroom A
			В	Ballroom B
			С	Ballroom C
-			DR	Dining Room
Programs	Programs		LBY	Lobby
	8-12:45 Ping Pong (B)		AR	Activity Room
8-3:45 Ping Pong (B)	9-11 SLSA Adv. Ballroom Dance (A)		Leve	el 2
9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A)	9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR)		CNF	CNF. Room
9:30 Chair Exercise DVD (DR)	On your own		CL	Comp. Lab
9:30-2 Intl Mahjongg (GR) On your	10:15 Morning Word Search (LBY)		CR	Craft Room
<i>own</i> 10:45 Rx Relax Yoga (DR)	10:15 S.A.I.L. Exercise VCAA H (DR) 10:15 Bring-a-Prize to Play Bingo (C)		GR	Game Room
11:20-11:50 Fit 4 Life (DR)	10:30 Gentle Exercise (DR)		HWY	, 2nd floor
11 ESL: Conversation w/Jeanne (CNF)	11 Mental Muscle (AR)		LIB	Hallway Library
12 *Lunch */RR (DR)	11:15 Yoga Breathing DVD (A) 12 *Lunch*/RR (DR)			2nd floor
12:45 Beginner Line Dance w/Hiroko P/RR (A)	1 Rummikub (DR)		KIT	Staff Kitchen
1 Learn Rummikub (DR)	1-3:45 Badminton (B)	RI	R F	Registration Required.
1 Wordscapes w/Kevin (AR)	1 Crossword H (AR) 1 Gentle Exercise & Bal DVD (DR)	н		Hybrid. Classes will be live to or from the content of the content of the streamed to or from the content of the streamed to or from the streamed to o
Support HSC every time you shop!	1:30 Hula Hoop Exercise w/Hanh (A) RR	Р	T V	This is a PAID class, pay vith punch card only.
When you shop at AmazonSmile ,	Coffee owne at the Contex	S	Ş	SUPPLY fee <u>only</u> may ap
at no cost to you Amazon donates 0.5% of the purchase	Coffee cups at the Center BRING YOUR OWN! Plastic doesn't biodegrade like other	P+	S V	This is a PAID class, pay vith punch card only. SUPPLY fee may apply.
price to Herndon Senior Center Council Incorporated. Go to <u>http://</u> <u>smile.amazon.com/ch/45-</u> 4744693.	materials. It just breaks into smaller pieces,micro-particles, which poison the environment and animals, especially marine life and, ultimately, us. Think of	Punch Card Card Used to pay for attend paid classes. Available for purchase		Jsed to pay for attendan paid classes. Available for purchase at ront desk. \$5 for 8 class
<u>4744093</u> . <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	your grandchildren and bring your own reusable cup.	中:	文 E	nstruction in Chinese and lemonstration. Bilingual participants may available to translate
	Cardinal Cloggers 7-9 (A)			

		on Saturdays							
	L	.e	/el 1						
	A	ι.		Ballroom A					
	В	;		Ballroom B					
	C	;		Ballroom C					
	C	R		Dining Room					
	L	B	Y	Lobby					
	A	R		Activity Room					
	L	.e	vel 2						
	C	CNF CL CR		CNF. Room					
	C			Comp. Lab					
	C			Craft Room					
	C	SF	2	Game Room					
	F	łV	/Y	2nd floor Hallway					
	L	IE.	3	Library					
	k		-	2nd floor Staff Kitchen					
RI	RR Re		Regi	stration Required.					
H Hybr		Hybr strea	id. Classes will be live med to or from the center.						
P This with		This with	is a PAID class, payable punch card only.						
S				PLY fee <u>only</u> may apply.					
P+	s		with	is a PAID class, payable punch card only. PLY fee may apply.					
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