

August 2022

Menu and
Monday - Friday
8:00-4:00 p.m.

Pick One	Monday, August 1	Tuesday, August 2	Wednesday, August 3
	Menu	Menu	Menu
Hot 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
Cold 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!	8-1 Ping Pong (B) 9 VCAA Ipad in Chinese 9:30 Chair Exer DVD (DR) 9:30-10:30 Tai Chi/Exer (A)	8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: (A)中文 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 Rummikub (GR) <i>On your own</i> 10:30 Gentle Exercise (DR) 11 What would you do? w/Kevin (AR)	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)
Add your bit of color to the community poster	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)	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	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) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7:30-9 Beginners Square Dance (B+C)
*****	7:30-9:30 Round Dance (B)	<u>Community Partner Use</u> 8:30-8:30 Rising Phoenix: Choir (A)	
Self-nominate for Herndon Council, INC.			
	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

703-464-6200
TTY 711

Thursday, August 4	Friday, August 5
Menu	Menu
Oven Roasted Haddock Veggie: Same	Vegetarian Lasagna
Fruit Plate	
Cottage Cheeses, String Cheese, Muffin	
Chef Salad / Veggie Salad	Chef Salad w/ Turkey
Programs	Programs
8-3:45 Ping Pong (B) 9-12 SLSA Folk Dance: Advanced (C) 中文 9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 10:45 Rx Relax Yoga (DR) 11:20-11:50 Fit 4 Life (DR) 11 ESL: Conversation w/ Jeanne (CNF) 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Learn Rummikub (DR) 1 Wordscapes w/Kevin (AR) 2:30 Book Club (CNF) 1st Thu of each month	9:30 Chair Ex Video w/Donna (DR) 10:15 Morning Word Search (LBY) 10-12 Party Bridge (GR) <i>On your own</i> 10:45 in your seat for prize tickets! 11 SUMMER SONG CELEBRATION with Rising Phoenix Performers & Sun Dance Performance Company FREE for Senior Center Members 12 *Lunch*/RR (DR) 1 Rummikub (DR) 1 INDEPENDENT Crossword (AR) 2-3:45 Badminton (B) SATURDAY, August 6 7 pm Summer Song Celebration open to the public by donation <u>Community Partner Use</u> Cardinal Cloggers 7-9 (A or B)
<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	
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."	

The Center is
CLOSED on
Saturdays

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room
Level 2	
CNF	CNF. Room
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	2nd floor Hallway
LIB	Library
KIT	2nd floor Staff Kitchen

RR	Registration Required.
H	Hybrid. Classes will be live streamed to or from the center.
P	This is a PAID class, payable with punch card only.
S	SUPPLY fee <u>only</u> may apply.
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
Punch Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate

August 2022

Menu and
Monday - Friday
8:00-4:00 p.m.

Pick One	Monday, August 8	Tuesday, August 9	Wednesday, August 10
	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
Self-nominate for Herndon Council, INC.	Programs	Programs	Programs
	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 Mental Muscle (AR) 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)	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) <i>On Your Own</i> 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Video (DR) 3-4 Ballroom B closed <u>Community Partner Use</u> 1:30-3:30 Harbor House Monthly Meeting (C) 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/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 4 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold w/Celia P/RR (B) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-9 Sun Dance: Dancers (A) 7:30-9 Beginners-Square Dance (B+C)
RESERVE MUSEUM TRIP by Monday AUGUST 8			
	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.		

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200
TTY 711

Thursday, August 11	Friday, August 12
Menu	Menu
Chicken w/Orange Sauce Veggie: Chix Strips in Orange Sauce	Macaroni & Cheese Veggie: Same
Fruit Plate	Fruit Plate
Turkey w/Cheese & Bread	Powerhouse Wrap
Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> AFRICAN AMERICAN MUSEUM SMITHSONIAN, D.C. TRIP 10 GATHER 10:15 DEPART Please reserve by Monday, August 8 if space remains. LIMITED TICKETS. 10:45 Rx Relax Yoga (DR) 11 ESL: Conversation w/ Jeanne (CNF) 11:20-11:50 Fit 4 Life (DR) 12 *Lunch*/RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Learn Rummikub (DR) 1 Wordscapes w/Kevin (AR) <u>Community Partner Use</u>	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 9:15 Garden Exchange w/Hanh (C) 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. U-tube (DR) 10:15 Morning Word Search (LBY) 10:15 Bring-a-Prize to Play Bingo (C) 10:30 Gentle Exercise (DR) 11:15 Yoga Breathing DVD (A) 11:15 Hula Hoop Setup/Practice (C) 11 Mental Muscle (AR) 12 *Lunch*/RR (DR) 1 John Cooks! (2nd Fridays) (C) 1 Rummikub (DR) 1 Gentle Exercise & Balance DVD (A) 1 Crossword H (AR) 1-3:45 Badminton (B) 1:30 Hula Hoop Exercise w/Hanh (A) RR <u>Community Partner Use</u> 7-10 Merry Notes: Square Dancers (ABC) Cardinal Cloggers 7-9 (Craft Room) <u>Saturday Community Partner Use</u> Chinese Cultural Group
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."	

The Center is CLOSED on Saturdays

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

Level 2	
CNF	CNF. Room
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	2nd floor Hallway
LIB	Library
KIT	2nd floor Staff Kitchen

RR	Registration Required.
H	Hybrid. Classes will be live streamed to or from the center.
P	This is a PAID class, payable with punch card only.
S	SUPPLY fee <u>only</u> may apply.
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
Punch Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate

August 2022

Menu and
Monday - Friday
8:00-4:00 p.m.

Pick One	Monday, August 15	Tuesday, August 16	Wednesday, August 17
	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) 4:30 ZUMBA Gold w/Gelia 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)中文 9-12 SLSA Choral (C)中文 9:30 Chair Ex w/Donna DVD (DR) 10 Art Exploration (CR) OYO 10:30 Rummikub (GR) 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) 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/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 (CR) 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)
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

703-464-6200
TTY 711

Thursday, August 18	Friday, August 19
Menu	Menu
Chicken Spaghetti Veggie: Vegan Arroz con Pollo Veggie: Vegan Arroz con Pollo	Baked Cajun Fish Veggie: Red Cajun Beans
Fruit Plate	Fruit Plate
Yogurt, String Cheese, Yogurt	BBQ Chicken Salad w/Bun
Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 10:45 Rx Relax Yoga (DR) 11:20-11:50 Fit 4 Life (DR) 11 ESL: Conversation w/ Jeanne (CNF) 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Learn Rummikub (DR) 1 Wordscapes w/Kevin (AR) 1 Fairy Light Bottles with Donna and Sasha RR (CR) Got stuff? The Herndon Senior Center Council Inc. can use it! The Council is in need of donations for the Boutique. We accept items such as fashion jewelry, crafts, knick knacks and household items no bigger than a shoe box. Your extras will be someone else's treasure and will help raise funds to support programs, activities and special events in the center. <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) 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 Morning Word Search (LBY) 10:15 S.A.I.L. U-tube (DR) 10:15 Bring-a-Prize to Play Bingo (C) 10:30 Gentle Exercise (DR) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Hula Hoop Setup/Practice (C) 12 *Lunch*/RR (DR) 1 Watercolor Seaside Cards w/Ruth RR by August 12 (CR) 1 Rummikub (DR) 1 Gentle Exercise&Balance DVD(DR) 1 Crossword H (AR) 1-3:45 Badminton (B) 1:30 Hula Hoop Exercise w/Hanh (A) RR <u>Community Partner Use</u> Cardinal Cloggers 7-9 (A) <u>Saturday Community Partner Use</u> Chinese Cultural Group
Community Partner Use 7:30-9:30 T-Squares (A)	
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."	

The Center is CLOSED on Saturdays

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

Level 2	
CNF	CNF. Room
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	2nd floor Hallway
LIB	Library
KIT	2nd floor Staff Kitchen

RR	Registration Required.
H	Hybrid. Classes will be live streamed to or from the center.
P	This is a PAID class, payable with punch card only.
S	SUPPLY fee only may apply.
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
Punch Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate

August 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 Wrap
Salads	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
BACK TO SCHOOL!	Programs	Programs	Programs
	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)中文 9-12 SLSA Choral Group (C)中文 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)中文 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/P (CR) 10:15 S.A.I.L. Exercise w/Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LB) 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)
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

703-464-6200
TTY 711

Thursday, August 25	Friday, August 26
Menu	Menu
Oven Fried Chicken Veggie: Chicx Strips	Sloppy Turkey Joe w/Bun Veggie: Chicx Strips
Fruit Plate	Fruit Plate
Asian Chicken Salad	Cottage Cheese,, String Cheese, Muffin
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 10:45 Rx Relax Yoga (DR) 11:20-11:50 Fit 4 Life (DR) 11 ESL: Conversation w/Jeanne (CNF) 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Learn Rummikub (DR) 1 Wordscapes w/Kevin (AR) Support HSC every time you shop! When you shop at AmazonSmile , at no cost to you Amazon donates 0.5% of the purchase price to Herndon Senior Center Council Incorporated. Go to http://smile.amazon.com/ch/45-4744693 . <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) 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 Morning Word Search (LB) 10:15 S.A.I.L. Exercise U-tube (DR) 10:15 Bring-a-Prize to Play Bingo (C) 10:30 Gentle Exercise (DR) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Hula Hoop Setup/Practice (C) 12 *Lunch*/RR (DR) 1 Late Summer Cards w/ Ruth (CR) RR by August 19 1 Rummikub (DR) 1 Gentle Exercise & Balance DVD (DR) 1 Crossword H (AR) 1-3:45 Badminton (B) 1:30 Hula Hoop Exercise w/Hanh (A) RR <u>Community Partner Use</u> Cardinal Cloggers 7-9 (A)
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."	

The Center is
CLOSED
on Saturdays

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

Level 2	
CNF	CNF. Room
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	2nd floor Hallway
LIB	Library
KIT	2nd floor Staff Kitchen

RR	Registration Required.
H	Hybrid. Classes will be live streamed to or from the center.
P	This is a PAID class, payable with punch card only.
S	SUPPLY fee <u>only</u> may apply.
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
Punch Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate

August 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 National Banana Day created by Jessica Ye (AR) 11:15 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) 4:30 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)中文 9-12 SLSA Choral (C)中文 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)中文 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 <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A) (A)	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 (LB) 10:15 Morning Word Search (LB) 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) 4:30 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)
	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

703-464-6200
TTY 711

Thursday, September 1	Friday, September 2
Menu	Menu
Programs	Programs
8-3:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjonn (GR) <i>On your own</i> 10:45 Rx Relax Yoga (DR) 11:20-11:50 Fit 4 Life (DR) 11 ESL: Conversation w/Jeanne (CNF) 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Learn Rummikub (DR) 1 Wordscapes w/Kevin (AR)	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 Morning Word Search (LB) 10:15 S.A.I.L. Exercise VCAA H (DR) 10:15 Bring-a-Prize to Play Bingo (C) 10:30 Gentle Exercise (DR) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 12 *Lunch*/RR (DR) 1 Rummikub (DR) 1-3:45 Badminton (B) 1 Crossword H (AR) 1 Gentle Exercise & Bal DVD (DR) 1:30 Hula Hoop Exercise w/Hanh (A) RR
Support HSC every time you shop! When you shop at AmazonSmile , at no cost to you Amazon donates 0.5% of the purchase price to Herndon Senior Center Council Incorporated. Go to http://smile.amazon.com/ch/45-4744693 . <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	Coffee cups at the Center BRING YOUR OWN! Plastic doesn't biodegrade like other materials. It just breaks into smaller pieces, micro-particles, which poison the environment and animals, especially marine life and, ultimately, us. Think of your grandchildren and bring your own reusable cup. <u>Community Partner Use</u> Cardinal Cloggers 7-9 (A)
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."	

The Center is
CLOSED
on Saturdays

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

Level 2	
CNF	CNF. Room
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	2nd floor Hallway
LIB	Library
KIT	2nd floor Staff Kitchen

RR	Registration Required.
H	Hybrid. Classes will be live streamed to or from the center.
P	This is a PAID class, payable with punch card only.
S	SUPPLY fee <u>only</u> may apply.
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
Punch Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate