

# HERNDON SENIOR CENTER

**Address:**

873 Grace Street, Herndon, VA 20170

**Hours:**

Monday - Friday, 9 a.m. to 4 p.m.

**Phone:**

703-464-6200, TTY 711

## December 2021

### ARTS / GAMES / RECREATION

Title	When	Time	Description	Cost
American Mahjongg <i>On your own</i>	Wednesdays	10:30 a.m.-11:55 a.m.	Recreational activity featuring a popular tile game.	Free
Art Class with Charlie	Tuesday	10 a.m. - 12 noon	Acrylic painting for beginners	P+S/RR
Bingo	Fridays	10:15 a.m.	Recreational activity: Bring a prize to play!	Free
Ceramics	Wednesdays	10 a.m.-12:30 p.m.	After a long pandemic enforced hiatus, ceramics with Vince has finally returned to the center! All levels welcome, no previous experience necessary. (P) This is a paid class, so make sure you a valid punch card. (S) This class has a supply fee . (RR) You must register for this class This is NOT a drop-in class.	P+S+RR If needed clay refill: \$15 per 25 lb bag.

Chess Class	Wednesdays <b>Starts when interest reaches four players</b>	12:30 p.m.	<p>Beginner's chess class</p> <p>Have you ever wanted to play chess but never found the time to learn?</p> <p>Now is your chance to learn one of the world's greatest games.</p> <p>No prior experience or equipment required.</p> <p>Please register by visiting the front desk or calling 703 464-6200 so the teacher can gauge interest. Class will start with 4 students.</p>	Free/RR
Community Service	Tuesdays	10:30 a.m.	<p>Give back to the community together!</p> <p><b>Winter Community Project <u>October-February</u></b></p> <p>Calling all those who knit, crochet sew and/or shop! We need NEW hats, scarves, mittens, gloves, and socks for donation.</p>	Free
Cooking Fun with John	1 <sup>st</sup> and 2 <sup>nd</sup> Friday	1 p.m.	Wonderful recipes for all to enjoy!	Free
Crochet & Knitkniks Group	Mondays	10 a.m.-12 noon	Arts and crafts activity.	Free
Crossword	Fridays	1 p.m.	Recreational activity.	Free/H
Current Events/Cranium Crunches	Weekly Tuesdays	10.30 a.m.	Recreational activity.	
Garden Tours!	<b>Back in the spring</b>		Our garden volunteer, Susan Green, will explain the flowers on display. Please note NO CUTTING of plants or flowers is allowed!!	
Greeting Cards with Ruth	<b>Back in the spring</b>		Make your own seasonal and birthday cards.	Free/RR
Herndon Senior Center Book Club	First Thursday	3 p.m.	<p>We meet in the Conference Room to discuss the monthly read.</p> <p><u>December 2</u></p> <p>Bel Canto by Ann Patchett will be discussed.</p>	Free/RR
International Mahjongg <i><b>On your own</b></i>	Thursdays	9:30 a.m.-2 p.m.	Free	Free
Jewelry class	<b>Starting February 2022</b>	1 p.m.	Make your own earrings and/or bracelet and/or necklace!	Supply fee \$5/RR

Loom Knitting	Tuesday	10:30 a.m.	If you want to learn how to Loom Knit, join the Community Group in the upstairs hallway. Learn how make hats, scarfs, socks, and more on a loom. Open to ALL levels of ability	Free
Mental Muscle/You be the Judge	Mondays & Fridays	11 a.m.	Recreational activity.	Free
Music Lovers Unite	Bi-weekly	1-2 p.m.	<b>Hybrid</b> ; will be streamed to/from the center	Free/H
Party Bridge <i>On your own</i>	Wednesdays & Fridays	10 a.m.-12 p.m.	Recreational activity.	Free
Recipe Exchange	Thursday	10 a.m.	Cultural arts activity.	Free
Rummikub <i>On your own</i>	Tuesday	10:30 a.m. & 1 p.m.	Recreational activity with a popular tile game.	Free
Sing-along	1st Wednesday	12:30 p.m.	Come and join the Rising Phoenix Performers monthly for a sing-along in the Dining Room	Free
Tea & Snippets!	Tuesdays <i>Start date to be decided</i>	1 p.m.	Come and share your knowledge and/or learn something new every Tuesday. Various topics.	Free

## HEALTH / WELLNESS

Title	When	Time	Description	Cost
Arthritis Exercise Class	Mondays	11:15 a.m.-12 noon	Health and Wellness activity, focusing on balance, range of motion, joint movements.	Free
Badminton	Mondays Wednesdays	2-3:45 p.m. 2:30-3:45 p.m.	Health and Wellness activity.	Free
Blood Pressure Clinics	Second Tuesday	10-11 a.m.	with Kerry	Free
Brain Fitness	Thursdays	1 p.m.	Recreational activity	Free
Chair Exercise	Wednesdays & Fridays	10-10:45	Health and Wellness activity with Donna. Our most popular exercise class!	Free
Chinese Folk Dance	Tuesdays  Thursdays	9:30 a.m.-12 noon (Beginner) 9:30 a.m.-12 noon (Advanced)	Cultural recreational activity. Taught in Chinese.	Free
Fit for Life	Monday & Thursday	10:30 a.m.	Health and Wellness activity.	Free
Gentle Balance Exercise Class	Fridays	1 p.m.	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements.	Free
Gentle Strength Exercise Class	Tuesdays	11:15 a.m.	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements.	Free
Line Dance with Hiroko:	Tuesdays (Intermediate) Thursdays (Beginner)	12:45-1:45 p.m.	Our new line dance teacher, Hiroko, will continue her Beginner Line Dance class. Give it a try! Sign up and pay for the quarter at the front desk. Give it a try	P/RR
Line Dance: Very Beginner DVD	Wednesdays <b>Start date to be decided</b>	1 p.m.-2 p.m.	Very beginner Line Dance.	Free
Nutritionist Talk	Monthly	12:30 p.m.	Quarterly, Join our discussion on Vegetables, how to eat more and why they are so good for you!	Free
Ping Pong Tables	Monday, Tuesday, Thursday, Friday	See description	Mondays, 9 a.m.to 10:45 p.m. Tuesdays, 9 a.m. to 3:45 p.m. Thursdays, 12:30 to 3:45 p.m. Fridays, 9 a.m.to 3:45 p.m.	Free

RX Relax Yoga with Sasha or Kathy	Thursdays	10:45 a.m.	Try this highly recommended, evidence-based program. Seated yoga is designed to build a strong and flexible body, a more robust brain, a resilient outlook on life and assist with pain management.	Free
S.A.I.L. in the Fall!	Mondays, Wednesdays & Fridays	10:15 a.m.	An evidence based 12-week Stay Active and Independent for Life exercise program! Baseline assessments and surveys will be taken before your first class.	Free
Safety with Wyleng	Third Monday	1 p.m.	The Fire & Rescue Department's Life Safety Education Specialist will teach us about various topics related to home and fire safety.	Free
Tai Chi & Exercise	Monday & Wednesday	9:30 a.m.	Health and Wellness activity. We will begin with exercises, then a short break and end with Tai Chi (3 repetitions).	Free
Walking Club	Wednesdays	11 a.m.	Health and Wellness activity. Dependent on the weather.	Free
Yoga Breathing, Exercise & Laughing	Mondays, Wednesdays Fridays	11:15 a.m.	Health and Wellness activity. DVD with Vijaya	Free
ZUMBA GOLD	Wednesdays	1:30 p.m.	<p>Zumba Gold® is a lower-intensity Zumba® class, which has been modified to accommodate older adults while recreating the original moves you love.</p> <p>How it Works: The class is designed to focus on balance, range of motion and coordination through easy-to-follow Zumba® choreography. Come ready to sweat and prepare to leave empowered and feeling strong.</p> <p><u>Benefits:</u> Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!</p> <p>*Wear comfortable workout clothes &amp; athletic shoes (preferably with smooth bottoms). Bring a water bottle!</p>	P/RR

## SPECIAL EVENTS

Title	When	Time	Description	Cost
A Holiday Season Together	Friday, December 10	11 a.m.	<b>Holiday Event by Rising Phoenix Performers</b> A fun, festive, Song & Dance Show featuring holiday choral music by Rising Phoenix Singers and dance by Sun Dance Performance Company. Followed by a Holiday Feast. Sign up This event will also be streamed here: <a href="https://us06web.zoom.us/j/87984477116?pwd=b21pTG9zUnhuNXRwQmRoM2JpdVVEdz09">https://us06web.zoom.us/j/87984477116?pwd=b21pTG9zUnhuNXRwQmRoM2JpdVVEdz09</a> Meeting ID: 879 8447 7116 Passcode: 8727	Free to members Lunch RR/\$ Sign up by December 3. No waitlist

## LEARNING and SKILLS DEVELOPMENT

Title	When	Time	Description	Cost
Computer Lab Help with John	Wednesdays	1 p.m.	Volunteer John is in the Computer Lab to lend an ear and help problem solve your IT issues.	Free
Computer Lab Help with Phil	Mondays	11 a.m.	Volunteer Phil is in the Computer Lab to lend an ear and help problem solve your IT issues.	Free
ESL: Advanced	Tuesdays	11 a.m.	English as a second language with Ming.	Free
ESL: Beginners	Thursdays	11 a.m.	English as a second language.	Free
ESL: Intermediate	Thursdays	1 p.m.	English as a second language.	Free
iPad Class in Chinese	Bi-weekly Wednesdays	1 p.m.	<b>Hybrid</b> Computer Help in Chinese with Shosha.	Free
Spanish with Gary	Mondays	10:30 a.m.–12 Noon (Basic) 12:30-2 p.m. (Intermediate)	Language learning class - beginner and intermediate levels available.	Free

## TRIPS

Title	When	Time	Description	Cost
Shopping trips	Wednesdays	10:15 a.m.	<b>Sign up two weeks in advance</b> <u>December 1</u> 99 Ranch Market – Fairfax <u>December 8</u> Walmart – Fair Lakes *Flu shots available <u>December 15</u> Giant, North Point – Reston *Flu shots available	\$/RR
<i>Until further notice, the County is not allowing Special Trips</i>				



## COMMUNITY MEETINGS

Title	When	Time	Description
Chinese History and Culture	Bi-weekly Saturdays	6-9 p.m.	Free. Open to members of the community and members of Herndon Senior Center.
Old Dominion Squares	Bi-weekly Saturdays <b>Back in January</b>	7-10 p.m.	Community Square Dancers
English Country Dancers	One Saturday per month <b>Starting January 2022</b>	6-10 p.m.	Beginners to experienced dancers. Open to members of the community and members of Herndon Senior Center.
Herndon Senior Center Council, Inc.	2 <sup>nd</sup> Wednesday	1-2:30 p.m.	Open to members of the community and members of Herndon Senior Center.
Herndon Village Network	3 <sup>rd</sup> Mondays	6:30-8 p.m.	A non-profit organization and is funded exclusively by donations & grants. For more information & Driver Application: <a href="http://www.HerndonVillageNetwork.org">www.HerndonVillageNetwork.org</a> <a href="mailto:herndonvillagenetworkinfo@gmail.com">herndonvillagenetworkinfo@gmail.com</a>
Herndon Women's Club	2 <sup>nd</sup> Monday	7 p.m..	Local philanthropic club
Merry Notes	2 <sup>nd</sup> , 4 <sup>th</sup> , and 5 <sup>th</sup> Friday	7-10 p.m.	Lesson and Practice. Open to members of the community and members of Herndon Senior Center. This group is open to members of the community and members of Herndon Senior Center.
Rising Phoenix Performers	Tuesdays (Choir) Wednesdays (Dancers)	5:30-8:30 p.m. 4:30-8 p.m.	This group is open to members of the community and members of Herndon Senior Center. For more information contact <a href="mailto:csinger13@verizon.net">csinger13@verizon.net</a> , or call 703-415-6218.
Round Dance	Mondays	7-10 p.m.	Level IV. Open to members of the community and members of Herndon Senior Center.
Social & Line Dance	Wednesdays <b>Start date to be decided</b>	6:30-9:30 p.m.	Free. Beginners to advanced. Open to members of the community and members of Herndon Senior Center.
Phantom Squares	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday	7-10 p.m.	Community Square Dancers
Dixie Stars Square Dances	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	7-10 p.m.	Community Square Dancers
T-Squares	1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Thursday	7-10 p.m.	Mainstream to Advanced Level dancers.

Merry Notes Square Dancers	2 <sup>nd</sup> & 4 <sup>th</sup> Friday	7-10 p.m.	Community Square Dancers
The Herndon Book Club (AAUW)	Wednesday (Fourth Wednesday)	2:15 p.m.	This group is open to members of the community and members of Herndon Senior Center.