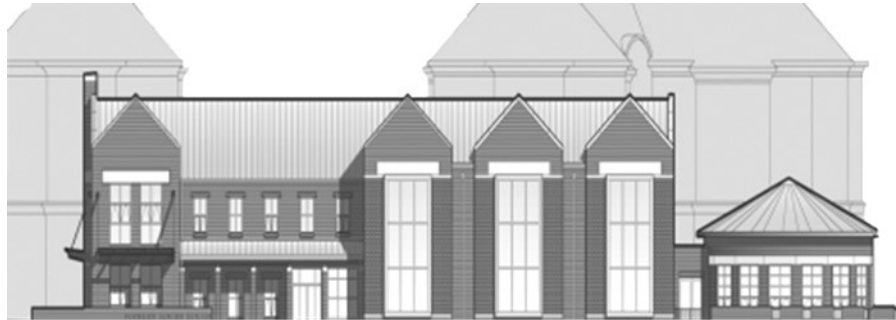


Herndon Senior Center

A Recreational Venue for
Active and Independent Adults 50+



Senior Center Director

Ruth Junkin, MS, Gerontology

Assistant Directors

Jeanne Alcazar

Staff

Donna Lopez

Candia Hudson, Nabeela Haque,
Amy Lee, Hanh Tran, Jeff French

Recreation Therapist

Maggie Hammermaster, CTRS

Case Manager

Missi Amuda, MSW

December 2022

“Holidays are like candy; slowly melting in your mouth, sweetening every taste bud, making you wish they could last forever.” –Richelle E. Goodrich

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 a.m. - 4 p.m.



A Fairfax County, VA publication
November 2022

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, December 1	Friday, December 2
Menu	Menu
Breaded Fish Filet Veggie: Same	BEEF & Macaroni Casserole Veggie: Soy Protein and Macaroni
Egg Salad w/Roll	Tuna w/English Muffin, Spinach Salad
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> 10:15 Rx Relax Yoga (AR 1 day change!) 11 Winter Warming Service Project (AR) 11:15-11:50 Fit 4 Life (AR 1 day change!) 12 *Lunch */RR (DR) 1 Learn Flamenco Dance! Free/RR Great exercise and FUN! (A) 1 Rummikub (DR) 1 Jewelry w/ Donna—Holiday Earrings RR (CR) 2:30 Book Club (CNF) <i>1st Thu of each month</i> Regular FASTRAN rider? Need a one-time FASTRAN ride for one or more of the parties? Let us know a week ahead of the date needed and we will ask for a ride for you. We cannot promise, but the earlier you tell us, the better your chances!!! <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 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 Rummikub (DR) 1 Gentle Exercise&Balance DVD(DR) 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Hula Hoop w/ Hanh (A) 1:30 Learn Spanish w/ Octavia (conf) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (A) <u>Saturday Community Partner Use</u> ODS7-10 (A, B,C) Community Partner Use SUNDAY 12/4 Toys for Tots US Marine Corp w/ regional Square Dancers of NOVA 1 to 5 pm \$10 or unwrapped toy per person. Drop off toys by 3 pm.

**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

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."

December 2022

Menu and

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

	Monday, December 5	Tuesday, December 6	Wednesday, December 7
	Menu	Menu	Menu
Hot Regular / Veggie	Spaghetti w/Meatballs Veggie: Spaghetti w/Soy Protein	Shepherds Pie Veggie: Soy Protein Shepherds Pie	Beef Vegetable Soup w/ Dinner Roll Veggie: Vegetable Soup w/ Tofu Crumbles
Cold Regular	Turkey, Cheese & Bread	Fruited Yogurt, String Cheese, Muffin	Tuna Salad w/Roll
Salads	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
<p>SUNDAY DEC. 4</p> <p>Special Concert US Army Band Trip to DAR Hall in DC 1:15-6 pm Reserve by 11/28!</p>  <p>TOYS FOR TOTS SPECIAL EVENT 1-5 pm \$10 pp or unwrapped toy Please drop toys off by 3 pm</p>	<p>8-1:15 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 © 10:55 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12-2 AART (C) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Brain Games (AR) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/ Celia P/RR (B) 2:30 Zumba Practice (A) RR 2 Mixed Media (CR) 2:30-3:45 Badminton (B)</p> <p><u>Community Partner Use</u> 7:30-9:30 Round Dance (B)</p>	<p>8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A)中文 9-12 SLSA Choral Group (C)中 9:30 Chair Ex Video w/Donna (DR) 10 Blood pressure w/ Kerry (CONF) 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise (DR) 11 Scattergories (AR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 12 *Lunch */RR (DR) Sign up for Holiday 12/9 Lunch by 2 pm TODAY!!!! 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 12:30-2:30SLSA Folk Dance: © 1 Diamond Art RR (CR) 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) 2 Feldenkrais (A) 3-4 Ballroom B closed for maintenance</p> <p><u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)</p>	<p>8-1:15 Ping Pong (B) 9:30 Chair Ex DVD w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12 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) 11 The Write Word Game (AR) 10:30 American Mahjong (HWY) 10:55 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12-2 AART (C) 12-2 Improve Line Dance w/Lily P/RR (A) 12:15-2:15 Ceramic w/Vince RR/P (CR) 1 Stress Relief Coloring (AR) 1 Computer Lab Help w/John (GL) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30 Zumba Practice (A) RR 2:30-3:45 Badminton (B)</p> <p><u>Community Partner Use</u> 3:30-8:30 Sun Dance Dancers (A)</p>
	<p>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.</p>		

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, December 8	Friday, December 9
Menu	Menu
Oven Fried Chicken Legs Veggie: Chicks Tenders	Ham w/ Pineapple Macaroni & Cheese Veggie: Macaroni & Cheese
Asian Beef Spring Roll, Beef &	
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> 10:15 Rx Relax Yoga (AR 1 day change!) 11 Winter Warming Service Project (AR) 11:15-11:50 Fit 4 Life (AR 1 day change!) 12 *Lunch */RR (DR) 1 Learn Flamenco Dance! Free/RR Great exercise and FUN! (A) 1 Rummikub (DR) 1 Afternoon Table Talk (AR)	9:30 Chair Ex Video w/Donna (DR) 10:15 Morning Word Search (LBY) 10:45 Be in your seat Door Prizes 11 Holiday Party for members! “Home Sung Holidays” Song and Dance Event by Rising Phoenix (A,B,C) Sign up for lunch by December 6! 12 *Lunch*/RR (DR) 1 Rummikub (DR) 1 Gentle Exercise&Balance DVD (AR) 1 INDEPENDENT Crossword (AR) 1 Seated Hula Hoop w/Hanh (A) 1:30 -3:45 Badminton (B) time change due to event 1:30 Learn Spanish w/ Octavia (conf) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes 7-10 (A,B,C) <u>Saturday Community Partner Use</u> Home Sung Holidays 7 pm (ABC) Open to the Public! <u>Sunday Community Partner Use</u> Caller Lab RDTA 3-6
<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	

**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

	Registration Required.
RR	
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

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.”

December 2022

Menu and

Monday - Friday

8:00-4:00 p.m.

	Monday, December 12	Tuesday, December 13	Wednesday, December 14
	Menu	Menu	Menu
Hot Regular / Veggie	Cheese Manicotti Veggie: Same	Beef Pad Thai over Noodles Veggie: Tofu Pad Thai	Grilled Pollack Veggie: Sliced Cheeses
Cold Regular	Sesame Asian Noodle Bowl	Turkey, Cheese & Bread	Powerhouse Wrap
Salads	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 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 © 10:55 Yoga Breathing DVD 11 Jeopardy Trivia (AR) 11:15 Arthritis Exercise w/Hanh (C) 11:30-noon Hutchinson Student Council cards and classics with us (DR) 12 *Lunch*/RR (DR) 12-2 AART (C) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Brain Games (AR) 1 Art w/ Jeanne (CR) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/ Celia P/RR (B) 2:30 Zumba Practice (A) RR 2 Mixed Media (CR) 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)	8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A)中文 9-12 SLSA Choral Group (C)中 9:30 Chair Ex Video w/Donna (DR) 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise (DR) 11 Scattergories (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) 12:30-2:30SLSA Folk Dance: © 1 Christmas Music Lovers (AR) 1 Diamond Art RR (CR) 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) 2 Feldenkrais (A) 3-4 Ballroom B closed for maintenance <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30 Chair Ex DVD w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-3 Shepard Center Info Table 10-12 Party Bridge (GR) 10-12 Ceramic w/Vince RR (CR) 10:15 S.A.I.L. Exercise w/Hanh 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) 10:55 Yoga Breathing DVD (A) 11 East or West Guessing Game 12 *Lunch */RR (DR) 1 Holiday Party Pianist & Refreshments Sponsored by HVN 12-2 AART (C) 12-2 Improve Line Dance w/Lily P/RR (A) 12:15-2:15 Ceramic w/Vince RR/P (CR) 1 Computer Lab Help w/John 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2 Council Meeting (Conf) 2:30 Zumba Practice (A) RR 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A)

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, December 15	Friday, December 16
Menu	Menu
Steak, Rice & Black Beans w/Tortilla Veggie: Veggie Patty	Chicken Pot Pie Veggie: Chix Strips Pot Pie
Barbecue Chicken Salad w/Corn Muffin	Egg Salad w/Roll
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> 10:15 Rx Relax Yoga (AR 1 day change!) 11 Winter Warming Service Project (AR) 11:15-11:50 Fit 4 Life (AR 1 day change!) 12 *Lunch*/RR (DR) 1 Learn Flamenco Dance! Free/RR Great exercise and FUN! (A) 1 Rummikub (DR) 1 Afternoon Table Talk (AR) 1 Diamond Art Community Partner Use 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 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 Rummikub (DR) 1 Gentle Exercise&Balance DVD(DR) 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Hula Hoop w/ Hanh (A) 1:30 Learn Spanish w/Octavia Community Partner Use Cardinal Cloggers 7-9 (A) Saturday Community Partner Use ODS 7-9 (A)

**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

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."

December 2022

Menu and

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

	Monday, December 19	Tuesday, December 20	Wednesday, December 21
	Menu	Menu	Menu
Hot Regular / Veggie	Swedish Meatballs Veggie: Vegetarian Soy Meatballs	Chicken & Dumplings Veggie: Grilled Chix Strips w/Dumplings	Beef Picadillo w/Rice Veggie: Bean Picadillo, Meat alternate
Cold Regular	Chicken Ceasar Salad, Apple Muffin	Ranch Hand lunch (Eggs, Cheese, Muffin,)	Asian Chicken Salad w/Corn Muffin
Salads	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 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) 10:55 Yoga Breathing DVD (A) 11 Fire Safety w/ Wyleng (AR) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12-2 AART (C) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Brain Games (AR) 1 Art w/ Jeanne (CR) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/ Celia P/RR (B) 2:30 Zumba Practice (A) RR 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 9:30 Chair Ex Video w/Donna (DR) 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise (DR) 11 Scattergories (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) 12:30-2:30SLSA Folk Dance: (C) 1 Diamond Art RR (CR) 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) 2 Feldenkrais (A) 3-4 Ballroom B closed for maintenance <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30 Chair Ex DVD w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12 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) 10:55 Yoga Breathing DVD (A) 11 Holiday Memories Discussion (AR) 12 *Lunch */RR (DR) 12-2 AART (C) 12-2 Improve Line Dance w/Lily P/RR (A) 12:15-2:15 Ceramic w/Vince RR/P (CR) 1 Stress Relief Coloring (AR) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30 Zumba Practice (A) RR 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 3:30-8:30 Sun Dance Dancers (A)


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Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, December 22	Friday, December 23
Menu	Menu
Chicken Orzo Pasta Veggie: Orzo Pasta w/Green Peas	
Roast Beef w/Roll	
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> 10:15 Rx Relax Yoga (AR 1 day change!) 11 Winter Warming Service Project (AR) 11:15-11:50 Fit 4 Life (AR 1 day change!) 12 *Lunch */RR (DR) 1 Learn Flamenco Dance! Free/RR Great exercise and FUN! (A) 1 Rummikub (DR) 1 Afternoon Table Talk (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 (LBY) 10:30 Gentle Exercise (DR) 11:15 Yoga Breathing DVD (A) 11:15 Hula Hoop Practice (C) ***** <p style="text-align: center;">No Lunch. No FASTRAN.</p> <p style="text-align: center;">Center closes at Noon.</p> <div style="text-align: center;">  </div>
<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	

**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

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."

December 2022

Menu and

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

	Monday, December 26	Tuesday, December 27	Wednesday, December 28
	Menu	Menu	Menu
Hot Regular / Veggie		Chili Con Carne w/Corn Muffin Veggie: Vegetarian Chili	Lemon Chicken w/Wild Rice Veggie: Vegan Strips
Cold Regular		Turkey, Swiss & Bun	Cottage Cheese, String Cheese, Muffin
Salads		Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
		Programs	Programs
	 <p>Merry everything and a Happy always</p>	<p>8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A)中文 9-12 SLSA Choral Group (C)中 9:30 Chair Ex Video w/Donna (DR) 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise (DR) 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) 12:30-2:30SLSA Folk Dance(C) 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) 1 Diamond Art RR (CR) 2 Feldenkrais (A) 3-4 Ballroom B closed for maintenance</p> <p>Community Partner Use 5:30-8:30 Rising Phoenix: Choir (A)</p>	<p>8-1:15 Ping Pong (B) 9:30 Chair Ex DVD w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12 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) 10:55 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12-2 AART (C) 12-2 Improve Line Dance w/Lily P/RR (A) 12:15-2:15 Ceramic w/Vince RR/P (CR) 1 Independent Coloring (AR) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30 Zumba Practice (A) RR 2:30-3:45 Badminton (B)</p> <p>Community Partner Use 3:30-8:30 Sun Dance Dancers (A)</p>

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Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, December 29	Friday, December 30
Menu	Menu
Breaded Fish Filet Veggie: Same	Beef & Macaroni Casserole Veggie: Soy Protein & Macaroni
Egg Salad w/Roll	Tuna Salad w/English 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> 10:15 Rx Relax Yoga (AR 1 day change!) 11 Winter Warming Service Project 11:15-11:50 Fit 4 Life (AR 1 day change!) 12 *Lunch */RR (DR) 1 Learn Flamenco Dance! Free/RR Great exercise and FUN! (A) 1 Rummikub (DR)	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 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 Rummikub (DR) 1 Gentle Exercise&Balance DVD(DR) 1 Crossword (AR) 1-3:45 Badminton (B) 1 SeatedHula Hoop w/ Hanh (A) 1:30 Learn Spanish w/Octavia (Conf)
Community Partner Use 7:30-9:30 T-Squares (A)	Community Partner Use Cardinal Cloggers 7-9 (A)

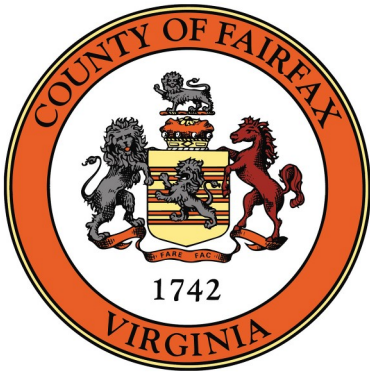
**The Center is
CLOSED
on Saturdays**

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

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."



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 a.m. to 4:30 p.m.

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.