

February 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

SAIL will be on hold until March. Exercising will still take place at 10:15am for the month of February!

Exercise Class Information

- Gentle Chair Exercise DVD: Tuesdays at 10:45am
- Chair Exercise with Donna DVD: Tuesdays and Thursdays at 10:00am
- Fit 4 Life with Nabilah: Tuesdays and Thursdays at 11:15am

Book Club

First Thursday (February 1st) 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** (February 13th) of the month.

Rising Phoenix Sing-a-long

Wednesday, February 7th, at 12:15pm in the Dining Room!

Wheel of Fortune

Do you like brain games? Join Hanh in the Activity room on Wednesdays at 1:00pm.

Spanish with Octavia

Join Octavia at 11:00am on Wednesday, February 7th and Wednesday, February 21st in the Conference Room.

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

Valentines Day Events

Paper heART Thursday, February 1st from 10:30am-12:00pm. Make handmade Valentines with Donna!

Jewelry with Nabilah Friday, February 2nd from 1:00pm-3:00pm. Valentines Earrings!

Valentines Day Cards with Ms. Ruth

Monday, February 5th from 1:00pm-3:00pm. Registration required for supply count by Friday, February 2nd.

Valentines Karaoke and Dessert Wednesday, February 14 from 1:00pm-2:00pm in Ballroom C

Mardi Gras Event

Pancakes and PJs Tuesday, February 13th at 10:30am in Activity Room.

Diamond Art Frames

Decorate picture frames with diamond art on Tuesday, February 6th at 1:00pm in the Craft Room.

February Painting with Lauren

Step by Step painting, Tuesday, February 20th at 10:30am in the Craft Room. Registration required.

Winter Warming Project

Thursday mornings at 11:00am. Learn how to loom knit and create donations for shelters.

Hula Hoop Exercise

Fridays with Hanh at 1:00pm in Ballroom A .

- ♦ Experience the many benefits of exercise with this flexible 30-minute work-out which includes stretching and light aerobic exercises.
- ♦ This exercise program is designed for people with various physical abilities & can be done seated.

BINGO Activity Update:

*No need to bring a prize to win.



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Feldenkrais—On hold

- ⇒ ~~Join us on Tuesdays at 2:30pm for Feldenkrais **Floor** format.~~
- ⇒ ~~Join us on Wednesdays at 1-1:45pm for Feldenkrais **Chair** format.~~
- ⇒ ~~Please register at the front desk.~~

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

- ◇ The **third Monday** (Canceled for February 2024) 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

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. The program ends for the school year and will resume in January.



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.