August 2022

Menu and Programs

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

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200
TTY 711

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
National Coloring Week! **Add your bit of color to the community poster** ******** **Self-nominate for Herndon Council, INC.**	**Programs**	**Programs**	**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) Community Partner Use 7:30-9:30 Round Dance (B)	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)*On your own* 10:30 Rummikub (GR) *On your own* 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) *On your own* 1 Gentle Exercise DVD (A) **2 Feldenkrais (A)** 2-3 S.A.I.L. Exercise Video (DR) **3-4 Ballroom B closed for maintenance** Community Partner Use 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) 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.

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) *On your own* 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*** Community Partner Use 7:30-9:30 T-Squares (A)	9:30 Chair Ex Video w/Donna (DR) 10:15 Morning Word Search (LBY) 10-12 Party Bridge (GR) *On your own* 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*** Community Partner Use Cardinal Cloggers 7-9 (A or B)

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

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Menu and Programs

Monday - Friday
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Pick One	Monday, August 8	Tuesday, August 9	Wednesday, August 10	Thursday, August 11	Friday, August 12
	Menu	**Menu**	**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	Chicken w/Orange Sauce Veggie: Chix Strips in Orange Sauce	Macaroni & Cheese Veggie: Same
Fruit Plate	**Fruit Plate**	**Fruit Plate**	**Fruit Plate**	**Fruit Plate**	**Fruit Plate**
Cold Regular	Pesto Pasta Salad w/ Chicken	Grilled Chicken w/Bun	Tuna Salad Sandwich	Turkey w/Cheese & Bread	Powerhouse Wrap
Salads	Chef Salad /Veggie Salad	Chef Salad / Veggie Salad	Chef Salad / Veggie Salad	Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
	Programs	**Programs**	**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 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) Community Partner Use 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 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) **3-4 Ballroom B closed** Community Partner Use 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*** ~~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 6:30-9 Sun Dance: Dancers (A) ~~7:30-9 Beginners Square Dance (B+C)~~	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) *On your own* **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) Community Partner Use	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) *On your own* 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** Community Partner Use 7-10 Merry Notes: Square Dancers (ABC) Cardinal Cloggers 7-9 (Craft Room) **Saturday** Community Partner Use Chinese Cultural Group

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

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.

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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) ~~1:30 ZUMBA Gold w/Celia P/RR (B)~~ 2 Mixed Media (CR) 2:30-3:45 Badminton (B) Community Partner Use 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) *On your own* 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Video (DR) **3-4 Ballroom B closed for maintenance** Community Partner Use 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 (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold with 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)~~

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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) *On your own* 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. 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) *On your own* 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** Community Partner Use Cardinal Cloggers 7-9 (A) Saturday Community Partner Use Chinese Cultural Group

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The Center is CLOSED on Saturdays

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
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CNF	CNF. Room
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	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) Community Partner Use 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) *On your own* 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Vid (DR) **3-4 Ballroom B closed for maintenance** Community Partner Use 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 (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold with 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.

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) *On your own* 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. 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) *On your own* 10:15 Morning Word Search (LBY) 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** Community Partner Use Cardinal Cloggers 7-9 (A)

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Level 1	
A	Ballroom A
B	Ballroom B
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CNF	CNF. Room
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P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
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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) ~~1:30 ZUMBA Gold w/Celia P/RR (B)~~ 2 Mixed Media (CR) 2:30-3:45 Badminton (B) Community Partner Use 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) *On your own* 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Vid(DR) **3-4 Ballroom B maintenance** Community Partner Use 5:30-8:30 Rising Phoenix: Choir (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 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) 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

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 Mahjongg (GR) *On your own* 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) *On your own* 10:15 Morning Word Search (LBY) 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.	**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.
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."