

Center Membership:

Joining the center costs \$75 per year. A half price waiver is available if your household income is \$57,720 per year or less. Non Fairfax County residents pay \$150 per year, and no waiver is available. Proof of income for the waiver is required. Acceptable forms of income include: Letter of Award from the Social Security Administration, statement of monthly/pension benefits, employer paystub, bank statement showing automatic deposit of Social Security check, SSI check retirement benefits, and/or prior year's taxes.

Transportation Service:

Fairfax County registered participant 60+ may apply for transportation if you live within the service area for Herndon Senior Center, and a one-time application must be completed. You choose which days you want to attend, and will be approved on a space-available basis to be picked up. Participants cancelling for more than 30 days lose their FASTRAN ride

and need to reapply upon return. You may request a "one-time only" ride for a special occasion with a minimum of 8 days' notice. (i.e., by the Monday prior for a Monday trip) The cost for transportation is \$.50 each way each time you ride. **Anyone who does not cancel a scheduled ride by calling 703-464-6200 before 8:15 a.m. may lose their next scheduled ride.** Please leave a message after hours!

Inclement Weather Policy:

Listen to the news. What to listen for: *If Fairfax County Public Schools are closed because of inclement weather, there will be no transportation, lunches, programs, or classes and the center may or may not remain open.*

If schools are delayed 1 or 2 hours, the Senior Center is open; however, there will be no lunch, no Fastran, and only self-directed activities. If schools close 1 hour early, the center operates as usual. If schools close 2 or 3 hours early, all afternoon activities are canceled. Lunch will be

served and FASTRAN will take riders home following lunch. If FASTRAN has not picked up riders when early dismissal is announced, FASTRAN is cancelled.

Meal Program:

Fairfax County registered participants 60+ may order meals at least 24 hours in advance and up to a week in advance. Meals must be eaten at the center and may NOT go home. You must be present by 12:15 p.m. in order to receive your meal. You may **cancel by 2:00 p.m.** Please leave a message after hours! *If you are late or do not call, we may cancel your next scheduled meal.* Nutrition counseling may be available. Please see menu and ask staff for more information.

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711

A Fairfax County, VA publication
August 2026

Holidays & Observances:

- World Hunger Action Month
- 09/07 Labor Day
- 09/10 World Suicide Prevention
- 09/11 Patriot Day
- 09/13 Grandparent's Day
- 09/15 Hispanic Heritage Month
- 09/16 Mexican Independence Day
- 09/20 National Women's Friendship Day
- 09/21 International Day of Peace
- 09/22 Autumn equinox
- 09/25 Chinese Moon Festival
- 09/28 National Good Neighbor Day

Not feeling well? We're sorry to hear that! PLEASE, if you are not feeling well, STAY HOME! We serve a high risk group, where coughs and colds can lead to serious illness. To prevent spread of disease: Stay home if you don't feel well;

**Wash hands frequently; Don't share food/beverages;
COUGH/SNEEZE INTO YOUR SLEEVE, NOT YOUR HAND
Please call the center to cancel your ride and lunch.**

- Welcome to Herndon, one of 14 Senior Centers in Fairfax County! To qualify for membership, an adult, 50+, must, with or without reasonable modification be:
- Able to adhere to the Senior Center's Terms of Membership/Code of Conduct while in the facility (the back of the membership form you signed.)
 - Able to orient correctly to person, place, and time.
 - Able to independently navigate to programs and through the center safely.
 - Able to get on and off a county vehicle safely and remain seated with the seatbelt fastened until the vehicle comes to a complete stop.
 - Able to receive and follow instructions independently.
 - Able to recognize and respond appropriately to emergency warnings.
 - Able to maintain personal care (eating, restroom usage, personal hygiene, medication management) independently.

Free transportation service for medical appointments may call the Shepherd's Center at 703-281-0538 to request rides.

September 2026
703-464-6200 TTY 711
Monday-Friday, 8 a.m.-4 p.m.



873 Grace Street, Herndon, VA 20170

fairfaxcounty.gov/ncs herndonseniorcenter.org

As we welcome September, thank you all for the warm welcome I've received since joining the Herndon Senior Center. It's been a pleasure meeting so many of you, and I'm grateful to be part of such a supportive community.

A little about me, Candice: I've spent more than 20 years leading programs for people of all ages, including older adults. I joined Neighborhood and Community Services in 2011 after serving as Site Director for the Fairfax County Computer Learning Center Partnership. I'm a George Mason University graduate in Decision Science and Management Information Systems with a minor in IT. I became the Senior Center Director at Sully Community Center in 2023 and am honored to now serve as the Director of the Herndon Senior Center as of July 13,

2026. Outside of work, I'm a mom to two sons, Kasey and Kyle, and our dog, Bagel.

Safety Reminder:

Please help us keep the Herndon Senior Center safe and welcoming by returning supplies after use, cleaning up your area, and being mindful of those around you. Seniors play ping pong safely and respectfully, and thank you for helping keep the game friendly and enjoyable for all. We also encourage you to participate in our fitness and wellness classes to stay active and connected.

Coupons and reusable shopping bags are available for those who need them for shopping trips. Please check with staff.

Satoriea Warren, OPS Manager
Candice Tran, Director
Amanda Garrett, Asst. Director
Anita Chinyavong, Asst. Director
Nabilah Haque, Center Leader
Ash Glodek, Recreation Therapist-CTRS
Missi Amuda, Social Worker-MSW

Thank you for helping to care for our shared space and for being a valued part of our community.

Meet Your
Advisory Council

- Tommy Chin—President
- Jian Jun Zhang—Vice President
- Monita Chin—Treasurer
- Alison Officewala—Asst. Treasurer
- John Rosendahl—Secretary
- Alison Yanagawa—at Large
- Ines Bello—at Large
- Maria Teehan—at Large
- JoAnn Norton—at Large
- Lee Jane Chen—SLSA Liaison
- Greg Hanson—Website Liaison
- Next meeting: 09/09/26 at 11 a.m.

Donations of store-bought and sealed cookies or crackers are appreciated.

All trips depart the center at 10:30 a.m. and return by 2 p.m.
* Bring money for lunch.

Sign-up sheets for Charter Trips will be available two weeks before each trip.

- Wednesday, September 2
Dulles Town Center (Trip of Necessity)
- Tuesday, September 22
Museum of the Bible, D.C. (Charter Trip)
- Wednesday, September 9
Sterling Town Center Plaza & Trader Joe's (Trip of Necessity)
- Wednesday September 16
Greenbriar Town Center (Trip of Necessity)
- Wednesday, September 23
Sully Station Shopping Center (Trip of Necessity)
- Wednesday, September 30
Walmart, Fair Lakes (Trip of Necessity)

Herndon Senior Center						Sep-26
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
* A = Ballroom A * AR = Activity Room * B = Ballroom B * GR = Game Room * C = Ballroom C * CR = Craft Room * DR = Dining Room * CF = Conference	8-10:45am Folk Dance w/Ping *A 8am-Noon Instrument Group *GR 10:15-10:45am Chair Exercise *DR 10:45-11:30am Rx-Relax Adapted Yoga *DR 11am-Noon Beginner Line Dance w/Hiroko *A 12-1pm Intermediate Line Dance w/Hiroko *A 12:15-2pm Instrument Group *GR 1-2pm Choral Group w/Jiying *CF 1-2pm Feldenkrais w/Monica *C 1-3pm Diamond Art w/Michelle *CR	9am-Noon Choral Group w/Jiying *C 9:30-10:30am Tai Chi w/Mary *A 10am-2:15pm Ceramics w/Vincent *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Yoga Breathing *GR 11:15am-Noon Mental Muscle Activity *AR 12-1pm Rising Phoenix Sing-along *DR 1-2pm Spanish Class w/Octavia *CF 1-2pm Computer Lab Help w/John *2nd Floor 1:30-2:30pm Zumba GOLD w/Celia *B&C	9-11am International Folk Dance w/Hope *C 10:15-10:45am Chair Exercise *DR 10:30am-Noon Tai Chi w/HuiXian *A 11-11:45am Seated Disco w/Ash *DR 11:10-11:45am NO Fit 4 Life w/Nabilah *C 1-2pm ESL All Levels w/Sue *CF 1-3pm Diamond Art w/Michelle *CR 2:30-3:45pm Book Club w/Monica *CF	9-10:30am Folk Dance w/Ping *C 9-11am Advanced Ballroom Dance w/Hope *A 10am-Noon Ceramics w/Vincent *CR 10:15-11:15am BINGO *DR 10:45-11:45am Zumba GOLD w/Anita *C 11am-Noon Brain Games w/Ash *AR 11am-Noon Yoga Breathing *A 12:30-3pm Mahjong w/Birgit *GR #		
# Registration Required					Sunday	
Trip of Necessity #						6
Wednesdays 10:30am - 1:30 pm					Saturday	
Labor Day Holiday Center Closed	8-10:45am Folk Dance w/Ping *A 8am-Noon Instrument Group *GR 10-11am Blood Pressure Clinic *CF 10:15-10:45am Chair Exercise *DR 10:45-11:30am Rx-Relax Adapted Yoga *DR 11am-Noon Beginner Line Dance w/Hiroko *A 12-1pm Intermediate Line Dance w/Hiroko *A 12:15-2pm Instrument Group *GR 1-2pm Choral Group w/Jiying *CF 1-2pm Feldenkrais w/Monica *C 1-3pm Diamond Art w/Michelle *CR	9am-Noon Choral Group w/Jiying *C 9:30-10:30am Tai Chi w/Mary *A 10am-2:15pm Ceramics w/Vincent *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Yoga Breathing *GR 11am-Noon Spanish Class w/Octavia *CF 11:15am-Noon Mental Muscle Activity *AR 1-2pm Music Lovers w/Emma *AR 1-2pm Computer Lab Help w/John *2nd Floor 1:30-2:30pm Zumba GOLD w/Celia *B&C	9-11am International Folk Dance w/Hope *C 10:15-10:45am Chair Exercise *DR 10:30am-Noon Tai Chi w/HuiXian *A 10:45am-Noon Destination Discovery w/Ash *AR 11:10-11:45am Fit 4 Life w/Nabilah *C 1-2pm ESL All Levels w/Sue *CF 1-3pm Diamond Art w/Michelle *CR	9-10:30am Folk Dance w/Ping *C 9-11am Advanced Ballroom Dance w/Hope *A 10am-Noon Ceramics *CR 10:15-11:15am BINGO *DR 10:45-11:45am Zumba GOLD w/Anita *C 11am-Noon Brain Games w/Ash *AR 11am-Noon Yoga Breathing *A 1-2pm Card Making w/Nabilah *CR # 1:30-2:30pm Canasta w/Birgit *GR		
9-11am Beginning Ballroom Dance w/Hope *C 9:30-10:30am Tai Chi w/Mary *A 10am-Noon Crochet & Knitkniks w/Sandy & Vicki *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Beginners ESL w/John *CF 11am-Noon Jeopardy Trivia w/Ash *AR 11am-Noon Yoga Breathing *GR 1-2pm Stronger Memory w/Amanda *AR # 1-3pm Mixed Media Art w/Ash *CR	8-10:45am Folk Dance w/Ping *A 8am-Noon Instrument Group *GR 10:15-10:45am Chair Exercise *DR 10:45-11:30am Rx-Relax Adapted Yoga *DR 11am-Noon Beginner Line Dance w/Hiroko *A 12-1pm Intermediate Line Dance w/Hiroko *A 12:15-2pm Instrument Group *GR 1-2pm Choral Group w/Jiying *CF 1-2pm Feldenkrais w/Monica *C 1-3pm Diamond Art w/Michelle *CR	9am-Noon Choral Group w/Jiying *C 9:30-10:30am Tai Chi w/Mary *A 10am-2:15pm Ceramics w/Vincent *CR 10:30-11:30am S.A.I.L. *A&B # 11am-Noon Yoga Breathing *GR 11:15am-Noon Mental Muscle Activity *AR 11am-Noon Hispanic Heritage Discussion*AR 12:30-1:30pm Flamenco Dancer Performance 1-2pm Spanish Class w/Octavia *CF 1-2pm Computer Lab Help w/John *2nd Floor 1:30-2:30pm Zumba GOLD w/Celia *B&C	9-11am International Folk Dance w/Hope *C 10:15-10:45am Chair Exercise *DR 10:30am-Noon Tai Chi w/HuiXian *A 10:30am-Noon Music Bingo w/Ash *AR 11:10-11:45am Fit 4 Life w/Nabilah *C 1-2pm ESL All Levels w/Sue *CF 1-3pm Diamond Art w/Michelle *CR	9-10:30am Folk Dance w/Ping *C 9-11am Advanced Ballroom Dance w/Hope *A 10:15-11:15am BINGO *DR 10:45-11:45am Zumba GOLD w/Anita *C 11am-Noon Brain Games w/Ash *AR 11am-Noon Yoga Breathing *A 12:30-3pm Mahjong w/Birgit *GR # 1-2pm Jewelry Making w/Nabilah *CR #		
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			Badminton Mondays & Fridays 2:30-3:45pm *B Wednesdays 2:45-3:45pm *B	All Ages Read Together Mondays & Wedensdays 12-2:15pm *GR	Sunday	