

# Herndon Senior Center

*A Recreational Venue for  
Active and Independent Adults 50+*



**Senior Center Director**

**Assistant Directors**

**Assistant**

**Recreation Therapist**

**Case Manager**

Ruth Junkin, MS, Gerontology

Jeanne Alcazar, Donna Lopez,  
Monica Koppelman,

Hahn Tran

Sasha Swinnerton, CTRS

Pam Harms, LCSW, MSW

*January 2022*

Herndon Senior Center Staff wish you a

**Happy New Year!**

**Email, visit or call us at:**

873 Grace Street  
Herndon, VA 20170

703-464-6200      TTY 711

[NCSHerndonSeniorCenter@fairfaxcounty.gov](mailto:NCSHerndonSeniorCenter@fairfaxcounty.gov)

**Opening Hours:**

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

# January 2022

Menu and

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

	Monday, January 3	Tuesday, January 4	Wednesday, January 5
	Menu	Menu	Menu
Hot Regular	Chicken Chickpea Pasta	Chicken Vegetable Couscous	Cheese Pizza w/ Turkey Pepperoni
Hot	Chickpea Pasta	Vegetable Couscous	Cheese Pizza w/ Pepper and Onion
Cold	Chef Salad	Chef Salad	Chef Salad
	Programs	Programs	Programs
	9-12:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise DVD (DR) 10-12 Crochet & Knitknicks Group (CR) on your own 10:15 S.A.I.L. w. Hanh RR (A) 10:30-12 Basic Spanish w/Gary (CNF) as available 10:30 Fit 4 Life w/Sasha (DR) <b>11 Computer Lab Help with Phil - as available (CL)</b> 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12:30-2 Intermediate Spanish w/Gary (CNF) as available 1 Trivia (AR) 12:2:30 Badminton (B)	9-12 Folk Dance (C) 9-2:30 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 10 Art Class with Charlie P+S (CR) <b>10:30 Community Service and Loom Knitting (HWY)</b> 10-11 Blood Pressure Clinic w. Kerry (LIB) 10:30 Rummikub (GR) <i>On your own</i> 11 ESL Advanced with Ming (CNF) 11 Current Events/ Cranium Crunches (AR) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch */RR (DR) 12:45 Intermediate Line Dance w/ Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i>	9-10:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) <i>On your own</i> <b>10 Chair Exercise w/Donna DVD (DR)</b> <b>10-12:30 Ceramic w. Vince RR/\$ (CR)</b> 10:15 S.A.I.L. w. Hanh H/RR (A) 10:15 Morning Word Search (LBY) 10:30-12 Badminton (B) 10:30 American Mahjong (HALL) <i>On your own</i> <b>10:15 Shopping Trip \$/RR Wegmans—Sterling.</b> 11 Brain Games (AR) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 1 Computer Lab help w/John as available (CL) 1 iPad Class in Chinese w/Shosha 1:30 ZUMBA Gold with Celia P/RR (B)
	<u>Community Partner Use</u> 7-10 p.m. Round Dance (B)	<u>Community Partner Use</u> 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Dixie Stars	

**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, January 6	Friday, January 7														
<b>Menu</b>	<b>Menu</b>														
<b>Baked Ziti w/ Beef</b>	<b>Beef Chili</b>														
<b>Baked Ziti w/ Tofu Crumbles</b>	<b>Vegetarian Chili</b>														
<b>Chef Salad</b>	<b>Chef Salad</b>														
<b>Programs</b>	<b>Programs</b>														
9-12 Folk Dance (C) 9-2:30 Ping Pong (B) 9:30-2 Intl Mahjonn (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) <b>11 ESL: Beginner (CNF)</b> 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Brain Fitness (AR) <b>1 ESL: Intermediate level (CNF)</b>	9-12:15 Ping Pong (B) <b>10 Chair Exercise w/Donna DVD (DR)</b> 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. w. Sasha H/RR (A) 10:15 Morning Word Search (LBY) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 1 Gentle Exercise & Balance w/Monica or DVD (A) 1 Crossword H (AR) 1-2:30 Badminton (B)														
<table border="1"> <tr> <td><b>RR</b></td> <td>Registration Required.</td> </tr> <tr> <td><b>H</b></td> <td>Hybrid. Classes will be live streamed to or from the center.</td> </tr> <tr> <td><b>P</b></td> <td>This is a PAID class, payable with punch card only.</td> </tr> <tr> <td><b>S</b></td> <td>SUPPLY fee <u>only</u> may apply.</td> </tr> <tr> <td><b>P+S</b></td> <td>This is a PAID class, payable with punch card only. SUPPLY fee may apply.</td> </tr> <tr> <td><b>Punch Card</b></td> <td>Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.</td> </tr> <tr> <td><b>中文</b></td> <td>Instruction in Chinese and by demonstration. Bilingual participants may be available to translate</td> </tr> </table>	<b>RR</b>	Registration Required.	<b>H</b>	Hybrid. Classes will be live streamed to or from the center.	<b>P</b>	This is a PAID class, payable with punch card only.	<b>S</b>	SUPPLY fee <u>only</u> may apply.	<b>P+S</b>	This is a PAID class, payable with punch card only. SUPPLY fee may apply.	<b>Punch Card</b>	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.	<b>中文</b>	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate	<p><u>Community Partner Use</u> 7-10 p.m. Merry Notes</p>
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**The Center is CLOSED on Saturdays until further notice**

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

**Saturday, December 11**  
Community Partner Use  
7 p.m. Rising Phoenix Performers:  
"A Holiday Season Together"  
\$

**Sunday, December 12**  
Community Partner Use  
1-5 p.m. Toys for Tots event

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."

Community Partner Use  
4:30-8 p.m. Rising Phoenix: Dancers

# January 2022

Menu and

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

	Monday, January 10	Tuesday, January 11	Wednesday, January 12
	Menu	Menu	Menu
Hot Regular	Kung Pao Chicken	Asian Steak Kabobs	Chicken Curry Bowl
Hot Veggie	Kung Pao Tofu	Asian Vegetarian Kabobs	Lentil Curry Bowl
Cold	Chef Salad	Chef Salad	Chef Salad
	Programs	Programs	Programs
	9-12:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise DVD (DR) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. w. Hanh RR (A) 10:30 Fit 4 Life w/Sasha (DR) 10:30-12 Basic Spanish w/Gary (CNF) as available <b>11 Computer Lab Help with Phil - as available (CL)</b> 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12:30-2 Intermediate Spanish w/Gary (CNF) as available 12-2:30 Badminton (B) 1 Trivia (AR)	9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 10 Art Class with Charlie P+S (CR) <b>10:30 Community Service and Loom Knitting (HWY)</b> 10-11 Blood Pressure Clinic w. Kerry (LIB) 10:30 Rummikub (GR) <i>On your own</i> 11 ESL Advanced with Ming (CNF) 11 Current Events/ Cranium Crunches (AR) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch */RR (DR) 12:45 Intermediate Line Dance w/ Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i>	9:30-10:30 Tai Chi/Exercise (A) <b>10 Chair Exercise w/Donna (DR)</b> 10-12 Party Bridge (GR) <i>On your own</i> <b>10-12:30 Ceramic w. Vince RR/\$ (CR)</b> 10:15 S.A.I.L. w. Hanh H/RR (A) 10:15 Morning Word Search (LBY) <b>10:15 Shopping Trip \$/RR Food Lion in Herndon</b> 10:30 American Mahjongg (HALL) <i>On your own</i> 10:30-12 Badminton (B) 11:15 Yoga Breathing DVD (DR) 12 *Lunch */RR (DR) <b>1 Council Meeting (CNF)</b> 1 Computer Lab help w/John as available (CL) 1 Music Lovers Unite (AR) 1:30 ZUMBA Gold with Celia P/RR (B)
	<u>Community Partner Use</u> 6:30-10 HWC (DR) 7-10 p.m. Round Dance (B)	<u>Community Partner Use</u> 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Phantom Squares	

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# Programs

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711


Thursday, January 13	Friday, January 14	<b>The Center is CLOSED on Saturdays until further notice</b>																													
Menu	Menu																														
Italian Turkey & White Bean Stew	Tuna Melt																														
Italian Lentil & White Bean Stew	Black Bean Melt																														
Chef Salad	Chef Salad																														
Programs	Programs																														
9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) <b>11 ESL: Beginner (CNF)</b> 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Brain Fitness (AR) <b>1 ESL: Intermediate level (CNF)</b>	9-12:15 Ping Pong (B) <b>10 Chair Exercise w/Donna (DR)</b> 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. w. Sasha H/RR (A) 10:15 Morning Word Search (LBY) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 1 Gentle Exercise & Balance w/Monica or DVD (A) 1 Crossword H (AR) <b>1 Cooking Fun with John (C)</b> 1-2:30 Badminton (B)																														
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<u>Community Partner Use</u> 4:30-8 Rising Phoenix: Dancers 7-10 p.m. T-Squares Dance Group																															
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	<p><b>Saturday, December 18</b>  <u>Community Partner Use</u>                      6-9 Chinese History &amp; Culture (CR)</p>																														

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."

# January 2022

Menu and

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

	Monday, January 17	Tuesday, January 18	Wednesday, January 19
	Menu	Menu	Menu
Hot Regular		<b>Chicken Parmesan</b>	<b>Roasted Turkey w/ Gravy</b>
Hot Veggie		<b>Eggplant Parmesan</b>	<b>Oven Fried Parmesan Tofu</b>
Cold		<b>Chef Salad</b>	<b>Chef Salad</b>
	Programs	Programs	Programs
	<p style="text-align: center;"><b>The Center is CLOSED</b></p>  <p style="text-align: center;"><b>Martin Luther King Day</b></p>	<p>9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 10 Art Class with Charlie (CR) P+S <b>10:30 Community Service and Loom Knitting (HWY)</b> 10:30 Rummikub (GR) <i>On your own</i> 11 Current Events/Cranium Crunches (AR) 11 ESL Advanced with Ming (CNF) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch*/RR (DR) 12:45 Intermediate Line Dance w/Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i></p> <p><u>Community Partner Use</u> 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Dixie Stars</p>	<p>9-10:15 Ping Pong 9:30-10:30 Tai Chi/Exercise (A) <b>10 Chair Exercise w/Donna(DR)</b> 10-12 Party Bridge (GR) <i>On your own</i> <b>10-12:30 Ceramic w. Vince RR/\$ (CR)</b> 10:15 S.A.I.L. w. Hanh H/RR (A) 10:15 Morning Word Search (LBY) <b>10:15 Shopping Trip \$/RR</b> <i>Walmart Fair Lakes</i> 10:30 American Mahjongg (HALL) <i>On your own</i> 10:30-12 Badminton (B) 11 Walking Club weather permitting (LBY) 11:15 Yoga Breathing DVD (A) 11:30 Giant Nutritionist 12 *Lunch */RR (DR) 1 Computer Lab help w/John as available (CL) 1 iPad Class in Chinese w/Shosha 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B)</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.

# Programs

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, January 20	Friday, January 21
Menu	Menu
<b>Chicken Fried Rice</b>	<b>Beef Stroganoff</b>
<b>Egg Fried Brown Rice</b>	<b>Black Bean Stroganoff</b>
<b>Chef Salad</b>	<b>Chef Salad</b>
Programs	Programs
9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) <b>11 ESL: Beginner (CNF)</b> 12 *Lunch */RR (DR) 12:30-3:45 Ping Pong (B) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Brain Fitness <b>1 ESL: Intermediate level (CNF)</b>	9-12:15 Ping Pong (B) <b>10 Chair Exercise w/Donna (DR)</b> 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. w. Sasha H/RR (A) 10:15 Morning Word Search (LBY) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 1 Gentle Exercise & Balance w/Monica or DVD (A) 1 Crossword H (AR) 1 Snow Cards w/Ruth 1-2:30 Badminton (B)
<u>Community Partner Use</u> 4:30-8 p.m. Rising Phoenix: Dancers	<u>Community Partner Use</u> 7-10 p.m. Merry Notes

**The Center is  
CLOSED  
on Saturdays  
until further notice**

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

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."

# January 2022

Menu and

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

	Monday, January 24	Tuesday, January 25	Wednesday, January 26
	Menu	Menu	Menu
Hot Regular	Lemon Chicken Stir Fry	Baked Ziti W/ Beef	Chicken Parmesan
Hot Veggie	Lemon Tofu Stir Fry	Baked Ziti w/ Tofu	Eggplant Parmesan
Cold	Chef Salad	Chef Salad	Chef Salad
	Programs	Programs	Programs
	9-10:45 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise DVD (DR) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. w. Hanh RR (A) 10:30 Fit 4 Life w/Sasha (DR) 10:30-12 Basic Spanish w/Gary (CNF) as available <b>11 Computer Lab Help with Phil - as available (CL)</b> 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12:30-2 Intermediate Spanish w/Gary (CNF) as available 1 Travelogue (AR) 12:30-2:30 Badminton (B)  <u>Community Partner Use</u> 7-10 p.m. Round Dance (B)	9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 10 Art Class with Charlie (CR) P+S <b>10:30 Community Service and Loom Knitting (HWY)</b> 10:30 Rummikub (GR) <i>On your own</i> 11 Current Events/ Cranium Crunches (AR) 11 ESL Advanced with Ming (CNF) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch*/RR (DR) 12:45 Intermediate Line Dance w/Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i> 1 Valentine Cards w/Ruth  <u>Community Partner Use</u> 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Phantom Squares	9-10:15 Ping Pong C 9:30-10:30 Tai Chi/Exercise (A) <b>10 Chair Exercise w/Donna (DR)</b> 10-12 Party Bridge (GR) <i>On your own</i> <b>10-12:30 Ceramic w. Vince RR/ \$ (CR)</b> 10:15 S.A.I.L. w. Hanh H/RR (A) 10:15 Morning Word Search (LBY) 10:15 Shopping Trip <i>Safeway Herndon</i> 10:30 American Mahjongg (HALL) <i>On your own</i> 10:30-12 Badminton (B) 11 Walking Club weather permitting (LBY) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 1 Computer Lab help w/John as available (CL) 1 Music Lovers Unite (AR) H 1 Recognizing January Birthdays (AR) 1:30 ZUMBA Gold with Celia P/RR (B)

**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, January 27	Friday, January 28	<b>CLOSED</b>																														
Menu	Menu																															
Butternut Squash Stew	Beef and Tomato Macaroni																															
Butternut Squash Stew	Black Bean and Tomato Macaroni																															
Chef Salad	Chef Salad																															
Programs	Programs																															
<p>9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30-2 Intl Mahjonn (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 9:30-12 Chinese Folk Dance, Advanced (B) 中文 10 Recipe Exchange (CNF) 中文 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) <b>11 ESL: Beginner (CNF)</b> 12 *Lunch */RR (DR) 12:30-3:45 Ping Pong (B) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Brain Fitness (AR) <b>1 ESL: Intermediate level (CNF)</b></p> <p><u>Community Partner Use</u> 4:30-8 Rising Phoenix: Dancers 7-10 p.m. T-Squares Dance Group</p>	<p>9-12:15 Ping Pong (B) <b>10 Chair Exercise w/Donna DVD (DR)</b> 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. w. Sasha H/RR (A) 10:15 Morning Word Search (LBY) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 1 Gentle Exercise &amp; Balance w/Monica or DVD (A) 1 Crossword H (AR) 1-2:30 Badminton (B)</p> <p><u>Community Partner Use</u> 7-10 p.m. Merry Notes</p>	<table border="1"> <thead> <tr> <th colspan="2">Level 1</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>Ballroom A</td> </tr> <tr> <td>B</td> <td>Ballroom B</td> </tr> <tr> <td>C</td> <td>Ballroom C</td> </tr> <tr> <td>DR</td> <td>Dining Room</td> </tr> <tr> <td>LBY</td> <td>Lobby</td> </tr> <tr> <td>AR</td> <td>Activity Room</td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th colspan="2">Level 2</th> </tr> </thead> <tbody> <tr> <td>CNF</td> <td>CNF. Room</td> </tr> <tr> <td>CL</td> <td>Comp. Lab</td> </tr> <tr> <td>CR</td> <td>Craft Room</td> </tr> <tr> <td>GR</td> <td>Game Room</td> </tr> <tr> <td>HWY</td> <td>2nd floor Hallway</td> </tr> <tr> <td>LIB</td> <td>Library</td> </tr> <tr> <td>KIT</td> <td>2nd floor Staff Kitchen</td> </tr> </tbody> </table>	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
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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](http://HerndonSeniorCenter.org)**

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**703-222-0880, TTY 711.**

Monday through Friday, 8 a.m. to 4:30 p.m.

Bilingual staff available



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