Menu and

Monday - Friday 8:00am - 4:00pm

	Monday, July 1	Tuesday, July 2	Wednesday, July 3
	Menu	Menu	Menu
Hot Regular / Veggie	Grilled Pollock Veggie: Vegetarian Patty	Spaghetti & Meat Sauce Veggie: Spaghetti w/ Cheese	Creamy Chicken Enchiladas Veggie: Chix Strips Enchiladas
Cold Regular	Tropical Bean Salad	Asian Chop Salad w/ Chicken	Beef Teriyaki Wrap
Salads	Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2:30 AART (GR) 12-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:30 Rummikub (DR) on your own 2:30-3:45 Badminton (B) Community Partner Use 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 8-12 SLSA Instrument (LIB) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) on your own 10:30 Gentle Exercise DVD (DR) 10:30 Kindness Rocks (CR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:15 SLSA Instrument (GR) 12:30-2:30 SLSA Folk Dance (C) 1 SLSA Choral Group (CNF) 1-2:45 Diamond Art Keychain (CR) 1 Rummikub (DR) on your own Community Partner Use 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:10-12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 10:20 Feldenkrais Chair (C) RR Sponsored by The Closet and NWFCU (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12:15 Rising Phoenix Sing-a-long (DR) 12:15 Rising Phoenix Sing-a-long (DR) 12:15 Rising Phoenix Sing-a-long (DR) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1:30 ZUMBA Gold Class w/Celia P/ RR (B) 2:30 Book Club (CNF) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) Community Partner Use 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

703-464-6200 TTY 711

translate.

Thursday, July 4	Friday, July 5		
Menu	Menu		
	Chicken & Waffles Veggie: Chix Strips	Tł	ne Center is CLOSED
	Cottage Cheese, String Cheese, English Muffin	Sat	urdays & Sundays
	Chef Salad/ Veggie Salad	Level	1
Programs	Programs	A	Ballroom A
	8-12:45 Ping Pong (B)	В	Ballroom B
	9-11 SLSA Adv. Ballroom Dance (A) 中文 9:45 Garden Exchange w/ Hanh (DR) 10 Chair Exercise Video (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) on your own 10-12 Beginning Ceramics w/ Vince RR/P (CR) 10:15 Morning Word Search (LBY) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR)	С	Ballroom C
НДРРУ		DR	Dining Room
		LBY	Lobby
		AR	Activity Room
* *U1^^		Level 2	2
* of July		CNF	Conference Room
		CL	Computer Lab
		CR	Craft Room
CENTER IS	12 *Lunch */RR (DR)	GR	Game Room
CLOSED	1 Rummikub (DR) on your own	HWY	Hallway
OLOGLD	1 Crossword (AR) 1-3:45 Badminton (B)	LIB	Library
	1 Seated Exercise w/Hoop by Hanh (A)		T
	Community Partner Use	RR	Registration Required.
	Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)	Р	PAID class, payable with punch card only.
		中文	Instruction in Chinese & by demonstration. Bilingual participants available to

Menu and

Monday - Friday 8:00am - 4:00pm

	Monday, July 8	Tuesday, July 9	Wednesday, July 10
	Menu	Menu	Menu
Hot Regular / Veggie	Chicken Tikka Masla Veggie: Lentils	Beef Pot Roast w/ Au Jus Sauce Veggie: Vegan Beef Strips	Chicken Spinach Alfredo Bake Veggie: Chix Strips
Cold Regular	Chef Salad	Pasta Salad	Turkey Mayo Roll
Salads	Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2 Intermediate Line Dance w/Lijy P/RR (A) 1-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:30 Rummikub (DR) on your own 2:30-3:45 Badminton (B) Community Partner Use 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 8-12 SLSA Instrument (LIB) 9-11 SLSA Folk Dance: Beginner (A) ψ ½ 9-12 SLSA Choral Group (C) ψ ½ 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) on your own 10:30 Gentle Exercise DVD (DR) 10:30 Dried Flower Art RR (CR) 10:30 Blood Pressure Clinic (CNF) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:15 SLSA Instrument (GR) 12:30-2:30 SLSA Folk Dance (C) 1 SLSA Choral Group (CNF) 1-2:45 Diamond Art (CR) 1 Rummikub (DR) on your own Community Partner Use 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 10:20 Feldenkrais Chair (C) RR Sponsored by The Closet and NWFCU (C) 11: 15 Yoga Breathing DVD (A) 11 Wellness Wednesday (AR) 11 Spanish with Octavia (CNF) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2:1mprove Line Dance with Lily P/RR (A) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 HSC Advisory Council Meeting (CNF) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) Community Partner Use 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170 703-464-6200 TTY 711

translate.

Thursday, July 11	Friday, July 12		
Menu	Menu		
Oven Roasted Haddock Veggie: Vegan Fish Patty	Vegetarian Lasagna Veggie: Vegetarian Lasagna	TI	he Center is CLOSED
Cottage Cheese, String Cheese, English Muffin	Mild Buffalo Ranch Chicken Salad	<u>Sa</u>	turdays & Sundays
Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad	Level	1
Programs	Programs	A	Ballroom A
8-2:45 Ping Pong (B)	8-12:45 Ping Pong (B)	В	Ballroom B
8-12 SLSA Instrument (LIB)	9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise Video (C)	С	Ballroom C
9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A)	10-12 Teaching Bridge (GR)	DR	Dining Room
9:30-2 Intl Mahjongg (GR)	10-12 Party Bridge (GR) on your own	LBY	Lobby
10 Chair Exercise w/ Donna DVD (DR)	10-12 Beginning Ceramics w/ Vince RR/ P (CR)	AR	Activity Room
10:30 Rx Relax Yoga DVD (DR)	10:15 Morning Word Search (LBY)	Level	2
10:30 Walking Club (LBY) weather permitting	10:15 Bingo (DR) 11 Yoga Breathing DVD (A)	CNF	Conference Room
11:10 Fit 4 Life w/ Nabilah (GR)	11 Brain Games (AR)	CL	Computer Lab
12 *Lunch */RR (DR)	12 *Lunch */RR (DR)	CR	Craft Room
12:15 SLSA Instrument (A)	1 Rummikub (DR) <i>on your own</i>	GR	Game Room
1-2:45 Diamond Art (CR)	1 Crossword (AR) on your own	HWY	Hallway
1 ESL with Sue (CNF) 1 Rummikub (DR) on your own	1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A)	LIB	Library
3-4 Ballroom B Closed for	T Seated Exercise W/100p by Flamin (A)		-
Maintenance	Community Partner Use Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)	RR	Registration Required.
Community Partner Use 7:30-9:30 T-Squares (A)		Р	PAID class, payable with punch card only.
		中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

Menu and

Monday - Friday 8:00am - 4:00pm

	Monday, July 15	Tuesday, July 16	Wednesday, July 17
	Menu	Menu	Menu
Hot Regular / Veggie	Chinese Style Vegetables w/ Teriyaki Salmon Veggie: Teriyaki Tofu	Oven Fried Chicken Legs Veggie: Chicks Strips	Korean Beef over Jasmine Rice Veggie: Korean Soy Beef
Cold Regular	Cranberry Chicken Salad	Powerhouse Wrap	Tuna Salad Sandwich
Salads	Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Safety w/ Wyleng (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2:10 Intermediate Line Dance w/Lily P/RR (A) 1-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:30 Rummikub (DR) on your own 2:30-3:45 Badminton (B) Community Partner Use 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 8-12 SLSA Instrument (LIB) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) on your own 10:30 Gentle Exercise DVD (DR) 10:30 Joy Pots w/Diamond Art Butterflies RR (CR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:15 SLSA Instrument (GR) 12:30-2:30 SLSA Folk Dance (C) 1 SLSA Choral Group (CNF) 1-2:45 Diamond Art (CR) 1 Rummikub (DR) on your own Community Partner Use 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chl/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:30-12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 10:20 Feldenkrais Chair (C) RR Sponsored by The Closet and NWFCU (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-12 Improve Line Dance with Lily P/RR (A) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1:30 ZUMBA Gold Class w/Celia P/ RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) Community Partner Use 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

703-464-6200 TTY 711

Friday, July 19 Menu Macaroni & Cheese /eggie: Macaroni & Cheese Grilled Chicken Mayo Chef Salad/ Veggie Salad Programs 15 Ping Pong (B) SLSA Adv. Ballroom Dance (A) 中文 air Exercise Video (C) Teaching Bridge (GR)
Macaroni & Cheese /eggle: Macaroni & Cheese Grilled Chicken Mayo Chef Salad/ Veggle Salad Programs 5 Ping Pong (B) SLSA Adv. Ballroom Dance (A) 中文 air Exercise Video (C)
/eggie: Macaroni & Cheese Grilled Chicken Mayo Chef Salad/ Veggie Salad Programs I5 Ping Pong (B) BLSA Adv. Ballroom Dance (A) 中文 air Exercise Video (C)
Chef Salad/ Veggie Salad Programs I5 Ping Pong (B) BLSA Adv. Ballroom Dance (A) 中文 air Exercise Video (C)
Programs i5 Ping Pong (B) SLSA Adv. Ballroom Dance (A) 中文 air Exercise Video (C)
I5 Ping Pong (B) SLSA Adv. Ballroom Dance (A) 中文 air Exercise Video (C)
SLSA Adv. Ballroom Dance (A) 中文 air Exercise Video (C)
Party Bridge (GR) on your own Beginning Ceramics w/ Vince RR/) Morning Word Search (LBY) Bingo (DR) ga Breathing DVD (A) ain Games (AR)
unch */RR (DR) mikub (DR) on your own ssword (AR) on your own elry with Nabilah RR (CR) 5 Badminton (B) ted Exercise w/Hoop by Hanh (A) unity Partner Use al Cloggers 7-9 (DR) Notes (ABC)
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The Center is CLOSED Saturdays & Sundays

Level 1	
Α	Ballroom A
В	Ballroom B
С	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room

Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.
Р	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

Menu and

Monday - Friday 8:00am - 4:00pm

	Monday, July 22	Tuesday, July 23	Wednesday, July 24
	Menu	Menu	Menu
Hot Regular / Veggie	Chicken Spaghetti Veggie: Vegan Nuggets	Beef Tamale Pie Veggie: Soy Beef Tamale Pie	Hawaiian Chicken Coconut Rice Veggie: Vegan Nuggets Coconut Rice
Cold Regular	Chicken Salad	Greek Salad	Tune Salad
Salads	Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:30 Rummikub (DR) on your own 2:30-3:45 Badminton (B) Community Partner Use 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 8-12 SLSA Instrument (LIB) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10 Mosaic District Charter Trip 10:30 Painting w/ Lauren RR (CR) 10:30 Rummikub (HWY) on your own 10:30 Gentle Exercise DVD (DR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:15 SLSA Instrument (GR) 12:30-2:30 SLSA Folk Dance (C) 1 SLSA Choral Group (CNF) 1-2:45 Diamond Art (CR) 1 Rummikub (DR) on your own Community Partner Use 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:10-12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 10:20 Feldenkrais Chair (C) RR Sponsored by The Closet and NWFCU (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11 Spanish with Octavia (CNF) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1:30 ZUMBA Gold Class w/Celia P/ RR (B) 2:30 -3:45 Badminton (B) Community Partner Use 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170 703-464-6200 TTY 711

Thursday, July 25	Friday, July 26
Menu	Menu
Oven Fried Chicken Legs	Baked Cajun Fish Veggie: Meatless Fish Patty
Yogurt, String Cheese, English Muffin	Spinach Strawberry Feta Salad
Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad
Programs	Programs
8-2:45 Ping Pong (B) 8-12 SLSA Instrument (LIB) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) weather permitting 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR)	8-12:45 Ping Pong (B) 9-11 SLSA Adv. Ballroom Dance (A) 中文 10 Chair Exercise Video (C) 10-12 Teaching Bridge (GR) 10-12 Party Bridge (GR) on your own 10-12 Beginning Ceramics w/ Vince RR/P (CR) 10:15 Morning Word Search (LBY) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR)
12:15 SLSA Instrument (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (DR) on your own 3-4 Ballroom B Closed for Maintenance Community Partner Use 7:30-9:30 T-Squares (A)	1 Reston Teen Center Summer Hangout! 1 Rummikub (DR) on your own 1-Cressword (AR) 1 Cards with Nabilah RR (CR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) Community Partner Use Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

The Center is CLOSED Saturdays & Sundays

Level 1	
A	Ballroom A
В	Ballroom B
С	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room

Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.
Р	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

Menu and

Monday - Friday 8:00am - 4:00pm

	Monday, July 29	Tuesday, July 30	Wednesday, July 31
	Menu	Menu	Menu
Hot Regular / Veggie	Grilled Pollock Veggie: Vegetarian Patty	Spaghetti & Meat Sauce Veggie: Spaghetti w/ Cheese	Creamy Chicken Enchiladas Veggie: Chix Strips Enchiladas
Cold Regular	Tropical Bean Salad	Asian Chop Salad w/ Chicken	Beef Teriyaki Wrap
Salads	Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitniks Group (CR) 10 SLSA Beginner Ballroom Dance (C) 10 Computer Class w/ David (CL) 10:10 SAIL RR (DR) 10:15 SAIL Video (GR) 11 Yoga Breathing DVD (A) 11 Jeopardy Trivia (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch*/RR (DR) 12-2:30 AART (GR) 12-2:10 Intermediate Line Dance w/Lily P/RR (A) 1-2:45 Art w/ Jeanne (CR) 1 Music Lovers (C) 1:30 Rummikub (DR) on your own 2:30-3:45 Badminton (B) Community Partner Use 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)	8-3:45 Ping Pong (B) 8-12 SLSA Instrument (LIB) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rummikub (HWY) on your own 10:30 Gentle Exercise DVD (DR) 10:30 Hanging Driftwood Art RR (CR) 11 ESL with Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12 Advanced Line Dance w/ Hiroko P/RR (A) 12:15 SLSA Instrument (GR) 12:30-2:30 SLSA Folk Dance (C) 1 SLSA Choral Group (CNF) 1-2:45 Diamond Art (CR) 1 Rummikub (DR) on your own Community Partner Use 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10:30-12 Teaching Bridge (GR) 10:30-12 Advanced Ceramic w/Vince RR/P (CR) 10:10 SAIL RR (DR) 10:20-1:30 Shopping Trip \$/RR 10:30 American Mahjong (HWY) 10:20 Feldenkrais Chair (C) RR Sponsored by The Closet and NWFCU (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12-2:30 AART (GR) 12-2 Improve Line Dance with Lily P/RR (A) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 Wheel of Fortune (C) 1 Computer Lab Help w/ John (CL) 1:30 ZUMBA Gold Class w/Celia P/ RR (B) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) Community Partner Use 6:30-8:30 Sun Dance Dancers (A) 7-9 Round Dance Class (B,C)

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170 703-464-6200 TTY 711

Thursday, August 1	Friday, August 2
Menu	Menu
Chef Salad/ Veggie Salad	Chef Salad/ Veggie Salad
Programs	Programs
8-2:45 Ping Pong (B)	
8-12 SLSA Instrument (LIB)	
9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A)	Rising
9:30-12 Tal Clil (A) 9:30-2 Intl Mahjongg (GR)	
10 Chair Exercise w/ Donna DVD	Phoenix
(DR)	Performance
10:30 Rx Relax Yoga DVD (DR)	Periormance
10:30 Walking Club (LBY) weather permitting	10:30am
11:10 Fit 4 Life w/ Nabilah (GR)	10.504111
12 *Lunch */RR (DR)	
12:15 SLSA Instrument (A)	
1-2:45 Diamond Art (CR)	12 *Lunch */RR (DR)
1 ESL with Sue (CNF) 1 Rummikub (DR) <i>on your own</i>	1 Rummikub (DR) on your own
3-4 Ballroom B Closed for	1-Crossword (AR) 1-3:45 Badminton (B)
Maintenance	1 Seated Exercise w/Hoop by Hanh (A)
Community Partner Use	
7:30-9:30 T-Squares (A)	Community Partner Use Cardinal Cloggers 7-9 (DR)
	Merry Notes (ABC)

The Center is CLOSED Saturdays & Sundays

Level 1		
Α	Ballroom A	
В	Ballroom B	
С	Ballroom C	
DR	Dining Room	
LBY	Lobby	
AR	Activity Room	

Level 2	
CNF	Conference Room
CL	Computer Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library

RR	Registration Required.
Р	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.