

July 2024

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) 42-2:30 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) <i>on your own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 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) <i>on your own</i> 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) <i>on your own</i> <u>Community Partner Use</u> 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) 10-12 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 <i>Sponsored by The Closet and NWFUCU (C)</i> 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 12:15 Rising Phoenix Sing-a-long (DR) 42-2:30 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 Book Club (CNF) 2:30 Zumba Practice RR (A) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 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 4	Friday, July 5
Menu	Menu
	Chicken & Waffles Veggie: Chix Strips
	Cottage Cheese, String Cheese, English Muffin
	Chef Salad/ Veggie Salad
Programs	Programs
 CENTER IS CLOSED	8-12:45 Ping Pong (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) <i>on your own</i> 10-12 Beginning Ceramics w/ Vince RR/P (CR) 10:15 Morning Word Search (LBV) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

The Center is CLOSED

Saturdays & Sundays

Level 1

A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBV	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.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

July 2024

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) 42-2:30 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) <i>on your own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 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) <i>on your own</i> 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) 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) <i>on your own</i> <u>Community Partner Use</u> 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) 10-12 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 <i>Sponsored by The Closet and NWFUCU (C)</i> 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) 42-2:30 AART (GR) 12-2 Improve Line Dance with Lily P/RR (A) 12:15-2:15 Advanced Ceramic w/ Vince RR/P (CR) 1 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) <u>Community Partner Use</u> 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 11	Friday, July 12
Menu	Menu
Oven Roasted Haddock Veggie: Vegan Fish Patty	Vegetarian Lasagna Veggie: Vegetarian Lasagna
Cottage Cheese, String Cheese, English Muffin	Mild Buffalo Ranch Chicken 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) 9:30-12 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LB) <i>weather permitting</i> 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12:15 SLSA Instrument (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (DR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	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) <i>on your own</i> 10-12 Beginning Ceramics w/ Vince RR/P (CR) 10:15 Morning Word Search (LB) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) <i>on your own</i> 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

**The Center is
CLOSED**

Saturdays & Sundays

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LB	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.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

July 2024

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) 42-2:30 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) <i>on your own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 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) <i>on your own</i> 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) <i>on your own</i> <u>Community Partner Use</u> 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) 10-12 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 <i>Sponsored by The Closet and NWFUCU (C)</i> 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 42-2:30 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) <u>Community Partner Use</u> 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 18	Friday, July 19
Menu	Menu
Chicken in Orange Sauce Veggie: Chix Strips in Orange Sauce	Macaroni & Cheese Veggie: Macaroni & Cheese
Turkey, Cheese, Bread	Grilled Chicken Mayo
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 (LB) <i>weather permitting</i> 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12:15 SLSA Instrument (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (DR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	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) <i>on your own</i> 10-12 Beginning Ceramics w/ Vince RR/P (CR) 10:15 Morning Word Search (LB) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch */RR (DR) 1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) <i>on your own</i> 1 Jewelry with Nabilah RR (CR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

The Center is CLOSED
Saturdays & Sundays

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LB	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.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

July 2024

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	Tuna 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 & Knitnicks 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) <i>on your own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 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) <i>on your own</i> 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) <i>on your own</i> <u>Community Partner Use</u> 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) 10-12 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 <i>Sponsored by The Closet and NWFCU (C)</i> 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 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) <u>Community Partner Use</u> 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 (LB) <i>weather permitting</i> 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch*/RR (DR) 12:15 SLSA Instrument (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (DR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	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) <i>on your own</i> 10-12 Beginning Ceramics w/ Vince RR/P (CR) 10:15 Morning Word Search (LB) 10:15 Bingo (DR) 11 Yoga Breathing DVD (A) 11 Brain Games (AR) 12 *Lunch*/RR (DR) 1 Reston Teen Center Summer Hangout! 1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) 1 Cards with Nabilah RR (CR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

The Center is CLOSED
Saturdays & Sundays

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LB	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.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

July 2024

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) 42-2:30 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) <i>on your own</i> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 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) <i>on your own</i> 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) <i>on your own</i> <u>Community Partner Use</u> 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) 10-12 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 <i>Sponsored by The Closet and NWFCU (C)</i> 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 11:20 Arthritis Exercise w/Hanh (DR) 12 *Lunch */RR (DR) 42-2:30 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) <u>Community Partner Use</u> 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) 9:30-12 Intl Mahjonn (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LB) <i>weather permitting</i> 11:10 Fit 4 Life w/ Nabilah (GR) 12 *Lunch */RR (DR) 12:15 SLSA Instrument (A) 1-2:45 Diamond Art (CR) 1 ESL with Sue (CNF) 1 Rummikub (DR) <i>on your own</i> 3-4 Ballroom B Closed for Maintenance <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	Rising Phoenix Performance 10:30am 12 *Lunch */RR (DR) 1 Rummikub (DR) <i>on your own</i> 1 Crossword (AR) 1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

The Center is CLOSED
Saturdays & Sundays

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LB	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.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.