

# ***July 2024 ~ News to Use***

**\*\*When Registering for a class or trip,  
please see a staff member at the front desk  
or call (703) 464-6200\*\***

## **Programs to Note:**

### **SAIL (Stay Active & Independent for Life)**

SAIL begins at 10:10am. If you are not in the current SAIL session, a SAIL video will be available at 10:15am.

### **Exercise Class Information**

**Gentle Chair Exercise DVD:** Tuesdays at 10:30am in the Dining Room

**Chair Exercise with Donna DVD:** Tuesdays & Thursdays at 10:00am in the Dining Room

**Fit 4 Life with Nabilah:** Tuesdays & Thursdays at 11:10am in the Game Room

**Chair Exercise Video** Fridays at 10:00am in Ballroom C

### **Computer Class with David**

Class on Mondays! Stop by and bring your computer questions from 10:00am-11:00am.  
Learn basic computer skills from 11:00am-12:00pm.

### **Rising Phoenix Sing-a-long**

The **first Wednesday** (July 3rd) at 12:15pm in the Dining Room!

### **Walking Club**

Join Sarah and Lauren on Thursday's at 10:30am for a stroll to the farmers market.  
*Program is dependent on weather.*

### **Welcome back to Feldenkrais**

- ⇒ Join us on Wednesdays at 10:30am-11:30am for Feldenkrais **Chair** format
- ⇒ Please register at the front desk
- ⇒ Sponsored by The Closet and NWFCU

### **Reston Teen Center Summer Hangout**

Join Reston Teen Center on Friday, July 26th, at 1:00pm!

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### **Spanish with Octavia**

Join Octavia at 11:00am on Wednesday, July 10th & 24th, in the Conference Room.

### **Garden Exchange with Hanh**

Every **first Friday** (July 5th) of the month at 9:45am in the Dining Room.

### **Book Club**

**Wednesday, July 3rd** at 2:30pm in the Conference Room (Day change due to holiday)

### **Blood Pressure Clinic with Nurse Kerry**

10:00am-11:00am in the Conference Room on the **second Tuesday** (July 9th) of the month.

### **Shepard Center**

Find information about the Shepard Center as well as speak to a representative. Twice a month at 10:30am in the lobby.

### **Safety Presentation and Fire Safety Table with Wyleng from Fairfax County Fire Department:**

- ◊ The **third Monday** (July 15th) of the month
- ◊ 11:00am in the Activity Room.
- ◊ 12:00pm in the Dining Room.

### **BINGO**

No need to bring a prize to win. Limit of 2 cards per person. Game ends at 11:15am, or when prizes run out. Fridays at 10:15am in Ballroom C.

### **Baked Goods Distribution ~ 1 item per person!**

Thank you to HSC Council and volunteers for getting Panera bread and sweets to the center for distribution on Wednesdays and Fridays at 10:15am in Ballroom C!

♦ **Donations are encouraged** — to cover costs of wrapping, gloves, bags, etc.

### **All Ages Read Together**

**Begins again in September 2024!**

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**All arts and craft programs will end at 2:45pm for proper clean up and closure.**

### **\*\*Diamond Art Notice\*\***

There will be offered one small project a month. The project is first come, first serve. The rest of the month will be utilized to work on your large project. If you are a new participant, we will provide a small project to try before given a larger project.

### **Kindness Rocks**

Join us Tuesday, July 2nd, at 10:30am in the Craft Room for rock painting.

### **Diamond Art Keychain**

Tuesday, July 2nd, at 1:00pm in the Craft Room. First come, first serve!

### **Dried Flower Art**

Join Michelle Tuesday, July 9th, at 10:30am in the Craft Room. Please register at the front desk

### **Joy Pots with Diamond Art Butterflies**

Join us Tuesday, July 16th, at 10:30am in the Craft Room for diamond art special with joy pots. Please register at the front desk.

### **Jewelry with Nabilah**

Friday, July 19th, at 1:00pm in the Craft Room. Registration required.

### **Painting with Lauren**

Step by step painting, Tuesday, July 23rd, at 10:30am in the Craft Room. Registration required.

### **Cards with Nabilah**

Friday, July 26th, at 1:00pm in the Craft Room. Registration required.

### **Hanging Driftwood Art**

Tuesday, July 30th, at 10:30am in the Craft Room. Registration required!