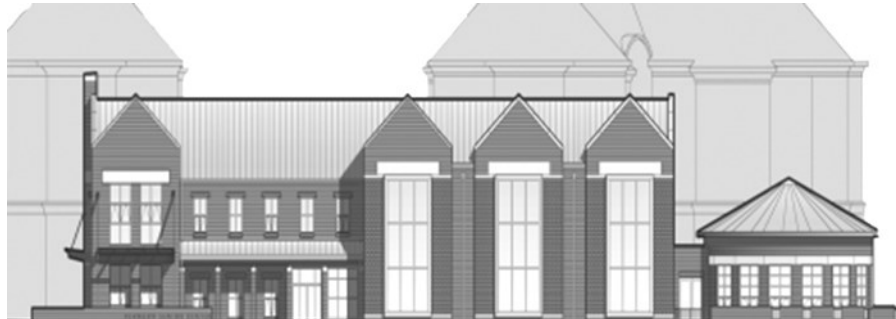


Herndon Senior Center

A Recreational Venue for
Active and Independent Adults 50+



Senior Center Director	Sarah Sprague, M.Ed., CTRS
Assistant Directors	Jeanne Alcazar Donna Lopez
Staff	Michelle Cloney, Nabeela Huq, Candia Hudson Amy Lee, Karen Temple, Hanh Tran
Recreation Therapist	Lauren Topper, CTRS
Case Manager	Missi Amuda, MSW

July 2024

“July is a symphony of laughter, sunshine, and the sweet aroma of summer.”

Email, visit, or call us at:

873 Grace Street
Herndon, VA 20170

703-464-6200 TTY 711

NCSHerndonSeniorCenter@fairfaxcounty.gov

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



A Fairfax County, VA
Publication
February 2024
Updated 1/23/24

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) 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) 10:30 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 NWFCU (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) 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 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
 <p>CENTER IS CLOSED</p>	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 (LBY) 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
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.
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 & 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) 10:30 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) 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 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 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) 9:30-2 Intl Mahjongg (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) <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 (LBY) 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> 1-3:45 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
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.
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 & 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 Safety w/ Wyleng (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) 10:30 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 NWFCU (C)</i> 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) <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 (LBY) <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 (LBY) 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
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.
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 (LBY) <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 (LBY) 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
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.
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) 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) 10:30 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) 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, 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) 9:30-2 Intl Mahjonn (GR) 10 Chair Exercise w/ Donna DVD (DR) 10:30 Rx Relax Yoga DVD (DR) 10:30 Walking Club (LBY) <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)	<h2>Rising Phoenix Performance</h2> <h3>10:30am</h3>
	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
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.
P	PAID class, payable with punch card only.
中文	Instruction in Chinese & by demonstration. Bilingual participants available to translate.

July 2024 Highlights

Membership Processing

START Times:

- Monday - Friday
- > 10:15am - 11:30am
- > 12:45pm - 1:15pm

Cash; Credit Cards, or
please make Checks out to **DNCS**.

End of Day Program Clean Up Request

Herndon Senior Center requests programs and independent recreation to begin to clean and closeout at 3:45pm to ensure proper closure and securing of the building.

All arts & craft activities will conclude at 2:45pm to ensure proper clean up of room and materials.

Any questions please discuss with Sarah.

Lunch Utensil Request

Lunch utensils are provided to members who order the congregate meal only. Please bring your own utensils if you have brought a bag lunch. Any questions please see Sarah.

Lunch Reminder: FOOD IS NOT TO BE TAKEN HOME!

- * Please remember that lunch is served at **noon**, by calling table numbers.
- * We do **not** hold lunches.
 - Please call the center to cancel by 7:30am the day of cancelation.
 - When the last person in line is served, remaining lunches are considered excess.
 - Excesses are given to those on the waitlist - with priority to those riding FASTRAN.
- * We often finish service at 12:10pm, so please come to lunch promptly.

Emergency Drills

Under strict orders by the Fairfax County Fire Marshal we are required to complete monthly fire drills. These are to ensure your safety and best practices of how to safely and quickly exit the building.

Here are some tips to ensure your safety during an emergency:

- 1) Follow the instruction of Herndon Senior Center Staff
- 2) Please exit immediately and do not turn back to return to the program room.
- 3) As you exit follow the group to the designated safety zone.

If you have any questions or concerns of how the emergency drills are conducted please speak to Sarah Sprague, Director of Herndon Senior Center.

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!

July 2024 ~ News to Use Continued

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

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!

July 2024 ~ News to Use Continued

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

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!

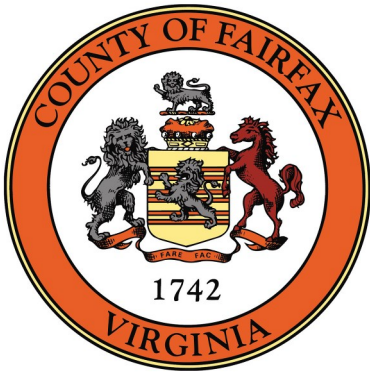


In Case of Inclement Weather



Listen for Fairfax School Closings and call the Center at
703-464-6200, TTY 711
for center status and activity cancellation information.

- * **If Fairfax County Public Schools calls a two hour delay** there is no lunch or Fastran. All scheduled activities are canceled. Only self-directed activities.
- * **If Fairfax County Public Schools calls a closure** there is no lunch or Fastran. All scheduled activities are canceled. Only self-directed activities.
- * **If Fairfax County Government calls a two hour delay** the senior center will open at 10:00am. No lunch or Fastran. All scheduled activities are canceled. Only self-directed activities.
- * **If Fairfax County Government is closed**, Herndon Senior Center is closed.



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

Sponsored by the Herndon Senior Center Council, Inc.

Fairfax County's **Aging, Disability & Caregiver Resource Line**
for information on county services for older adults.

703-324-7948, TTY 711

www.fairfaxcounty.gov/familyservices/

Fairfax County Coordinated Services for Basic Needs and Assistance

703-222-0880, TTY 711.

Monday through Friday, 8:00am to 4:30pm.

Bilingual staff available



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.