

# March 2023

## Menu and

Monday - Friday  
8:00-4:00 p.m.

	Monday, February 27	Tuesday, February 28	Wednesday, March 1
	Menu	Menu	Menu
<b>Hot Regular / Veggie</b>	Arroz con Pollo Veggie: Vegan Arroz con Pollo	Stuffed Pepper Veggie: Soy Protein in Pepper	Grilled Pollack Veggie:: Sliced Cheeses
<b>Cold Regular</b>	Roast Beef Salad w/Roll	Turkey, Cheese & Bread	Chicken Ceasar Salad
<b>Salads</b>	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9 VCAA iPad in Chinese 中文 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C ) 10:55 Yoga Breathing (A) <b>11 Fire Safety w/ Wyleng (AR)</b> 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) <b>12-2 AART (C )</b> <b>12 Fire Safety Table (DR)</b> 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Brain Games (AR) 1 Art w/ Jeanne (CR) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/ Celia P/RR (B) <b>2:30 Zumba Practice (A) RR</b> 2 Mixed Media H (CR) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B)	8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C ) 中文 9:30 Chair Ex Video w/Donna (DR) <b>10-12 Miz Mosaic RR (CR)</b> 10:30 Rummikub (GR) <i>On Your Own</i> 10:30 Gentle Exercise DVD (DR) 11 Charades (AR) 11 ESL w/Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C ) 中文 <b>1 Diamond Art RR (CR)</b> 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) <b>2:30 Feldenkrais (A)</b> <b>3-4 Ballroom B closed for maintenance</b>  <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12 Ceramic w/Vince RR (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C ) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) <i>On Your Own</i> 10:55 Yoga Breathing (A) 11 Baby Hat Loom Knitting (AR) 12 *Lunch */RR (DR) <b>12:30 Sing-along with Rising Phoenix (DR)</b> <b>12-2 AART (C)</b> 12-2 Improve Line Dance w/Lily P/RR (A) <b>12:15-2:15 Ceramic w/Vince RR/P (CR)</b> 1 Computer Lab Help w/John 1 Rummikub (DR) 1 Music Lovers (AR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) <b>2:30 Zumba Practice (A) RR</b> 2:30-3:45 Badminton (B)  <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A)

**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, March 2	Friday, March 3
Menu	Menu
Salisbury Steak & Gravy Veggie: Veggie Patty	Vegetarian Lentil Soup Veggie: Same
Egg Salad w/Roll	Grilled Chicken w/ Bread
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 10:05 Rx Relax Yoga DVD ( <b>DR</b> ) 11 What would you do? (AR) 11:15-11:50 Fit 4 Life DVD ( <b>DR</b> ) 12 *Lunch */RR (DR) <b>1 Learn Flamenco Dance! Free/RR (A)</b> 1 Rummikub (DR) 1 Afternoon Table Talk (AR) <b>1 Diamond Art RR (CR)</b> <b>2:15 Castanet Class Free/RR (A)</b> <b>2:30 Book Club (CNF)</b> <b>1st Thu of each month</b>  <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	8-12:45 Ping Pong (B) <b>8:30 Hula Hoop Setup/Practice (A)</b> 9-11 SLSA Adv. Ballroom Dance (A) 中文 <b>9:30 Garden Exchange (C )</b> <b>1st Fri of each month</b> 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 Morning Word Search (LBY) 10:15 Bring-a-Prize to Play Bingo (C) 10:30 Gentle Exercise DVD (DR) 11 Mental Muscle (AR) 11 Yoga Breathing (A) 12 *Lunch*/RR (DR) 1 Rummikub (DR) 1 Gentle Exercise &Balance DVD (DR) 1 Crossword (AR) 1-3:45 Badminton (B) <b>1 Seated Exercise w/Hoop by Hanh (A)</b> <b>1:30 Learn Spanish w/ Octavia (CNF)</b>  <u>Community Partner Use</u> Cardinal Cloggers 7-9 (A)  <u>Saturday Community Partner Use</u> ODS7-10 (A, B,C)

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."

**The Center is CLOSED on Saturdays**

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

	Registration Required.
RR	
H	Hybrid. Classes will be live streamed to or from the center.
P	This is a PAID class, payable with punch card only.
S	SUPPLY fee only may apply.
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
Punch Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate

# March 2023

## Menu and

Monday - Friday  
8:00-4:00 p.m.

	Monday, March 6	Tuesday, March 7	Wednesday, March 8
	Menu	Menu	Menu
Hot Regular / Veggie	Chili Con Carne w/Corn Muffin Veggie: Vegetarian Chili	Honey Lime Chicken w/Pita Veggie: Moroccan Chickpeas	Korean Beef over Quinoa w/Roll Veggie: Hummus w/Pita
Cold Regular	Asian Chicken Salad w/ Roll	Tropical Bean Salad	5 a day Salad/Spinach/Kale w/ Turkey
Salads	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9 VCAA iPad in Chinese 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/ Exercise (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:55 Yoga Breathing (A) 11 Jeopardy Trivia (AR) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) <b>12-2 AART (C)</b> 12-2 Intermediate Line Dance w/Lily P/RR (A) <b>1 Brain Games (AR)</b> 1 Art w/ Jeanne (CR) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/ Celia P/RR (B) <b>2:30 Zumba Practice (A) RR</b> 2 Mixed Media H (CR) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B)	8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 中文 9-12 SLSA Choral Group (C) 中文 9:30 Chair Exercise Video w/ Donna (DR) <b>10 Spring Card Class w/Ruth RR (CR)</b> 10:30 Rummikub (GR) <i>On Your Own</i> 10:30 Gentle Exercise DVD (DR) 11 Scattergories (AR) 11 ESL w/Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C) <b>1 Diamond Art RR</b> 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) <b>2:30 Feldenkrais (A)</b> <b>3-4 Ballroom B closed for maintenance</b> <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30 Chair Exercise DVD w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12 Ceramic w/Vince RR (CR) 10:15 S.A.I.L. Exercise w/Hanh (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) 10:55 Yoga Breathing (A) 11 Cooking Class (AR) 12 *Lunch */RR (DR) <b>12-2 AART (C)</b> 12-2 Improve Line Dance w/Lily P/ RR (A) <b>12:15-2:15 Ceramic w/Vince RR/P (CR)</b> <b>1 Council Meeting (CNF)</b> <b>2nd Wed of each month</b> 1 Music Lovers (AR) 1 Computer Lab Help w/John 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/Celia P/ RR (B) <b>2:30 Zumba Practice RR (A)</b> 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A)

**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, March 9	Friday, March 10
Menu	Menu
Chicken Noodle Soup w/Roll Veggie: Chickstrip Soup	Breaded Fish Filet w/Bun Veggie: Same
Roast Beef, w/Roll	Yogurt, String Cheese & Muffin
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjonn (GR) <i>On your own</i> 10:05 Rx Relax Yoga DVD (DR) 11 What would you do? (AR) 11:15-11:50 Fit 4 Life DVD (DR) 12 *Lunch */RR (DR) 1 Rummikub (DR) <b>1 Diamond ART RR (CR)</b> 1 Afternoon Table Talk (AR) <b>2:15 Castanet Class Free/RR (A)</b>	8-12:45 Ping Pong (B) <b>8:30 Hula Hoop Setup/Practice (A)</b> 9-11 SLSA Adv. Ballroom Dance (A) 中文 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 Morning Word Search (LBY) 10:15 Bring-a-Prize to Play Bingo C <b>10:30-12 Marbling Art w/Selwa RR CR</b> 10:30 Gentle Exercise (DR) 10:30 Jewelry repair /Create earrings RR (CR) 11 Mental Muscle (AR) 11 Yoga Breathing (A) 12 *Lunch*/RR (DR) <b>1 John Cooks! (C)</b> <b>2nd Fri of each month</b> <b>1 Learn Flamenco Dance! Free/RR (A)</b> 1 Rummikub (DR) 1 Gentle Exercise & Balance DVD (DR) 1 Crossword (AR) 1-3:45 Badminton (B) <b>1 Seated Exercise w/Hoop by Hanh (A)</b> <b>1:30 Learn Spanish w/ Octavia (CNF)</b>  <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes 7-10 (A,B,C)  <u>Saturday Community Partner Use</u> English Country Dance 6:30-9
<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	

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."

**The Center is  
CLOSED  
on Saturdays**

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

	Registration Required.
RR	
H	Hybrid. Classes will be live streamed to or from the center.
P	This is a PAID class, payable with punch card only.
S	SUPPLY fee only may apply.
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
Punch Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate

# March 2023

## Menu and

Monday - Friday  
8:00-4:00 p.m.

	Monday, March 13	Tuesday, March 14	Wednesday, March 15
	Menu	Menu	Menu
<b>Hot Regular / Veggie</b>	Chicken & Dumplings Veggie: Grilled Chix Strips & Dumplings	Sweet & Spicy Beef Stir Fry Veggie: Tofu Stir Fry	Oven Fried Chicken Veggie: Chix Strips
<b>Cold Regular</b>	Chef Salad Swiss Cheese & Roast Beef	Grilled Chicken w/Bun	Meatball Ban Mi w/ Bun
<b>Salads</b>	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1:15 Ping Pong (B) 9 VCAA iPad in Chinese 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:55 Yoga Breathing (A) 11 Jeopardy Trivia (AR) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) <b>12-2 AART (C)</b> 12-2 Intermediate Line Dance w/Lily P/RR (A) <b>1 Brain Games (AR)</b> 1 Art w/ Jeanne (CR) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/ Celia P/RR (B) <b>2:30 Zumba Practice (A) RR</b> 2 Mixed Media H (CR) 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)	8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A)中文 9-12 SLSA Choral Group (C ) 中文 9:30 Chair Ex Video w/Donna (DR) <b>10-11 Blood pressure w/ Nurse Kerry (LIB)</b> <b>2nd Tuesday of the month</b> 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise DVD (DR) 11 Charades (AR) 11 ESL w/Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance: (C) <b>1 Diamond Art RR (CR)</b> 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) <b>2:30 Feldenkrais (A)</b> <b>3-4 Ballroom B closed for maintenance</b>  <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30 Chair Exercise DVD w/ Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12 Ceramic w/Vince RR/P (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search 10:30 American Mahjong (HWY) 10:55 Yoga Breathing (A) 11 Baby Hat Looming (AR) 12 *Lunch */RR (DR) <b>12-2 AART (C)</b> 12-2 Improve Line Dance w/Lily P/RR (A) <b>12:15-2:15 Ceramic w/Vince RR/P (CR)</b> 1 Music Lovers (AR) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) <b>2:30 Zumba Practice RR (A)</b> 2:30-3:45 Badminton (B)  <u>Community Partner Use</u> 3:30-8:30 Sun Dance Dancers (A)

**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, March 16	Friday, March 17
Menu	Menu
Beef Stroganoff Veggie: Red Bean Stroganoff	Minestrone Soup Veggie: Same
Cottage Cheese, String Cheese, Muffin	Tuna Salad w/English Muffin
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 10:15 Rx Relax Yoga ( <b>DR</b> ) 11 What would you do? (AR) 11:15-11:50 Fit 4 Life ( <b>DR</b> ) 12 *Lunch */RR (DR) <b>1 Learn Flamenco Dance! Free/RR (A)</b> <b>Great exercise and FUN! (A)</b> 1 Rummikub (DR) <b>1 Diamond ART RR (CR)</b> 1 Afternoon Table Talk (AR) <b>2:15 Castanet Class Free/RR (A)</b>  <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	<b>St. Patrick's Day!!!</b> <b>Wear GREEN for a chance to win a prize</b> 8-12:45 Ping Pong (B) <b>8:30 Hula Hoop Setup/Practice (A)</b> 9-11 SLSA Adv. Ballroom Dance (A) 中文 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 Bingo Bring prize to win a prize 10:15 Morning Word Search (LBY) 10:30 Gentle Exercise (DR) <b>10:30-12 Marbling Art w/Selwa RR CR</b> 11 Mental Muscle (AR) 11 Yoga Breathing (A) 12 *Lunch*/RR (DR) 1 Rummikub (DR) 1 Gentle Exercise & Balance DVD (DR) 1 Crossword (AR) <b>1 Seated Exercise w/Hoop by Hanh (A)</b> <b>1:30 -3:45 Badminton (B) time change due to event</b> <b>1:30 Learn Spanish w/Octavia (CNF)</b>  <u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Saturday Community Partner Use ODS 7-10 (A,B,C)

**The Center is CLOSED on Saturdays**

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

RR	Registration Required.
H	Hybrid. Classes will be live streamed to or from the center.
P	This is a PAID class, payable with punch card only.
S	SUPPLY fee only may apply.
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Punch Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate

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."

# March 2023

## Menu and

Monday - Friday  
8:00-4:00 p.m.

	Monday, March 20	Tuesday, March 21	Wednesday, March 22
	Menu	Menu	Menu
<b>Hot Regular / Veggie</b>	Beef Pho Veggie: TofuPho	Sliced Turkey w/Gravy Veggie: Chicks Strips	Vegetarian Lasagna Veggie: Same
<b>Cold Regular</b>	Powerhouse Wrap	Beef Ceasar Salad w/Muffin	Tuna Salad w/Roll
<b>Salads</b>	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	<p><b>Wear Pink Day!</b> 8-1:15 Ping Pong (B) 9 VCAA iPad in Chinese 9:30 Chair Exercise DVD 9:30-10:30 Tai Chi/Exercise 10-12 Crochet &amp; Knitkniks 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:55 Yoga Breathing (A) <b>11 Baby Games: The Price is Right! (AR)</b> 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) <b>12-2 AART (C)</b> 12-2 Intermediate Line Dance w/Lily P/RR (A) <b>1 Baby Games cont. (AR)</b> 1 Art w/ Jeanne (CR) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/ Celia P/RR (B) <b>2:30 Zumba Practice (A) RR</b> 2 Mixed Media H (CR) 2:30-3:45 Badminton (B)</p> <p><u>Community Partner Use</u> 7:30-9:30 Round Dance (B) 7-9 Herndon Women's Club (DR)</p>	<p>8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A)中文 9-12 SLSA Choral Group (C ) 中文 9:30 Chair Ex Video w/Donna (DR) <b>10-12 Suncatchers (CR)</b> 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise DVD (DR) 11 Scattergories(AR) 11 ESL w/Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C ) <b>1 Diamond Art RR (CR)</b> 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) <b>2:30 Feldenkrais (A)</b> <b>3-4 Ballroom B closed for maintenance</b></p> <p><u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)</p>	<p>8-1:15 Ping Pong (B) 9:30 Chair Exercise DVD w/ Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12 Ceramic w/Vince RR (CR) 10:15 S.A.I.L. Exercise w/Hanh 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) 10:55 Yoga Breathing (A) 11 Cooking Class (AR) 12 *Lunch */RR (DR) <b>12-2 AART (C)</b> 12-2 Improve Line Dance w/Lily P/RR (A) <b>12:15-2:15 Ceramic w/Vince RR/P (CR)</b> 1 Computer Lab Help w/John 1 Rummikub (DR) 1 Music Lovers (AR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) <b>2:30 Zumba Practice RR (A)</b> 2:30-3:45 Badminton (B)</p> <p><u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A)</p>
<b>Program Guide:</b>	If a program has <b>P</b> next to it, there is a charge to participate. If it has <b>RR</b> 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, March 23	Friday, March 24	<p><b>The Center is CLOSED on Saturdays</b></p> <table border="1"> <tr> <th colspan="2">Level 1</th> </tr> <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> <tr> <th colspan="2">Level 2</th> </tr> <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> </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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KIT	2nd floor Staff Kitchen																															
Menu	Menu																															
Oven Fried Chicken Legs Veggie: Chicks Tendars	Breaded Fish Filet & Mac n Cheese Veggie: Same																															
Asian Beef Spring Roll	Chicken Salad w/Roll																															
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad																															
Programs	Programs																															
<p>8-3:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 10:05 Rx Relax Yoga (<b>DR</b>) 11:15-11:50 Fit 4 Life (<b>DR</b>) 11 What would you do? (AR) 12 *Lunch */RR (DR) <b>1 Learn Flamenco Dance! Free/RR (A)</b> 1 Rummikub (DR) 1 Afternoon Table Talk (AR) <b>1 Diamond Art RR (CR)</b> <b>2:15 Castanet Class Free/RR (A)</b></p> <p><u>Community Partner Use</u> 7:30-9:30 T-Squares (A)</p>	<p>8-12:45 Ping Pong (B) <b>8:30 Hula Hoop Setup/Practice (A)</b> 9-11 SLSA Adv. Ballroom Dance (A) 中文 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 Morning Word Search (LBY) 10:15 Bring-a-Prize to Play Bingo (C) 10:30 Gentle Exercise (DR) <b>10:30-12 Marbling Art w/Selwa RR (CR)</b> 11 Mental Muscle (AR) 11 Yoga Breathing (A) 12 *Lunch*/RR (DR) 1 Rummikub (DR) 1 Gentle Exercise &amp; Balance DVD(DR) 1 Crossword (AR) 1-3:45 Badminton (B) <b>1 Seated Exercise w/Hoop by Hanh (A)</b> <b>1:30 Learn Spanish w/Octavia (CNF)</b></p> <p><u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)</p>																															
RR	Registration Required.																															
H	Hybrid. Classes will be live streamed to or from the center.																															
P	This is a PAID class, payable with punch card only.																															
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中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate																															

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."

# March 2023

## Menu and

Monday - Friday  
8:00-4:00 p.m.

	Monday, March 27	Tuesday, March 28	Wednesday, March 29
	Menu	Menu	Menu
Hot Regular /	Arroz con Pollo Veggie: Vegan Arroz con Polo	Stuffed Pepper w/Rice Veggie: Soy Protein in Pepper	Grilled Pollack Veggie: Sliced Cheeses
Cold Regular	Roast Beef Salad w/Roll	Turkey, Cheese & Bread	Chicken Ceasar Salad w/ Muffin
Salads	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
<b>Castanets Class on Thursdays</b> <b>Buy your own castanets on Amazon Smile!</b> <b>The class is free.</b>	8-1:15 Ping Pong (B) 9 VCAA iPad in Chinese 中文 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C ) 10:55 Yoga Breathing (A) <b>11 Medication Safety w/ Wyleng (AR)</b> 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) <b>12-2 AART (C )</b> <b>12 Fire Safety Table (DR)</b> 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Brain Games (AR) 1 Art w/ Jeanne (CR) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/ Celia P/RR (B) <b>2:30 Zumba Practice (A) RR</b> 2 Mixed Media H (CR) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 7:30-9:30 Round Dance (B)	8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 中文 <b>9-12 SLSA Choral Group (C ) 中文</b> 9:30 Chair Exercise Video w/ Donna (DR) <b>10:30 Necklace Class RR (CR)</b> 10:30 Rummikub (GR) <i>On Your Own</i> 10:30 Gentle Exercise DVD (DR) 11 Charades (AR) 11 ESL w/Ming (CNF) 11 Beginner Line Dance w/ Hiroko P/RR (A) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 12:30-2:30 SLSA Folk Dance (C ) <b>1 Diamond Art RR (CR)</b> 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) <b>2:30 Feldenkrais (A)</b> <b>3-4 Ballroom B closed for maintenance</b>  <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1:15 Ping Pong (B) 9:30 Chair Exercise DVD w/ Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12 Ceramic w/Vince RR/P (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search 11 Baby Hat Looming (AR) 10:30 American Mahjong (HWY) 10:55 Yoga Breathing (A) 12 *Lunch */RR (DR) <b>12-2 AART (C)</b> 12-2 Improve Line Dance w/Lily P/RR (A) <b>12:15-2:15 Ceramic w/Vince RR/P (CR)</b> 1 Music Lovers (AR) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) <b>2:30 Zumba Practice RR (A)</b> 2:30-3:45 Badminton (B)  <u>Community Partner Use</u> 3:30-8:30 Sun Dance Dancers (A)

**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, March 30	Friday, March 31
Menu	Menu
Salisbury Steak & Gravy Veggie: Veggie Patty	Broccoli & Cheddar w/Chicken Veggie: Broccoli w/Cheddar
Egg Salad w/Roll	Grilled Chicken w/Bread
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) 9-12 SLSA Folk Dance (C) 中文 9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR) 9:30-2 Intl Mahjonn (GR) <i>On your own</i> 10:05 Rx Relax Yoga ( <b>DR</b> ) 11:15-11:50 Fit 4 Life ( <b>DR</b> ) 11 What would you do? (AR) 12 *Lunch */RR (DR) <b>1 Learn Flamenco Dance! Free/RR (A)</b> 1 Rummikub (DR) 1 Afternoon Table Talk (AR) <b>1 Diamond Art RR (CR)</b> <b>2:15 Castanet Class Free/RR (A)</b>	8-12:45 Ping Pong (B) <b>8:30 Hula Hoop Setup/Practice (A)</b> 9-11 SLSA Adv. Ballroom Dance (A) 中文 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 Morning Word Search (LBY) 10:15 Bring-a-Prize to Play Bingo (C) 10:30 Gentle Exercise (DR) <b>10:30-12 Marbling Art w/Selwa RR</b> 11 Mental Muscle (AR) 11 Yoga Breathing (A) 12 *Lunch*/RR (DR) 1 Rummikub (DR) 1 Gentle Exercise & Balance DVD (DR) 1 Crossword (AR) 1-3:45 Badminton (B) <b>1 Seated Exercise w/Hoop by Hanh (A)</b> <b>1:30 Learn Spanish w/Octavia (CNF)</b>
<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	<u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR) Merry Notes (ABC)

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."

**The Center is CLOSED on Saturdays**

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

	Registration Required.
RR	
H	Hybrid. Classes will be live streamed to or from the center.
P	This is a PAID class, payable with punch card only.
S	SUPPLY fee only may apply.
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
Punch Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate