Hot

Regular /

Veggie

Cold

Regular

Salads

Monday, February 27

Menu

Arroz con Pollo

Veggie: Vegan Arroz con

Pollo

Roast Beef Salad w/Roll

Chef Salad /Veggie Salad

Programs

9 VCAA iPad in Chinese 中文

9:30-10:30 Tai Chi/Exercise

10-12 Crochet & Knitkniks

10:15 S.A.I.L. Exercise

10:55 Yoga Breathing (A)

11 Fire Safety w/ Wyleng

12 Fire Safety Table (DR)

1:30 ZUMBA Gold Class w/

2:30 Zumba Practice (A)

2 Mixed Media H (CR)

Community Partner Use

2:30-3:45 Badminton (B)

7:30-9:30 Round Dance (B)

12-2 Intermediate Line

Dance w/Lily P/RR (A)

1 Brain Games (AR)

1 Art w/ Jeanne (CR)

1 Rummikub (DR)

Celia P/RR (B)

RR

11:15 Arthritis Exercise

12 *Lunch*/RR (DR)

12-2 AART (C)

9:30 Chair Exercise DVD

8-1:15 Ping Pong (B)

(DR)

(A)

(AR)

Group (CR)

w/Hanh (C)

w/Hanh RR (C)

Menu and

Monday - Friday

Wednesday, March 1

Menu

Grilled Pollack

Veggie:: Sliced Cheeses

Chicken Ceasar Salad

Chef Salad /Veggie Salad

Programs

9:30 Chair Exercise DVD (DR)

9:30-10:30 Tai Chi/Exercise (A)

10-12 Ceramic w/Vince RR (CR)

10:15 S.A.I.L. Exercise w/Hanh

8-1:15 Ping Pong (B)

RR (C)

(LBY)

On Your Own

10-12 Party Bridge (GR)

10:15 Shopping Trip \$/RR

10:55 Yoga Breathing (A)

12:30 Sing-along with

Rising Phoenix (DR)

12-2 AART (C)

1 Rummikub (DR)

1 Music Lovers (AR)

P/RR (A)

RR/P (CR)

P/RR (B)

12 *Lunch */RR (DR)

10:15 Morning Word Search

10:30 American Mahjong (HWY)

11 Baby Hat Loom Knitting (AR)

12-2 Improve Line Dance w/Lilv

12:15-2:15 Ceramic w/Vince

1 Computer Lab Help w/John

1:30 ZUMBA Gold Class w/Celia

2:30 Zumba Practice (A) RR

6:30-8:30 Sun Dance Dancers (A)

2:30-3:45 Badminton (B)

Community Partner Use

8:00-4:00 p.m.

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

873 Grace Street, Herndon, VA	20170
Thursday, March 2	Frid
Menu	
Salisbury Steak & Gravy	Vegeta
Veggie: Veggie Patty	Ve
Egg Salad w/Roll	Grilled C
Chef Salad /Veggie Salad	Chef Sal
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 DVD <i>(DR)</i> 11:15-11:50 Fit 4 Life DVD <i>(DR)</i> 12 *Lunch */RR (DR) 1 Learn Flamenco Dance! Free/RR (A) 1 Rummikub (DR) 1 Afternoon Table Talk (AR) 1 Diamond Art RR (CR) 2:15 Castanet Class Free/RR (A) 2:30 Book Club (CNF) 1 St Thu of each month	8-12:45 Ping F 8:30 Hula Hoo 9-11 SLSA Ad 中文 9:30 Garde 1st Fri of 9:30 Chair Ex 10-12 Party Br 0n your own 10:15 Morning 10:15 Bring-a- 10:30 Gentle E 11 Mental Mu 11 Yoga Breat 12 *Lunch*/RF 1 Rummikub (I 1 Gentle Exerce (DR) 1 Crossword (A 1-3:45 Badmin 1 Seated Exerce (A) 1:30 Learn Sp (CNF) Community Part Cardinal Clogge Saturday Comm ODS7-10 (A, B)

Program Guide: If a program	has P next to it, there is a cha	rge to participate. If it has RR
next to it, you must register in	advance in order to participate	. See front desk for details.

5:30-8:30 Rising Phoenix: Choir

Tuesday, February 28

Menu

Stuffed Pepper

Veggie: Soy Protein in

Pepper

Turkey, Cheese & Bread

Chef Salad /Veggie Salad

Programs

9-12 SLSA Choral Group (C)

9:30 Chair Ex Video w/Donna

10-12 Miz Mosaic RR (CR)

10:30 Gentle Exercise DVD

11 Beginner Line Dance w/

12:Adv Beg Line Dance w/

1 Diamond Art RR (CR)

2:30 Feldenkrais (A)

Community Partner Use

maintenance

(A)

12:30-2:30 SLSA Folk Dance

1 Rummikub (GR) On your own

1 Gentle Exercise DVD (DR)

3-4 Ballroom B closed for

10:30 Rummikub (GR)

On Your Own

11 Charades (AR)

Hiroko P/RR (A)

Hiroko P/RR (A)

(C)中文

11 ESL w/Ming (CNF)

12 *Lunch */RR (DR)

8-2:45 Ping Pong (B)

Beginner (A) 中文

中文

(DR)

(DR)

9-11 SLSA Folk Dance:

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."

703-464-6200 TTY 711

iday, March 3

Menu

etarian Lentil Soup

/eggie: Same

d Chicken w/ Bread

Salad /Veggie Salad

Programs

g Pong (B) **loop Setup/Practice (A)** Adv. Ballroom Dance (A)

den Exchange *(C)* of each month

Ex Video w/Donna (DR) Bridge (GR) ing Word Search (LBY) -a-Prize to Play Bingo (C) e Exercise DVD (DR) Muscle (AR) eathing (A)

RR (DR)

b (DR)

ercise &Balance DVD

d (AR)

minton (B)

xercise w/Hoop by Hanh

Spanish w/ Octavia

Partner Use oggers 7-9 (A)

<u>mmunity Partner Use</u> , B,C)

The Center is CLOSED

on Saturdays

Level	1	
А	Ballroom A	
В	Ballroom B	
С	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 cen- ter.	
Р	This is a PAID class, payable with punch card only.	
S		
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.	
Punc h 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	

Menu and

Monday - Friday

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

	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) 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) 2:30 Zumba Practice (A) RR 2 Mixed Media H (CR) 2:30-3:45 Badminton (B) Community Partner Use 7:30-9:30 Round Dance (B) 	 8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A) 申文 9-12 SLSA Choral Group (C) 申文 9:30 Chair Exercise Video w/ Donna (DR) 10 Spring Card Class w/Ruth RR (CR) 10:30 Rummikub (GR) On Your Own 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) 1 Diamond Art RR 1 Rummikub (GR) On your own 1 Gentle Exercise DVD (DR) 2:30 Feldenkrais (A) 3-4 Ballroom B closed for maintenance Community Partner Use 	 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) 12-2 AART (C) 12-2 Improve Line Dance w/Lily P/ RR (A) 12:15-2:15 Ceramic w/Vince RR/P (CR) 1 Council Meeting (CNF) 2nd Wed of each month 1 Music Lovers (AR) 1 Computer Lab Help w/John 1 Rummikub (DR) 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)

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

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."

next to it, you must register in advance in order to participate. See front desk for details.

703-464-6200 TTY 711

The Center is CLOSED

on Saturdays

		l Oaturuay5	
	Level	1	
	А	Ballroom A	
	В	Ballroom B	
	С	Ballroom C	
	DR	Dining Room	
	LBY	Lobby	
	AR	Activity Room	
	Level	2	
	CNF	CNF. Room	
CL Comp. Lab		Comp. Lab	
CR Craft Room		Craft Room	
	GR	Game Room	
	HWY	2nd floor Hallway	
	LIB	Library	
	KIT	2nd floor Staff Kitchen	
		Registration Required.	
	RR		
	Н	Hybrid. Classes will be live streamed to or from the center.	
	Ρ	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.	

Used to pay for attendance of

Available for purchase at the front desk. \$5 for 8 classes.

Instruction in Chinese and by

Bilingual participants may be available to translate

paid classes.

demonstration.

Punc

h

Card

中文

Menu and

Monday - Friday

8:00-4:00 p.m.

Programs

Herndon Senior Center 873 Grace Street, Herndon, VA 20170

	Monday, March 13	Tuesday, March 14	Wednesday, March 15
	Menu	Menu	Menu
Hot Regular / Veggie	Chicken & Dumplings Veggie: Grilled Chix Strips & Dumplings	Sweet & Spicy Beef Stir Fry Veggie: Tofu Stir Fry	Oven Fried Chicken Veggie: Chix Strips
Cold Regular	Chef Salad Swiss Cheese & Roast Beef	Grilled Chicken w/Bun	Meatball Ban Mi w/ Bun
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) 12-2 AART (C) 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) 2:30 Zumba Practice (A) RR 2 Mixed Media H (CR) 2:30-3:45 Badminton (B) 	 8-2:45 Ping Pong (B) 9-11 SLSA Folk Dance: Beginner (A)申文 9-12 SLSA Choral Group (C) 中文 9:30 Chair Ex Video w/Donna (DR) 10-11 Blood pressure w/ Nurse Kerry (LIB) 2nd Tuesday of the month 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) 1 Diamond Art RR (CR) 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) 2:30 Feldenkrais (A) 3-4 Ballroom B closed for maintenance Community Partner Use 	 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) 12-2 Improve Line Dance w/Lily P/RR (A) 12:15-2:15 Ceramic w/Vince RR/P (CR) 1 Music Lovers (AR) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30-3:45 Badminton (B) Community Partner Use 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.

Thursday, March 16	Friday
Menu	N
Beef Stroganoff Veggie: Red Bean Stroganoff	Minest Vegg
Cottage Cheese, String Cheese, Muffin	Tuna Salad
Chef Salad /Veggie Salad	Chef Salad
Programs	Pro
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</i> <i>your own</i> 10:15 Rx Relax Yoga <i>(DR)</i> 11 What would you do? (AR) 11:15-11:50 Fit 4 Life <i>(DR)</i> 12 *Lunch */RR (DR) 1 Learn Flamenco Dance! Free/RR (A) Great exercise and FUN! (A) 1 Rummikub (DR) 1 Diamond ART RR (CR) 1 Afternoon Table Talk (AR) 2:15 Castanet Class Free/RR (A)	St. Patri Wear GREEN win 8-12:45 Ping Pong 8:30 Hula Hoop S 9-11 SLSA Adv. B 29-30 Chair Ex Vide 10-12 Party Bridge On your own 10:15 Bingo Bring 10:15 Morning Wo 10:30 Gentle Exer 10:30-12 Marbling 11 Mental Muscle 11 Yoga Breathing 12 *Lunch*/RR (D 1 Rummikub (DR) 1 Gentle Exercise 1 Crossword (AR) 1 Seated Exercis (A) 1:30 -3:45 Badmir due to event 1:30 Learn Spani

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."

703-464-6200 TTY 711

y, March 17

Menu

strone Soup

gie: Same

d w/English Muffin

ad /Veggie Salad

rograms

rick's Day!!! N for a chance to n a prize

ng (B) Setup/Practice (A) Ballroom Dance (A) 中

deo w/Donna (DR) ge (GR)

ig prize to win a prize Vord Search (LBY)

ercise (DR)

ng Art w/Selwa RR CR sle (AR)

ng (A) DR)

se &Balance DVD (DR)

, ise w/Hoop by Hanh

ninton (B) time change

nish w/Octavia (CNF)

<u>er Use</u> s 7-9 (DR) hity Partner Use

The Center is CLOSED

on Saturdays

	-	
Level	1	
А	Ballroom A	
В	Ballroom B	
С	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		
Н	Hybrid. Classes will be live streamed to or from the cen- ter.	
Р	This is a PAID class, payable with punch card only.	
S	SUPPLY fee <u>only</u> may apply.	
P+S	This is a PAID class, payable	
Punc h 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	

Manuand

P

Menu and	Programs	70)3-46	64-6200
Monday - Friday 8:00-4:00 p.m.	Herndon Senior Center 873 Grace Street, Herndon, \	/A 20170	TT	Y 711
esday, March 22	Thursday, March 23	Friday, March 24	Tr	e Center is
	Menu	Menu		CLOSED
Menu etarian Lasagna	Oven Fried Chicken Legs Veggie: Chicks Tendars	Breaded Fish Filet & Mac n Cheese Veggie: Same		Saturdays
eggie: Same			Level	1
na Salad w/Roll	Asian Beef Spring Roll	Chicken Salad w/Roll	A	Ballroom A
			В	Ballroom B
alad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	С	Ballroom C
Programs	Programs	Programs	DR	Dining Room
g Pong (B)	8-3:45 Ping Pong (B)	8-12:45 Ping Pong (B)	LBY	Lobby
Exercise DVD w/	9-12 SLSA Folk Dance (C) 中文	8:30 Hula Hoop Setup/Practice (A)	AR	Activity Room
) Tai Chi/Exercise (A)	9:30-12 Tai Chi (A) 9:30 Chair Exercise DVD (DR)	9-11 SLSA Adv. Ballroom Dance (A) 中文 9:30 Chair Ex Video w/Donna (DR)	Level	2
y Bridge (GR) amic w/Vince RR (CR)	9:30-2 Intl Mahjongg (GR) <i>On your</i>	10-12 Party Bridge (GR)	CNF	CNF. Room
I.L. Exercise w/Hanh	own	On your own	CL	Comp. Lab
pping Trip \$/RR	10:05 Rx Relax Yoga (DR) 11:15-11:50 Fit 4 Life (DR)	10:15 Morning Word Search (LBY) 10:15 Bring-a-Prize to Play Bingo (C)	CR	Craft Room
ning Word Search (LBY)	11 What would you do? (AR)	10:30 Gentle Exercise (DR)	GR	Game Room
erican Mahjong (HWY)	12 *Lunch */RR (DR)	10:30-12 Marbling Art w/Selwa RR (CF	R) HWY	2nd floor
g Class (AR)	1 Learn Flamenco Dance! Free/RR (A)	11 Mental Muscle (AR)	LIB	Hallway Library
*/RR (DR)	1 Rummikub (DR)	11Yoga Breathing (A) 12 *Lunch*/RR (DR)		2nd floor
T (C)	1 Afternoon Table Talk (AR)	1 Rummikub (DR)	KIT	Staff Kitchen
ove Line Dance w/Lily 5 Ceramic w/Vince	1 Diamond Art RR (CR) 2:15 Castanet Class Free/RR (A)	1 Gentle Exercise &Balance DVD(DR) 1 Crossword (AR)	RR	Registration Required.
) er Lab Help w/John		1-3:45 Badminton (B) 1 Seated Exercise w/Hoop by Hanh (A) Н	Hybrid. Classes will be live streamed to or from the cen- ter.
ub (DR)		1:30 Learn Spanish w/Octavia (CNF)	Р	This is a PAID class, payable with punch card only.
overs (AR) BA Gold Class w/Celia			S	SUPPLY fee <u>only</u> may apply.
ba Practice RR (A)		<u>Community Partner Use</u> Cardinal Cloggers 7-9 (DR)	P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
Badminton (B)	<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	Merry Notes (ABC)	Punc h Card	Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.
Partner Use un Dance Dancers (A)			中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate
ticipate. If it has RR t desk for details.		for the Congregate Meal Program . If o the ""Donation Schedule and Charge		nformation about eatin

	Monday, March 20	Tuesday, March 21	Wednesday, March 22
	Menu	Menu	Menu
Hot Regular / Veggie	Beef Pho Veggie: TofuPho	Sliced Turkey w/Gravy Veggie: Chicks Strips	Vegetarian Lasagna Veggie: Same
Cold Regular	Powerhouse Wrap	Beef Ceasar Salad w/Muffin	Tuna Salad w/Roll
Salads	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	Wear Pink Day! 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 & Knitkniks 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:55 Yoga Breathing (A) 11 Baby Games: The Price is Right! (AR) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12-2 AART (C) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Baby Games cont. (AR) 1 Art w/ Jeanne (CR) 1 Rummikub (DR) 1:30 ZUMBA Gold Class w/ Celia P/RR (B) 2:30 Zumba Practice (A) RR 2 Mixed Media H (CR) 2:30-3:45 Badminton (B) Community Partner Use 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)申文 9-12 SLSA Choral Group (C) 申文 9:30 Chair Ex Video w/Donna (DR) 10-12 Suncatchers (CR) 10:30 Rummikub (GR) <i>OYO</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) 1 Diamond Art RR (CR) 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (DR) 2:30 Feldenkrais (A) 3-4 Ballroom B closed for maintenance <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 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) 12-2 AART (C) 12-2 Improve Line Dance w/Lily P/RR (A) 12:15-2:15 Ceramic w/Vince RR/P (CR) 1 Computer Lab Help w/John 1 Rummikub (DR) 1 Music Lovers (AR) 1:30 ZUMBA Gold Class w/Celia P/RR (B) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A)

Hot

Regular /

Cold Regular

Salads

Castanets

Thursdavs

Class on

Buy your

castanets

\$mile !

free.

on Amazon

The class is

øwn

Monday, March 27

Menu

Arroz con Pollo

Veggie: Vegan Arroz con

Polo

Roast Beef Salad w/Roll

Chef Salad /Veggie Salad

Programs

9 VCAA iPad in Chinese 中文

9:30-10:30 Tai Chi/Exercise

10-12 Crochet & Knitkniks

10:15 S.A.I.L. Exercise

10:55 Yoga Breathing (A)

11 Medication Safety w/

12 Fire Safety Table (DR)

12-2 Intermediate Line Dance

1:30 ZUMBA Gold Class w/

2:30 Zumba Practice (A) RR

11:15 Arthritis Exercise

12 *Lunch*/RR (DR)

1 Brain Games (AR)

1 Art w/ Jeanne (CR)

2 Mixed Media H (CR)

Community Partner Use

2:30-3:45 Badminton (B)

7:30-9:30 Round Dance (B)

1 Rummikub (DR)

Celia P/RR (B)

12-2 AART (C)

w/Lily P/RR (A)

9:30 Chair Exercise DVD

8-1:15 Ping Pong (B)

(DR)

(A)

Group (CR)

w/Hanh RR (C)

Wyleng (AR)

w/Hanh (C)

Menu and

Monday - Friday

Wednesday, March 29

Menu

Grilled Pollack

Veggie: Sliced Cheeses

Chicken Ceasar Salad w/

Muffin

Chef Salad /Veggie Salad

Programs

8-1:15 Ping Pong (B)

Donna (DR)

(CR)

RR (C)

9:30 Chair Exercise DVD w/

10-12 Party Bridge (GR)

9:30-10:30 Tai Chi/Exercise (A)

10:15 S.A.I.L. Exercise w/Hanh

10-12 Ceramic w/Vince RR/P

10:15 Shopping Trip \$/RR

10:15 Morning Word Search

10:30 American Mahjong (HWY)

12-2 Improve Line Dance w/Lily

12:15-2:15 Ceramic w/Vince

1 Computer Lab Help w/John

1:30 ZUMBA Gold Class w/Celia

2:30 Zumba Practice RR (A)

3:30-8:30 Sun Dance Dancers (A)

2:30-3:45 Badminton (B)

Community Partner Use

11 Baby Hat Looming (AR)

10:55 Yoga Breathing (A)

12 *Lunch */RR (DR)

1 Music Lovers (AR)

1 Rummikub (DR)

12-2 AART (C)

P/RR (A)

RR/P (CR)

(CL)

P/RR (B)

Programs

Herndon Senior Center 873 Grace Street Herndon V/A 20170

8:00-4:00 p.n	873 Grace Street, Herndon, VA	20170
y, March 29	Thursday, March 30	Frid
enu	Menu	
Pollack ced Cheeses	Salisbury Steak & Gravy Veggie: Veggie Patty	Broccoli & Veggie:
asar Salad w/ uffin	Egg Salad w/Roll	Grilled
Veggie Salad	Chef Salad /Veggie Salad	Chef Sa
jrams	Programs	F
g (B) cise DVD w/ Chi/Exercise (A) lge (GR) w/Vince RR/P xercise w/Hanh Trip \$/RR Vord Search oming (AR) Mahjong (HWY) eathing (A) (DR) ne Dance w/Lily amic w/Vince (AR) Help w/John R) old Class w/Celia actice RR (A) inton (B)	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 <i>(DR)</i> 11:15-11:50 Fit 4 Life <i>(DR)</i> 11 What would you do? (AR) 12 *Lunch */RR (DR) 1 Learn Flamenco Dance! Free/RR (A) 1 Rummikub (DR) 1 Afternoon Table Talk (AR) 1 Diamond Art RR (CR) 2:15 Castanet Class Free/RR (A)	8-12:45 Ping 8:30 Hula Ho 9-11 SLSA Ad 中文 9:30 Chair Ex 10-12 Party E <i>On your own</i> 10:15 Morning 10:15 Bring-a 10:30 Gentle 10:30-12 Mar 11 Mental Mu 11Yoga Breat 12 *Lunch*/R 1 Rummikub 1 Gentle Exer (DR) 1 Crossword 1-3:45 Badmi 1 Seated Exer (A) 1:30 Learn S (CNF)
<u>er Use</u> nce Dancers (A)	7:30-9:30 T-Squares (A)	Community Pa Cardinal Clog Merry Notes (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.

Tuesday, March 28

Menu

Stuffed Pepper w/Rice

Veggie: Soy Protein in

Pepper

Turkey, Cheese & Bread

Chef Salad /Veggie Salad

Programs

8-2:45 Ping Pong (B)

Beginner (A) 中文

(C) 中文

(CR)

(DR)

Donna (DR)

On Your Own

11 Charades (AR)

Hiroko P/RR (A)

Hiroko P/RR (A)

1 Rummikub (GR)

2:30 Feldenkrais (A)

Community Partner Use 5:30-8:30 Rising Phoenix: Choir

Dance (C)

On your own

maintenance

(A)

11 ESL w/Ming (CNF)

12 *Lunch */RR (DR)

12:30-2:30 SLSA Folk

1 Diamond Art RR (CR)

1 Gentle Exercise DVD (DR)

3-4 Ballroom B closed for

9-11 SLSA Folk Dance:

9-12 SLSA Choral Group

9:30 Chair Exercise Video w

10:30 Necklace Class RR

10:30 Gentle Exercise DVD

11 Beginner Line Dance w/

12:Adv Beg Line Dance w/

10:30 Rummikub (GR)

lunch at the Center, please refer to the "Donation Schedule and Charges."

703-464-6200 TTY 711

ay, March 31

Menu

- Cheddar w/Chicken
- Broccoli w/Cheddat
- Chicken w/Bread

lad /Veggie Salad

Programs

- Pong (B) oop Setup/Practice (A) dv. Ballroom Dance (A)
- Video w/Donna (DR) Bridge (GR)
- g Word Search (LBY) -Prize to Play Bingo (C)
- Exercise (DR)
- rbling Art w/Selwa RR scle (AR)
- thing (A)
- R (DR)
- (DR)
- rcise &Balance DVD
- (AR)
- inton (B)
- ercise w/Hoop by Hanh
- panish w/Octavia
- rtner Use ers 7-9 (DR) ABC)

The Center is **CLOSED**

on Saturdays

Level	1	
А	Ballroom A	
В	Ballroom B	
С	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		
Н	Hybrid. Classes will be live streamed to or from the cen- ter.	
Р	This is a PAID class, payable with punch card only.	
S	SUPPLY fee <u>only</u> may apply.	
P+S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.	
Punc h 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	