

# Herndon Senior Center

A Recreational Venue for  
Active and Independent Adults 50+



<b>Senior Center Director</b>	Ruth Junkin, MS, Gerontology
<b>Assistant Directors</b>	Jeanne Alcazar Donna Lopez
<b>Staff</b>	Jeff French Nabilah Haque, Candia Hudson, Amy Lee, Hanh Tran
<b>Recreation Therapist</b>	Maggie Hammermaster, CTRS
<b>Case Manager</b>	Missi Amuda, MSW

## March 2023

Springtime is the earth awakening.  
The March winds are the morning yawn.  
Lewis Grizzard

**Email, visit or call us at:**

873 Grace Street  
Herndon, VA 20170

703-464-6200      TTY 711

[NCSHerndonSeniorCenter@fairfaxcounty.gov](mailto:NCSHerndonSeniorCenter@fairfaxcounty.gov)

**Opening Hours**

Monday - Friday  
8 a.m. - 4 p.m.



A Fairfax County, VA publication  
March 2023

# March 2023

# Menu and

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

	Monday, February 27	Tuesday, February 28	Wednesday, March 1
	Menu	Menu	Menu
Hot Regular / Veggie	Arroz con Pollo Veggie: Vegan Arroz con Pollo	Stuffed Pepper Veggie: Soy Protein in Pepper	Grilled Pollack Veggie:: Sliced Cheeses
Cold Regular	Roast Beef Salad w/Roll	Turkey, Cheese & Bread	Chicken Ceasar Salad
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 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 (DR) 11 What would you do? (AR) 11:15-11:50 Fit 4 Life DVD (DR) 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 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.
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

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 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 Mahjongg (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> 7:30-9:30 T-Squares (A)	<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

**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.
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

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 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) <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

**The Center is  
CLOSED  
on Saturdays**

Thursday, March 16	Friday, March 17
<b>Menu</b>	<b>Menu</b>
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
<b>Programs</b>	<b>Programs</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> 10:15 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>  Community Partner Use 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>  Community Partner Use Cardinal Cloggers 7-9 (DR) Saturday Community Partner Use ODS 7-10 (A,B,C)

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.
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

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
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
	<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 (LB)Y 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>
	<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.</p>		



# Programs

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, March 23	Friday, March 24	<b>The Center is CLOSED on Saturdays</b>																																												
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																																													
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>	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 (LBYP) 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) 11Yoga 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>																																													
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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 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>	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 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
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## WEDNESDAYS IN MARCH 2023

### TRIPS OF NECESSITIES [GROCERIES & SUPPLIES SHOPPING]

RETURN TRIPS ARRIVE BACK AT HERNDON SENIOR CENTER BY 1:30PM



<p>Wed, Mar 1<sup>st</sup> at 10:30 am</p>	<p><b>Walmart</b>  <b>SuperCenter,</b> <b>&amp; Lidl</b>  ~ in Fairfax</p>	<p><i>Drop Offs at Walmart &amp; Lidl.</i> <i>1pm ~ Pick Up at Walmart ONLY.</i>  11181 Lee Highway; Fairfax, VA 22030</p>	<p>Walmart ~ Walk-In Flu Shots available.  (703) 995-5068 = Pharmacy.</p>
<p>Wed, Mar 8<sup>th</sup> at 10:30 am</p>	<p> <b>DOLLAR TREE</b> ~ in Sterling Town Ctr Plaza &amp; <b>TRADER JOE'S</b> ~ in Reston</p>	<p><i>11:45am ~ Dollar Tree Pick Up</i> 21800 Town Center Plaza ~ Suite #237; Sterling, VA 20164  <i>1pm ~ Trader Joe's Pick Up</i> 11958 Killingsworth Ave; Reston</p>	<p><b>NO Flu Shots</b> Available.</p>
<p>Wed, Mar 15<sup>th</sup> at 10:30 am</p>	<p><i>Wegmans</i> Grocery Store ~ in Chantilly</p>	<p><i>1pm ~ Wegmans Pick Up</i>  14361 Newbrook Drive Chantilly, VA 20151</p>	<p>Walk-In Flu Shots Available.  (571) 525-5525 Ext. 1 = Pharmacy, then 8.</p>
<p>Wed, Mar 22<sup>nd</sup> at 10:30 am</p>	<p> <b>Giant</b> Food, Subway, SweetFrog, PNC Bank, Barber ~ in North Point [Reston]</p>	<p><i>1:10pm ~ Giant Pick Up</i>  1450 North Point Village Center; Reston, VA 20194</p>	<p>Walk-In Flu Shots Available. Phoned Appointments preferred. (703) 437-0031, Ext 8, then 0.</p>
<p>Wed, Mar 29<sup>th</sup> at 10:30 am</p>	<p> <b>Organic Market,</b> <b>Lotte, &amp; Sprouts</b> ~ in Herndon Shopping Centre</p>	<p><i>1pm ~ MOM's Pick Up</i> <i>1:10pm ~ Sprouts Pick Up</i> 494 Elden St ~ Ste 110; Herndon</p>	<p><b>NO Flu Shots</b> Available.</p>

### KEY INFORMATION

<p>✓ For a necessities   shopping trip to occur,</p> <ul style="list-style-type: none"> <li>➢ <b>8 PARTICIPANTS</b> must register in Trip Sign Up Book, <ul style="list-style-type: none"> <li>• <b>1 WEEK PRIOR</b> to a shopping trip.</li> <li>• <b>WAITLIST [STAND BY] AFTER 15 REGISTRANTS.</b></li> </ul> </li> <li>➢ <b>IF YOU MUST CANCEL, KINDLY PHONE US</b> <ul style="list-style-type: none"> <li>• <b>BY 12PM TUESDAY, THE DAY BEFORE.</b></li> </ul> </li> <li>➢ <b>FOR LAST MINUTE EMERGENCY CANCELLATIONS,</b> <ul style="list-style-type: none"> <li>• <b>Please CALL BY 9AM WEDNESDAY.</b></li> </ul> </li> </ul>	<p>✓ Currently 1 Herndon Senior Center Staff attends.</p> <ul style="list-style-type: none"> <li>✓ Lunch is on your own.</li> <li>✓ Please remember to: <ul style="list-style-type: none"> <li>◦ <b>CANCEL YOUR HSC Lunch Order</b></li> <li>◦ <b>in the Lunch Sign Up Binder.</b></li> <li>◦ <b>BY 1:30 PM TUESDAY – THE DAY BEFORE.</b></li> </ul> </li> </ul>
<p>✓ Please pay <b>\$1 EXACT CASH ONLY,</b></p> <ul style="list-style-type: none"> <li>◦ at the check-in desk, on the morning of the trip.</li> </ul>	<p>✓ Shopping bags must fit around your seat.</p> <ul style="list-style-type: none"> <li>◦ Please bring your own bags, &amp;</li> <li>◦ insulated bags for frozen &amp; refrigerated items.</li> </ul>
<p>✓ Sites based on popular locations recommendations.</p> <ul style="list-style-type: none"> <li>◦ Suggestions welcomed &amp; encouraged.</li> </ul>	<p>✓ Questions? Please contact Na.bee.Ja</p> <ul style="list-style-type: none"> <li>➢ In-person ~ at the front desk; or</li> <li>➢ By Phone ~ 703-464-6200.</li> </ul>



## Silent Sky

by Lauren Gunderson

Directed by  
Tina Hodge Thronson

### James Lee Community Center Theater

2855-A Annandale Road  
Falls Church, VA, 22042



Herndon Senior Center's  
March 2023 Charter | Field Trip

in celebration of  
**Women's History Month**

Thursday, March 16<sup>th</sup>, 2023

- 6 pm ~ Board Fastran Bus at HSC
- 10 pm ~ Approximate Return to HSC

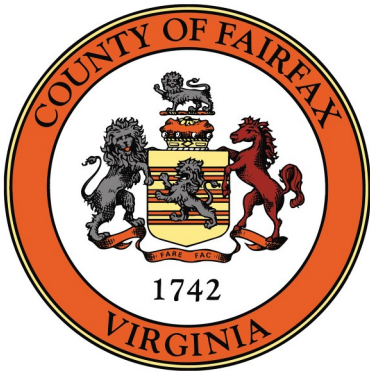
Please **register** by:

- ✓ Thursday, March 9<sup>th</sup>, 2023 at 2pm
- ✓ Fastran Fee = \$1
- ✓ Limited to 1<sup>st</sup> 10 HSC Member Registrants



Women's History Month is an

- annual declared month that
- highlights the contributions of women to events in history and contemporary society.
- It is celebrated during March in the US, UK, & Australia,
- corresponding with International Women's Day on March 8<sup>th</sup>.



*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](http://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/](http://www.fairfaxcounty.gov/familyservices/)

Fairfax County Coordinated Services for Basic Needs and Assistance

**703-222-0880, TTY 711.**

Monday through Friday, 8 a.m. to 4:30 p.m.

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.