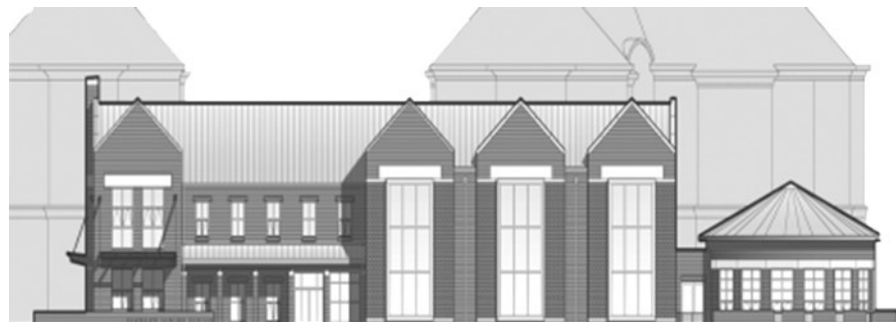


# Herndon Senior Center

A Recreational Venue for  
Active and Independent Adults 50+



**Senior Center Director**

Ruth Junkin, MS, Gerontology

**Assistant Directors**

Jeanne Alcazar, Donna Lopez,  
Kevin Wiafe

**Staff**

Amy Chen  
Hanh Tran  
Jeff French  
Candia Hudson

**Recreation Therapist**

Sasha Swinnerton, CTRS

**Case Manager**

Pam Harms, LCSW, MSW

## May 2022

### Celebrating Older American's Month

With creative activities featured all month long!

**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.

May 2022

# May 2022

# Menu and

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

Pick	Monday May 2	Tuesday, May 3	Wednesday, May 4
One	Menu	Menu	Menu
<b>Hot Regular/Veggie</b>	Chicken Noodle Bowl 3oz Chix Strips	Broccoli , Cheese Rice Casserole Same	Korean Beef over Quinoa Vegetarian Black Bean Burger
<b>Cold Regular/Veggie</b>	Tropical Bean Salad Same	Roast Beef Sandwich Fresh Mozzarella, Cucumber Tomato Salad	5 a day Turkey Salad Cheese Salad
<b>Salad Regular/Veggie</b>	Chef Salad / Veggie Salad	Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
	<b>Programs</b>	<b>Programs</b>	<b>Programs</b>
	8-1 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exercise (A) <b>10-12 Crochet &amp; Knitkniks Group (CR)</b> 10:15 S.A.I.L. w. Hanh (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Computer Lab Help with Phil - as available (CL) 11 Mental Muscle (AR) 11 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) <b>12-2 Intermediate Line Dance w/ Lily P/RR (A)</b> 1 Travelogue (AR) 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B)  <u>Community Partner Use</u> 7:30-9:30 Round Dance (B)	8-2:45 Ping Pong (B) <b>9-11 SLSA Folk Dance (A)中文</b> <b>9-12 SLSA Choral Group (C)中文</b> 9:30 Chair Exercise DVD (DR) <b>10 Art Class with Charlie RR P+S (CR)</b> 10:15 Walking Excursions meet in lobby 10:30 Rummikub (GR) <i>On your own</i> 11 ESL Advanced with Ming (CNF) 11 What would you do? w/ Kevin (AR) 11 Gentle Exercise DVD (A) <b>12 *Lunch */RR (DR)</b> <b>12:45 Intermediate Line Dance w/Hiroko P/RR (A)</b> 1 Rummikub (GR) <i>On your own</i> 2 Feldenkrais sponsored by HSC Council, Inc. (A) 3-4 Ballroom B closed for maintenance  <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1 Ping Pong (B) 9:30 Chair Exercise w/ Donna Live! (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) <i>On your own</i> <b>10-12:30 Ceramic w. Vince RR/P (CR)</b> 10:15 S.A.I.L. w. Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) <i>On your own</i> 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) <b>12:15 Rising Phoenix Sing-Along (DR)</b> <b>12-2 Beg &amp; Improve Line Dance w/ Lily P/RR (A)</b> 1 Computer Lab help w/John - as available (CL) 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B)  <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7:30-9 Beginners Square Dance (B+C)

# Programs

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, May 5	Friday, May 6
<b>Menu</b>	<b>Menu</b>
Oven Fried Chicken Breast Chicx Strips	Grilled Pollock Chicx Strips
Asian Chicken Salad Chicx Strips	Cottage Cheese Plate Same
Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
<b>Programs</b>	<b>Programs</b>
8-3:45 Ping Pong (B) <b>9-12 SLSA Folk Dance (C) 中文</b> 9:30 Chair Exercise DVD (DR) 9-9:30 Morning Minutes w/Sasha (AR) 9:30-2 Intl Mahjonn (GR) <i>On your own</i> 10:45 Rx Relax Yoga (DR) 11:20-11:50 Fit 4 Life (DR) 11 ESL: Beginner (CNF) 12 *Lunch */RR (DR) <b>12:45 Beginner Line Dance w/Hiroko P/RR (A)</b> 1 Wordscapes w/ Kevin (AR) <b>2:30 Book Club (meet in Lobby for location)</b>  <p style="text-align: center;"><b>Coffee cups at the Center BRING YOUR OWN!</b></p> Plastic doesn't biodegrade like other materials. It just breaks into smaller pieces, microparticles, which poison the environment and animals, especially marine life and, ultimately, us. Think of your grandchildren and bring your own reusable cup!!  <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	8-12:45 Ping Pong (B) 9:30 Chair Exercise w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> <b>10 Easy &amp; Fun Art w/Jeanne RR (CR)</b> 10:15 S.A.I.L. VCAA H (A) 10:15 Morning Word Search (LBV) 10:15 Bring-a-Prize to Play Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) <b>1 Cooking Fun with John (C)</b> 1 Gentle Exercise & Balance DVD (A) 1 Crossword H (AR) 1-3:45 Badminton (B)  <p style="text-align: center;"><b>Saturday, May 7 Trip 1:30 pm departure</b></p> Concerts at Kirkwood Charm City Baroque Sign up by noon May 6 if seats available Cost \$1 for bus + donation for concert Limited Seating  <u>Community Partner Use</u> 7:30-9:45 Merry Notes (A)

**The Center is  
CLOSED on  
Saturdays**

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBV	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

R R	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 <u>only</u> may apply.
P + S	This is a PAID class, payable with punch card only. SUPPLY fee may apply.
P u n c h C a r d	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."

# May 2022

## Menu and

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

	Monday, May 9	Tuesday, May 10	Wednesday, May 11
	Menu	Menu	Menu
Hot Regular / Veggie	Chicken & Gravy Vegetarian Patty	Ropa Veja Bean Ropa Veja	Cheese Bean Burrito Veggie: Same
Cold Regular/ Veggie	Chef Salad w/Roastbeef Egg & Swiss Cheese Veggie: Fresh Mozzarella	Pasta Salad w/Chick Peas Veggie: Pasta Salad	Turkey & Roll w/salad Veggie: Fresh Mozzarella, Cucumber & Tomatoe
Salads	Chef Salad /Veggie Salad	Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
	Programs	Programs	Programs
	<p>Herndon Women's' Club Garden Project 8-1 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exercise (A) <b>10-12 Crochet &amp; Knitkniks Group (CR) Stop by and see some creative works @ 11!</b> 10:15 S.A.I.L. w. Hanh (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Computer Help with Phil as available 11 Mental Muscle (AR) 11 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) <b>12-2 Intermediate Line Dance w/ Lily P/RR (A)</b> 1 Trivia (AR) 1:30 ZUMBA Gold with Celia P/RR (B) <b>2 Mixed Media Mondays VCAA/RR (CR)</b> 2:30-3:45 Badminton (B)</p> <p><u>Community Partner Use</u> 7:30-9:30 Round Dance (B)</p>	<p>8-3:45 Ping Pong (B) <b>9-11 SLSA Folk Dance (A)</b>中文 <b>9-12 SLSA Choral Group (C)</b>中文 9:30 Chair Exercise DVD (DR) <b>10 Art Class with Charlie RR P+S (CR) Stop by and see some creative works @ 11!</b> 10:15 Walking Excursions meet in lobby 10:30 Rummikub (GR) <i>On your own</i> 11 ESL Advanced with Ming (CNF) 11 What would you do? w/ Kevin (AR) 11 Gentle Exercise DVD (A) 12 *Lunch */RR (DR) <b>12:45 Intermediate Line Dance w/Hiroko P/RR (A)</b> 1 Rummikub (GR) <i>On your own</i> 2 S.A.I.L.</p> <p><u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)</p>	<p>8-1 Ping Pong (B) 9:30 Chair Exercise w/ Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) <i>On your own</i> <b>10-12:30 Ceramic w. Vince RR/RR (CR) Stop by and see some creative works @ 11!</b> 10:15 S.A.I.L. w. Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LB) 10:30 American Mahjong (HWY) <i>On your own</i> 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) <b>12-2 Beg &amp; Improve Line Dance w/ Lily P/RR (A)</b> 1 Council Meeting (CNF) 1 Computer Lab help w/John as available (CL) 4:30 ZUMBA Gold with Gelia P/RR (B) 2:30-3:45 Badminton (B)</p> <p><u>Community Partner Use</u> 6:30-9 Sun Dance: Dancers (A) 7:30-9 Beginners Square Dance (B+C)</p>

**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, May 12	Friday, May 13
Menu	Menu
Sweet & Spicy Beef Stir Fry Veggie: Tofu Stir Fry	Oven Roasted Haddock Veggie: Seasoned Lentils
Cottage Cheese, String Cheese, Muffin	Tuna Salad W/English Muffin Veggie: Hummus & Provolone
Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) <b>9-12 SLSA Folk Dance (C) 中文</b> 9:30 Chair Exercise DVD (DR) 9-9:30 Morning Minutes w/Sasha (AR) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 10:45 Rx Relax Yoga (DR) 11:20-11:50 Fit 4 Life (DR) 11 ESL: Beginner (CNF) 12 *Lunch*/RR (DR) <b>12:45 Beginner Line Dance w/Hiroko P/RR (A)</b> 1 Wordscapes w/ Kevin (AR)	<b>17th Anniversary!</b> 8-12:45 Ping Pong (B) 9:30 Chair Exercise w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. VCAA H (A) 10:15 Morning Word Search (LBY) 10:15 Bring-a-Prize to Play Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 12 *Lunch*/RR (DR) 12:30 Anniversary Treat (DR) 1 Gentle Exercise & Balance DVD (A) 1 Crossword H (AR) <b>1 Greeting Card Class RR (CR)</b> 1-3:45 Badminton (B)
<u>Community Partner Use</u> 7-10 T-Squares: Square Dancers (B+C)	<u>Community Partner Use</u> 7-10 Merry Notes: Square Dancers (ABC)
	<u>Saturday Community Partner Use</u> Chinese Cultural Group

**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 <u>only</u> 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."

# May 2022

## Menu and

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

	Monday, May 16	Tuesday, May 17	Wednesday, May 18
	Menu	Menu	Menu
Hot Regular /	Meatloaf Veggie: Chicx Strips	Oven Fried Chicken Legs Veggie: Chicks Tenders	Vegetarian Lasagna Veggie: Same
Cold Regular/ Veggie	Grilled Chicken Veggie: Fresh Mozzarella	Roast Beef Sandwich Veggie: Black Bean	Pesto Pasta Salad w/Chicken Veggie Cheese
Salads	Chef Salad /Veggie Salad	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exercise (A) <b>10-12 Crochet &amp; Knitkniks Group (CR)</b> 10:15 S.A.I.L. w. Hanh (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Computer Lab Help with Phil - as available (CL) 11 Mental Muscle (AR) 11 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) <b>12-2 Intermediate Line Dance w/ Lily P/RR (A)</b> 1 Trivia (AR) 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B)  <u>Community Partner Use</u> 7-10 Round Dance (B)	8-3:45 Ping Pong (B) <b>9-11 SLSA Folk Dance (A)中文</b> <b>9-12 SLSA Choral (C)中文</b> 9:30 Chair Exercise DVD (DR) <b>10 Art Class with Charlie RR P+S (CR)</b> 10:15 Walking Excursions meet in lobby 10:30 Rummikub (GR) <i>On your own</i> 11 ESL Advanced with Ming (CNF) 11 What would you do? w/Kevin (AR) 11 Gentle Exercise DVD (A) 12 *Lunch */RR (DR) <b>12:45 Intermediate Line Dance w/Hiroko P/RR (A)</b> 1 Rummikub (GR) <i>On your own</i> 3-4 Ballroom B closed for maintenance  <u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	8-1 Ping Pong (B) 9:30 Chair Exercise w/ Donna Live! (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) <i>On your own</i> <b>10-12:30 Ceramic w. Vince RR/P (CR)</b> 10:15 S.A.I.L. w. Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) <i>On your own</i> 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) <b>12-2 Beg &amp; Improve Line Dance w/ Lily P/RR (A)</b> 1 Computer Lab help w/John - as available (CL) 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B)  <u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7:30-9 Beginners Square Dance (B+C)

# Programs

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

# 703-464-6200

# TTY 711

Thursday, May 19	Friday, May 20	<b>The Center is CLOSED on Saturdays</b>
Menu	Menu	
Chicken in Orange Sauce Veggie: Chix Strips in Orange Sauce	Macaroni & Cheese Veggie: Same	
Turkey w/Cheese & Bread Veggie: Hummus and Provolone	Powerhouse Wrap Veggie: Same	
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	
Programs	Programs	
8-3:45 Ping Pong (B) <b>9-12 SLSA Folk Dance (C) 中文</b> 9:30 Chair Exercise DVD (DR) 9-9:30 Morning Minutes w/Sasha (AR) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> <b>10:30 Charter Trip to Leesburg Outlet Mall</b> <b>RR \$1 Lunch on your own.</b> 10:45 Rx Relax Yoga (DR) 11-12 Computer Class w/ Shosha 中文 11:20-11:50 Fit 4 Life (DR) 11 ESL: Beginner (CNF) 12 *Lunch */RR (DR) <b>12:45 Beginner Line Dance w/Hiroko P/RR (A)</b> 1 Wordscapes w/Kevin (AR)	8-12:45 Ping Pong (B) 9:30 Chair Exercise w/ Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. VCAA H (A) 10:15 Morning Word Search (LBYP) 10:15 Bring-a-Prize to Play Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 12 *Lunch*/RR (DR) 1 Gentle Exercise & Balance DVD (A) 1 Crossword H (AR) <b>1 Dry Embossing 101 Technique (CR) Easy and fun! DROP IN.</b> 1-3:45 Badminton (B)	
<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	<u>Community Partner Use</u> 7:30-9:45 Merry Notes Square Dance (ABC)	

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBYP	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."

# May 2022

## Menu and

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

	Monday, May 23	Tuesday, May 24	Wednesday, May 25
	Menu	Menu	Menu
Hot Regular / Veggie	Oven Fried Chicken Legs Veggie: Vegan Nuggets	Stuffed Pepper Veggie: Soy Protein Pepper	Turkey Burger Veggie: Seasoned Lentils
Cold Regular/ Veggie	Beef Caesar Salad Veggie: Chicx Strips	Turkey & Cheese w/Bread Veggie: Mozzarella, Cucumber & Tomatoes	Spinach Strawberry Feta Salad w/Chicken Veggie: Chicx Strips
Salads	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exercise (A) <b>10-12 Crochet &amp; Knitkniks Group (CR)</b> 10:15 S.A.I.L. w. Hanh (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Computer Lab Help with Phil - as available (CL) 11 Mental Muscle (AR) 11 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) <b>12-2 Intermediate Line Dance w/ Lily P/RR (A)</b> 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B)	8-3:45 Ping Pong (B) <b>9-11 SLSA Folk Dance (A)</b> 中文 <b>9-12 SLSA Choral (C)</b> 中文 9:30 Chair Exercise DVD (DR) <b>10 Art Class with Charlie RR P+S (CR)</b> 10:15 Walking Excursions meet in lobby 10:30 Rummikub (GR) <i>On your own</i> 11 ESL Advanced with Ming (CNF) 11 What would you do? w/ Kevin (AR) 11 Gentle Exercise DVD (A) 12 *Lunch */RR (DR) <b>12:45 Intermediate Line Dance w/Hiroko P/RR (A)</b> 1 Rummikub (GR) <i>On your own</i> <b>1 Learn Jewelry Making: Bracelet joined by our sister center Kingstowne on ZOOM Reservations Required</b>	8-1 Ping Pong (B) 9:30 Chair Exercise w/ Donna Live! (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) <i>On your own</i> <b>10-12:30 Ceramic w. Vince RR/P (CR)</b> 10:15 S.A.I.L. w. Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) <i>On your own</i> 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) <b>12-2 Beg &amp; Improve Line Dance w/ Lily P/RR (A)</b> <b>1 Emboss Resist Technique Class RR</b> 1 Computer Lab help w/John - as available (CL) 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B)
	<u>Community Partner Use</u> 7-10 Round Dance (B)	<u>Community Partner Use</u> 5:30-8:30 Rising Phoenix: Choir (A)	<u>Community Partner Use</u> 6:30-8:30 Sun Dance Dancers (A) 7:30-9 Beginners Square Dance (B+C)



**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, May 26	Friday, May 27
Menu	Menu
Arroz con Pollo w/tenderloin Veggie: Vegan Arroz Con Pollo	Baked Cajun Fish Veggie: Cajun Style Beans
Tuna Salad w/Roll Veggie: Hummus w/Provolone	Yogurt, String Cheese, Muffin Veggie: Same
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) <b>9-12 SLSA Folk Dance (C) 中文</b> 9:30 Chair Exercise DVD (DR) 9-9:30 Morning Minutes w/Sasha (AR) 9:30-2 Intl Mahjonn (GR) <i>On your own</i> 10:45 Rx Relax Yoga (DR) 11:20-11:50 Fit 4 Life (DR) 11 ESL: Beginner (CNF) 12 *Lunch*/RR (DR) <b>12:45 Beginner Line Dance w/Hiroko P/RR (A)</b> 1 Wordscapes w/Kevin (AR)	8-12:45 Ping Pong (B) 9:30 Chair Exercise w/ Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> <b>10 Poetry for Neanderthals!</b> 10:15 S.A.I.L. VCAA H (A) 10:15 Morning Word Search (LBY) 10:15 Bring-a-Prize to Play Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 12 *Lunch*/RR (DR) 1 Gentle Exercise & Balance DVD (A) 1 Crossword H (AR) 1-3:45 Badminton (B)
<p><b>Support HSC every time you shop!</b></p> <p>When you shop at <b>AmazonSmile</b>, at <b>no cost to you</b> Amazon donates 0.5% of the purchase price to Herndon Senior Center Council Incorporated. Go to <a href="http://smile.amazon.com/ch/45-4744693">http://smile.amazon.com/ch/45-4744693</a>.</p> <p><u>Community Partner Use</u> 7:30-9:30 T-Squares Dance (B+C)</p>	<p><u>Community Partner Use</u> 7:30-9:45 Merry Notes Square Dance</p> <p><u>Saturday Community Partner Use</u> Chinese Cultural Group</p>

**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 <u>only</u> 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."

# May 2022

## Menu and

Monday - Friday

8 a.m. - 4 p.m.

	Monday, May 30	Tuesday, May 31	
	Menu	Menu	
Hot Regular / Veggie	Memorial Day Holiday	Broccoli, Cheese & Rice Casserole Veggie: Same	
Cold Regular/ Veggie		Roast Beef Sandwich Veggie: Mozzarella, Cucumber & Tomato	
Salads		Chef Salad / Veggie Salad	
	Programs	Programs	
	 <p>MEMORIAL DAY REMEMBER &amp; HONOR</p>	<p>8-3:45 Ping Pong (B)  <b>9-11 SLSA Folk Dance (A)</b> 中文  <b>9-12 SLSA Choral (C)</b> 中文            9:30 Chair Exercise DVD (DR)  <b>10 Art Class with Charlie RR P+S (CR)</b>            10:15 Walking Excursions            meet in lobby            10:30 Rummikub (GR)  <i>On your own</i>            11 ESL Advanced with Ming (CNF)            11 What would you do? w/Kevin (AR)            11 Gentle Exercise DVD (A)            12 *Lunch */RR (DR)  <b>12:45 Intermediate Line Dance w/Hiroko P/RR (A)</b>            1 Rummikub (GR) <i>On your own</i></p> <p><u>Community Partner Use</u>            5:30-8:30 Rising Phoenix: Choir (A)</p>	

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**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.



*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.