

# October News & Info.



## This month we observe:

International Day of Non-Violence, United Nations Day, Columbus Day, Indigenous People's Day, Mawlid al-Nabi, All Hallows Eve, Birth of the Guru Granth, Navaratri, Saraswati Puja, Maha Navami, Dusshera, Sharad Purnima, Karwa Chauth.

## Medicare 101 In-person Workshops

Medicare 101 Workshops, led by the *Virginia Insurance Counseling and Assistance Program*, provide current information on Medicare options.

Call the VICAP counseling line with any questions at 703-324-5851 or email [DFSVICAP@fairfaxcounty.gov](mailto:DFSVICAP@fairfaxcounty.gov)

### Wednesday, Oct. 13, 3-4:30 p.m. Medicare 101

- Virtual or at Reston Regional Library
- Register: <https://librarycalendar.fairfaxcounty.gov/event/7943774> or 703-689-2700.

### Thursday, Oct. 14, Noon-1:30 p.m. Medicare 101

- Virtual or at Reston Community Center
- Contact: Cassie Lebron 703-390-6157

### Thursday, Oct. 28, 6-8 p.m. Medicare 101

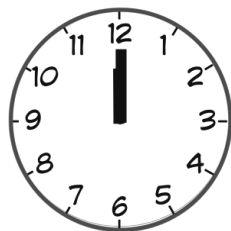
- Virtual or at Reston Community Center
- Contact: Cassie Lebron 703-390-6157

## Lunch is served at noon

- Be in the dining room at noon.
- When the last person present is served OR at 12:15 p.m. (whichever is later) remaining lunches will be given to anyone waiting for a meal.
- FASTRAN rider always come first, since they do not have another lunch option.

## We must pay for every lunch whether you eat it or not.

So, please remember to CANCEL your lunch if you are not able to come.



## Journey to Health

This fall, it is time to focus on you and your overall health! Each month will have a different health focus, from physical, to financial to mental health and more. Look for *Journey to Health programs*, which are recognized by a **HEART**.

On the last Friday of the month, we will rendezvous to review what we learned.

### In October we focus on **Brain Health**.

See page 4 for classes and programs on this topic.



**Brain Health**  
*You Can Make a Difference!*

## General Election Early Voting

The November 2 General Election is for

- Virginia Governor
- Lieutenant Governor
- Attorney General
- House of Delegates, and on a
- \$360 million public school bond

Any registered voter can cast their ballot early without a reason or excuse.

These early voting sites are open Saturdays 9 am-5 pm.

- Fairfax County Government Center
- Mt Vernon Government Center
- North County Government Center (Reston,

For questions or more information about voting and deadlines, contact the Fairfax County [Office of Elections](#) at 703-222-0776, TTY

## The Senior Center is CLOSED Tuesday, November 2

## HALLOWEEN PARADE

Wednesday, October 27 at 11 a.m.

We cannot invite them inside, but we can join them outside!

Come out to watch some of the Herndon Mom's Club children put on a Halloween Parade for us!