

Classes & Programs

Brain Health Promoting classes and activities

See opposite page and calendar for times and more information.

Learn More

When you learn something new, you are exercising your brain. Benefits include improved concentration, attention to detail, memory recall, and problem-solving.

Check out the following: *Spanish and English classes, American Mahjongg, chess class, computer skills, book club.*

Get Moving

Exercise can change the way the brain protects memory and improves critical thinking, as shown by a study conducted by Harvard University.

Check out the following: *Arthritis Exercise, Chair exercise, Fit for Life, Gentle Balance/Strength, Line dance, RXRelax Yoga, SAIL, Tai Chi, Walking.*

Stay Connected

Staying connected with friends/peers can reduce stress and depression, provides emotional support, and can enhance brain function.

Check out the following: *Book Club, Mental Muscle, Lunch Bunch, Winter Service Project*

Eat Right

Eating well nourishes the brain and protects it from free radicals.

Check out the following: *Cooking With John, (Program on 27th)*

Take Charge

Being an active member of your center benefits your brain by reducing stress and giving a sense of purpose and meaning to one's self

Check out the following: *Herndon Senior Center Council, volunteer at the center, join in a service project, create/lead a service project. speak to the Director and Assistant Directors about concerns.*

Walking Club (weather permitting)

Wednesdays at 11 a.m.

Meet Sasha and her team in the Lobby for a walk on the W&OD or to the Old Town Herndon shops and museums.



Rising Phoenix Sing-along

1st Wednesday of the month at 12:30 p.m.

Come and join the Rising Phoenix Performance Group for a sing-along in the Dining Room .

Herndon Senior Center Book Club

Meets in the Conference Room at 3 p.m. on the first Thursday of the month.

September 2 at 3 p.m.

Discuss *The Splendid and Vile* by Erik Larson.

October 7 at 3 p.m.

Discuss *How the Light Gets In* by Louise Penny.



Greeting Cards with Ruth /RR

Fridays at 1-2 p.m.

Reservations required for all!

October 8 or 15

Halloween & Fall Cards

October 22 or 29

Thanksgiving & Fall Cards

Each class only has room for 4 participants.

Get ready for Christmas cards in November!

Safety with Wyleng

Monday, October 18 at 1 p.m.

The Fire & Rescue Department's Life Safety Education Specialist will teach us about "Learn the Sounds of Fire Safety".



Annual Winter Warming Project

Will start on October 11 and will run through February. The purpose is to provide those in need with NEW homemade or purchased hats, scarves, mittens, gloves & socks.

If you want to knit, crochet or sew together, join the **Community Service** group on Tuesdays at 10:30 a.m. in the upstairs hallway.

Loom Knitting

Tuesdays at 10:30 a.m.

If your hands or eyes makes knitting and crocheting hard, or you never learned, perhaps loom knitting is for you? Kathy will teach you how and lend you a loom.

Class Descriptions

American Mahjongg Recreational activity featuring a popular tile game.

Art Class with Charlie Acrylic painting for beginners

Arthritis Exercise Class Health and Wellness activity, focusing on balance, range of motion, joint movements.

Chair Exercise with Donna Health and Wellness activity. Our most popular exercise class! For all levels of ability.

Chess Class Beginner's chess class. Have you ever wanted to play chess but never found the time to learn? Now is your chance to learn one of the world's greatest games. No prior experience or equipment required.

Please register by visiting the front desk or calling 703 464-6200 so the teacher can gauge interest.

Chinese Folk Dance Cultural recreational activity. Taught in Chinese.

Community Service Give back to the community by making items in together.

Computer Lab Help with John Volunteer John is in the Computer Lab to lend an ear and help problem solve your IT issues.

ESL: Advanced English as a second language.

ESL: Beginners English as a second language.

ESL: Conversation English as a second language.

Fit 4 Life Seated Health and Wellness activity.

Gentle Balance Exercise Class For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements.

Gentle Strength Exercise Class For all levels of ability. Health and Wellness activity, focusing on strength, range of motion, joint movements.

Herndon Senior Center Book Club We meet on the first Thursday of every month to discuss the monthly read.

Greeting Cards with Ruth Make your own seasonal and birthday cards.

Herndon Senior Center Book Club We meet at 3 p.m. on the first Thursday of every month to discuss the monthly read.

iPad Class in Chinese Computer Lab Help in Chinese with Shosha.

Jewelry class Make your own earrings and/or bracelet and/or necklace!

Line Dance with Hiroko: Hiroko will continue her Beginner Line Dance class Intermediate Line Dance Class. Give it a try!

Line Dance: Very Beginner DVD Very beginner Line Dance.

RX Relax Yoga with Sasha or Kathy Try this highly recommended, evidence-based program. Seated yoga is designed to build a strong and flexible body, a more robust brain, a resilient outlook on life and assist with pain management.

S.A.I.L.: An evidence based 12-week Stay Active and Independent for Life exercise program! Baseline assessments and surveys will be taken before your first class.

Spanish with Gary: Language learning class - beginner and intermediate levels available

Tai Chi & Exercise Health and Wellness activity. We will begin with exercises, then a short break and end with Tai Chi (3 repetitions).

Walking Club Health and Wellness activity. Dependent on the weather.

Yoga Breathing, Exercise & Laughing Health and Wellness activity. DVD with Vijaya.

ZUMBA GOLD Zumba Gold® is a lower-intensity Zumba® class, which has been modified to accommodate older adults.

Class focuses on balance, range of motion and coordination through easy-to-follow Zumba® choreography. Come ready to sweat and prepare to leave empowered and feeling strong.

Wear comfortable workout clothes & athletic shoes (preferably with smooth bottoms). Bring a water bottle!



Answers to Common Questions

Q: What are your opening hours?

A: Monday - Friday 9 a.m. - 4 p.m.

Q: What membership?

A: Everyone must fill out a membership form and paperwork required for the services you want.

Q: Do I have to pay for a new membership to come to the center?

A: If you purchased your most recent membership on January 1, 2019 or later you will receive a free limited time membership. Expiration depends on your purchase date. New members and memberships purchased prior to January 1, 2019 must pay the regular membership fees based on income and county residency.

Q: How much does membership cost?

A: Cost of membership for Fairfax County residents is \$48 a year. Annual membership fee for all out of county residents is \$100. Fairfax County residents with incomes \$28,980 or below (single); or \$39,915 or below (married); may apply for a variance fee of \$24 by providing supporting documentation.

Q: What documents supports my variance fee application?

A: Obtain a list of variance eligible documentation at the front desk (the blue form).

Q: What about masks?

A: Currently, masks are required for EVERYONE entering any Fairfax County buildings, vaccinated or not, including the Herndon Senior Center.

Q: What about vaccination cards?

A: Center staff is not allowed to request/verify vaccination information.

Q: Can I renew my membership papers online or over the phone?

A: Your membership can only be purchased and re-activated in person at the center. But you CAN be prepared: find your membership card, gather emergency contact details and your new or changed contact details etc. to help the process along.

Q: Can I get a Fastran ride?

A: Yes, as available. Monday through Friday, buses arrive at the center at around 9:30 a.m. and depart at 2:30. To apply for Fastran rides come to the front desk. Consider which days you want to ride, as adding or changing days requires a re-application.

Q: Are you serving lunch?

A: Yes! We must have your lunch order by 1 p.m. the day BEFORE you plan to eat. We are serving reserved lunches at 12 noon. Monday through Friday.

Q: Will you have water, coffee, or hot water for tea?

A: No, not at this point, but you may bring your own in a covered container. Beverages available with lunch are milk or juice and water.

Q: What activities and programs will you have?

A: We are bringing in back in person classes, activities and programs as available at reduced capacity to accommodate the 6 ft distancing requirement..

Q: When will you be back to the way it was before Covid-19?

A: We are bringing back classes and programs slowly but surely. Albeit, at reduced capacity due to the 6 ft distancing requirement.

Q: Who makes the rules and decisions about the Herndon Senior Center?

A: Fairfax Health Department, Fairfax County Board of Supervisors, and our agency: Neighborhood and Community Services. Senior Center directors and staff are obligated and required to follow the directives of these entities.

A reminder about the Meal Program Service

Guests under 60, out-of-county residents, or unregistered participants pay \$8.50. Lunches must be eaten in the dining room and may not be taken home. Lunch is served at noon. If you are not present by the time the last table is called, you are considered a “no-show” and your meal will be released.

Please consider that the actual value of the meal served to you each day is \$8.50 and contribute to the maximum extent possible toward the cost of your meals.

Thank you!

<u>Monthly Income</u>	<u>Annual Income</u>	<u>Suggested Donation</u>
\$0-1,170	\$ 0-14,036	\$2.00
\$1,171-\$1,772	\$ 14,037-21,258	\$3.00
\$1,773-2,127	\$ 21,259-25,520	\$4.00
\$2,128-3,012	\$ 25,521-36,149	\$5.00
\$3, 013+	\$36,150+	\$6.00

Parking Problems?

Here are a few suggestions to help combat the frustration of limited parking:

- Arrive early to your class or program to ensure that you have ample time to find parking space.
- Be considerate of others; park further away from the front door to allow those who have mobility issues a chance to park closer.
- If possible, carpool with others.
- If Harbor House and street parking is full, there is a municipal parking lot next to the library, on Center Street.
- NEVER park in a handicap space without a handicap tag. The parking lot is checked by the Herndon Police and if they find a car parked in a handicap space without a valid handicap tag, you will receive a large fine and/or have your vehicle towed.



Membership Guidelines and Regulations

We are delighted to welcome prospective members to Fairfax County Senior Centers. To qualify for membership a participant must be 50 years of age or older, and with or without a reasonable modification be:

- Able to orient correctly to person, place and time.
- Able to independently navigate to programs and through center facilities safely.
- Able to receive, follow, and respond appropriately to instructions and emergency directives independently.
- Able to maintain personal care (eating, restroom usage, personal hygiene, medication management) independently.
- Able and willing to follow the **Code of Conduct**: *All Participants are expected to behave appropriately. Inappropriate behavior towards oneself, other participants, staff and/or volunteers is prohibited.*
- Able to adhere to the Senior Center's Terms of Membership/Code of Conduct when participating in programs, taking advantage of services or otherwise using the facilities.
- When using transportation be able to get on and off a county vehicle safely.
- Able to remain seated in a county vehicle with the seat belt fastened until the vehicle comes to a complete stop.
- Must be 60 years of age or older to use FASTRAN and participate in the meal program. The meal program is only allowed to serve Fairfax county residents.