




# October 2021

## Menu and

Monday - Friday  
9 a.m. to 4 p.m.

	Monday, October 4	Tuesday, October 5	Wednesday, October 6
	Menu	Menu	Menu
<b>Hot Regular</b>	Chicken and Rice	Beef Pad Thai	Grilled Pollack
<b>Hot Veggie</b>	Vegan Arroz con Pollo	Tofu Pa Thai	Sliced Cheeses
<b>Chef Salads</b>	with Turkey, OR without Turkey	with Turkey, OR without Turkey	with Turkey, OR without Turkey
	Programs	Programs	Programs
	9-10:45 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise DVD (DR) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. RR (A) 10:30 Fit 4 Life w/Sasha (DR) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12:30-3 Basic Spanish w/Gary (CONF) 1 Trivia (AR) 1-3:45 Badminton (B)	9-3:45 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-12 Chinese Folk Dance, Beginner (A) 中文 10 Art Class with Charlie (CR) P+S 10:30 Community Service (HWY) 10:30 Rummikub (GR) <i>On your own</i> 11 Current Events/Cranium Crunches (AR) 11 ESL Advanced with Ming (CONF) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch*/RR (DR) 12-2 Art Class with Charlie (CR) P+S 1 Rummikub (GR) <i>On your own</i>	9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) <i>On your own</i> 10 Chair Exercise w/Donna or DVD (DR) 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) 10:30 American Mahjongg (HALL) <i>On your own</i> 11 Brain Games (AR) 11 Computer Lab help w/John - as available (CL) 11:15 Yoga Breathing DVD (A) 12 *Lunch*/RR (DR) 12:30 Chess Class 1 Music Lovers Unite (AR) H 1 Very Beginner Line Dance DVD 1:30 ZUMBA Gold with Celia P/RR (A & B) 2:30-3:45 Badminton (B)
			
	Community Partner Use 7-10 p.m. Round Dance (B)	Community Partner Use 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Dixie Starts	



**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, October 7	Friday, October 8
Menu	Menu
Meatloaf and Gravy	Chicken Pot Pie
Veggie Patty	Cheese Enchilada
with Turkey, OR without Turkey	with Turkey, OR without Turkey
Programs	Programs
9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 9:30-12 Chinese Folk Dance, Advanced (B) 中文 10 Recipe Exchange (CONF) ☆ 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) 11 ESL: Beginner - as available (CONF) 12 *Lunch*/RR (DR) 12:30-3:45 Ping Pong (B) 1 Who? What? When? Game (AR) 1 ESL: Conversation w/Jeanne H (AR)	9-3:45 Ping Pong (B) 9:30 Chair Exercise w/Donna or DVD (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 12 *Lunch*/RR (DR) 1 Gentle Exercise & Balance w/Monica or DVD (A) 1 Crossword H (AR) 1 Cooking Fun with John (C) 2-3:45 Badminton (B)
	
Community Partner Use 4:30-8 p.m. Rising Phoenix: Dancers 7-10 p.m. T-Squares Dance Group	Community Partner Use 7-10 p.m. Merry Notes

**The Center is  
CLOSED  
on Saturdays  
until further  
notice**

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room




Level 2	
CNF	Conf. Room
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	2nd floor Hallway
LIB	Library
KIT	2nd floor Staff Kitchen

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."

# October 2021

## Menu and

Monday - Friday  
9 a.m. to 4 p.m.



	Monday, October 11	Tuesday, October 12	Wednesday, October 13
	Menu	Menu	Menu
<b>Hot Regular</b>	Swedish Meatballs	Chicken in Orange Sauce	Stuffed Pepper
<b>Hot Veggie</b>	Baked Beans	Tofu in Orange Sauce	Soy Protein in Pepper
<b>Chef Salads</b>	with Turkey, OR without Turkey	with Turkey, OR without Turkey	with Turkey, OR without Turkey
	Programs	Programs	Programs
	9-10:45 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise DVD (DR) 10-12 Crochet & Knitknicks Group (CR) 10:15 S.A.I.L. RR (A) 10:30 Fit 4 Life w/Sasha (DR) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12:30-3 Basic Spanish w/Gary (CONF) 1 Trivia (AR) 1-3:45 Badminton (B)	9-3:45 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-12 Chinese Folk Dance, Beginner (A) <b>中文</b> <b>NO 10 Art Class with Charlie P+S (CR)</b> 10:30 Community Service (HWY) 10-11 Blood Pressure Clinic w. Kerry (LIB) 10:30 Rummikub (GR) <i>On your own</i> 11 ESL Advanced with Ming (CONF) 11 Current Events/ Cranium Crunches (AR) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch */RR (DR) <b>NO 12-2 Art Class with Charlie (CR) P+S</b> 12:45 Intermediate Line Dance w/Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i>	9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise w/Donna or DVD (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) <b>10:15 Shopping Trip \$/RR</b> 10:30 American Mahjongg (HALL) <i>On your own</i> 11 Walking Club weather permitting (LBY) 11 Computer Lab help w/John - as available (CL) 11:15 Yoga Breathing DVD (DR) 12 *Lunch */RR (DR) <b>12:30 Phoenix Rising Sing-along (DR)</b> 1 iPad Class in Chinese w/Shosha H (CR) 1 Coloring Pages (AR) <b>1 Council Meeting (CONF)</b> 1 Very Beginner Line Dance DVD(C) 1:30 ZUMBA Gold with Celia P/RR (A & B) 2:30-3:45 Badminton (B)
			
	<u>Community Partner Use</u> 6:30-10 HWC (DR) 7-10 p.m. Round Dance (B)	<u>Community Partner Use</u> 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Phantom Squares	

## Programs

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, October 14	Friday, October 15
Menu	Menu
Breaded Fish Filet	Minestrone Soup
Sliced Cheeses	Minestrone Soup
with Turkey, OR without Turkey	with Turkey, OR without Turkey
Programs	Programs
9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 9:30-12 Chinese Folk Dance, Advanced (B) <b>中文</b> 10 Recipe Exchange (CONF) <b>中文</b> 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) 11 ESL: Beginner - as available (CONF) 12 *Lunch */RR (DR) 12:30-3:45 Ping Pong (B) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Brain Fitness (AR) 1 ESL: Conversation w/Jeanne H (AR)	9-2 Ping Pong (B) 9:30 Chair Exercise w/Donna or DVD (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 12 *Lunch */RR (DR) 1 Gentle Exercise & Balance w/Monica or DVD (A) 1 Crossword H (AR) 2-3:45 Badminton (B)
	
<u>Community Partner Use</u> 4:30-8 Rising Phoenix: Dancers	<b>Saturday, October 16</b> <u>Community Partner Use</u> 6-9 Chinese History & Culture (CR)

**The Center is  
CLOSED  
on Saturdays  
until further  
notice**

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room

Level 2	
CNF	Conf. Room
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	2nd floor Hallway
LIB	Library
KIT	2nd floor Staff Kitchen




**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.

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."

# October 2021

## Menu and

Monday - Friday  
9 a.m. to 4 p.m.

	Monday, October 18	Tuesday, October 19	Wednesday, October 20
	Menu	Menu	Menu
<b>Hot Regular</b>	Oven Fried Chicken Legs	Chili con Carne	Chicken Curry Casserole
<b>Hot Veggie</b>	Chickenless Nuggets	Vegetarian Chili	Chix Strips
<b>Chef Salads</b>	with Turkey, OR without Turkey	with Turkey, OR without Turkey	with Turkey, OR without Turkey
	Programs	Programs	Programs
	9-10:45 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise DVD (DR) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. RR (A) 10:30 Fit 4 Life w/Sasha (DR) 11 Mental Muscle (AR) 11:15 Arthritis Exercise w/Hanh (C) 11:15 Yoga Breathing DVD (A) 12 *Lunch*/RR (DR) 12:30-3 Basic Spanish w/Gary (CONF) 1 Safety w/Wyleng (AR) 1-3:45 Badminton (B)	9-3:45 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-12 Chinese Folk Dance, Beginner (A) 中文 10 Art Class with Charlie (CR) P+S 10:30 Community Service (HWY) 10:30 Rummikub (GR) <i>On your own</i> 11 Current Events/Cranium Crunches (AR) 11 ESL Advanced with Ming (CONF) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch*/RR (DR) 12-2 Art Class with Charlie (CR) P+S 12:45 Intermediate Line Dance w/Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i>	9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise w/Donna or DVD (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) 10:15 Shopping Trip \$/RR 10:30 American Mahjongg (HALL) <i>On your own</i> 11 Walking Club weather permitting (LBY) 11 Computer Lab help w/John - as available (CL) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 1 Music Lovers Unite (AR) H 1:30 ZUMBA Gold with Celia P/RR (A & B) 1 Very Beginner Line Dance DVD (C) 2:30-3:45 Badminton (B)
			
	<u>Community Partner Use</u> 6:30-8 HVN (DR) 7-10 p.m. Round Dance (B)	<u>Community Partner Use</u> 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Dixie Starts	



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## Programs

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, October 21	Friday, October 22	The Center is <b>CLOSED</b> on Saturdays until further notice
Menu	Menu	
Beef Stew	Beef & Macaroni Casserole	
Powerhouse Wrap	Soy Protein & Macaroni	
with Turkey, OR without Turkey	with Turkey, OR without Turkey	
Programs	Programs	
9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 9:30-12 Chinese Folk Dance, Advanced (B) 中文 10 Recipe Exchange (CONF) 中文 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) 11 ESL: Beginner - as available (CONF) 12 *Lunch */RR (DR) 12:30-3:45 Ping Pong (B) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Brain Fitness (AR) 1 ESL: Conversation w/Jeanne H (AR)	9-3:45 Ping Pong (B) 9:30 Chair Exercise w/Donna or DVD (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 12 *Lunch */RR (DR) 1 Gentle Exercise & Balance w/Monica or DVD (A) 1 Crossword H (AR) 2-3:45 Badminton (B)	
		
<u>Community Partner Use</u> 4:30-8 Rising Phoenix: Dancers 7-10 p.m. T-Squares Dance Group	<u>Community Partner Use</u> 7-10 p.m. Merry Notes	

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room




Level 2	
CNF	Conf. Room
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	2nd floor Hallway
LIB	Library
KIT	2nd floor Staff Kitchen

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."

# October 2021

## Menu and



Monday - Friday  
9 a.m. to 4 p.m.

	Monday, October 25	Tuesday, October 26	Wednesday, October 27
	Menu	Menu	Menu
<b>Hot Regular</b>	Spaghetti & Meatballs	Sloppy Turkey Joe	Wonton Noodle
<b>Hot Veggie</b>	Cheese Manicotti	Vegetarian Patty	Tofu w/Broccoli & Mushroom
<b>Chef Salads</b>	with Turkey, OR without Turkey	with Turkey, OR without Turkey	with Turkey, OR without Turkey
	Programs	Programs	Programs
	9-10:45 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise DVD (DR) 10-12 Crochet & Knitknicks Group (CR) 10:15 S.A.I.L. RR (A) 10:30 Fit 4 Life w/Sasha (DR) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12:30-3 Basic Spanish w/Gary (CONF) 1 Travelogue (AR) 1-3:45 Badminton (B)	9-3:45 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 9:30-12 Chinese Folk Dance, Beginner (A) 中文 10 Art Class with Charlie (CR) P+S 10:30 Community Service (HWY) (GR) <i>On your own</i> 11 Current Events/ Cranium Crunches (AR) 11 ESL Advanced with Ming (CONF) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch*/RR (DR) 12-2 Art Class with Charlie (CR) P+S 12:45 Intermediate Line Dance w/Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i>	9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise w/Donna or DVD (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) <b>10:15 Shopping Trip \$/RR</b> 10:30 American Mahjongg (HALL) <i>On your own</i> 11 Walking Club weather permitting (LBY) 11 Computer Lab help w/John - as available (CL) 11:15 Yoga Breathing DVD (A) 12 *Lunch*/RR (DR) 1 iPad Class in Chinese w/Shosha H (CR) <b>1 Nutritionist Talk</b> 1 Recognizing October Birthdays (AR) 1 Very Beginner Line Dance DVD (C) 1:30 ZUMBA Gold with Celia P/RR (A & B) 2:30-3:45 Badminton (B)
			
	Community Partner Use 7-10 p.m. Round Dance (B)	Community Partner Use 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Phantom Squares	Community Partner Use 2:15 The Herndon Book Club by AAUW (AR)

## Programs

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

703-464-6200  
TTY 711

Thursday, October 28	Friday, October 29	The Center is <b>CLOSED</b> on Saturdays until further notice
Menu	Menu	
Oven Fried Chicken Legs	Macaroni & Cheese	
Chicks Tenders	Macaroni & Cheese	
with Turkey, OR without Turkey	with Turkey, OR without Turkey	
Programs	Programs	
9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 9:30-12 Chinese Folk Dance, Advanced (B) 中文 10 Recipe Exchange (CONF) 中文 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) 11 ESL: Beginner - as available (CONF) 12 *Lunch*/RR (DR) 12:30-3:45 Ping Pong (B) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Brain Fitness (AR) 1 ESL: Conversation w/Jeanne H (AR)	9-3:45 Ping Pong (B) 9:30 Chair Exercise w/Donna or DVD (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 12 *Lunch*/RR (DR) 1 Gentle Exercise & Balance w/Monica or DVD (A) 1 Crossword H (AR) 2-3:45 Badminton (B)	
		
Community Partner Use 4:30-8 Rising Phoenix: Dancers	Community Partner Use 7-10 p.m. Merry Notes	

The Center is  
**CLOSED**  
on Saturdays  
until further  
notice

Level 1	
A	Ballroom A
B	Ballroom B
C	Ballroom C
DR	Dining Room
LBY	Lobby
AR	Activity Room

Level 2	
CNF	Conf. Room
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	2nd floor Hallway
LIB	Library
KIT	2nd floor Staff Kitchen

**Saturday, October 30**  
Community Partner Use  
6-9 Chinese History & Culture (CR)

**Sunday, October 31**  
HALLOWEEN

**Tuesday, November 2**  
**THE CENTER IS  
CLOSED**

**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.

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