

July 2022

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

Pick One	Monday, July 4	Tuesday, July 5	Wednesday, July 6
	Menu	Menu	Menu
Hot Regular/Veggie		Paella w/meat/meat alternate Veggie: Vegetarian Paella	Hamburger Stroganoff Veggie: Tofu
Fruit Plate			
Cold Regular		Pasta Salad w/Roll Veggie: Egg Salad	Turkey w/Roll & Field Greens Veggie: Mozzarella, Cucumber & Tomatoe
Salad Regular/Veggie		Chef Salad / Veggie Salad	Chef Salad / Veggie Salad

	Programs	Programs	Programs
		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 w/Donna DVD (DR) 10 Art Exploration (CR) <i>On your own</i> 10:30 Rummikub (GR) <i>On your own</i> 10:30 Gentle Exercise (DR) 11 What would you do? w/Kevin (AR) 11 ESL with Ming 11 Beginner Line Dance w/Hiroko P/RR (A) 11:45 History of American snacks and samples (DR) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Video (DR) 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 Ex Video w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) OYO 10-12 Ceramic w/Vince RR/P (CR) 10:15 S.A.I.L. Exercise w/Hanh H/RR (C) 10:15 Shopping Trip P/RR 10:15 Morning Word Search (LBY) w/Kevin (AR) 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12:30 Rising Phoenix Sing-Along (DR) 1st Wed of each month 12-2 Improve Line Dance w/Lily P/RR (A) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold w/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)

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, July 7	Friday, July 8
Menu	Menu
Oven Roasted Haddock Veggie: Same	Vegetarian Lasagns Veggie: Same
Cottage Cheese, String Cheese, Muffin Veggie: Same	Buffalo Ranch Chicken Salad w/English Muffin Veggie: Hummus & Provolone
Chef Salad / Veggie Salad	Chef Salad / Veggie Salad

Programs	Programs
8-3:45 Ping Pong (B) 9-9:30 Morning Minutes w/Sasha (AR) 9-12 SLSA Folk Dance: Advanced (C) 中文 9:30 Chair Exercise DVD (DR) 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: Beginners with Jeanne (CNF) 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Learn Rummikub (DR) 1 Wordscapes w/Kevin (AR) 2:30 Book Club 1st Thu of each month (meet in Lobby for location) <u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	8-12:45 Ping Pong (B) 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. Exercise VCAA H (A) 10:15 Morning Word Search (LBY) 10:30 Gentle Exercise (DR) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 12 *Lunch*/RR (DR) 1 Rummikub (DR) 1 Gentle Exercise & Balance DVD (A) 1 Crossword H (AR) 1-3:45 Badminton (B) Last Day to reserve for Udvar-Hazy trip on July 12 if space is available. \$3

The menu provided for Mon-Fri is for the **Congregate Meal Program**. For more information about eating lunch at the Center, please contact the Registration Schedule and Charges."

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

July 2022

Menu and

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

Pick One	Monday, July 11	Tuesday, July 12	Wednesday, July 13
	Menu	Menu	Menu
Hot Regular / Veggie	Meatloaf Veggie: Chicks Tenders	Oven Fried Chicken Legs Veggie: Chicks Strips	Korean Beef over Jasmine Rice Veggie: Chana Masala over WG Rice
Fruit Plate			
Cold Regular	Pesto Pasta Salad w/ Chicken Veggie: Same	Grilled Chicken w/Bun Veggie: Egg Salad	Tuna Salad Sandwich Veggie: Same w/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/Exer (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Computer Help w/Phil (LAB) 11 Mental Muscle (AR) 11 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Art w/Jeanne (CR) 1 Trivia (AR) 1 Rummikub (DR) 1:30 ZUMBA Gold w/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) 9-11 SLSA Folk Dance: Beginner (A)中文 9-12 SLSA Choral Group (C)中文 9:30 Chair Ex w/Donna DVD (DR) 10 Art Exploration (CR) OYO 10 TRIP to Udvar Hazy Space Museum \$3 bus & parking Reserve by Fri July 8 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise (DR) 10-11 Blood Pressure Clinics w/Kelly (LIB) 2nd Tuesdays 11 ESL with Ming 11 Beginner Line Dance w/Hiroko P/RR (A) 12 *Lunch*/RR (DR) 12:Adv Beg Line Dance w/Hiroko P/RR (A) 1 Rummikub (GR) <i>On Your Own</i> 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Video (DR) 3-4 Ballroom B closed <u>Community Partner Use</u> 1:30-3:30 Harbor House Monthly Meeting (C) 5:30-8:30 Rising Phoenix: Choir (A)	8-1 Ping Pong (B) 9:30 Chair Ex Video w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12:30 Ceramic w/Vince RR/P (CR) 10:15 S.A.I.L. Exercise w/Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LB) 10:30 American Mahjong (HWY) OYO 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch*/RR (DR) 12-2 Improve Line Dance w/Lily P/RR (A) 1 Council Meeting (CNF) 2nd Wed of each month 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 1:30 ZUMBA Gold w/Celia P/RR (B) 2:30-3:45 Badminton (B) <u>Community Partner Use</u> 6:30-9 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, July 14	Friday, July 15
Menu	Menu
Chicken in Orange Sauce w/Rice Veggie: Chix Strips in Orange Sauce	Macaroni & Cheese Veggie: Same
Turkey, Cheese, Bread Veggie: Egg Salad	Powerhouse Wrap w/Salad Veggie: Same
Chef Salad / Veggie Salad	Chef Salad / Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) 9-9:30 Morning Minutes w/Sasha (AR) 9-12 SLSA Folk Dance (C) 中文 9:30 Chair Exercise DVD (DR) 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: Beginners (CNF) 12 *Lunch*/RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Learn Rummikub (DR) 1 Wordscapes w/Kevin (AR) <u>Community Partner Use</u>	8-12:45 Ping Pong (B) 9:30 Chair Ex Video 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 (LB) 10:15 Bring-a-Prize to Play Bingo © 10:30 Gentle Exercise (DR) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 12 *Lunch*/RR (DR) 1 Cooking Fun w/John (C) 2nd Fri of each month 1 Rummikub (DR) 1 Gentle Exercise & Balance DVD (A) 1 Crossword H (AR) 1-3:45 Badminton (B) <u>Community Partner Use</u> 7-10 Merry Notes: Square Dancers (ABC) Cardinal Cloggers 7-9 (Craft Room) <u>Saturday Community Partner Use</u> Chinese Cultural Group

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The Center is CLOSED on Saturdays

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

July 2022

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

Pick One	Monday, July 18	Tuesday, July 19	Wednesday, July 20
	Menu	Menu	Menu
Hot Regular / Veggie	Oven Fried Chicken Legs Veggie: Vegan Nuggets	Bean Burrito w/ Mexican Rice Veggie: Same	Chicken Curry Casserole Veggie: Vegan Nuggets
Fruit Plate			
Cold Regular	Greek Salad w/Chicken Strips Veggie: Chick Strips	Turkey & Cheese, Bread Veggie: Mozzarella, Cucumber & Tomato	Taco Salad w/Meat/Meat alternate Veggie: Black Beans
Salads	Chef Salad /Veggie Salad	Chef Salad/ Veggie Salad	Chef Salad /Veggie Salad
	Programs	Programs	Programs
	8-1 Ping Pong (B) 9 VCAA Ipad in Chinese 9:30 Chair Exercise DVD (DR) 9:30-10:30 Tai Chi/Exer (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Computer Help w/Phil (LAB) 11 Mental Muscle (AR) 11 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Art w/Jeanne (CR) 1 Trivia (AR) 1 Rummikub (DR) 1:30 ZUMBA Gold w/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) 9-11 SLSA Folk Dance: Beginner (A)中文 9-12 SLSA Choral (C)中文 9:30 Chair Ex w/Donna DVD (DR) 10 Art Exploration (CR) OYO 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise (DR) 11 What would you do? w/Kevin (AR) 11 ESL with Ming 11 Beginner Line Dance w/ Hiroko P/RR (A) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/ Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Video (DR) 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 Ex Video w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12:30 Ceramic w/Vince RR/P (CR) 10:15 S.A.I.L. Exercise w/Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LB) 10:30 American Mahjong (HWY) 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12-2 Improve Line Dance w/Lily P/RR (A) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 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)
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, July 21	Friday, July 22
Menu	Menu
Chicken Spaghetti Veggie: Vegan Arroz con Pollo	Baked Cajun Fish Veggie: Red Cajun Beans
Yogurt, String Cheese, Muffin Veggie: Same	BBQ Chicken Salad Veggie: Sliced Cheeses
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 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: Beginners (CNF) 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Learn Rummikub (DR) 1 Wordscapes w/Kevin (AR) 1 Jewelry with Donna RR (CR)	8-12:45 Ping Pong (B) 9:30 Chair Ex Video w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 Morning Word Search (LB) 10:15 S.A.I.L. VCAA H (A) 10:15 Bring-a-Prize to Play Bingo © 10:30 Gentle Exercise (DR) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 12 *Lunch*/RR (DR) 1 Rummikub (DR) 1-3:45 Badminton (B) 1 Crossword H (AR) 1 Gentle Exercise & Balance DVD (A)
<u>Community Partner Use</u> 7:30-9:30 T-Squares (A)	<u>Community Partner Use</u> Cardinal Cloggers 7-9 (A)

Got stuff? The Herndon Senior Center Council Inc. can use it!

The Council is in need of donations for the Boutique. We accept items such as fashion jewelry, crafts, knick knacks and household items no bigger than a shoe box. Your extras will be someone else's treasure and will help raise funds to support programs, activities and special events in the center.

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."

The Center is CLOSED on Saturdays

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

July 2022

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

	Monday, July 25	Tuesday, July 26	Wednesday, July 27
	Menu	Menu	Menu
Hot Regular / Veggie	Grilled Pollack Veggie: Vegetarian Patty	Creamy Chicken Enchiladas Veggie: Black Bean Enchiladas	Spaghetti w/Meat Sauce Veggie: Spaghetti w/ Cheese
Fruit Plate			
Cold Regular	Tropical Bean Salad Veggie: Same	Roast Beef w/Roll Veggie: Mozzarella, Cucumber, Tomato	Teriyaki Wrap Veggie: Same
Salads		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/Exer (A) 10-12 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. Exercise w/Hanh RR (C) 10:30 Fit 4 Life w/Sasha (DR) 11 Computer Help w/Phil (LAB) 11 Mental Muscle (AR) 11 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12-2 Intermediate Line Dance w/Lily P/RR (A) 1 Art w/Jeanne (CR) 1 Trivia (AR) 1 Rummikub (DR) 1:30 ZUMBA Gold w/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) 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) 10 Art Exploration (CR)OYO 10:30 Rummikub (GR) OYO 10:30 Gentle Exercise (DR) 11 What would you do? w/Kevin (AR) 11 ESL with Ming 11 Beginner Line Dance w/Hiroko P/RR (A) 12 *Lunch */RR (DR) 12:Adv Beg Line Dance w/Hiroko P/RR (A) 1 Rummikub (GR) <i>On your own</i> 1 Gentle Exercise DVD (A) 2-3 S.A.I.L. Exercise Video (DR) 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 Ex Video w/Donna (DR) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) 10-12:30 Ceramic w/Vince RR/P (CR) 10:15 S.A.I.L. Exercise w/Hanh H/RR (C) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 American Mahjong (HWY) 11 Brain Games (AR) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12-2 Improve Line Dance w/Lily P/RR (A) 1 Computer Lab Help w/John (CL) 1 Rummikub (DR) 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)

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Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200
TTY 711

Thursday, July 28	Friday, July 29
Menu	Menu
Oven Fried Chicken Veggie: Chicx Strips	Sloppy Turkey Joe Veggie: Chicx Strips
Asian Chicken Salad Veggie: Chicks Strips	Cottage Cheese, String Cheese, Muffin Veggie: Same
Chef Salad /Veggie Salad	Chef Salad /Veggie Salad
Programs	Programs
8-3:45 Ping Pong (B) 9-9:30 Morning Minutes w/Sasha (AR) 9-12 SLSA Folk Dance (C) 中文 9:30 Chair Exercise DVD (DR) 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: Beginners (CNF) 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Learn Rummikub (DR) 1 Wordscapes w/Kevin (AR)	8-12:45 Ping Pong (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 S.A.I.L. Exercise VCAA H (A) 10:15 Bring-a-Prize to Play Bingo © 10:30 Gentle Exercise (DR) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 12 *Lunch*/RR (DR) 1 Rummikub (DR) 1-3:45 Badminton (B) 1 Crossword H (AR) 1 Gentle Exercise & Balance DVD (A)
Support HSC every time you shop! When you shop at AmazonSmile , at no cost to you Amazon donates 0.5% of the purchase price to Herndon Senior Center Council Incorporated. Go to http://smile.amazon.com/ch/45-4744693 . <u>Community Partner Use</u>	Coffee cups at the Center BRING YOUR OWN! Plastic doesn't biodegrade like other materials. It just breaks into smaller pieces, micro-particles, 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> Cardinal Cloggers 7-9 (A) <u>Saturday Community Partner Use</u> Chinese Cultural Group

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CLOSED
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Level 1	
A	Ballroom A
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