

September 2021

Menu and

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

	Monday, September 6	Tuesday, September 7	Wednesday, September 8
	Menu	Menu	Menu
Hot Regular	Labor Day The Center is CLOSED	Oven Fried Chicken Legs	Stuffed Cabbage
Hot Veggie		Vegan Chicken Tenders	Vegetarian Cabbage Roll
Chef Salads		with Turkey, OR without Turkey	with Turkey, OR without Turkey
	Programs	Programs	Programs
		9-3:45 Ping Pong (B) 9:30-12 Chinese Folk Dance, Beginner (A) 中文 10 Art Class with Charlie (CR) P+S 10:30 Rummikub (GR) <i>On your own</i> 11 Current Events/Cranium Crunches (AR) 11 ESL Advanced (CONF) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch*/RR (DR) 1 Rummikub (GR) <i>On your own</i>	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) 1 Music Lovers Unite (AR) H 1 Very Beginner Line Dance DVD 1 Council Meeting (CONF) 1:30 ZUMBA Gold with Celia P/RR 2-3:45 Badminton (B)
	<u>Community Partner Use</u> 7:30-9:30 Round Dance (B)	<u>Community Partner Use</u> 5:30 Rising Phoenix: Choir 6:30-10 HWC (DR) TBD Square Dance Group	<u>Community Partner Use</u> 2:15 The Herndon Book Club by AAUW (AR) 6:30-9:30 Social & Line Dance (B) TBD Square Dance Group

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, September 9	Friday, September 10	The Center is CLOSED on Saturdays until further notice
Menu	Menu	
Macaroni and Cheese	Oven Roasted Haddock	
Macaroni and Cheese	Vegan Fish	
with Turkey, OR without Turkey	with Turkey, OR without Turkey	
Programs	Programs	
9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30-12 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) 10-12 Party Bridge (GR) <i>On your own</i> 10-10:45 Chair Exercise w/Donna or DVD (DR) 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	
<u>Community Partner Use</u> 4:30-8 Rising Phoenix: Dancers (from Oct.) TBD Square Dance Group	<u>Community Partner Use</u> 7-10 p.m. Merry Notes TBD Square Dance Group	

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

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

Sunday, September 12
Community Partner Use
 TBD Square Dance Group

September 2021

Menu and

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

	Monday, September 13	Tuesday, September 14	Wednesday, September 15
	Menu	Menu	Menu
Hot Regular	Spaghetti and Meatballs	Turkey Burger	Cowboy Stew
Hot Veggie	Spaghetti and Soy Protein	Seasoned Lentils	Vegetarian Cowboy Stew
Chef Salads	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) 10 Crochet & Knitknicks Group (CR) 10:15 S.A.I.L. RR (A) 10:30-12 Intermediate Spanish w/Gary (CONF) 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) 12:30-2 Basic Spanish w/Gary (CONF) 1 Trivia (AR) 2-3:45 Badminton (B)	9-3:45 Ping Pong (B) 9:30-12 Chinese Folk Dance, Beginner (A) 中文 10-11 Blood Pressure Clinic w. Kerry (LIB) 10 Art Class with Charlie P+S (CR) 10:30 Rummikub (GR) <i>On your own</i> 11 ESL Advanced (CONF) 11 Current Events/ Cranium Crunches (AR) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch */RR (DR) 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 (DR) 12 *Lunch */RR (DR) 1 iPad Class in Chinese w/Shosha H(CR) 1 Coloring Pages (AR) 1 Very Beginner Line Dance DVD(C) 1:30 ZUMBA Gold with Celia P/RR 2:15-3:45 Badminton (B)
	<u>Community Partner Use</u> 7:30-9:30 Round Dance (B)	<u>Community Partner Use</u> 5:30 Rising Phoenix: Choir TBD Square Dance Group	<u>Community Partner Use</u> 6:30-9:30 Social & Line Dance (B) TBD Square Dance Group

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TTY 711

Thursday, September 16	Friday, September 17
Menu	Menu
Cheese Manicotti	Barbecue Beef
Cheese Manicotti	BBQ Veggie Patty
with Turkey, OR without Turkey	with Turkey, OR without Turkey
Programs	Programs
9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30-12 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) 10-12 Party Bridge (GR) <i>On your own</i> 9:30 Chair Exercise w/Donna or DVD (A) 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)
<u>Community Partner Use</u> 4:30-8 Rising Phoenix: Dancers (from Oct.) TBD Square Dance Group	<u>Community Partner Use</u> TBD Square Dance Group

**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. Rm.
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library
KIT	Staff Kitchen

Saturday, September 18
Community Partner Use
 6-9 Chinese History & Culture (CR)
 7:30-9:30 Old Dominion Squares

Sunday, September 19
Community Partner Use
 TBD Square Dance Group

September 2021

Menu and

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

	Monday, September 20	Tuesday, September 21	Wednesday, September 22
	Menu	Menu	Menu
Hot Regular	Kati Kati Chicken Breast	Stuffed Pepper	Oven Baked Chicken Leg
Hot Veggie	Veggie Chixless Patty	Soy Protein Pepper	Chicken less Nuggets
Chef Salads	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) 10 Crochet & Knitknicks Group (CR) 10:15 S.A.I.L. RR (A) 10:30-12 Intermediate Spanish w/Gary (CONF) 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) 12:30-2 Basic Spanish w/Gary (CONF) 1 Safety w/Wyleng (AR) 2-3:45 Badminton (B)	9-3:45 Ping Pong (B) 9:30-12 Chinese Folk Dance, Beginner (A) 中文 10 Art Class with Charlie (CR) P+S 10:30 Rummikub (GR) <i>On your own</i> 11 Current Events/Cranium Crunches (AR) 11 ESL Advanced (CONF) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch*/RR (DR) 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 (B) 1 Independent Coloring (AR) 1 Very Beginner Line Dance DVD (C) 2:15-3:45 Badminton (B)
	<u>Community Partner Use</u> 6:30-8 HVN (DR) 7:30-9:30 Round Dance (B)	<u>Community Partner Use</u> 5:30 Rising Phoenix: Choir TBD Square Dance Group	<u>Community Partner Use</u> 2:15 The Herndon Book Club by AAUW (AR) 6:30-9:30 Social & Line Dance (B) TBD Square Dance Group

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

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TTY 711

Thursday, September 23	Friday, September 24
Menu	Menu
Beef Turkey Stroganoff	Fish Tacos
Bean Stroganoff	Vegan Fish
with Turkey, OR without Turkey	with Turkey, OR without Turkey
Programs	Programs
9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30-12 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 (A) 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 (A)
<u>Community Partner Use</u> 4:30-8 Rising Phoenix: Dancers (from Oct.) TBD Square Dance Group	<u>Community Partner Use</u> 7-10 p.m. Merry Notes TBD Square Dance Group

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. Rm.
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWY	Hallway
LIB	Library
KIT	Staff Kitchen

Sunday, September 26
Community Partner Use
TBD Square Dance Group

September 2021

Menu and

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






	Monday, September 27	Tuesday, September 28	Wednesday, September 29
	Menu	Menu	Menu
Hot Regular	Taco Pie	Baked Cod	Stir Fried Fajita Chicken Squash
Hot Veggie	Veggie Patty	Vegan Fish	Veggie Chicken Strips
Chef Salads	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) 10 Crochet & Knitkniks Group (CR) 10:15 S.A.I.L. RR (A) 10:30-12 Intermediate Spanish w/Gary (CONF) 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) 12:30-2 Basic Spanish w/Gary (CONF) 1 Travelogue (AR) 2-3:45 Badminton (B)	9-3:45 Ping Pong (B) 9:30-12 Chinese Folk Dance, Beginner (A) 中文 10 Art Class with Charlie (CR) P+S 10:30 Rummikub (GR) <i>On your own</i> 11 Current Events/ Cranium Crunches (AR) 11 ESL Advanced (CONF) 11:15 Gentle Exercise w/Monica or DVD (A)  12 *Lunch*/RR (DR) 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 (LB) 10:15 Shopping Trip \$/RR 10:30 American Mahjongg (HALL) <i>On your own</i> 11 Walking Club weather permitting (LB) 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) 1 Recognizing September Birthdays (AR) 1 Very Beginner Line Dance DVD (C) 1:30 ZUMBA Gold w/Celia P/RR (B)  2:15-3:45 Badminton (B)
	<u>Community Partner Use</u> 7:30-9:30 Round Dance (B)	<u>Community Partner Use</u> 5:30 Rising Phoenix: Choir TBD Square Dance Group	<u>Community Partner Use</u> 6:30-9:30 Social & Line Dance (B) TBD Square Dance Group

Programs

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873 Grace Street, Herndon, VA 20170

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TTY 711

Thursday, September 30	Friday, October 1	The Center is CLOSED on Saturdays until further notice
Menu	Menu	
Cheese Stuffed Shells w. Marinara	<i>To be decided</i>	
Cheese Stuffed Shells w Marinara	<i>To be decided</i>	
with Turkey, OR without Turkey	with Turkey, OR without Turkey	
Programs	Programs	
12:30-3:45 Ping Pong (B) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 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) 12:45 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) 10-12 Party Bridge (GR) <i>On your own</i> 9:30 Chair Exercise w/Donna or DVD (A)  10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LB) 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)	
<u>Community Partner Use</u> 4:30-8 Rising Phoenix: Dancers (from Oct.) TBD Square Dance Group	<u>Community Partner Use</u> TBD Square Dance Group	

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

Level 2	
CNF	Conf. Rm.
CL	Comp. Lab
CR	Craft Room
GR	Game Room
HWH	Hallway
LIB	Library
KIT	Staff Kitchen

Saturday, October 2
Community Partner Use
 6-9 Chinese History & Culture (CR)
 7:30-9:30 Old Dominion Squares

Sunday, October 3
Community Partner Use
 TBD Square Dance Group