

Classes & Programs

Fall Prevention & Safety Awareness Month

Balance Promoting classes

See opposite page and calendar for times and more information.

- ◇ S.A. I. L
- ◇ Walking Club
- ◇ Gentle Balance Exercise Class
- ◇ Gentle Strength Exercise Class
- ◇ Fit 4 Life
- ◇ Tai Chi & Exercise
- ◇ Walking Club (weather permitting)
- ◇ Yoga Breathing, Exercise & Laughing DVD
- ◇ Zumba Gold

Friday, September 17 at 11 a.m.

Fall Prevention at Home

Monday, September 20 at 1 p.m.

Safety with Wyleng

Friday, September 24 at 11 a.m.

Remain Fall Free this Fall!!

- Balance Promotion & Fall Prevention

S.A.I.L. into Fall!

September 8-November 2, 10:15-11:15 a.m.

Our fall 12-week Stay Active and Independent for Life Exercise Program will run on Mondays, Wednesday, and Friday.

Baseline assessments and surveys will be taken before your first class. If you are curious about this class you are welcome to a one-time free trial. Enquire at the front desk!

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 Woman in Cabin 10* by Ruth Ware.

October 7 at 3 p.m.

Discuss *The Splendid and Vile* by Erik Larson.



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.

Greeting Cards with Ruth /RR

Fridays at 1-2 p.m.

Reservations required for all!

September 10	Butterflies.
September 17	Fall cards
September 24	Same as Sept. 17

Interested in the *Spider Accordion Card*? Reserve your spot for October 1.

Each class only has room for 4 participants.

Safety with Wyleng

Monday, September 20 at 1 p.m.

Wyleng, Life Safety Education Specialist at the Fire & Rescue Department, will be here to teach us about "*Fire Safety and File of Life*".



Pinochle? Bridge? Parchisi? Rummikub?

Are you looking for partners to play games? Fill out a Game Partner Interest Slip, available in the Lobby.

Play guitar together

Let us know if you are interested in practicing your guitar skills together with others.

Mahjongg - both a fun game & great brain exercise!

Sounds interesting? Let the front desk know. When we have at least 4, we will arrange for a class to be taught on the second floor hall tables on Wednesday mornings at 10:30 a.m. to learn this fun tile game adapted from the traditional Chinese version!

You will receive printed instructions to take home, and we are happy to partner with you the first few times that you play, as you learn the rules and strategy of American Mahjongg.



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.

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 for 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: Are you still delivering weekly meals on Mondays?

A: No, meals are only available to be eaten at the center. If you are unable to come to the center, please contact Meals on Wheels at 703-324-5409.

Q: What about my membership?

A: Everyone must fill out the NEW 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: 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: On Tuesday, September 7, we are to returning to our "new normal" operations. 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.