Council Inc. Corner

The Herndon Senior Center Council Inc. is an approved 501c3 charitable organization. All donations are TAX DEDUCTIBLE as allowed by law and are acknowledged in writing.

Interim Board of the Herndon Senior Center Council, Inc.

President:	Shaw Zee
Vice President:	Joyce Saldivar
Secretary:	*~Vacant~*
Treasurer:	Monita Chin
Assistant Treasurer	*~Vacant~*
Directors At Large:	Meraf Mitchell
	Tommy Chin
	Marie Courard
Ex Officio Director:	Ruth Junkin, Center Director
Web Liaison	Daniel Hoyle
SLSA Liaison:	Shida Chen

Council, Inc. meetings

are open to all center members. Join us in the Conference Room on

Wednesday

September 8 at 1 p.m.

You are invited...

... to come to any and all Senior Center Council meeting to observe, or to let the Council know of your concerns, questions, or comments.

Meetings are held on the second Wednesday of each month at 1 p.m. in the conference room

Welcome back to Herndon Senior Center! We are so happy to see you!

When Fairfax County Senior Centers fully re-open on September 7 and resume in-person programming, we want you to be aware of a few changes:

- Masks MUST be worn indoors except when you are actively eating or drinking.
- Class sizes will be reduced to comply with social distancing recommendations.
- As we work to rebuild our workforce, we may not offer all the classes available before the pandemic.
- Classes may be modified from previous formats to comply with Fairfax County Health Department recommendations.
- Class registration may be different to accommodate as many participants as possible.
- Centers will be using a lottery system to fill classes if class size exceeds Fairfax County Health Department recommendations. All persons who are members of a Fairfax County Senior Center have an equal opportunity to be in a class.
- If feasible, an alternating schedule may be used to accommodate as many interested members as possible. This will depend on the room size, the number of applicants, the availability of an instructor and the limits the Fairfax County Health Department sets.
- We ask for your patience during this time of uncertainty and transition. Please be assured that our number one priority is the health and safety of our Senior Center members, instructors, staff, and volunteers.

For the latest information about the Senior Center re-opening plan and FAQs, visit http://bit.ly/SCreopen2021 or call your senior center.

In order to participate in these activities, you must be a registered member of the Herndon Senior Center.

September News & Info.

This month we observe:

Rosh Hashanah, Labor Day, Yom Kippur, Peace
Fall begins at the Autumn equinox 9/22 at 3:21 p.m.

Journey to Health

Starting this fall, it is time to focus on you and your overall health! Each month will have a different health focus, from physical, to financial to mental health and more. Look for Journey to Health programs, which are recognized by a HEART.

On the last Friday of the month, we will rendezvous to review what we learned.

We start out in September with *Fall Prevention and Safety Awareness.* See page 4 for classes and programs on this topic.

Cups at the Center

BRING YOUR OWN!

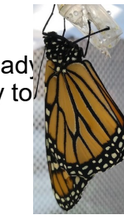
Plastic doesn't biodegrade like other materials. It just breaks into smaller pieces, microparticles, which poison the environment and animals, especially marine life and, ultimately, us. Think of your grandchildren and bring your own reusable cup or water bottle!!

Herndon Senior Center Fun Fact

Days center was closed (excl. Sundays and Public Holidays)	409
Days Staff was NOT on site	0
Days center was partially open	27
Total meals delivered by HSC	37,456
The most meals delivered in one day	714
HSC Email subscribers	549
Issues of the weekly News & Info	60
Wellness calls made	1,093
Most frequently (ab)used word	pivot

The Monarch Butterfly Nursery News

All seven caterpillars survived and the last ones have been released into the wild and may already their way to



Sasha, The Monarch Whisperer pictured below.

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.

In order to participate in these activities, you must be a registered member of the Herndon Senior Center.

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.

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!

Monthly Income	Annual Income	Suggested Donation
$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.

In order to participate in these activities, you must be a registered member of the Herndon Senior Center.

Shopping & Special Trips

Wednesday, September 15	Lotte & Aldi in Chantilly
Wednesday, September 22	Greenbriar Town Center (Possible – flu shots available)
Wednesday, September 29	Walmart Fair Lakes (Possible – flu shots available

About shopping trips

- Current destinations are based on popular locations in the past. Suggestions are welcome. Email or call Kathy.
- Sign up at least 2 weeks ahead.
- We need 8 participants signed up 2 weeks before a shopping trip for it to go ahead.
- You pay $1 on the day of the shopping trip.
- Your shopping bags must fit around your seat.

Extra Stops on Shopping Trips

The Fastran driver is ONLY allowed to drop off and pick up at stops listed on their manifest.

We must request extra stops a minimum two weeks ahead. Stops CANNOT be added the day of the trip.

If you know you would like to be dropped off or picked up at shops near the destination, please let us know two weeks ahead and we will pass on the request to Fastran to see if they can accommodate it.

Trips & Lift note!!

If you need a lift to get on and off the Fastran bus on ANY trips, you must make that clear when you sign up TWO weeks ahead.

TOPS

Transportation Options, Programs & Services

This County program replaces the previous taxi voucher programs (Seniors On-The-Go!, TaxiAccess, and Dial-A-Ride) and offers more transportation options in addition to taxi services.

To be eligible, you must be a resident of Fairfax County, be 50 or older, have an annual income of $50,000 or less per household, be a registered user of MetroAccess. recipient of Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI), meets the 225% federal poverty levels.

Herndon Village Network - NV Rides Program

(Membership only open to zip 20170 residents)

Need a Ride? By yourself or with another member, evening and week-end rides too!!

Sign up? Become a Member! $20 per person or $30 per household per year.

Volunteer? Be a driver or provide general volunteer services.

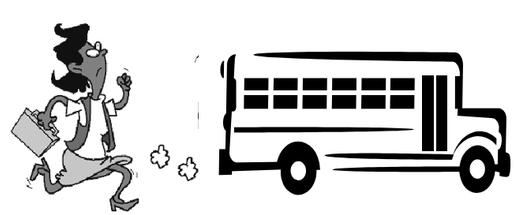
More info? Call 703-375-9439 or email HerndonVillageNetworkInfo@gmail.com

Fastran Riders!!

You must be in the LOBBY 2:15 p.m.

OR your bus may **LEAVE** without you!

*We do **NOT** have enough staff to search for you!*



In order to participate in these activities, you must be a registered member of the Herndon Senior Center.

Health and Wellness Classes / Programs

PLEASE CHECK CALENDAR FOR CHANGES!

Activity	Day	Time	Cost
Arthritis Exercise Class with Hanh	Mondays	11:15 a.m.	Free
Badminton	Mondays Wednesdays	2-3:45 p.m. 2:15 -3:45 p.m.	Free
Blood Pressure Clinics w. Kerry	Second Tuesday	10-11 a.m.	Free
Chair Exercise w/Donna Live or DVD	Wednesdays Fridays	9:30 a.m.	Free
Chinese Folk Dance	Tuesdays – *Beginner* Thursdays - *Advanced*	9:30-12 p.m..	Free
Fit 4 Life - Chair Exercise	Mondays Thursdays	10:15-10:45 a.m.	Free
Gentle Exercise & Strength Live or DVD **Gentle Exercise & Balance** Live or DVD *For all levels of ability*	Tuesdays Fridays	11:15 a.m. 1 p.m.	Free
Line Dance - Very Beginner DVD	Wednesdays	1- 2 p.m.	Free
Line Dance with Hiroko - *Starting 9/13*	Tuesdays: Beginner Thursdays: Intermediate	12:45-1:45 p.m.	P/RR
Mental Muscle or You be the Judge	Mondays & Fridays	11 a.m.	Free
Nutritionist *Tips and tricks to healthy eating*	Monthly **10/17**	1 p.m.	Free
Ping Pong Tables	Mondays Tuesdays Thursdays Fridays	9 a.m.-10:45 a.m. 9 a.m.-3:45 p.m. 12:30-3:45 p.m. 9 a.m.-3:45 p.m.	Free
RX Relax Yoga with Sasha or Kathy	Thursdays	10:45-11:15 a.m.	Free
S.A.I.L. Exercise **S**tay **A**ctive and **I**ndependent for **L**ife	Mondays/ Wednesdays/Fridays	10:15 a.m..	Free/RR
Safety with Wyleng Fire & Rescue Department	3rd Monday	1 p.m.	Free
Tai Chi / Exercise	Mondays & Wednesdays	9:30 -10:30 a.m.	Free
Walking Club *Weather permitting*	Wednesdays	11 a.m.	Free
Yoga Breathing, Exercise & Laughing *DVD*	Mondays, Wednesdays, Fridays	11:15 a.m.	Free
Zumba Gold with Celia	Wednesdays	1:30-2:30	P/RR

Arts, Games, and Recreation

PLEASE CHECK CALENDAR FOR CHANGES!

Activity	When	Time	Cost
American Mahjongg *On your own*	Wednesdays	10:30-11:55 a.m.	Free
Art Class with Charlie Acrylic painting for all levels	Tuesdays Sept-Nov.	10 a.m.-12 noon	P+S/RR
Ceramics Class If needed, clay refill: $15/25lb bag.	Wednesdays **Start date to be decided**	10 a.m.-12:30 p.m.	P+S/RR
Greeting Cards with Ruth	Fridays	1-2 p.m.	Free/RR
Jewelry Class	Quarterly	1-2:45 p.m.	S/RR
Bingo *Bring a prize to play*	Fridays	10:15 a.m.	Free
Chess Club *In October if interest shown*	Wednesdays	12:30 p.m.	Free/RR
Senior Center Book Club with Monica	First Thursday	3 p.m.	Free
Cooking Fun with John	1st & 2nd Friday 9/10, 9/24	1 p.m.	Free
Crochet & Knitkniks Group	Mondays **Starting September 13**	10 a.m.- 12 noon	Free
Crossword	Fridays	1 p.m.	Free/H
Current Events/Cranium Crunches	Tuesdays	10:30 a.m.	Free
International Mahjongg *On your own*	Thursdays	9:30 a.m. – 2 p.m.	Free
Party Bridge *On your own*	Wednesdays & Fridays	10 a.m. - noon	Free/RR
Tea & Snippets with Jeanne	Tuesdays **Start date to be decided**	1 p.m.	Free
Rummikub *On your own*	Tuesdays	10:30 a.m. & 1 p.m.	Free
Music Lovers Unite	Bi-weekly 9/8 & 9/22	1-2 p.m.	Free/H

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

We don't want you to be disappointed!

Sign up one week prior to the start date of a class in order for the class to be held.

Learning and Skills Development

PLEASE CHECK CALENDAR FOR CHANGES!

Activity	When	Time	Cost
iPad Class in Chinese w. Shosha	Tuesdays 9/15 and 9/29	1 p.m.	Free/H
Computer Lab Help with John	Wednesdays	11 a.m.	Free
ESL: Advanced	Tuesdays	11 a.m.	Free
ESL: Beginners	Thursdays **Start date to be decided**	11 a.m.	Free
ESL: Conversation with Jeanne	Thursdays	1 p.m.	Free
Spanish with Gary	Mondays	10:30 a.m.-12 noon Intermediate 12:30-2 p.m. Basic	Free

- Many classes are FREE, others have PAID instructors.
- PAID classes - purchase a punch card to pay for your attendance in ANY paid class.
- Sign-up is still required for classes marked RR.
- Punch cards: $5 for ANY 8 classes, paid by cash or check.
- Some arts and craft classes have a SUPPLY FEE.
- SUPPLY FEES are paid in advance by cash only.
- Punch cards cannot be used for supplies.

Community Partner Use

PLEASE CHECK CALENDAR FOR CHANGES!

Activity	When	Time	Cost
Social & Line Dance mikebailey@aol.com	Wednesdays.	6:30-9:30 p.m.	Free
English Country Dance Group*	Saturdays **Starting January 2022**	6-10 p.m.	Fees may apply
Social Swing Dance* Interm. to Adv. Herndonsocialdancers@gmail.com	Two Sundays per month	5 -8 p.m.	Fees may apply
Rising Phoenix Performers csinger13@verizon.net, 703-415-6218	Tuesdays: Choir Thursdays: Dancers	5:30-9 p.m. 4:15-8 p.m.	Music fee RR
Round Dance	Mondays	7:30-9:30 p.m.	Fees
Chinese History and Culture	Bi-weekly Saturdays **Starting September 18**	6-9 p.m.	Free
Square Dance Groups dick@dickotis.com, 703-402-2005	Tuesdays through Sundays	Times vary	Fees may apply

In order to participate in these activities, you must be a registered member of the Herndon Senior Center.

September 2021

Menu and Programs

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

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200
TTY 711

	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**
	Community Partner Use 7:30-9:30 Round Dance (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) *On your own* 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) *On your own* Community Partner Use 5:30 Rising Phoenix: Choir 6:30-10 HWC (DR) TBD Square Dance Group	10-12 Party Bridge (GR) *On your own* 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) *On your own* 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) Community Partner Use 2:15 The Herndon Book Club by AAUW (AR) 6:30-9:30 Social & Line Dance (B) TBD Square Dance Group

Thursday, September 9	Friday, September 10
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) *On your own* 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) Community Partner Use 4:30-8 Rising Phoenix: Dancers (from Oct.) TBD Square Dance Group	9-3:45 Ping Pong (B) 10-12 Party Bridge (GR) *On your own* 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 Community Partner Use 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 12
Community Partner Use
TBD Square Dance Group

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."

September 2021

Menu and Programs

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

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200
TTY 711

	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 & 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 Trivia (AR) 2-3:45 Badminton (B) Community Partner Use 7:30-9:30 Round Dance (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) *On your own* 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) *On your own* Community Partner Use 5:30 Rising Phoenix: Choir TBD Square Dance Group	9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise w/Donna or DVD (DR) 10-12 Party Bridge (GR) *On your own* 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) **10:15 Shopping Trip $/RR** 10:30 American Mahjongg (HALL) *On your own* 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) Community Partner Use 6:30-9:30 Social & Line Dance (B) TBD Square Dance Group

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) *On your own* 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) Community Partner Use 4:30-8 Rising Phoenix: Dancers (from Oct.) TBD Square Dance Group	9-3:45 Ping Pong (B) 10-12 Party Bridge (GR) *On your own* 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) Community Partner Use 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

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."

September 2021

Menu and Programs

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

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200
TTY 711

	Monday, September 20	Tuesday, September 21	Wednesday, September 22	Thursday, September 23	Friday, September 24
	Menu	**Menu**	**Menu**	**Menu**	**Menu**
Hot Regular	Kati Kati Chicken Breast	Stuffed Pepper	Oven Baked Chicken Leg	Beef Turkey Stroganoff	Fish Tacos
Hot Veggie	Veggie Chixless Patty	Soy Protein Pepper	Chicken less Nuggets	Bean Stroganoff	Vegan Fish
Chef Salads	with Turkey, OR without Turkey	with Turkey, OR without Turkey	with Turkey, OR without Turkey	with Turkey, OR without Turkey	with Turkey, OR without Turkey
	Programs	**Programs**	**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 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) Community Partner Use 6:30-8 HVN (DR) 7:30-9:30 Round Dance (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) *On your own* 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) *On your own* Community Partner Use 5:30 Rising Phoenix: Choir TBD Square Dance Group	9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise w/Donna or DVD (DR) 10-12 Party Bridge (GR) *On your own* 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) **10:15 Shopping Trip $/RR** 10:30 American Mahjongg (HALL) *On your own* 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) Community Partner Use 2:15 The Herndon Book Club by AAUW (AR) 6:30-9:30 Social & Line Dance (B) TBD Square Dance Group	9:30-2 Intl Mahjongg (GR) *On your own* 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) Community Partner Use 4:30-8 Rising Phoenix: Dancers (from Oct.) TBD Square Dance Group	9-3:45 Ping Pong (B) 9:30 Chair Exercise w/Donna or DVD (A) 10-12 Party Bridge (GR) *On your own* 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) Community Partner Use 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

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."

September 2021

Menu and Programs

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

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200
TTY 711

	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) Community Partner Use 7:30-9:30 Round Dance (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) *On your own* 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) *On your own* Community Partner Use 5:30 Rising Phoenix: Choir TBD Square Dance Group	9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise w/Donna or DVD (DR) 10-12 Party Bridge (GR) *On your own* 10:15 S.A.I.L. RR (A) 10:15 Morning Word Search (LBY) **10:15 Shopping Trip $/RR** 10:30 American Mahjongg (HALL) *On your own* 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) 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) Community Partner Use 6:30-9:30 Social & Line Dance (B) TBD Square Dance Group

Thursday, September 30	Friday, October 1
Menu	**Menu**
Cheese Stuffed Shells w. Marinara	*To be decided*
Cheese Stuffed Shells w Marinara	*To be decided*
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) *On your own* 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) Community Partner Use 4:30-8 Rising Phoenix: Dancers (from Oct.) TBD Square Dance Group	9-3:45 Ping Pong (B) 10-12 Party Bridge (GR) *On your own* 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) Community Partner Use 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, 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

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."