

January 2022

Menu and

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

	Monday, January 3	Tuesday, January 4	Wednesday, January 5
	Menu	Menu	Menu
Hot Regular	Chicken Chickpea Pasta	Chicken Vegetable Couscous	Cheese Pizza w/ Turkey Pepperoni
Hot	Chickpea Pasta	Vegetable Couscous	Cheese Pizza w/ Pepper and Oni
Cold	Chef Salad	Chef Salad	Chef Salad
	Programs	Programs	Programs
	9-12:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 9:30 Chair Exercise DVD (DR) 10-12 Crochet & Knitknicks Group (CR) on your own 10:15 S.A.I.L. w. Hanh RR (A) 10:30-12 Basic Spanish w/Gary (CNF) as available 10:30 Fit 4 Life w/Sasha (DR) 11 Computer Lab Help with Phil - as available (CL) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12:30-2 Intermediate Spanish w/Gary (CNF) as available 1 Trivia (AR) 12:2:30 Badminton (B) <u>Community Partner Use</u> 7-10 p.m. Round Dance (B)	9-12 Folk Dance (C) 9-2:30 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 10 Art Class with Charlie P+S (CR) 10:30 Community Service and Loom Knitting (HWY) 10-11 Blood Pressure Clinic w. Kerry (LIB) 10:30 Rummikub (GR) <i>On your own</i> 11 ESL Advanced with Ming (CNF) 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> <u>Community Partner Use</u> 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Dixie Stars	9-10:15 Ping Pong (B) 9:30-10:30 Tai Chi/Exercise (A) 10-12 Party Bridge (GR) <i>On your own</i> 10 Chair Exercise w/Donna DVD (DR) 10-12:30 Ceramic w. Vince RR/\$ (CR) 10:15 S.A.I.L. w. Hanh H/RR (A) 10:15 Morning Word Search (LB) 10:30-12 Badminton (B) 10:30 American Mahjong (HALL) <i>On your own</i> 10:15 Shopping Trip \$/RR Wegmans—Sterling. 11 Brain Games (AR) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 1 Computer Lab help w/John as available (CL) 1 iPad Class in Chinese w/Shosha 1:30 ZUMBA Gold with Celia P/RR (B)

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, January 6	Friday, January 7														
Menu	Menu														
Baked Ziti w/ Beef	Beef Chili														
Baked Ziti w/ Tofu Crumbles	Vegetarian Chili														
Chef Salad	Chef Salad														
Programs	Programs														
9-12 Folk Dance (C) 9-2:30 Ping Pong (B) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) 11 ESL: Beginner (CNF) 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Brain Fitness (AR) 1 ESL: Intermediate level (CNF)	9-12:15 Ping Pong (B) 10 Chair Exercise w/Donna DVD (DR) <i>On your own</i> 10-12 Party Bridge (GR) 10:15 S.A.I.L. w. Sasha H/RR (A) 10:15 Morning Word Search (LB) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 1 Gentle Exercise & Balance w/Monica or DVD (A) 1 Crossword H (AR) 1-2:30 Badminton (B)														
<table> <tr> <td>RR</td><td>Registration Required.</td></tr> <tr> <td>H</td><td>Hybrid. Classes will be live streamed to or from the center.</td></tr> <tr> <td>P</td><td>This is a PAID class, payable with punch card only.</td></tr> <tr> <td>S</td><td>SUPPLY fee <u>only</u> may apply.</td></tr> <tr> <td>P+S</td><td>This is a PAID class, payable with punch card only. SUPPLY fee may apply.</td></tr> <tr> <td>Punch Card</td><td>Used to pay for attendance of paid classes. Available for purchase at the front desk. \$5 for 8 classes.</td></tr> <tr> <td>中文</td><td>Instruction in Chinese and by demonstration. Bilingual participants may be available to translate</td></tr> </table>	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	<u>Community Partner Use</u> 7-10 p.m. Merry Notes
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中文	Instruction in Chinese and by demonstration. Bilingual participants may be available to translate														

The Center is CLOSED on Saturdays until further notice

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

Saturday, December 11

Community Partner Use
 7 p.m. Rising Phoenix Performers:
 "A Holiday Season Together"
 \$

Sunday, December 12
Community Partner Use
 1-5 p.m. Toys for Tots event

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."

4:30-8 p.m. Rising Phoenix: Dancers

January 2022

Menu and

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

	Monday, January 10	Tuesday, January 11	Wednesday, January 12
	Menu	Menu	Menu
Hot Regular	Kung Pao Chicken	Asian Steak Kabobs	Chicken Curry Bowl
Hot Veggie	Kung Pao Tofu	Asian Vegetarian Kabobs	Lentil Curry Bowl
Cold	Chef Salad	Chef Salad	Chef Salad
	Programs	Programs	Programs
	9-12:15 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. w. Hanh RR (A) 10:30 Fit 4 Life w/Sasha (DR) 10:30-12 Basic Spanish w/Gary (CNF) as available 11 Computer Lab Help with Phil - as available (CL) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12:30-2 Intermediate Spanish w/Gary (CNF) as available 12-2:30 Badminton (B) 1 Trivia (AR)	9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 10 Art Class with Charlie P+S (CR) 10:30 Community Service and Loom Knitting (HWY) 10-11 Blood Pressure Clinic w. Kerry (LIB) 10:30 Rummikub (GR) <i>On your own</i> 11 ESL Advanced with Ming (CNF) 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) 10 Chair Exercise w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10-12:30 Ceramic w. Vince RR/\$ (CR) 10:15 S.A.I.L. w. Hanh H/RR (A) 10:15 Morning Word Search (LBY) 10:15 Shopping Trip \$/RR Food Lion in Herndon 10:30 American Mahjongg (HALL) <i>On your own</i> 10:30-12 Badminton (B) 11:15 Yoga Breathing DVD (DR) 12 *Lunch */RR (DR) 1 Council Meeting (CNF) 1 Computer Lab help w/John as available (CL) 1 Music Lovers Unite (AR) 1:30 ZUMBA Gold with Celia P/RR (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	

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Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711


Thursday, January 13	Friday, January 14	The Center is CLOSED on Saturdays until further notice	
Menu	Menu		
Italian Turkey & White Bean Stew	Tuna Melt		
Italian Lentil & White Bean Stew	Black Bean Melt		
Chef Salad	Chef Salad		
Programs	Programs	Level 1	
9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) 11 ESL: Beginner (CNF) 12 *Lunch */RR (DR) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Brain Fitness (AR) 1 ESL: Intermediate level (CNF)	9-12:15 Ping Pong (B) 10 Chair Exercise w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. w. Sasha H/RR (A) 10:15 Morning Word Search (LBY) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 1 Gentle Exercise & Balance w/Monica or DVD (A) 1 Crossword H (AR) 1 Cooking Fun with John (C) 1-2:30 Badminton (B)	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
		Saturday, December 18 <u>Community Partner Use</u> 6-9 Chinese History & Culture (CR)	

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."

January 2022

Menu and

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

	Monday, January 17	Tuesday, January 18	Wednesday, January 19
	Menu	Menu	Menu
Hot Regular		Chicken Parmesan	Roasted Turkey w/ Gravy
Hot Veggie		Eggplant Parmesan	Oven Fried Parmesan Tofu
Cold		Chef Salad	Chef Salad
	Programs	Programs	Programs
	<p>The Center is CLOSED</p>  <p>Martin Luther King Day</p>	9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 10 Art Class with Charlie (CR) P+S 10:30 Community Service and Loom Knitting (HWY) 10:30 Rummikub (GR) <i>On your own</i> 11 Current Events/Cranium Crunches (AR) 11 ESL Advanced with Ming (CNF) 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>	9-10:15 Ping Pong 9:30-10:30 Tai Chi/Exercise (A) 10 Chair Exercise w/Donna(DR) 10-12 Party Bridge (GR) <i>On your own</i> 10-12:30 Ceramic w. Vince RR/ \$ (CR) 10:15 S.A.I.L. w. Hanh H/RR (A) 10:15 Morning Word Search (LBY) 10:15 Shopping Trip \$/RR <i>Walmart Fair Lakes</i> 10:30 American Mahjongg (HALL) <i>On your own</i> 10:30-12 Badminton (B) 11 Walking Club weather permitting (LBY) 11:15 Yoga Breathing DVD (A) 11:30 Giant Nutritionist 12 *Lunch */RR (DR) 1 Computer Lab help w/John as available (CL) 1 iPad Class in Chinese w/Shosha 1:30 ZUMBA Gold with Celia P/RR (B) 2:30-3:45 Badminton (B)
		<u>Community Partner Use</u> 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Dixie Stars	

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200
TTY 711

Thursday, January 20	Friday, January 21
Menu	Menu
Chicken Fried Rice	Beef Stroganoff
Egg Fried Brown Rice	Black Bean Stroganoff
Chef Salad	Chef Salad
Programs	Programs
9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30-2 Intl Mahjongg (GR) <i>On your own</i> 9:30 Chair Exercise DVD (DR) 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) 11 ESL: Beginner (CNF) 12 *Lunch */RR (DR) 12:30-3:45 Ping Pong (B) 12:45 Beginner Line Dance w/Hiroko P/RR (A) 1 Brain Fitness 1 ESL: Intermediate level (CNF)	9-12:15 Ping Pong (B) 10 Chair Exercise w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10:15 S.A.I.L. w. Sasha H/RR (A) 10:15 Morning Word Search (LBY) 10:15 Bingo (C) 11:15 Yoga Breathing DVD (A) 11 Mental Muscle (AR) 1 Gentle Exercise & Balance w/Monica or DVD (A) 1 Crossword H (AR) 1 Snow Cards w/Ruth 1-2:30 Badminton (B)
	<u>Community Partner Use</u> 7-10 p.m. Merry Notes
<u>Community Partner Use</u> 4:30-8 p.m. Rising Phoenix: Dancers	

**The Center is
CLOSED
on Saturdays
until further no-
tice**

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
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HWY	2nd floor Hallway
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January 2022

Menu and

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

	Monday, January 24	Tuesday, January 25	Wednesday, January 26
	Menu	Menu	Menu
Hot Regular	Lemon Chicken Stir Fry	Baked Ziti W/ Beef	Chicken Parmesan
Hot Veggie	Lemon Tofu Stir Fry	Baked Ziti w/ Tofu	Eggplant Parmesan
Cold	Chef Salad	Chef Salad	Chef Salad
	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. w. Hanh RR (A) 10:30 Fit 4 Life w/Sasha (DR) 10:30-12 Basic Spanish w/Gary (CNF) as available 11 Computer Lab Help with Phil - as available (CL) 11 Mental Muscle (AR) 11:15 Yoga Breathing DVD (A) 11:15 Arthritis Exercise w/Hanh (C) 12 *Lunch*/RR (DR) 12:30-2 Intermediate Spanish w/Gary (CNF) as available 1 Travelogue (AR) 12:30-2:30 Badminton (B) <u>Community Partner Use</u> 7-10 p.m. Round Dance (B)	9-12 Folk Dance C 9-2:30 Ping Pong (B) 9:30 Chair Exercise DVD (DR) 10 Art Class with Charlie (CR) P+S 10:30 Community Service and Loom Knitting (HWY) 10:30 Rummikub (GR) <i>On your own</i> 11 Current Events/ Cranium Crunches (AR) 11 ESL Advanced with Ming (CNF) 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> 1 Valentine Cards w/Ruth <u>Community Partner Use</u> 5:30-8:30 p.m. Rising Phoenix: Choir 7-10 p.m. Phantom Squares	9-10:15 Ping Pong C 9:30-10:30 Tai Chi/Exercise (A) 10 Chair Exercise w/Donna (DR) 10-12 Party Bridge (GR) <i>On your own</i> 10-12:30 Ceramic w. Vince RR/ \$ (CR) 10:15 S.A.I.L. w. Hanh H/RR (A) 10:15 Morning Word Search (LBY) 10:15 Shopping Trip <i>Safeway Herndon</i> 10:30 American Mahjongg (HALL) <i>On your own</i> 10:30-12 Badminton (B) 11 Walking Club weather permitting (LBY) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 1 Computer Lab help w/John as available (CL) 1 Music Lovers Unite (AR) H 1 Recognizing January Birthdays (AR) 1:30 ZUMBA Gold with Celia P/RR (B)

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, January 27	Friday, January 28	CLOSED
Menu	Menu	
Butternut Squash Stew	Beef and Tomato Macaroni	
Butternut Squash Stew	Black Bean and Tomato Macaroni	
Chef Salad	Chef Salad	
Programs	Programs	
9-12 Folk Dance C 9-2:30 Ping Pong (B) 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 (CNF) 中文 10:15 Fit 4 Life (DR) 10:45 Rx Relax Yoga (DR) 11 ESL: Beginner (CNF) 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: Intermediate level (CNF) <		

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