

# March News to Use!

## **Programs to note:**

**Rising Phoenix Sing-along** 12:30 p.m. in the Dining Room on the **first Wednesday** (March 1) of the month. Enjoy some of your favorite songs!!!

**Book Club: First Thursday** (March 2) of the month at 2:30 p.m.

**Blood Pressure Clinic with Nurse Kerry** will return 10 to 11 a.m. in the library on the **second Tuesday** (March 14) of the month.

## **Jewelry Necklace Project**

Tuesday, March 28 at 10:30 a.m. in Crafts Room. Must register to reserve your supplies.

## **Diamond Art**

Tuesdays PLUS Thursdays 1 p.m. in Crafts Room.

## **Castanets Class**

2:15 on Thursdays. Buy your castanets on Amazon and join the fun. Free!

## **Hula Hoop Energy Booster**

Try out hula hoop and get energized for the day!

Fridays at 8:30 in Ballroom A

## **John Cooks!**

Join Chef Giovanni for a special recipe, tasting and discussion on the **second Friday** (March 10) of the month at 1 p.m. in Ballroom C.

## **Learn Spanish with Octavia:**

Perfect for beginners! Fridays, 1:30 to 2 p.m. in Conference Room.

## **Card Making:**

Tuesday March 7 1 pm in Craft Room. Reservations Required. Limited supplies available.

## **Bread Distribution:**

Thank you to the Council and volunteers for getting Panera bread and sometimes sweets to the center for distribution on Wednesdays and Fridays.

**Donations encouraged** to cover cost of wrapping, gloves, bags, etc.

**1 item per person.**

## **Everyone is Irish Day!**

Wear GREEN March 17 for a chance to win a prize

(and to avoid getting pinched! 😊)

## **Medication Safety Presentation and Fire Safety Table**

**with Wyleng from Fairfax County Fire Department:**

Monday, March 27 at 11 am and noon



## **Wear Pink Day on March 20 to Celebrate**

### **Missi's on-the-way Baby Girl!**

All kinds of fun activities and events are planned this Monday.

Get in PINK-MODE and have fun. **No gifts**, just fond wishes.

Join us for cake and punch after lunch.

## **Marbling Paper Art Series of classes**

Instructor Ms. Selwa will teach Fridays, March 10, 17, 24 and 31 from 10:30 a.m. to noon. See the amazing effects you can create with this ancient pigment technique. Samples are in the main downstairs hallway.

Sponsored by the Herndon Senior Center Council Inc. 4 class series: Reservations required to secure your supplies. Sign up at front desk. Limited space! If we have many students on the waitlist, we will split the series so more persons have a chance to try this amazing technique.

## All Ages Read Together

**Become a volunteer with AART. Mondays and Wednesdays noon to 2 p.m.** Help youngsters prepare for school by reading and guiding them through selected activities. Follow the lead of the 2 AART coordinators and see the student blossom and be ready for their first real school experience.

## Wills on Wheels

EVERYONE needs a Will! Pre-registration is **required** between March 1 and 15. Please speak to Donna, Jeanne, or Ruth privately to see if you meet the criteria for this special program. If you do, we will give you the paperwork to fill out specifying your wishes for your Will and other important documents. You will give the completed paperwork to a lawyer on Friday, March 24 at 11:15. The Will is prepared, and you meet again with that lawyer on Friday, April 14 at 11:00. Be sure you are available on those two Fridays, able to do the preparation and speak to staff to determine if you meet the guidelines for this service. Limited spaces available.

**In what way have you been creative this year?**

**Save the Date: 18<sup>th</sup> Anniversary Art Show and Party!**

**Monday, May 15, 2023**

Start thinking about what you have created  
to show in our in-house 1-day gallery.

From watercolors to cards to diamond art to crochet and knitting.

People choice awards will be given and everyone can enjoy!

**Upcoming:** Watch for Joy Pots class to embellish clay pots in April.

**Save the date:** April 21 for Rising Phoenix Spring Show:

**“One Hit Wonderfals”**