

Herndon Senior Center

Herndon Senior Center
873 Grace Street
Herndon, VA 20170
Phone: 703-464-6200, TTY 711
Fax: 703-437-8750



Operating Hours
Monday-Thursday 9 a.m. - 8 p.m.
Friday 9 a.m. - 4 p.m.
Saturday 9 a.m. - 4 p.m.

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information. You must be a registered member to participate. You may view our newsletter online by visiting the website of Herndon Senior Center Council, Inc. at HerndonSeniorCenter.org.

April 2016

Programs			
Program	When	Time	Description
See our web site www.herndonseniorcenter.org for details			
Acupressure and Laughing Club	Tuesdays	1 - 2 p.m.	Health and Wellness activity.
American Mahjongg	Wednesdays	10:30 - 11:55 a.m.	Recreational activity featuring a popular tile game.
Athritis Exercise Class	Mondays	11:15 a.m.	Health and Wellness activity, focussing on balance, range of motion, joint movements.
Balance Exercise Class	Fridays	1 p.m.	Health and Wellness activity, focussing on balance, range of motion, joint movements.
Bingo	Fridays	10:30 a.m.	Recreational activity
BP Clinics	First Tuesday Second Thursday Tuesday 4/12	10 - 11:30 a.m. 12:30 - 2 p.m. 11 a.m. - noon.	Mr. Robin, an EMT at a local fire station. Nurse Zou, who speaks both English and Chinese. Ms. Angela, a staff nurse at Reston Hospital.
Chair Exercise	Tuesdays, Wednesdays & Fridays	10:20 a.m. (Wednesday & Friday) 10:30 a.m. (Tuesday)	Health and Wellness activity.
Chair Yoga for Beginners	Tuesdays & Thursdays	6 p.m.	Open to Community at \$20 per quarter. For Senior Center Members \$10 per quarter.
Chinese Folk Dance	Tuesdays	9:30 a.m. - 11 a.m. (Beginners) 1 p.m. - 3 p.m. (Advanced)	Cultural recreational activity.
Chinese Square Dance	Thursday	10 - 11 a.m.	Cultural recreational activity.
Chinese Style Painting	Thursday	10:30 a.m.	Cultural arts activity. Self-directed.
Choral Group in Chinese	Tuesdays & Thursday	10 a.m. - 2:30 p.m.	Cultural arts activity.
Community Service	Tuesday	10:30 a.m. - 11:45 a.m.	Community service and engagement.
Cooking Fun with John	1st and 3rd Friday	1 p.m.	Wonderful recipes fo all to enjoy!
Crafts with Donna & Sarah	Wednesdays	1 p.m.	Arts and crafts activity.
Crochet & Knitkniks Group	Mondays	10:30 a.m.	Arts and crafts activity.
Crossword	Fridays	1 p.m.	Recreational activity.
Exercise Class	Thursdays	11:30 a.m. - 12:20 p.m.	A weekly self-help class, led by member J.J. Lee in Chinese.
Exercise Class, Advanced	Saturdays	9 - 10 a.m.	FREE and OPEN TO THE PUBLIC
Fastran visit	The 17th of each month (Or first Monday after if 17th fall on a week-end)	9:30 a.m. - 2 p.m.	Stop by in the lobby to visit with Shirley Walker, one of our Fastran schedulers. She will have excellent tips where you need to go in Farfax County and would love to hear your helpful suggestions about Fastran service.

Feldenkrais - Chair Class	Wednesdays	10:30 a.m.	This is a gentle and precisely focused exercise method. Many participants report significant decrease in pain throughout their body and an increase in range of motion. Our instructor is certified and highly experienced in this method. This is the perfect way to try this internationally recognized exercise method! Open to members only. \$10 per quarter.
Fit for Life	Monday and Thursday	10:30 a.m.	Health and Wellness activity.
Gentle Exercise Class	Tuesdays Thursdays	11:15 a.m. 1 p.m.	Health and Wellness activity, focussing on balance, range of motion, joint movements.
Integral Tai Chi	Mondays & Wednesdays	12:30 - 2 p.m.	Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. FREE to members. Open to the public at \$5 per class.
Make Veggies Fun	Last Tuesday	11 a.m.	How to cook easy recipes from the season's vegetables.
Memory Café	Fourth Monday	2:15 - 4 p.m.	A place where those with Alzheimer's disease or a memory impairment and their caregivers can find support, resources and companionship.
Mental Muscle/You be the Judge	Tuesdays	10:30 a.m.	Recreational activity.
Musical Instruments & Band Practice	Fridays	10 - 11 a.m.	Free; Cultural arts activity.
Music Presentation with Ashley	Back in May	11 a.m.	Presentation and discussion of various musical topics, such as styles and traditions and composers
News Discussion / Current Events	Every second Tuesday	10.30 a.m.	Recreational activity.
Party Bridge	Wednesdays & Fridays	10 a.m. - noon	Recreational activity with a popular card game.
Ping Pong Tables	Monday, Tuesday, Thursday, Friday, Saturday	See description	Monday, Tuesday, Friday 9 a.m. - 10:45 a.m. Thursday 3 p.m. - 7:45 p.m. Saturday 12 p.m. - 2 p.m.
Recipe Exchange	Thursday	10 a.m.	Cultural arts activity.
Rummikub	Tuesday	10:30 a.m. & 1 p.m.	Recreational activity with a popular tile game.
Safety with Wyleng	Third Mondays	11:30 a.m.	Monthly Safety information from the Fire Department
Sing Along	Tuesday	1 p.m.	Musical arts activity.
Stretch with Karen B.	Wednesday	11:15 a.m.	Health and Wellness activity.
Tai Chi / Exercise	Monday, Wednesday, Thursday	9:30 - 11:15 a.m. (Monday & Wednesday) 9 a.m. - noon (Thursday)	Health and Wellness activity.
Travelling Sing Along	Second Wednesday	1 p.m.	Musical arts activity.
Walking Club	Wednesdays & Fridays	11 a.m.	Health and Wellness activity.
Yoga Breathing	Mondays & Fridays	11 a.m. (Fridays) 11:15 a.m. (Mondays)	Health and Wellness activity.
Yoga Breathing w. Jaya	Wednesdays	11:15 - noon	Health and Wellness activity.
Yoga Stretch & Relaxation	Mondays	5:30 - 6:30 p.m.	This class introduces new yogis to the practice. We strive to unite asanas (yoga poses) with our breathing through movement and meditation. Students sit on the floor, stand and move forward, backward and laterally to promote stretching on all planes of the body. These classes are FREE to members. Please bring your own mat. We welcome you to our practice.
Wellness Workshop Series	Mondays, April 11 - May 16	10:30 a.m. - noon	Fairfax County Diabetes Self Management Program will be held here at Herndon Senior Center. If you have diabetes or have a family member with diabetes this six week workshop series is for you. Topics include: What is Diabetes?, Healthy Meal Planning, Keeping Physically Active, Label Reading, Foot Care Preventing Complications, Avoiding Falls, Getting a Good Night's Sleep. Sign up by March 30. Minimum number needed to hold workshop.
Coloring with Betsy	Fridays	1 p.m.	Zen Doodle is designed to facilitate relaxation, and is a way for everyone to express themselves creatively through doodling. There is no right or wrong way as the result "is not really meant to look like anything".
Zumba	Saturdays	9 - 10 a.m.	Free, Basic Zumba Class
Classes			
Class	When	Time	Description
See our web site www.herndonseniorcenter.org for details			
Mixed media Collage Canvas	Saturdays April 2 - 23	10 a.m. to noon	Mixed Media Collage Canvas with Ama'l Leyla. Sign the interest sheet at the front desk for this four week session. You will learn the basics of Oil Pastel. No prior experience required. Supply fee \$3. Register and pay no later than March 26.
"Create Your Own" Workshop	Wednesdays	10 a.m. - 12:30 p.m.	\$10 per semester;

Art History	Third Monday	1 p.m.	Free;
Book Club	First Thursday	3 p.m.	Free;
Ceramics	Wednesdays	10 a.m. - 12:30 p.m.	\$35 per semester; New students & refill \$10 per 25 lb bag of clay.
Computer Help with Caroline & Candice	Mondays Wednesdays	10:15 - 11:45 a.m. 10 - 11:15 a.m.	15-minute appointments. You must sign up at the front desk no later than noon 12:00 noon the day before your appointment.
Computer Lab Help in English & Spanish	Monday	5 - 6 p.m.	Free; Available to registered participants.
ESL	Thursdays	1 - 1:45 p.m.	Free; English as a second language, <i>as available</i> .
ESL: Beginning with Anita	Thursdays	11 a.m.	Free; English as a second language.
ESL: Conversation with Jeanne	Thursdays	11 a.m.	Free; English as a second language.
ESL; Advanced	Tuesdays	11 a.m.	Free; English as a second language.
Greeting Cards with Ruth	Tuesdays, April 5	1 - 3 p.m.	Spring cards
Individual Functional Fitness Class	Thursdays	12:45 - 1:45 p.m.	15 minute individual appointments. Sign up at the front desk.
Individual Practice Sessions	On demand	30 min.	HELP I have fallen! What now? If you want to practice the strategies for getting back up and what to do after a fall, make an individual and private appointment with Monica at the front desk.
Jewelry classes	Tuesday, April 15	12:45 p.m.	Ruth and Donna will hold a jewelry making class for eight participants only.
Line Dance: Advanced Beginner and Intermediate	Thursdays	noon (Intermediate) 1 p.m. (Advanced Beg.)	\$10/Semester per class day
Paint Tech Card Classes	Friday, April 8 Tuesday, April 12	1 p.m.	Painterly Technique Card Classes Explore different techniques and end up with a finished project. Methods include watercolor, spray, inks, masking, texture paste, and collage. Sign up the Friday before each class.
Social Swing Dance	Two Sundays per month	5 - 8 p.m.	For more information contact herndonsocialdancers@gmail.com
Spanish with Gary	Mondays & Fridays	10:30 a.m.- noon 1 - 2 p.m.	Free, Language class. 10:30 a.m. Advanced Spanish 1 p.m. Basic Spanish
Square Dance Mainstream	Thursdays	7:30 - 9:30 p.m.	New & Experienced dancers. Donation; Ongoing
Sun Dance Performers	Tuesdays, Wednesdays & Thursdays	7 - 8:30 p.m.	For more information contact csinger13@verizon.net, or call 703-415-6218.
Very Beginner Line Dance	Wednesdays	1 p.m. - 2 p.m.	Free, Health and Wellness activity.
Special Events/Trips			
Event/Trip	When	Time	Description
See our web site www.herndonseniorcenter.org for details			
Art Space Tea	Second Friday	1 p.m.	Monthly tea at Herndon Art Space to view their latest exhibition.
FREE Bingo	Friday, April 22	10:30 a.m.	Women's Club Free Bingo. Nice Prizes! No need to bring your own prize on this special day!
Celebrate Our Volunteer Life Savers!	Tuesday, April 19	Noon	Join us in the Dining Room on to acknowledge the positive impact all our valued volunteers have on our center.
Health Fair!	Wednesday, April 6	10 a.m. - noon	Class of 2016 of George Washington University, School of Nursing brings to you a "World of Health". Grab YOUR passport and travel around the World of Health through the different countries. Learn something new and try something new in each Country and you earn a stamp in your Passport. A completed, named and handed in Passport qualifies as an entry to the Class of 2016 raffle. Not just an ordinary Health Fair!
HSC 10th Ping Pong Tournament	Thursday, April 7	10 a.m. - 2 p.m.	Herndon Senior Center 10th Ping Pong Tournament This year there will be two singles groups: Men - all ages & Women - all ages. Sign up at the front desk by March 31.

Meadowlark Botanical Gardens	Monday, April 11 Thursday, April 14	10:15 a.m. - 1:45 p.m.	Spring is here so it's time for picnics. We have set up two days to visit Meadowlark Botanical Gardens. This trip will offer transportation, bag lunch and entrance to the park at a price of \$6. If you prefer to bring your own lunch, pay just \$3. This trip requires extensive walking. You must sign up at the front desk by Monday, April 4.
Shopping trips	Wednesdays	10:15 p.m.	Aldi, Wegman's, Fair Oaks Mall, Wal-Mart Fair Lakes
Living Well, Aging Well Summit	Saturday, April 16 from	9 a.m. to 2 p.m	This summit at Fairfax County Government Center will include information on assistive technology, mobility, transportation, volunteer opportunities, health and wellness resources. Lunch will be available at the summit. Watch for registration information to be posted soon. Fastran bus is just \$1.
Community Meetings			
Meeting	When	Time	Description
See our web site www.herndonseniorcenter.org for details			
AARP Chapter Meeting	3rd Thursday	7 - 9 p.m.	Meeting is held in the Dining Room.
Herndon Book Club	4th Wednesday	2:15 p.m.	AAUW. Open to members of the community.