

# Herndon Senior Center

Herndon Senior Center  
 873 Grace Street  
 Herndon, VA 20170  
 Phone: 703-464-6200, TTY 711  
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**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](http://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](http://HerndonSeniorCenter.org).

## March 2016

Programs			
Program	When	Time	Description
See our web site <a href="http://www.herndonseniorcenter.org">www.herndonseniorcenter.org</a> for details			
Acupressure and Laughing Club	Tuesdays	1 - 2 p.m.	Health and Wellness activity.
"I Can't Hear You!"	Wednesdays, March 16, 23 & 30	10:30 - 11:30 a.m.	LIVE AND LAUGH WITH HEARING LOSS! A FREE 5-part program. Sign up by March 4. Part I "Do I Have a Hearing Loss? What Can I do About it?" Part II "Techie Stuff" to the Rescue!
American Mahjongg	Wednesdays	10:30 - 11:55 a.m.	Recreational activity featuring a popular tile game.
Athrititis 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 Wednesdays 3/16 & 3/30	10 - 11:30 a.m. 12:30 - 2 p.m. 12:45 - 1:45 p.m.	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 - 11 a.m.	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 a.m. - 10 a.m.	FREE and OPEN TO THE PUBLIC
Fastran visit	Thursday 3/17	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.
Feldenkrais - Floor Class	Tuesdays	2:30 p.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! Each class is free to members. Community members pay only \$10. FREE to Senior Center Members.
Fit for Life	Monday and Thursday	10:30 a.m.	Health and Wellness activity.
Gentle Exercise Class	Tuesdays	11:15 a.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
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.
News Discussion / Current Events	Every second Tuesday	10.30 a.m.	Recreational activity.
Nutritionist visit	Wednesday, 3/23	12:45 p.m.	Good snacks to keep your diet on track.
Party Bridge	Wednesdays & Fridays	10 a.m. - noon	Recreational activity with a popular card game.
Ping Pong Tables	Monday, Tuesday,	See description	Monday, Tuesday, Friday 9 a.m. - 10:45 a.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.	☒
Yoga Breathing	Mondays & Fridays	11 a.m. (Fridays)	Health and Wellness activity.
Yoga Breathing w. Jaya	Wednesdays	11:15 a.m. - 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
Zen Doodle	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
<b>Classes</b>			
<b>Class</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
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Mixed media Collage Canvas	Saturdays April 2-23	10 a.m. - 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;

Basic Line Dance Steps Workshop	Tuesdays, 3/1 & 3/8	11 a.m.	Basic Line Dance Steps Workshop with Grace. Learn what you need to know to make line dance classes easy. Fun exercise with music!
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 3/8 Thursday 3/17	1 - 3 p.m.	3/8 Wpring Cards 3/17 Bunny Shelf Sitter Free; Requires sign-up
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 3/29	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
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	Free, Language class.
Special Transport Program "Destination Rides" Information Session	Monday, 3/28	11 a.m.	Herndon Village Network (HVN) and NV Rides will host a one-hour information session to learn about issues facing non-driving seniors in our community. You will also hear from a volunteer driver from HVN. This is a free event; you will not be asked to make a financial contribution. Join us , For information, contact NV Rides at 703.537.3070 or GinaC@NVRides.org
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 - 2 p.m.	Free, Health and Wellness activity.
Zen Doodle with Betsy	Fridays	1 p.m.	Zen Doodle is designed to facilitate relaxation, and is a way for everyone to express themselves creatively through doodeling. There is no right or wrong way as the result "is not really meant to look like anything".
<b>Special Events/Trips</b>			
<b>Event/Trip</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
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Boyle School of Irish	Monday, 3/14	1 p.m.	Dance performance
Art Space Tea	Second Friday	1 p.m.	Monthly tea at Herndon Art Space to view their latest exhibition.
Music Presentation with Ashley	Friday, 3/4	11 a.m.	Irish Folk Music and St. Patty's Fun Facts.
Concert by Beau Soir Ensemble	Saturday, 3/12	1:45 - 6 p.m.	Please join us for a 3:00 concert by Beau Soir Ensemble at Kirkwood Presbyterian Church in Springfield on Saturday, March 12. The two hour concert will focus on Celtic music played on harp, flute, and violin. The concert is free so you pay just \$1 for the Fastran transportation. We plan to leave the center by 1:45 and we will return by 6:00. Please sign up by February 26.
Fastran visit	Thursday 3/17	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 Fairfax County and would love to hear your helpful suggestions about Fastran service.

Meadowlark Botanical Gardens	Monday, 4/11 Thursday, 4/14	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.	Greenbriar Shopping Center (incl. Giant, Plato's Closet, First Watch), Safeway Herndon, Walmart Fair Lakes, Giant/Dollar Tree, K-Mart.
Living Well, Aging Well Summit	Saturday, April 16 from .	9 a.m. - 3 p.m.	Save the date! - 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.
<b>Community Meetings</b>			
<b>Meeting</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
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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.