

# Herndon Senior Center

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



[www.fairfaxcounty.gov/ncs/](http://www.fairfaxcounty.gov/ncs/)

**Operating Hours**  
Monday-Thursday 9 a.m. - 8 p.m.  
Friday 9 a.m. - 4 p.m.  
Saturday 9 a.m. - 4 p.m.  
**\*Closings: Veterans Day, November 11, 2014**  
**Thanksgiving Holidays 27-30, 2014**

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).

## November 2014

Programs			
See our web site <a href="http://www.herndonseniorcenter.org">www.herndonseniorcenter.org</a> for details			
Program	When	Time	Description
Acupressure and Laughing Club	Tuesday	1 - 2 p.m.	Health and Wellness activity.
American Mahjongg	Wednesday	10:30 a.m. - 11:55 a.m.	Recreational activity featuring a popular tile game.
Arthritis Exercise	Tuesday	4 p.m.	Health and Wellness activity.
Arthritis Exercise	Monday	11:15 a.m.	Health and Wellness activity.
Arthritis Exercise and Tai Chi	Fridays	1 p.m.	Health and Wellness activity.
Badminton	Wednesday and Saturday	2 p.m. - 4 p.m. (Wednesday) 10 a.m. - 12 p.m. (Saturday)	Recreational activity with a popular game.
BP Clinic	Every second Wednesday	10:15 a.m.	Senior + Nurse will check your blood pressure See our web site <a href="http://www.herndonseniorcenter.org">www.herndonseniorcenter.org</a> for details
Chair Exercise Live! or Video	Monday - Saturday	10:20 a.m. & 3 p.m. (Wednesday & Friday) 10:30 a.m. - 3 p.m. (Mon, Tue, Thu, Sat)	Health and Wellness activity.
Chinese Exercise Class	Thursdays	11:30 a.m. - 12:20 p.m.	A weekly self-help class, led by member J.J. Lee in Chinese.
Chinese Folk Dance	Tuesday	9:30 a.m. - 11 a.m.	Cultural recreational activity.
Chinese Music Instrument Practice	Thursday	10 a.m. - 11 a.m.	Free; Cultural arts activity.
Chinese Painting	Thursday	10:30 a.m.	Cultural arts activity.
Chinese Recipe Exchange	Thursday	10 a.m.	Cultural arts activity.
Chinese Songs	Thursday	11 a.m. - 12 p.m.	Cultural arts activity.
Chinese Square Dance	Thursday	10 a.m. - 11 a.m.	Cultural recreational activity.
Community Service	Tuesday	10:30 a.m. - 11:45 a.m.	Community service and engagement.
Crafts with Donna & Melissa	Wednesday	1 p.m..	Arts and crafts activity.
Crochet & Knitkniks Group	Monday	10:30 a.m.	Arts and crafts activity.
Crossword	Friday	1 p.m.	Recreational activity.
Exercise Class	Saturdays	9 a.m. - 10 a.m.	FREE
Fit for Life	Monday and Thursday	10: 30 a.m. (Monday) 11:15 a.m. (Thursday)	Health and Wellness activity.
International Mahjongg	Thursday	9:30 a.m. - 2 p.m.	Cultural recreational activity featuring a popular tile game. Class prerequisite: Completion of beginner WCS class with knowledge of ten basic steps.
Latin Dance Exercise Class	Mondays	6:45 p.m.	High energy cardio intensive Latin Exercise Class.
Library Volunteers	Thursday	3:30 p.m. - 4 p.m.	Community service and engagement.
Meditation, Sahaja Yoga	Wednesday	6:30 p.m. - 7:45 p.m.	Health and Wellness activity.
Mental Muscle/You be the Judge	Tuesdays	11:15 a.m.	Recreational activity.
News Discussion / Current Events	Tuesdays	10.15 a.m.	
Party Bridge	Wednesdays & Fridays	10 a.m. - 12 p.m.	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.
Rummikub	Tuesday	10:30 a.m. & 1 p.m.	Recreational activity with a popular tile game.
Safety with Wyleng	Third Monday	11:30 AM	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 a.m. - 11:15 a.m. (Monday & Wednesday) 9 a.m. - 12 p.m. (Thursday)	Health and Wellness activity.
Yoga Breathing	Monday, Wednesday, Friday	11 a.m. (Monday and Friday) 11:15 a.m. (Wednesday)	Health and Wellness activity.
Zumba	Saturdays	9-10 a.m.	Free, Basic Zumba Class
<b>Classes</b>			
See our web site <a href="http://www.herndonseniorcenter.org">www.herndonseniorcenter.org</a> for details			
<b>Class</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
Art History	Third Monday	1 p.m.	Free;
"Create Your Own" Workshop	Wednesdays	10 a.m. - 12:30 p.m.	\$10 per semester; July 2 - September 24
All Ages Read Together	Mondays & Wednesdays	12:45 p.m. - 2 p.m.	Free; Intergenerational Reading Program
Book Club	First Thursday	4 p.m.	Free;
Cards with Ruth	Tuesday 11/4	1 p.m. - 3 p.m.	Free; Requires sign-up Fall Cards
Ceramics	Wednesdays	10 a.m. - 12:30 p.m.	\$35 per semester;
Computer Help in English & Spanish	Monday	5 p.m. - 6 p.m.	Free; Available to registered participants.
Computer Help with Caroline	alternate Mondays	10:00 a.m. - 12 noon	15-minute appointments. You must sign up at the front desk no later than noon 12:00 noon the day before your appointment.
Computer Help with Caroline	alternate Wednesdays	9:30 a.m. - 11:30 noon	15-minute appointments. You must sign up at the front desk no later than noon 12:00 noon the day before your appointment.
ESL with Myrna	Tuesday	10:45 a.m.-12 noon	Free; English as a second language.
ESL with Elders	Thursday	1 p.m. - 1:45 p.m.	Free; English as a second language.
ESL: Conversation	Thursday	11 a.m. - 12 p.m.	Free; English as a second language.
Feldenkrais	Wednesday	10:30 a.m. - 11:15 a.m.	\$10/Semester
Intro to Square Dance	Thursday	7:30 p.m. - 9:30 p.m.	Donation; Ongoing
Learn to Use your Cell Phone	Varies	See description	Please inquire at the front desk.
Line Dance: Advanced Beginner and Intermediate	Tuesday, Thursday	12 p.m. (Intermediate) 1 p.m. (Advanced Beg. )	\$10/Semester per class day
Line Dance: Advanced Beginner, Intermediate and Advanced	Saturday	10 a.m. (Advanced Beg.) 11 a.m. (Intermediate) 12 p.m. (Advanced)	\$10/Semester
Social Dance	Wednesday	7:30 p.m. - 9:30 p.m.	Free
Spanish with Gary	Wednesday	1 p.m.	Free, Language class.
Swing Class and open dance	alternate Sundays	5-8 p.m.	For more information contact <a href="mailto:herndonsocialdancers@gmail.com">herndonsocialdancers@gmail.com</a>
Very Beginner Line Dance	Wednesday	1 p.m. - 2 p.m.	Free, Health and Wellness activity.
<b>Special Events/Trips</b>			
See our web site <a href="http://www.herndonseniorcenter.org">www.herndonseniorcenter.org</a> for details			
<b>Event/Trip</b>	<b>When</b>	<b>Time</b>	<b>Description</b>
<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	7:00 p.m. - 9:00 p.m.	Meeting is held in the Dining Room