



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Herndon Senior Center

Address: 873 Grace Street, Herndon, VA 20170	Hours: Monday - Friday, 8 a.m. to 4 p.m.	Phone: 703-464-6200, TTY 711
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September, October, November 2024

ARTS / GAMES / RECREATION

Title	When	Time	Description	Cost
American Mahjongg <i>On your own</i>	Wednesdays	10:30 a.m.-11:55 a.m.	Recreational activity featuring a popular tile game.	Free
Art Class	Tuesday	10:30a.m.	Variety of art programs from painting, horticulture inspired, jewelry, paper art, and more!	RR
Bingo	Fridays	10:15 a.m.	Recreational activity	Free
Card Class	TBD	1:00pm	Seasonal cards	RR
Ceramics	Wednesdays Fridays	10 a.m.-Noon 12:15 to 2:15 10 a.m.-Noon	Ceramics with our experienced long-term instructor, Vince! All levels welcome, no previous experience necessary. (P) This is a paid class..punch card (RR) You must register for this class This is NOT a drop-in class.	P/RR
Crochet & Knitkniks Group	Mondays	10 a.m.- Noon	Arts and crafts activity.	Free
Crossword	Fridays	1 p.m.	Recreational activity.	Free
Jewelry Class	TBD	10:30a.m.	Register a week prior	Free/RR

Diamond Art	Tuesdays/Thursday	1 p.m.	Craft activity	Free
Garden Tours!	As available and weather allows		Our garden volunteer will explain the flowers on display. Please note NO CUTTING of plants or flowers is allowed!!	Free
Garden Exchange	On hold	10 a.m.	Share your love of gardening and discover new flowers and plants	Free
Greeting Cards with Ruth	On hold	1-3 p.m.	Make your own seasonal and birthday cards. Reservations required the week prior to the class.	Free/RR
Herndon Senior Center Book Club	First Thursdays	2:30 p.m.	We meet to discuss the monthly read.	Free/RR
International Mahjongg <i>On your own</i>	Thursdays	9:30 a.m.-2 p.m.	Free	Free
Mental Muscle (various activities)	Daily	11 a.m. and 1 p.m.	Recreational activity.	Free
Mixed Media Art	Monday	1 p.m.	Art found in various mediums	Free/ RR
Music Lovers	Mondays	1 p.m.	Join us to sing and dance to your favorite songs.	Free
Rummikub <i>On your own</i>	Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays	10:30 a.m. & 1 p.m.	Recreational activity with a popular tile game.	Free
Sing-along	1st Wednesday	12:30 p.m.	Come and join the Rising Phoenix Performers monthly for a sing-along in the Dining Room	Free
Walking Club	Thursdays May-Nov	10:30am	Join us as we walk into Town of Herndon for the Farmers Market! Weather permitting.	Free

HEALTH / WELLNESS

Title	When	Time	Description	Cost
Arthritis Exercise Class	Mondays/Wednesday	11:15-11:45 a.m.	Health and Wellness activity, focusing on balance, range of motion, joint movements.	Free
Badminton	Mondays, Wednesdays Fridays	2:30-3:45 p.m. 1-3:45 p.m.	Health and Wellness activity.	Free

Blood Pressure Clinics	Tuesday June 11, Wednesday July 10, Tuesday August 13	10-11 a.m.	with Nurse Kerry	Free
Brain Fitness	Fridays	11 a.m.	Recreational activity	Free
Chair Exercise	<u>DVD</u> : Mon / Tue / Thu <u>Live</u> : Wed / Fri	9:30 a.m.	Health and Wellness activity. Our most popular exercise class! Sarah leads the class live on Fridays!	Free
Feldenkrais Chair Class	Wednesdays	10:30am-11:30am	Feldenkrais exercises in chairs	Free/RR
Fit 4 Life	Tuesday and Thursday	11:15 a.m.	Chair exercise	Free
Gentle Balance Exercise DVD	Tuesday and Thursday	10a.m.	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements.	Free
Gentle Strength Exercise DVD	Tuesdays	11:15 a.m.	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements.	Free
Line Dance with Hiroko	Tuesdays (Intermediate) (Beginner)	Noon -1 p.m. 11a.m. - Noon	This is an Intermediate Line Dance class. This is a Beginner Line Dance class. Give it a try!	P
Line Dance with Lily	Mondays (Intermediate) Wednesdays (Improve)	Noon-1 and 1-3 p.m. Noon-1 and 1-3 p.m.	These are Intermediate Line Dance classes. Refresh your skills in Improve Line Dance classes. Join us for fun!	P
Ping Pong Table 2nd floor	Monday through Friday	8 a.m. to 3:45 p.m.		Free
Ping Pong Tables (3) Ballroom B	Monday through Friday	See description	Mondays, 8 a.m.to 1 p.m. Tuesdays, 8 a.m. to 2:45 p.m. Wednesdays, 8 a.m. to 1 p.m. Thursdays, 8 a.m. to 3:45 p.m. Fridays, 8 a.m. to 12:45 p.m.	Free
RX Relax Yoga	Thursdays	10:45 a.m.	Try this highly recommended, evidence-based program. Seated yoga is designed to build a strong and flexible body, a more robust brain, a resilient outlook on life and assist with pain management.	Free
S.A.I.L. Exercise	Monday & Wednesday	10:15 a.m.	An evidence based 12-week Stay Active and Independent for Life exercise program! Baseline assessments and surveys will be taken before your first class.	Free/ Video/RR

Safety with Wyleng	Third Mondays	11 a.m. 1 p.m.	The Fire & Rescue Department's Life Safety Education Specialist will teach us about various topics related to home and fire safety.	Free
Tai Chi & Exercise	Mondays & Wednesdays	9:30-10:30 a.m.	Health and Wellness activity. We will begin with exercises, then a short break and end with Tai Chi (3 repetitions).	Free
Walking Club	Thursday	10:15 a.m.	Health and Wellness activity. Dependent on the weather.	Free
Yoga Breathing DVD	Mondays, Wednesdays Fridays	11 a.m. 11:15 a.m.	Health and Wellness activity. DVD with Vijaya	Free
ZUMBA GOLD	Wednesdays	1:30 p.m. 2:30 p.m.	<p>Zumba Gold® is a lower-intensity Zumba® class, which has been modified to accommodate older adults while recreating the original moves you love.</p> <p>How it Works: The class is designed to focus on balance, range of motion and coordination through easy-to-follow Zumba® choreography. Come ready to sweat and prepare to leave empowered and feeling strong.</p> <p><u>Benefits:</u> Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!</p> <p>*Wear comfortable workout clothes & athletic shoes (preferably with smooth bottoms). Bring a water bottle!</p> <p>Choreography Practice for Zumba</p>	P/RR

SPECIAL EVENTS

Title	When	Time	Description	Cost
Autumn Community Concert	Friday, Sept 6	11 a.m.	Join us in the Herndon Harbor Courtyard for our autumn community concert with ADHC and Senior Living	Free
SLSA 20 th Anniversary	Saturday, Oct. 5	10 a.m.	SLSA celebrates their 20 th anniversary through music, dance, and joy!	Free
Stagecoach Theater	Monday, Oct 14	11 a.m.	Join us on our charter trip to the Stagecoach theater	Free
Thanksgiving	November 14	10:30 a.m.	Join our performance programs as we give thanks to our wonderful community	Free

LEARNING and SKILLS DEVELOPMENT

Title	When	Time	Description	Cost
Computer Lab Help with John	Wednesdays	1 p.m.	Volunteer John is in the Computer Lab to lend an ear and help problem solve your IT issues.	Free
Computer Class with David	Monday	10-Noon	Bring your technology questions from 10-11am. Learn basic computer skills from 11-12p,	
ESL: Advanced	Tuesdays	11 a.m.	English as a second language with Ming.	Free
ESL: Beginners	Thursdays	11 a.m.	English as a second language.	Free
Computer Class in Mandarin	TBD	TBD	Computer Help in Chinese with Shosha.	Free
Spanish with Gary Temporarily on hold	Mondays	10:30 a.m.–Noon (Basic) 12:30-2 p.m. (Intermediate)	Language learning class - beginner and intermediate levels available.	Free
Spanish with Octavia	1 st and 3 rd Friday	11 a.m.	Language learning class - beginner and intermediate levels available.	Free

TRIPS

Title	When	Time	Description	Cost
Shopping trips	Wednesdays	10:15 a.m.	Local food markets, such as Walmart, Wegmans, Trader Joe'. Lunch is on your own. Sign up two weeks in advance	P/RR
Stagecoach Theater	Monday Oct. 14	10 a.m.	Musical theater presentation.	P/RR

COMMUNITY MEETINGS

Title	When	Time	Description
Chinese History and Culture	Bi-weekly Saturdays	TBD	Free. Open to members of the community and members of Herndon Senior Center.
English Country Dancers	TBD	6-10 p.m.	Beginners to experienced dancers. Open to members of the community and members of Herndon Senior Center.
Harbor House Monthly Meeting	2 nd Tuesday	1:30-3:30 p.m.	Harbor House Monthly Meeting
Herndon Senior Center Council, Inc.	2 nd Wednesday	1-2:30 p.m.	Open to members of the community and members of Herndon Senior Center.
Herndon Village Network	TBD	6:30-8 p.m.	A non-profit organization and is funded exclusively by donations & grants. For more information & Driver Application: www.HerndonVillageNetwork.org herndonvillagenetworkinfo@gmail.com
Herndon Women's Club	2 nd Monday	7 p.m.	Local philanthropic club
Merry Notes Square Dancers	2 nd , 4 th , and 5 th Friday Sept through June	7-10 p.m.	Lesson and Practice. Open to members of the community and members of Herndon Senior Center. This group is open to members of the community and members of Herndon Senior Center.
Rising Phoenix Performers	Tuesdays (Choir) Wednesdays (Dancers)	5:30-8:30 p.m. 4:30-8 p.m.	This group is open to members of the community and members of Herndon Senior Center. For more information contact csinger13@verizon.net, or call 703-415-6218.

Round Dance	Mondays	7-10 p.m.	Level IV. Open to members of the community and members of Herndon Senior Center.
Social & Line Dance	TBD	6:30-9:30 p.m.	Free. Beginners to advanced. Open to members of the community and members of Herndon Senior Center.
T-Squares	1 st , 3 rd & 5 th Thursday	7-10 p.m.	Mainstream to Advanced Level dancers.