



December 2018



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/neighborhood-community-services

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.

December 2018

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.
All Ages Read Together	Mondays & Wednesdays	12:45 - 2:15 p.m.	All Ages Read Together starts up again for the school year on Wednesday, January 4. Give Jennie a hand in her pre-school class.
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.
Badminton	Mondays Wednesdays Saturdays	3 - 5 p.m. 2:15 - 4 p.m. 10 a.m. - noon	Health and Wellness activity.
Bingo	Fridays	10:30 a.m.	Recreational activity
Blood Pressure Clinics	First Tuesday	10 - 11 a.m.	First Tuesday with Kerry
Chair Exercise	Tuesdays Wednesdays & Fridays	10:30 a.m. 10:20 a.m.	Health and Wellness activity. Our most popular exercise class!
Chinese Folk Dance	Tuesdays	9:30 a.m. - 11 a.m. (Beginners)	Cultural recreational activity.
Chinese Square Dance	Thursday	10 - 11 a.m.	Cultural recreational activity.
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	first Friday	1 p.m.	Wonderful recipes fo all to enjoy!
Crochet & Knitkniks Group	Mondays	10:30 a.m.	Arts and crafts activity.
Crossword	Fridays	1 p.m.	Recreational activity.
Current Events	Every Second Tuesday	10.30 a.m.	Recreational activity.
Fastran Q & A	Quaterly	10 a.m. - noon	Stop in the lobby to visit with Marcus Bowden, one of our Fastran schedulers. He would love to hear your helpful suggestions about Fastran service.
Feldenkrais - Chair Class	Wednesdays	10 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 & Thursday	10:30 a.m.	Health and Wellness activity.
Gentle Balance Exercise Class	Fridays	1 p.m.	Health and Wellness activity, focussing on balance, range of motion, joint movements.

Programs			
Program	When	Time	Description
Gentle Strength Exercise Class	Tuesdays	11:15 a.m.	Health and Wellness activity, focussing on strength, range of motion, joint movements.
Integral Yoga Therapy with Jaya	Fridays	11:15 a.m. - noon 10 - 11 a.m.	Health and Wellness activity. Need help to increase energy levels, reduce stress, calm the mind, increase productivity, reduce insomnia and nervousness, lower blood pressure, help with chronic diseases. This FREE class does! It is composed of Yogic Breathing techniques, gentle yoga stretches & poses, and Laughter Yoga. The focus of this class is to use Yoga as a therapy, a means for self-healing.
Karaoke	Interim Mondays	1 p.m.	Be a star! Come sing with us.
Mental Muscle/You be the Judge	Mondays & Fridays	11:15 a.m.	Recreational activity.
Musical Instruments & Band Practice	Fridays	10 - 11 a.m.	Free; Cultural arts activity.
Nutritionist Talk	TBD	12:30 p.m.	Quarterly; Join our discussion on Vegetables, how to eat more and why they are so good for you!
Party Bridge	Wednesdays & Fridays	10 a.m. - noon	Recreational activity.
Ping Pong Tables	Monday, Tuesday, Thursday, Friday, Saturday	See description	Mondays, 9 a.m. to 2:45 p.m. Tuesdays, 9 a.m. to 12:30 p.m. Thursdays, 3 to 6:45 p.m. - Two tables 9-2 - Three tables 2-7:45 Fridays, 9 a.m. to 3:30 p.m. Saturdays, 12 to 3:30 p.m.
Read with Me	Monthly	1 p.m.	Enjoy having wonderful stories read to you by elementary school children.
Tea & Snippets!	Tuesdays	1 p.m.	Come and share your knowledge and/or learn something new every Tuesday. Various topics.
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 Monday	11:30 a.m.	Monthly Safety information from the Fire Department
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. Depends on the weather.
Yoga Breathing, Exercise & Laughing	Mondays & Fridays	11:15 a.m. (Mondays) 11 a.m. (Fridays)	Health and Wellness activity. DVD with Vijaya
Classes			
Class	When	Time	Description
See our web site www.herndonseniorcenter.org for details			
Ceramics	Wednesdays	10 a.m. - 12:30 p.m.	New students \$35 per semester; returning students \$10, clay refill \$15 per 25 lb bag.
Computer Help with Candice	Tuesdays & Thursdays	10:30 a.m. - noon	Drop in at the Computer Lab for assistance. Max 15 minute per person.
Computer Help with Caroline	Mondays & Wednesdays	9:30 - 11:45 a.m.	Drop in at the Computer Lab for assistance. Max 15 minute per person.
Computer Klub with Kevin	Thursdays Fridays	3 p.m. 1 p.m.	Kevin is here to help you.
Computer Lab Help in Chinese	Thursdays	12:45 - 1:45	Computer Lab Help in Chinese with Shosha Shen.
Computer Lab Help with John	Wednesdays	5 - 6 p.m.	Free; Volunteer John is in the Computer Lab to lend an ear and help problem solve your IT issues.
ESL with Elders	Thursdays	1 - 1:45 p.m.	Free; English as a second language, <i>as available</i> .
ESL: Advanced	Tuesdays	11 a.m.	Free; English as a second language.

Classes			
Class	When	Time	Description
ESL: Beginning Class	Thursdays	11 a.m.	Free; English as a second language, <i>as available</i> .
ESL: Conversation	Thursdays	11 a.m.	Free; English as a second language.
Greeting Cards with Ruth	Monday, December 10	1 - 3 p.m.	Christmas Cards
Herndon Senior Center Book Club	First Thursday	3 p.m.	Free; We meet at 3 p.m. on the first Thursday of every month to discuss the monthly read.
Jewelry Classes	Monday, December 3	1 p.m.	Christmas bracelet. Perfect for yourself or for a gift. Supply fee \$5. Sign up early! Max 12 participants.
Line Dance with Betsy: Very Beginner	Wednesdays	1 - 2 p.m.	Very beginner Line Dance with Betsy. Participants with walking aids also welcome.
Line Dance with Grace: Intermediate	Thursdays	12:45 - 1:45 p.m. (Intermediate)	\$10/Semester
Line Dance with Hiroko Beginner	Tuesdays	12:45 - 1:45 p.m.	\$10/semester. Our new line dance teacher, Hiroko, will continue her Beginner Line Dance class. Give it a try! Sign up and pay \$10 for the quarter at the front desk. Give it a try!
Line Dance with Lily: Advanced Beginner, Intermediate & Advanced	Saturdays	10 a.m. (Advanced Beginner) 11 a.m. (Intermediate) noon (Advanced)	\$10/Semester per class and day
SAIL Exercise Program	Monday - Friday September - December	2:30 - 3:30 p.m.	S.A.I.L. in the Fall! Sept. 17-Dec. 7, Mondays - Fridays at 2:30 p.m. Assessments September 10 - 14 at 2:30 p.m. Our 12-week Stay Active and Independent for Life exercise program fall class begins. Please note that baseline assessments and surveys must be completed the week BEFORE, any day at 2:30 p.m. During this week new students can learn about S.A.I.L. Week 0, September 10 - 14, Assessments Week 1, September 17 - 21, First week of SAIL. Week 12, December 3 - 7, Last week of SAIL. Week 13, December 10 - 14, Post Assessments. Mondays & Wednesdays Geared toward beginners, with more verbal cues and a gradual increase in cardio and strengthening sections. Tuesdays, Thursdays & Fridays Geared toward the continuing student who already has familiarity with the exercises. This very popular program has filled up every session for the last year so be sure to sign up early at the front desk!
Spanish with Gary	Mondays	10:30 - noon (Intermediate) 12:30 - 1:45 p.m. (Basic)	Free, Language class.
ZUMBA GOLD	Mondays Wednesdays	1 p.m. 11 a.m..	Zumba Gold® is a lower-intensity Zumba® class, which has been modified to accommodate older adults while recreating the original moves you love. 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. Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! This class is open to the Community. Class Cost for a two months class (8 sessions): \$10 for Senior Center Members, \$20 for Community members. Sign up and pay at the front desk! *Wear comfortable workout clothes & athletic shoes (preferably with smooth bottoms). Bring a water bottle!

Special Events/Trips

Event/Trip	When	Time	Description
See our web site www.herndonseniorcenter.org for details			
Nutritionist Talk	Monday, December 3	12:45 p.m.	Healthy Eating During the Holidays For the quarterly visit by our nutritionist we will learn what we can do to keep our healthy eating habits going during the Holidays.
Judy Sterling Chinese Chorus	Tuesday, December 4	1 p.m.	Call Herndon Senior Center at 703-464-6200 for more information.
"Hearing aids – Beware and Be Wise!"	Wednesday, December 5	TBD	"Hearing aids – Beware and Be Wise!" touches on the need for good communication strategies even WITH or WITHOUT hearing aids, especially around the holidays. Navigating holidays with a hearing loss is always a challenge.
"HollyDays & Mistletoes"	Friday, December 7 Saturday, December 8	11 a.m. 7 p.m.	Sun Dance Performance Company Presents: "HollyDays & Mistletoes" Directed by Michele Koros & "C" Culpepper Friday, December 7 at 11 a.m. Early bird door prizes at 10:45!! Chef Cristina's Christmas Dinner at noon! FREE and for county senior center members only. Saturday, December 8 at 7 p.m. Ticketed and OPEN TO THE PUBLIC. Suggested donation \$15. Benefiting Global Lyme Alliance
"Let It Snow!" - a Holiday Cabaret	Wednesday, December 12	1 p.m.	On That Note presents a Holiday cabaret entitled "Let It Snow!"
Christmas Dinner & Singalong	Wednesday, December 12	11 a.m.	Join us for some carolling of our own in this karaoke and singalong, followed by our annual Christmas Dinner at noon.
Special Trip "Christmas, a Broadway-style holiday musical"	Saturday, December 15	10:45 a.m. - 3 p.m.	An Invitation to Christmas, a Broadway-style holiday musical Saturday, December 15 - 10:45 a.m. - 3 p.m. Encore Theatrical Arts Project in Annandale presents a spectacular matinee performance that includes the talents of one of our helpful young bluebird teen Blue Belle volunteers. It is a delightful experience for audiences of all ages so feel free to bring your family along. Please eat a big breakfast as there will be no food stop on this trip. Your supplemented price is \$12, including bus transportation. Family members pay \$22 Sign up and pay by Wednesday, December 5.
Special Trip: Holiday Sing-Along Wolf Trap	Saturday, December 1	2:30 - 7 p.m.	Special Trip - Holiday Sing-Along Wolf Trap Saturday, December 1 at 2:30 p.m. - 7 p.m. Kick off the holiday season at Wolf Trap's Annual Holiday Sing-A-Long! This musical celebration hosts a performance by the United States Marine Band and a Sing-A-Long of Christmas carols and Hanukkah songs with local choir and vocal groups from the metropolitan Washington area. Wolf Trap will be participating in Toys for Tots by collecting new, unwrapped toys at the entrance to the Filene Center before the Sing-A-Long. Donations are voluntary and not required. Admission is free and no tickets are necessary. Parking is free but limited so please plan on arriving early. Bring a candle and join the tradition of exiting the Filene Center with a candlelight processional during the last verse of "Silent Night." There will also be a 'Jing-A-Long' during the singing of Jingle Bells so remember to bring a bell and your holiday cheer! The best way to spread holiday cheer is singing loud for all to hear! Pay just \$1 for the bus. Sign up and pay by November 27.

Special Events/Trips			
Event/Trip	When	Time	Description
Harmony Heritage Singers	Wednesday, December 19	11 a.m.	Harmony Heritage Barbershop Singers "Christmas Extravaganza" Tuesday, December 12 at 10:30 a.m. A 40 man choral group will put you in the spirit of the season at 11 a.m.! Early bird door prizes begin at 10:30!!
Shopping trips	Wednesdays	10:15 p.m.	December 5 – Wegman’s Chantilly December 12 – Giant and Dollar Tree Sterling December 19 – WalMart Chantilly December 26 – Aldi Sterling
Community Partner Use			
Meeting	When	Time	Description
See our web site www.herndonseniorcenter.org for details			
AARP Chapter Meeting	Second Tuesday Third Thursday	2:30 - 4 p.m. 3:30 - 5 p.m.	Board Meeting is held in the Conference Room Member Meeting is held in the Dining Room.
All Ages Read Together (AART)	Mondays & Wednesdays	12:45 - 2:15 p.m.	AART provides free school readiness programs for at-risk preschool aged children. If you would like to help out, you will find them in Ballroom A!
Argentine Tango Lesson & Dancing	Mondays	7 - 9:30 p.m.	A free beginning Argentine Tango lesson and practice afterward. Music and dancing will continue for everyone’s enjoyment. Open for all adults. Please try to arrive by 8 p.m.
Exercise Boot Camp	Wednesdays Saturdays	6:30 - 7:30 p.m. 9 - 10 a.m.	Strenuous, high impact exercise class with David Monroe.
Garden Tours	As weather permits	Noon - 1 p.m.	Volunteer Susan Green will explain the flowers on display. Please note NO CUTTING of plants or flowers allowed!!
Herndon Womans Club	Forth Wednesday	7 - 9 p.m.	
HIPPY Program	Wednesdays	12:45 - 2:15 p.m.	Family and School Partnerships Office of Professional Learning and Family Engagement Fairfax County Public Schools
Meringue	Two Saturdays per month	1:30 - 2:30 p.m.	Social Meringue Dancers
Round Dance Class	Mondays	7:30 - 9:30 p.m.	For more information contact c_eum@yahoo.com , or call 703-927-5192
Social & Line Dance	Wednesdays	7:30 - 9:30 p.m.	FREE. For more information contact mikebailey@aol.com
Social Swing Dance	Two Sundays per month	5 - 8 p.m.	For more information contact herndonsocialdancers@gmail.com
Square Dance Teams	Tuesdays, Thursdays, Fridays, Saturdays, Sundays	Times vary	Beginners to experienced dancers
Sun Dance Performers	Singers Tuesdays Dancers Wednesdays	5:30 - 8:30 p.m.	For more information contact csinger13@verizon.net , or call 703-415-6218.
The Herndon Book Club (AAUW)	Wednesday (Fourth Wednesday)	2:15 p.m.	This group is open to members of the community and members of Herndon Senior Center.