



October 2018



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/neighborhood-community-service

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.

OCTOBER 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 Mahjonn	Wednesdays	10:30 - 11:55 a.m.	Recreational activity featuring a popular tile game.
Athrits 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
Bluetooth Karaoke with John	2nd & 4th Saturday	11 a.m. - 3 p.m.	Join John in the Dining Room or Ballroom C for Karaoke. All singing abilities welcome!
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) 1 p.m. - 3 p.m. (Advanced)	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 - 11:45 a.m.	Community service and engagement.
Cooking Fun with John	First 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.
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.

Programs			
Program	When	Time	Description
Feldenkrais - Floor Class	Tuesdays September 11 - October 30	4 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! Note: To participate, you must be able to get down to and back up from the floor easily and by yourself! For your comfort, please bring a towel and warm clothes or layers. Open to the community at \$25 for the series
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.
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	Wednesdays 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.
Music with Ashley	TBD	1 p.m.	Come join Ashley for Girl Groups of the '50s and '60s.
Musical Instruments & Band Practice	Fridays	10 a.m. - 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. - 2:45 p.m. Tuesdays, 9 a.m. - 12:30 p.m. Thursdays, 3 - 6:45 p.m. - Two tables 9 a.m. - 2 p.m. - Three tables 2 - 7:45 p.m. Fridays, 9 a.m. - 3:30 p.m. Saturdays, Noon - 3:30 p.m.
Read with Me	Monthly Back in the September	1 p.m.	Enjoy having wonderful stories read to you by elementary school children.
Readings & 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. 10:30 a.m.	Health and Wellness activity. Depends on the weather. Back in March.
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 - 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 p.m.	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.
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	Wednesday, October 3 Tuesday, October 30	1 - 3 p.m.	Fall Cards Holiday 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	Wednesdays, October 10 & 31	1 p.m.	10/10 Halloween jewelry. This class is FREE 10/31 Fall Leaf Necklace. Cost is \$5. Your payment is your reservation. 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 a.m. - noon (Intermediate) 12:30 - 1:45 p.m. (Basic)	Free, Language class.

Classes			
Class	When	Time	Description
ZUMBA GOLD	Mondays Saturdays	1 p.m. 2 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>Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!</p> <p>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!</p> <p>*Wear comfortable workout clothes & athletic shoes (preferably with smooth bottoms). Bring a water bottle!</p>
Special Events/Trips			
Event/Trip	When	Time	Description
See our web site www.herndonseniorcenter.org for details			
Bluetooth Karaoke with John	2nd & 4th Saturday,	11 a.m.	Join John in the Dining Room or Ballroom C two Saturdays a month for Karaoke. All singing abilities welcome!
Brain Health as You Age	Friday, October 12	11 a.m.	Learn more about age-related changes in memory and learning, along with healthy practices to keep your brain sharp! Learn what to expect, what's "normal," and when it's time to seek a doctor's input.
Cabaret & Cupcakes	Wednesday, October 10	1 - 2:45 p.m.	Courtesy of ArtSpace Herndon, we are pleased to have the group "On That Note" perform cabaret music pieces from well known musicals.
Coates Elementary Writing Project	Wednesday, October 17	10:30 a.m. - noon	Sixth Grade Advance Academic students from Coates Elementary School will come to interview seniors about their lives and experiences. The students will use this information for a writing project, which will be presented to us all on Wednesday, November 14 at 11 a.m.-12:45 p.m. We are asking for at least 8 volunteers to participate in this project but there is no maximum. Sign up for this fun experience at the front desk by October 5.
Dementia 101	Friday, October 19	11 a.m.	Learn how to define dementia, distinguish the different types, and gain an understanding of the typical path of disease progression.
Flavoured Water Tasting	TBD	TBD	Have you walked by the water aisle lately? Have you seen the endless selection of flavoured waters and wondered what the fuss is all about? If you would like to find out, we have gathered some samples that we would like to give you a taste of.
Halloween Senior Spelling Bee	Mondays, October 1, 15 & 22	1 p.m.	Qualify for this regional senior competition to be held in Sterling on October 29. If you are interested, come to Betsy's spelling bee practice on Mondays. Get the world list from Betsy
Hearing Loss- Evaluation, Coping and Resources	Wednesday, October 24	1 p.m.	In this 45 minute discussion you will learn about hearing loss, strategies for effective communication, resources for hearing assistive technologies and an in depth look at a free captioning/amplification telephone program.
Large item SALE	Monday & Tuesday, October 1 & 2	All Day	Large items generously donated to the center, which cannot fit in the glass case, will be displayed in the lobby.
Monster Mash Bash	Wednesday, October 31	Noon - 1 p.m.	Get your spooky on! Costumes or holiday themed wear encouraged. Treats and prizes will be something to scream about!
Shopping trips	Wednesdays	10:15 p.m.	<p>Wednesday, October 3 Tysons Corner</p> <p>Wednesday, October 10 WalMart Fair Lakes</p> <p>Wednesday, October 17 Wegman's</p> <p>Wednesday, October 24 Aldie</p> <p>Wednesday, October 31 Giant and Dollar Tree</p>
Special Trip – National Building Museum	Saturday, November 17	9 a.m.	<p>This beautiful, historic building houses exhibits on all aspects of building. Exhibits include: innovative housing design, secret cities, eviction, American homes, and community policing. A special exhibit on the movie houses of Baltimore opens on Nov. 17. We expect to get there at 10:00 and will depart at 1:00 p.m.</p> <p>\$5 includes your admission and bus transportation. Lunch is on your own. You may bring your own bag lunch or buy lunch at the museum café. Sign up by Nov. 9.</p>

Special Events/Trips			
Event/Trip	When	Time	Description
Special Trip Fall Fun on a Farm	Tuesday, October 9	10:15 a.m. - 1:45 p.m.	Let's visit our own Frying Pan Park for a hayride, interpretation of a 1920s farm house, animals, picnic, and country store. \$4 for hayride and Fastran; and a \$3 optional bag lunch is available for those who have signed up for the center's meal program. The hayride is fully accessible to all.
What's in your pantry? Nutrition education with Erin	Wednesday 10/3	11 a.m.	What's in your pantry? Nutrition education with Erin Come and learn (and taste!) some quick, easy and inexpensive meals and snacks, made from what you already have at home!
Community Partner Use			
Meeting	When	Time	Description
See our web site www.herndonseniorcenter.org for details			
AARP Chapter Meeting	2nd Tuesday 3rd 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	4th Wednesday	7 - 9 p.m.	BACK IN SEPTEMBER http://www.herndonwomansclub.org for more information
HIPPY program	Wednesdays	12:45 - 2:15 p.m.	Family and School Partnerships Office of Professional Learning and Family Engagement Fairfax County Public Schools
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.