



Fairfax County

# Neighborhood & Community Services

[www.fairfaxcounty.gov/neighborhood-community-services](http://www.fairfaxcounty.gov/neighborhood-community-services)

## HERNDON SENIOR CENTER

**Address:** 873 Grace Street  
Herndon, VA 20170

**Hours:** Monday – Saturday, 9 a.m. to 8 p.m.

**Phone:** 703-464-6200, TTY 711

### March 2020

#### PROGRAMS / ACTIVITIES

Title	When	Time	Description
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. Give Jennie a hand in her pre-school class.
American Mahjongg	Wednesdays	10:30 a.m.-11:55 a.m.	Recreational activity featuring a popular tile game.
Arthritis Exercise Class	Mondays	11:15 a.m.	Health and Wellness activity, focusing on balance, range of motion, joint movements.
Badminton	Mondays Wednesdays Saturdays	2-5 p.m. 2:15-4:15 p.m. 10-12 p.m.	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  Thursdays	9:30 a.m.-11 a.m. (Beginners) 10 a.m.-12 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.-12 p.m. 1-3 p.m. (Tue only)	Cultural arts activity.
Community Service	Tuesday	10:30-11:45 a.m.	Community service and engagement.
Cooking Fun with John	1st Friday	1 p.m.	Wonderful recipes for all to enjoy!
Crochet & Knitkniks Group	Mondays	10:30 a.m.	Arts and crafts activity.
Crossword	Fridays	1 p.m.	Recreational activity.
Current Events	Tuesdays	10.30 a.m.	Recreational activity.
Fastran Q & A	Quarterly	10 a.m.-12 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.

Feldenkrais Floor Class	Tuesdays March 5-April 17	4-5 p.m.	This 8-week series is FREE to Senior Center members, thanks to a grant from Griffin Owens Insurance Group, and open to the Community at \$12 for the series. This class will include a pre- and post-survey.  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 towel and warm clothes or layers.
Fit for Life	Monday and Thursday	10:30 a.m.	Health and Wellness activity.
Garden Tours!	Back in the spring	As available after lunch	Our garden volunteer, Susan Green, will explain the flowers on display. Please note NO CUTTING of plants or flowers is allowed!!
Gentle Balance Exercise Class	Fridays	1 p.m.	Health and Wellness activity, focusing on balance, range of motion, joint movements.
Gentle Strength Exercise Class	Tuesdays	11:15 a.m.	Health and Wellness activity, focusing on strength, range of motion, joint movements.
Integral Yoga Therapy with Jaya	Fridays	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, and 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	As announced on Mondays	1 p.m.	Be a star! Come sing with us.
Mental Muscle/You be the Judge	Mondays & Fridays	11 a.m.	Recreational activity.

Musical Instruments & Band Practice	Thursdays Fridays	1-2 p.m. 10 a.m.-11 a.m.	Free; Cultural arts activity.
Nutritionist Talk	Quarterly	12:30 p.m.	Quarterly; Join our discussion on Vegetables, how to eat more and why they are so good for you! Next talk: "Super Foods" for a super YOU! Sample a fresh and healthy smoothie to boost your brain.
Party Bridge	Wednesdays & Fridays	10 a.m.-12 p.m.	Recreational activity.
Ping Pong Tables	Monday, Tuesday, Thursday, Friday, Saturday	See description	Mondays, 9 a.m.to 10:45 p.m. Tuesdays, 9 a.m. to 5 p.m. Thursdays, 3 to 6:45 p.m. - Two tables 9-2 - Three tables 2-6:45 Fridays, 9 a.m.to 3:30 p.m. Saturdays, 12 to 5 p.m.
Read with Me	Monthly on Mondays	1 p.m.	Enjoy having wonderful stories read to you by elementary school children.
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
Sports Recap with Kevin	Tuesdays	1-1:45 p.m.	Join Kevin to analyze the weekend games.
Stretch with Karen B.	Wednesday	11:15 a.m	Health and Wellness activity.

Synchronized Ballroom Dancing	Mondays (Lesson) Mondays (Practice) Thursdays (Practice)	10-12 a.m. 1-2 p.m. 9 a.m.-2 p.m.	Due to popular demand this class has expanded and is now dancing as follows: Mondays: 10-12 Synchronized Ballroom Dancing Lessons in Ballroom B. FREE & OPEN TO THE PUBLIC. 1-2 Synchronized Ballroom Dancing Practice in Ballroom C. Members only. Thursdays: 9-2 Synchronized Ballroom Dancing Practice in Ballroom B and CONF. Members only.
Tai Chi / Exercise	Monday, Wednesday, Thursday	Mondays 10 a.m.-12 p.m. Mondays 1-2 p.m. Thursdays 9 a.m.-2 p.m.	Health and Wellness activity. Lesson Practice Practice
Tea & Snippets!	Tuesdays	1 p.m.	Come and share your knowledge and/or learn something new every Tuesday. Various topics.
Walking Club	Wednesdays	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

Title	When	Time	Description
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	10:30-12 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	2 p.m. 1 p.m.	Kevin is here to help you.
Computer Lab Help in Chinese	Thursdays	12:45 to 1:45	Computer Lab Help in Chinese with Shosha Shen.
Computer Lab Help with John	Wednesdays	11:30 a.m.	Free; Volunteer John is in the Computer Lab to lend an ear and help problem solve your IT issues.
ESL: Advanced	Tuesdays	11 a.m.	Free; English as a second language.
ESL: Basic	Thursdays	1 p.m.-1:45 p.m.	Free; English as a second language, <i>as available by volunteers.</i>
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	1-2/month	1-3 p.m.	Make your own seasonal and birthday 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 class	1 time per month	1 p.m.	Make your own earrings and/or bracelet and/or necklace! Supply fee \$5.
Line Dance with Hiroko: Intermediate	Thursdays	12:45-1:45 p.m.	\$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) 12 noon (Advanced)	\$10/Semester per class and day
Line Dance: Very Beginner	Wednesdays	1 p.m.-2 p.m.	Very beginner Line Dance. Participants with walking aids also welcome.
Qigong	Saturdays	5-6 p.m.	Qigong, qi gong, chi kung, or chi gung is a centuries-old system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance qi, translated as "life energy".
RX Relax Yoga with Sasha	Thursdays	10:45 a.m.	Try this highly recommended and evidence-based program. The seated yoga is designed to build a strong and flexible body, as well as developing a more robust brain and resilient outlook on life. It has also shown to manage pain.

S.A.I.L. in the Winter!	Tuesday-Thursday January 13-April 4	2:30-3:30 p.m.	<p>Our winter 12-week Stay Active and Independent for Life exercise program starts up again! 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.</p> <p>Week 0, Jan. 6-9, Assessments  Week 1, Jan. 13-16, First week of SAIL.  Week 12, March 30-April 2, Last week of SAIL.  Week 13, April 6-9, Post Assessments.</p>
Spanish with Gary	Mondays	10:30-12 noon (Intermediate) 12:30-1:45 p.m. (Basic)	Free, Language class.
ZUMBA GOLD	Mondays Tuesdays Wednesdays Fridays	1 p.m. 5:30-6:30 p.m. 11 a.m. 5:30-6:30 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>Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!</p> <p>Cost is \$10 per quarter per class.  Sign up and pay at the front desk!</p> <p>*Wear comfortable workout clothes &amp; athletic shoes (preferably with smooth bottoms).  Bring a water bottle!</p>



Special Events / Trips

Title	When	Time	Description
"My plate on a BUDGET"	Wednesday, March 4	1 p.m.	Nutritionists will share their best tips and tricks for low cost nutritious meals.
Financial Health Month	Month of March	Varies	<p><b>Financial Health Month Events</b></p> <p><u>Wednesday, March 4</u> 1 p.m. "My plate on a BUDGET"</p> <p><u>Friday, March 6</u> 12:45 p.m. Local Scams Revealed!!</p> <p><u>Friday, March 27</u> 11 a.m. When you don't know who to call or where to turn for help CALL 211</p>
Luck of the Irish season	Friday, March 13- Wednesday, March 18	Varies	<p><u>Friday, March 13</u> 10:45 Irish Music Trip</p> <p><u>Monday, March 16</u> 1 History of St. Patrick's Day</p> <p><u>Tuesday, March 17</u> 11 Irish Current Events 12 *Luck of the Irish Lunch* <i>Wear Green for an extra door prize ticket</i> 1 St. Patrick's Day Trivia</p> <p><u>Wednesday, March 18</u> 11 Leprechaun Hunt</p>
Shopping trips	Wednesdays	10:15 a.m.	<p>March 4 Wegman's and Target - Sterling            March 11 Dulles Town Center - Sterling            March 18 Lotte Plaza - Herndon            March 25 Wal-Mart - Fair Lakes            April 1 Trader Joe's - Reston</p>

Sing along with Dianne	Friday, March 20	1 p.m.	There is not a song that Dianne does not know and cannot sing and play on her guitar! We are so pleased that she has chosen to volunteer with us
Stroke Prevention and Education in Mandarin	Thursday, March 26	12:45 p.m.	Rescheduled from February
<b><u>Community Meetings</u></b>			
Title	When	Time	Description
AARP Dulles Chapter	2nd Tuesday 3rd Thursday	2:30-4 p.m. 3:30-5 p.m.	Local Chapter of national philanthropic club. 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 is a free school readiness program for at-risk preschool aged children. AART prepares these vulnerable learners for a positive and successful entry into elementary school.  Volunteers come from Herndon Senior Center and the Community.
Argentine Tango Lesson & Dancing	Mondays	7-9:30 p.m.	A free beginning Argentine Tango lesson and practice afterward. Open to members of the community and members of Herndon Senior Center.
Chinese History and Culture	Saturday	6-9 p.m.	Free. Open to members of the community and members of Herndon Senior Center.
English Country Dancers	One Saturday per month	6-10 p.m.	Beginners to experienced dancers. Open to members of the community and members of Herndon Senior Center.
Fairfax County HBCAS	Thursday	3 p.m.	County group meeting.

Fortnightly Squares HOA	Monthly	6-7:45 p.m.	Local Homeowners Association Board Meeting
Herndon Senior Center Council, Inc.	2 <sup>nd</sup> Wednesday	1-2:30 p.m.	Open to members of the community and members of Herndon Senior Center.
Herndon Women's Club	Monthly	6-9 p.m. 2:30-4 p.m.	Local philanthropic club
INOVA Hospital Teddy Bear Community Service	Tuesdays	10:30-noon	Community Service. Open to members of the community and members of Herndon Senior Center.
Memory Café	4th Monday	2:15-4 p.m.	Enjoy a "dementia-friendly" outing with your loved one Cheryl Rodakowski for more information. crodakowski2@verizon.net.
Meringue	Two Saturdays per month	1:30-2:30 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.
Round Dance	Mondays	7:30-9:30 p.m.	Level IV. Open to members of the community and members of Herndon Senior Center.
ServiceSource Employment Training Class	Mondays	4:15-6:15 p.m.	January 27-March 30
Social & Line Dance	Wednesdays	6:30-9:30 p.m.	Free. Beginners to advanced. Open to members of the community and members of Herndon Senior Center.
Social Swing Dance	Two Sundays per month	5-8 p.m.	Open to members of the community and members of Herndon Senior Center.

Square Dance Groups	Thursdays, Saturdays, Sundays	Times vary	This group is open to members of the community and members of Herndon Senior Center. Mainstream to Advanced Level dancers.
Sun Dance Performance Company	Tuesdays (Choir) Wednesdays (Dancers) Thursdays (Dancers)	5:30-8:30 p.m. 4:15-8 p.m. 4:30-6:30 p.m.	This group is open to members of the community and members of Herndon Senior Center. For more information contact <a href="mailto:csinger13@verizon.net">csinger13@verizon.net</a> , or call 703-415-6218.
The Herndon Book Club	4 <sup>th</sup> Wednesday	2:15 p.m.	Open to members of the community and members of Herndon Senior Center.
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.