



News & Info from HSC

703-464-6200

HSCHerndonSeniorCenter@fairfaxcounty.gov



Sun Dance Performance Company

TODAY, Monday June 22
at 1:30 and 2:15 OUTSIDE
in front of 875 Grace Street
by RESERVATION only.

Call 703 464-6200 for your socially
distanced seat.

Special treats will be served. Do NOT
gather. They will be given to you in an
orderly and distanced manner.

Please stay 6 feet apart
when entering and leaving.

Emergency shelf-stable meals

As we are heading into hurricane season, the Area Agency on Aging is working to distribute 5 shelf stable meals to clients who receive the regular frozen meals. If power is lost for any reason, you will have meals ready to eat without having to cook or even reheat!

3 Steps to Stay Safe from COVID-19

As communities and businesses are reopening, it is important to remember that COVID-19 continues to spread in the community. Everyone is at risk, but older adults and people of any age with underlying medical conditions are at higher risk for severe illness from COVID-19.

1. Minimize Your Risk

In general, the more closely and the longer that we interact, the higher the risk of COVID-19 spread. You are still safer at home. Limit in-person contact with others outside of your household. Remember: Social distancing but NOT social isolation. Use your phone, your Ipad, your computer and stay in touch!

2. Make a Plan

Talk with family members now to determine who will help you if you get sick.

Keep extra medicines, cleaning products, and groceries on hand in case you need to stay home for a while longer.

3. Follow Health Recommendations

Take care of your own health by protecting others. Wear your mask in the spirit of enlightened self-interest.

Wash hands frequently or use hand sanitizer if soap and water are not available.

Feel sick? STAY HOME!

When will we open?

We do not yet have a date for reopening. However, work to comply with Virginia State and County rules and regulations has begun. Plexiglas shields have been installed and rooms have been measured for correct occupancy rates.

We want you back to fill the center with life again!! We are doing everything we can to make that happen as soon as it is as safe as possible FOR YOU!

Don't Delay Emergency Care!

First Responders & Emergency Rooms are prepared for ALL emergencies!

Recent trends show that people with symptoms of serious medical conditions are not calling 9-1-1 out of fear of being exposed to COVID-19. First Responders and Emergency Rooms have specific policies and procedures in place to protect patients and staff.

If you have ANY questions or concerns,
contact us at 703-464-6200
HSCHerndonSeniorCenter@fairfaxcounty.gov

Ruth says: This was sent to me on my 50th birthday. I do not know who wrote it. If you know please tell me, so I can give proper credit.

Don't mess with an old dog...

A wealthy old lady decides to go on a photo safari in Africa, taking her faithful aged pet poodle along for company. One day the poodle starts chasing butterflies and before long he discovers that he is lost. Wandering about, he notices a leopard heading rapidly in his direction with the obvious intention of having lunch.

The old poodle thinks, 'Oh-oh, I'm in deep doo-doo now!' Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the leopard is about to leap, the old poodle exclaims loudly, "Boy, that was one delicious leopard. I wonder if there are any more around here." Hearing this, the young leopard halts his attack in mid-stride, a look of terror comes over him, and he slinks away into the trees. "Whew", says the leopard. "that was close. That old poodle nearly had me."

Meanwhile, a monkey who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the leopard. So, off he goes but the old poodle sees him heading after the leopard with great speed, and figures that something must be up. The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard.

The young leopard is furious at being made a fool of and says, "Here monkey, hop on my back and see what's going to happen to that old conniving canine." Now the old poodle sees the leopard coming with the monkey on his back and thinks, 'What am I going to do now?' But instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet; and, just when they get close enough to hear, the old poodle says, "Where's that darn monkey? I sent him off half an hour ago to bring me another leopard".

Moral of this story... Don't mess with us! Age and treachery will always overcome youth and skill! Bull%#*\$ and brilliance only come with age and experience.



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.

