



Council Inc. Corner

The Herndon Senior Center Council Inc. is an approved 501c3 charitable organization. All donations are TAX DEDUCTIBLE as allowed by law and are acknowledged in writing.

July 2019 to June 2020 Board of the Herndon Senior Center Council, Inc.

President:	Phyllis K. Smith
Vice President:	Meraf Mitchell
Secretary:	Kathy Lai
Treasurer:	Monita Chin
Assistant Treasurer:	Prem Khurana
Directors At Large:	Ines Bello Joyce Saldivar Shaw Zee Tommy Chin
Ex Officio Director:	Ruth Junkin, Center Director
SLSA Liaison:	Wen Xia (Wendy) Shi



Council, Inc. meetings are open to all center members. Join us in the Conference Room on **Wed. September 11** at 1 p.m.



Our warmest THANKS... ...goes to THE CLOSET from all of us at the Herndon Senior Center for your generous grant!



We remember with great fondness Stefanie Nielsen
We thank her daughter Irene and her son Bruno for their generous donation to the Council. This donation was acknowledged by her name being placed on the plaque in the Presidential Hall, "In Memory of Friends Gone but Never Forgotten".

IMPORTANT INFORMATION:

Friday, September 13 - all day

The shades in Ballrooms A, B and C must be repaired. This repair is scheduled for September 13. During repair EVERYONE must leave the room. Sadly, this will interrupt activities. This is completely outside of our control and is the only way the shades can be repaired.

Feldenkrais in the FALL! \$/RR

This is a gentle and precisely focused exercise method. Participants report increased range of motion, improved flexibility, coordination and balance with reduced body pain.

• Feldenkrais Floor Class

Tuesdays 4-5 p.m., Sept. 3-Oct. 22

This eight week series is FREE to Senior Center members, thanks to a grant from Griffin Owens Insurance Group, and open to the Community at \$25 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 a towel and warm clothes or layers.

• Feldenkrais Chair Class (ongoing)

Wednesdays at 10 a.m.

\$10 per semester. Open to members only.

Please register at the front desk for both of these classes. We need a minimum of 8 participants.

One MORE Art Class with Charlie \$/RR

Tue. 10-12 a.m. & 1-3 p.m., Fri. 4-6 p.m.

On request, we are adding a third art class on Fridays. Tuition \$10 + \$5 supply fee.

Sign up and pay **by August 30.**

Senior Center Book Club

Thursday, September 5 at 3 p.m.

The First Conspiracy by Brad Meltzer

Thursday, October 1 at 3 p.m.

Hidden Figures by Margot Lee Shetterly.

September Happenings & Classes

All Ages Read Together (AART)

Mondays & Wednesdays, 12:45-2:15p.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.

If you enjoy spending time with young children and would like to volunteer, call (540) 277-3135 or visit Ballroom A before or after class.

Bluetooth Karaoke with John

Saturdays Sep. 7, 11 a.m.-3 p.m.

Join John in the Dining Room/Ballroom C for Karaoke. All singing abilities welcome! If there is interest John may add Saturdays.

ArlingtonWeaves, Etc.

Tuesday, September 10, 11 a.m.-1 p.m.

ArlingtonWeaves, Etc. invites you to celebrate their artistry and creativity. Join us for a demonstration, try your hand at this fascinating craft, and afterward we will have a special "woven" treat.

Nutritionist visit

Wednesday, September 11 at 1 p.m.

"Super Foods" for a super YOU! Sample a fresh and healthy smoothie to boost your brain.

Greeting Cards with Ruth /RR

Monday, September 16 at 1 p.m.

Early Fall cards

Monday, September 30 at 1 p.m.

Fall Cards

S.A.I.L. in the Fall! /RR

Assessments Sept. 16-20 at 2:30 p.m.

Mondays-Fridays Sept. 23 - Dec. 6, at 2:30 p.m.

Our fall 12-week *Stay Active and Independent for Life* exercise program begins. 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, Sept. 16-20, Assessments

Week 1, Sept. 23-27, First week of SAIL.

Week 12, Dec. 2-6, Last week of SAIL.

Week 13, Dec. 9-13, 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 two years so be sure to **sign up early at the front desk!**

Note: *Stay Fit with SAIL* at 2:30 p.m. on Tuesdays and Thursdays continues through September 12

Special Jewelry Class \$/RR

Wednesday, September 18 & 25

Dragon Fly Necklace & Earrings.

Limited to six persons per class. Supply fee \$10. Sign ups **with payment** begin Monday, September 9 at 9 a.m.

Flu Shots (\$)/RR

Friday, September 20, 10 a.m.- noon

Free with Medicare card or accepted insurance. You **MUST** have your card with you. Out of pocket cost is \$34 (check or cash only). Sign up for your timeslot (20 available) by September 13.

In Farsi: "The Five Pillars of Brain Health"

Friday, September 27 at 1 pm

In this session in Farsi with Tahera Shairzay, from AARP, you will learn steps you can take to improve your brain health. It's never too late!

Coming your way in October....

- Sixth Grade students will come to interview seniors for a writing project, which will be presented some weeks later.
- On Tuesday, October 1 Dr. Guo, a Professor of Traditional Chinese Medicine, will speak in Chinese about "How to prevent getting sick in the fall".
- Voter Registration Wednesday, October 2.
- Dr. Amy will visit us on Wednesday, October 2 to talk about keeping your eyes healthy.

Bread Sale Volunteers WANTED and NEEDED!!

Thursday mornings 8:30-10:30





Shopping & Special Trips

Wednesday, September 4	Dulles Town Center Mall	<u>IMPORTANT</u> Shopping & Special Trip Policies available at the front desk.
Wednesday, September 11	Lotte & Aldi in Chantilly	
Wednesday, September 18	Greenbriar Town Center ~ Flu Shots available ~	
Wednesday, September 25	WalMart Fair Lakes ~ Flu Shots available ~	

Special Trip - No Falls! No Trips! Trip

Friday, September 20 10:15 a.m.

Trip to Inova Conference Center in Fairfax for a Falls Prevention Awareness workshop. Program includes Fall Prevention Strategies, Vision, Hearing, and Balance Screenings, and more (see flyers around the center). FREE lunch provided. Bus is just \$1.



Sign up and pay by August 29.

Special Trip - Senior Olympics Table Tennis

Saturday, September 21 8 a.m. departure



We leave early to cheer on our own Herndon Senior Center's very competitive table tennis players as they compete in Northern Virginia Senior Olympics at Providence Community Center. Lunch is on your own. Bus is just \$1.

Sign up and pay by September 13.

Special Trip - Beacon 50+ Expo

Sunday, September 22 12 noon departure

This free expo features 100+ exhibitors, giveaways, flu shots, health screenings, live music, door prizes and a keynote speaker who will be speaking about the medical benefits of cannabis and cbd oil.

Free flu shots if you have your Medicare card with you.

The Expo takes place in a mall so you can also eat and shop during this time if you wish. Lunch is on your own. Bus is just \$1.

Sign up and pay by September 13.



Special Trip - Boat Ride & Picnic at Burke Lake

Wednesday, September 25 at 10:15 a.m.

We will enjoy a picnic lunch and pontoon boat ride at Burke Lake.

Your cost is \$4 for boat and bus. You can sign up for bag lunch from Chef Cristina for an additional \$3 (if you are enrolled in our lunch program). You are also welcome to bring your own lunch.

Trip goes rain or shine so dress for the weather.

Sign up and pay by September 18.



Shopping Trip to The CLOSET

Monday, September 23 at 10-11:45 a.m.

Reserve your seat by Thursday, September 19 at the front desk



Free Drop-In Groups—Join Anytime!

These activities are free to attend and open to all senior center members.

Health and Wellness

Brain Fitness (Trivia, Wordplay, Logic Puzzles), Emotional Wellness, Diet and Nutrition, General Fitness, Dance, Sports and Physical Games, Disease Education, and Psychology

Activity	Day	Time
Arthritis Exercise Class	Mondays	11 a.m.
Badminton	Mondays Wednesdays Saturdays	2-5 p.m. 2:15 to 4:15 p.m. 10 to noon.
Blood Pressure Clinics w. Kerry	First Tuesday	10-11 a.m.
Chair Exercise Live! (or in-house DVD)	Wednesdays & Fridays Tuesdays	10:20 a.m. 10:30 a.m.
Chinese Folk Dance	Beginner Tuesdays Advanced Thursdays	9:30-11 a.m. 10-12 a.m.
Crossword	Fridays	1 p.m.
Fit 4 Life	Mondays & Thursdays	10:30 a.m.
Gentle Exercise (or in-house DVD) Gentle Exercise & Balance (or in-house DVD) <i>For all levels of ability</i>	Tuesdays Fridays	11:15 a.m. 1 p.m.
Integral Yoga w/Jaya	Fridays NOT 9/13, 20, 27	10 a.m.
Mental Muscle Health Discussion	Mondays Fridays	11:15 a.m. 11 a.m.
Nutritionist Talk (Quarterly) March, June, Sept, Dec.	September 11	1 p.m.
Ping Pong Tables PLEASE CHECK CALENDAR FOR ANY CHANGES!	Mondays Tuesdays Thursdays Fridays Saturdays	9 a.m. to 10 a.m. 9 a.m. to 12:30 p.m. ⇒ Two tables 9-2 ⇒ Three tables 2-6:45 9 a.m. to 3:30 p.m. noon to 3:30 p.m.
Safety with Wyleng (Fire & Rescue Department)	Third Monday	11:30 a.m.
Synchronized Ballroom Dancing ✨	Mondays (B) - Lesson Mondays (C) - Practice Thursdays (B) - Practice	10-12 a.m. 1-2 p.m. 9 a.m.-2 p.m.
Tai Chi / Exercise	Mondays & Wednesdays Thursdays	9:30 to 11:15 a.m. 9:00 to noon
Yoga Breathing, Exercise & Laughing DVD	Mondays, Wednesdays Fridays	11:15 a.m. 11 a.m.
Walking Club	Wednesdays	11 a.m.

Free Drop-In Groups

Lifelong Learning and Educational Reference

Business, Careers & Finances; Computers & Internet; Higher Education, Science & Mathematics,

Activity	Day	Time
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Computer Klub with Kevin (by appointment)	Thu. & Fri.	2 p.m. & 1 p.m.
Computer Lab Help with Caroline	Mon. & Wed. NOT 9/4	9:30-11:30 a.m.
Computer Lab Help with Candice October	Tue. & Thu. from Oct.	10 a.m. to noon
Computer Lab Help with John	Wednesdays	1 p.m.
ESL: Advanced with volunteers as available	Tuesdays	11 a.m.
ESL: Beginning class as available	Thursdays	11 a.m.
ESL: Conversation with Jeanne	Thursdays	11 a.m.
ESL with Elders as available	Thursdays	1 p.m.
iPad Class in Chinese with Shosha	Thursdays	12:45 p.m.
Spanish with Gary Intermediate Spanish Basic Spanish	Mondays	10:30 a.m. to noon 12:30-1:45 p.m.

Arts, Humanities, Games, and Recreation

Social Gatherings, Books, Authors, Writing, General Music, Genealogy, Performing Arts,

Activity	Day	Time
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American Mahjongg	Wednesdays	10:30-11:55 a.m.
All Ages Read Together (AART)	Mondays & Wednesdays, Sept.-May	12:45 to 2:15 p.m.
Bingo (Bring a prize to play)	Fridays	10:30 a.m.
Senior Center Book Club	First Thursday	3 p.m.
Choral Group in Chinese	Tuesdays & Thursday	10-noon, 1-3 p.m.
Community Service	Tuesdays	10:30-11:45 a.m.
Cooking Fun with John	First Friday	1 p.m.
Crochet & Knitkniks Group	Mondays	10:30 a.m.
Current Events	Every second Tuesday	11am
Fastran Q&A in the Lobby	Quarterly	10-noon
International Mahjongg	Thursdays	9:30 a.m. - 2 p.m.
Karaoke	Mondays, as scheduled	1 p.m.
Musical Instrument Practice	Thursdays	1-2 p.m.
Party Bridge	Wednesdays & Fridays	10 a.m. - noon
Tea & Snippets with Jeanne	Tuesdays	1 p.m.
Recipe Exchange ✨	Thursdays	10 a.m.
Rummikub	Tuesdays	10:30 a.m. & 1 p.m.

✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.

In order to participate in these activities, you must be

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Classes Requiring Sign Up

*These classes are open to members of the community as well as members of Herndon Senior Center.

Health and Wellness

Day	Name	Time	Cost	Session
Mon. Wed.	Zumba Gold	1-2 p.m. 11 a.m. - noon	\$10 \$10	Sep.-Nov.
Mon.	Argentine Tango Dancing & Lesson* nshimp@verizon.net	7-9:30 p.m.	Free	Ongoing
Mon. - Fri.	S.A.I.L. Exercise (Stay Active and Independent for Life)	Tue. & Thu. 2:30-3:30 p.m. Mon. - Fri. 2:30-3:30 p.m.	Free	Until 9/12 9/23-12/6
Tue.	Beginner Line Dance with Hiroko	12:45-1:45 p.m.	\$10	Sep.-Nov.
Tue.	Feldenkrais Floor Members FREE and non-members \$25 for 8 sessions	4-5 p.m..	Free/ \$25	9/3-10/22
Wed.	Feldenkrais Chair	10 a.m.	\$10	Sep.-Nov.
Wed.	Very Beginner Line Dance with Betsy Very Beginner	1 to 2 p.m.	Free	Ongoing
Wed.	Social Dancers* mikebailey@aol.com	6:30 - 9:30 p.m.	Free	Ongoing
Thu.	Line Dance with Grace	(Practice time 12-12:45) 12:45-1:45 p.m.	\$10	Sep.-Nov.
Sat.	Line Dance with Lily: Advanced Beginner, Intermediate & Advanced	Advanced Beg. at 10 a.m. Intermediate at 11 a.m. Advanced at noon	\$10 \$10 \$10	Sep.-Nov.
Sat.	English Country Dance Group*	Saturdays 6-10 p.m.	Members Free	9/14
Sun.	Social Swing Dance* (Interm. to Adv.) Herdonsocialdancers@gmail.com	Sundays 5-8 p.m.	Members Free	9/8, 9/22

Arts, Humanities, Games, and Recreation

Day	Name	Time	Cost	Session
Tue. Fri.	Art Classes with Charlie Three separate acrylics classes	Tue.: 10 a.m.-noon & 12:30-2:30 p.m. Fri.: 4-6 p.m.	\$10 Fee \$5 Supply	Sep.-Nov.
Tue. & Wed.	Sun Dance Performers csinger13@verizon.net, 703-415-6218	<u>Singers</u> Tue. 5:30-9 p.m. <u>Dancers</u> Wed. 4:15-8 p.m. Thu. 4:30-6:30 p.m.	Music fee	Ongoing
Wed.	Ceramics Class If needed, clay refill: \$15/25lb bag.	10 a.m. to 12:30 p.m.	\$10 Fee \$25 Supply	Sep.-Nov.
Wed.	"Create Your Own" Workshop Supply fee extra.	10 a.m. to 12:30 p.m.	\$10	Sep.-Nov.
See page 3	Greeting Cards with Ruth Mondays, September 16 & 30	1-3 p.m.	Free	Monthly
See page 3	Jewelry Class Wednesday, September 18 & 25	1-2:45 p.m.	\$10 Supply	Monthly

✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.



a registered member of the Herndon Senior Center.

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September 2019

Menu and

Hours: Mon. - Thu. 9 a.m. to 8 p.m.
Fri. and Sat. 9 a.m. to 4 p.m.

	Monday, September 2	Tuesday, September 3	Wednesday, September 4
	Menu	Menu	Menu
Soup	The Center is CLOSED	Lentil	Black Bean
Regular Lunch		Chicken Cordon Bleu Green Beans & Carrots Beet Salad Mixed Fruit Wheat Roll 	Chicken Stew Brown Rice Zucchini & Squash Three Bean Salad Cocktail Fruit Wheat Roll
Veggie		Spinach & Tomato Grilled Cheese	Vegetarian Burger Cheese, Lettuce & Tomato
	Programs	Programs	Programs
	9-12:30 Ping Pong (B) 9:30-11 Chinese Folk Dance (A) 10 Art Class w/Charlie \$/RR (CR) 10-12 Choral Group in Chinese (C) 10 Blood Pressure w/Kerry (LIB) 10:30 Chair Exercise w/Donna or DVD (DR) 10:30 Rummikub 10:30 Community Service (HALL) 11 ESL Advanced - as available (TVL) 11 Current Events (TVL) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch*/RR (DR) 12:45-1:45 Beginner Line Dance w/Hiroko \$/RR (A) 1 Tea & Snippets by Jeanne (TVL) 12:30 Art Class w/Charlie \$/RR (CR) 1 Rummikub 1-3 Choral Group in Chinese (C) 2:30 Stay Fit with S.A.I.L. (A) 4 Feldenkrais Floor \$/RR (A)	9:30-11:15 Tai Chi/Exercise (A) NO 9:30 Computers w/Caroline (CL) 10 Chair Feldenkrais \$/RR (B) 10-12:30 Ceramics with Vince "Create Your Own" \$/RR (CR) 10-12 Party Bridge (GR) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:20 Chair Exercise w/Donna or DVD (DR) 10:30 American Mahjongg (HALL) 11 Walking Club ((LBY)) 11 ZUMBA Gold \$/RR (B) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12:45-2:15 All Ages Read Together (AART) (A) 1 Computer Lab help w/John - as available (CL) 1 Travelogue (TVL) 1 Very Beginner Line Dance w/Betsy (C) 2:15-4:15 Badminton (B)	Community Partner Use 2:45-4:30 AARP (CONF) 4:15 Sun Dance Dancers (A) 6:30 Social Dancers (B)

NEW Dining Room Routine

Beginning September 3 the Dining Room will be used for more programs.

That means that if you plan to just join us for lunch you should

⇒ **arrive** no earlier than 11:45 a.m.,

⇒ **leave** no later than 1 p.m.

In order to accommodate member requests for programs, we must utilize all of our space to the best advantage.

Your cooperation is appreciated!


Community Partner Use
5:30 Sun Dance Singers (C)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

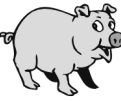
Thursday, September 5	Friday, September 6	Saturday, September 7
Menu	Menu	
Barley	Chef's Choice	Level 1 A Ballroom A B Ballroom B C Ballroom C DR Dining Room LBLY Lobby TVL TV Lounge Level 2 CONF Conference Rm. CL Computer Room CR Craft Room GR Game Room HALL Hallway LIB Library KIT Staff Kitchen
Roast Pork Loin Herbed Noodles Mixed Steamed Vegetables Garden Salad  Peaches Wheat Roll	Lemon Dill Baked Cod Steamed Kale Steamed Carrots Coleslaw Apple Sauce Wheat Roll	
Cheese Tortellini Marinara Sauce	Cheese Pizza	
Programs	Programs	Programs
Ping Pong (B) ⇒ Two tables 9-2 ⇒ Three tables 2-6:45 9-12 Tai Chi/Exercise (A) ✨ 9:30-2 Intl Mahjongg (GR) 9-2 Synchronized Ballroom Dancing Practice (B) ✨ 10-12 Choral Group in Chinese (C) 10-12 Chinese Folk Dance, Adv. ✨ 10 Recipe Exchange (CONF) ✨ 10:15 Fit 4 Life w/Sasha (DR) 10:45 Rx Relax Yoga w/Sasha (DR) 11 ESL Beginning Class - as available (CONF) 11 ESL Conversation w/Jeanne (TVL) 11:30 Table Talk (self-directed) (TVL) 12 *Lunch */RR (DR) 12-12:45 Paying students of "Line Dance w/Grace" (A) 12:45 Line Dance w/Grace \$/RR (A) 12:45 Computer Class in Chinese w/Shosha (CR) 1-2 Musical Instrument Practice (KIT) 1 ESL w/Elders - as available (CONF) 1 Tech Thursday with Alexa (TVL) 1-3 Choral Group in Chinese (C) 2 Computer Klub w/Kevin /RR (CL) 3 Senior Center Book Club (CONF) 2:30 Stay Fit with S.A.I.L. (A) Community Partner Use 4:30 Sun Dance Dancers (A) 7-10 Plus & Adv. Square Dance \$/RR (A&B)	9-3:30 Ping Pong (B) 10 Seated Integral Yoga w/Jaya (A) 10-12 Party Bridge (GR) 10-12 Musical Instrument Practice (KIT) 10:15 Morning Word Search (LBY) 10:20 Chair Exercise w/Donna or DVD (DR) 10:30 Bingo (C) 11 Mental Muscle (TVL) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 1 Cooking with John (A) 1 Gentle Exercise & Balance w/Monica or DVD (B) 1 Crossword (TVL) 1 Computer Klub w/Kevin /RR (CL) 4-6 Art Class w/Charlie \$/RR (CR) ✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.	10-12 Badminton (B) 10 Advanced Beginner Line Dance \$/RR (A) 10:30 Your views: Meet with an Assistant Director in the lobby to make suggestions 11-3 Bluetooth Karaoke with John (DR) 11 Intermediate Line Dance \$/RR (A) 12 Advanced Line Dance \$/RR (A) 12-3:30 Ping Pong (B) Community Partner Use 6-9 Chinese History & Culture (CR) 6-10 Old Dominion Squares
		Sunday, September 8 Community Partner Use 5-8 p.m. Social Swing Dance

The menu provided for Mon-Fri is for the **Congregate Meal Program**. For more information about eating lunch at the Center, please refer to the "Donation Schedule and Charges."

September 2019

Menu and

Hours: Mon. - Thu. 9 a.m. to 8 p.m.
Fri. and Sat. 9 a.m. to 4 p.m.

	Monday, September 9	Tuesday, September 10	Wednesday, September 11
	Menu	Menu	Menu
Soup	Lentil	Mushroom	Split Pea
Regular Lunch	Curry Chicken Steamed Spinach Caesar Salad Fruit Wheat Roll	Roasted Pork Loin Italian Mixed Vegetables Carrot Salad Mandarins  Wheat Roll	<u>End of Summer Cook Out</u> Chipotle BBQ Chicken Hot Dog Potato Salad Coleslaw Watermelon
Veggie	Vegetarian Stir-Fry Rice	Cheese Stuffed Shells Marinara & Salsa	Veggie Sliders/Mini Burger
	Programs	Programs	Programs
	9-10 Ping Pong (B) 9:30 Computers w/Caroline (CL) 9:30-11:15 Tai Chi/Exercise (A) 10-12 Synchronized Ballroom Dancing Lessons (B)☆ 10:30 Intermediate Spanish w/ Gary (CONF) 10:30 Fit 4 Life w/Sasha (DR) 10:30 Crochet & Knitknicks Group (CR) 11 Arthritis Exercise w/Betsy (C) 11 Mental Muscle (TVL) 11:15 Yoga Breathing DVD (A) 12 *Lunch*/RR (DR) 12:30 Basic Spanish w/Gary (CONF) 12:45-2:15 All Ages Read Together (AART) (A) 1 ZUMBA Gold \$/RR (B) 1 Sensory Time (TVL) 1-2 Synchronized Ballroom Dancing Practice (C)☆ 2-5 Badminton (B) <u>Community Partner Use</u> 7-9:30 Argentine Tango Dancing & Lesson (A) 7:30-9:30 Round Dance (B)	9-12:30 Ping Pong (B) 9:30-11 Chinese Folk Dance (A) 10 Art Class w/Charlie \$/RR (CR) 10-12 Choral Group in Chinese (C) 10:30 Rummikub (HALL) 10:30 Community Service (HALL) 10:30 Chair Exercise w/Donna or DVD (DR) 11-1 ArlingtonWeaves, Etc. (GR) 11 ESL Advanced - as available (TVL) 11:15 Gentle Exercise w/Monica or DVD (A) 12 *Lunch*/RR (DR) 12:45-1:45 Beginner Line Dance w/Hiroko \$/RR (A) 1 Rummikub 12:30 Art Class w/Charlie \$/RR (CR) 1 Tea & Snippets by Jeanne (TVL) 1-3 Choral Group in Chinese (C) 2:30 Stay Fit with S.A.I.L. (A) 4 Feldenkrais Floor \$/RR (A) <u>Community Partner Use</u> 5:30 Sun Dance Singers (C) 7-10 Adams Apples (A or B)	9:30-11:15 Tai Chi/Exercise (A) 9:30 Computers w. Caroline (CL) 10 Chair Feldenkrais \$/RR (B) 10-12:30 Ceramics with Vince "Create Your Own" \$/RR (CR) 10-12 Party Bridge (GR) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (LBY) 10:20 Chair Exercise w/Donna or DVD (DR) 10:30 American Mahjongg (HALL) 11 Walking Club ((LBY)) 11 ZUMBA Gold \$/RR (B) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12:45-2:15 All Ages Read Together (AART) (A) 1 Nutritionist Talk "Superfoods" (C) 1 Computer Lab help w/John - as available (CL) 1 Council Meeting (CONF) 1 Music Video Hour 1 Very Beginner Line Dance w/ Betsy (C) 2:15-4:15 Badminton (B) <u>Community Partner Use</u> 2:30-4 AARP Board Meeting (CONF) 4:15 Sun Dance Dancers (A) 6:30 Social Dancers (B)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200


TTY 711

Thursday, September 12	Friday, September 13	Saturday, September 14
Menu	Menu	
Navy Bean	Vegetable	Level 1 A Ballroom A B Ballroom B C Ballroom C DR Dining Room LBV Lobby TVL TV Lounge Level 2 CONF Conference Rm. CL Computer Room CR Craft Room GR Game Room HALL Hallway LIB Library KIT Staff Kitchen
Lemon Herb Baked Chicken Steamed Kale House Salad Fruit	Crispy Baked Tilapia Corn & Beans Kale Coleslaw Pineapple Bits Wheat Roll	
Grilled Cheese Fruit	Veggie Pizza Red Sauce	
Programs	Programs	Programs
Ping Pong (B) ⇒ Two tables 9-2 ⇒ Three tables 2-6:45 9-12 Tai Chi/Exercise (A) ☆ 9:30-2 Intl Mahjongg (GR) 9-2 Synchronized Ballroom Dancing Practice (B)☆ 10-12 Choral Group in Chinese (C) 10-12 Chinese Folk Dance, Adv. (B)☆ 10 Recipe Exchange (CONF) ☆ 10:15 Fit 4 Life w/Sasha (DR) 10:45 Rx Relax Yoga w/Sasha (DR) 11 ESL Beginning Class - as available (CONF) 11 ESL Conversation w/Jeanne (TVL) 11:30 Table Talk (self-directed) (TVL) 12 *Lunch */RR (DR) 12-12:45 Paying students of "Line Dance w/Grace" (A) 12:45 Line Dance w/Grace \$/RR (A) 12:45 Computer Class in Chinese w/ Shosha (CR) 1-2 Musical Instrument Practice (KIT) 1 ESL w/Elders - as available (CONF) 1 Brain Fitness (TVL) 1-3 Choral Group in Chinese (C) 2 Computer Klub w/Kevin /RR (CL) 2:30 Stay Fit with S.A.I.L. (A) <u>Community Partner Use</u> 4:30 Sun Dance Dancers (A) 3-5 AARP Member Meeting (DR) 7-10 Plus & Adv. Square Dance\$/RR (A&B)	IMPORTANT: Shades scheduled for repair. Disruptions and evacuation of Ballrooms A/B/C are possible. 9-3:30 Ping Pong (B) 10-12 Party Bridge (GR) 10-12 Musical Instrument Practice (KIT) NO 10 Seated Integral Yoga w/Jaya (A) 10:15 Morning Word Search (LBY) 10:20 Chair Exercise w/Donna or DVD (DR) 10:30 Bingo (C) 11 Mental Muscle - Friday the 13th edition (TVL) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 1 Crossword (TVL) 1 Computer Klub w/Kevin /RR (CL) 1 Gentle Exercise & Balance w/ Monica or DVD (A) 4-6 Art Class w/Charlie \$/RR (CR) ☆=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.	10 Advanced Beginner Line Dance \$/RR (A) 10-12 Badminton (B) 10:30 Your views: Meet with an Assistant Director in the lobby to make suggestions 11 Intermediate Line Dance \$/RR (A) 12-3:30 Ping Pong (B) 12 Advanced Line Dance \$/RR (A) <u>Community Partner Use</u> 6-10 English Country Dancers Sunday, September 15 Fundraising Dance 2-4:30 p.m. for Herndon Senior Center Council, Inc. Christina Eum & Dick Otis <i>Tax Deductible Donation Receipts provided</i>

September 2019

Menu and

Hours: Mon. - Thu. 9 a.m. to 8 p.m.
Fri. and Sat. 9 a.m. to 4 p.m.

	Monday, September 16	Tuesday, September 17	Wednesday, September 18
	Menu	Menu	Menu
Soup	Split Pea	Black Bean	Mushroom
Regular Lunch	Chicken Primavera Wheat Pasta Spinach Cucumber & Tomatoes Apple Sauce Wheat Roll	BBQ Pulled Pork Collard Greens Coleslaw Cocktail Fruit 	Chicken Quesadilla Sour Cream & Salsa Cheese & Lettuce Peaches
Veggie	Pasta Primavera Salsa	Boca Burger Fruit	Veggie Quesadilla Red Sauce
	Programs	Programs	Programs
	9-10 Ping Pong (B) 9:30 Computers w/Caroline (CL) 9:30-11:15 Tai Chi/Exercise (A) 10-12 Synchronized Ballroom Dancing Lessons (B) ✨ 10:30 Intermediate Spanish w/ Gary (CONF) 10:30 Crochet & Knitkniks Group (CR) 10:30 Fit 4 Life w/Sasha (DR) 11 Arthritis Exercise w/Betsy (C) 11 Mental Muscle (TVL) 11:15 Yoga Breathing DVD (A) 11:30 Safety w/Wyleng (DR) 12 *Lunch*/RR (DR) 12:30 Basic Spanish w/Gary (CONF) 12:45-2:15 All Ages Read Together (AART) (A) 1 ZUMBA Gold \$/RR (B) 1-2 Synchronized Ballroom Dancing Practice (C) ✨ 1 Greeting Cards w/Ruth (CR) 2-5 Badminton (B) 2:30 S.A.I.L. Assessments and information (week 0) RR (A) Community Partner Use 7-9:30 Argentine Tango Dancing & Lesson (A) 7:30-9:30 Round Dance (B)	9-4 DMV at Fortnightly Library 9-12:30 Ping Pong (B) 9:30-11 Chinese Folk Dance (A) 10 Art Class w/Charlie \$/RR (CR) 10-12 Choral Group in Chinese (C) 10:30 Rummikub 10:30 Community Service (HALL) 10:30 Chair Exercise w/Donna or DVD (DR) 11 Current Events (TVL) 11:15 Gentle Exercise w/Monica or DVD (A) 11 ESL Advanced - as available (TVL) 12 *Lunch*/RR (DR) 12:45-1:45 Beginner Line Dance w/Hiroko \$/RR (A) 1 Rummikub 12:30 Art Class w/Charlie \$/RR (CR) 1 Tea & Snippets by Jeanne (TVL) 1-3 Choral Group in Chinese (C) 2:30 S.A.I.L. Assessments and information (week 0) RR (A) 4 Feldenkrais Floor \$/RR (A) Community Partner Use 5:30 Sun Dance Singers (C)	9:30-11:15 Tai Chi/Exercise (A) 9:30 Computers w/Caroline (CL) 10 Chair Feldenkrais \$/RR (B) 10-12 Party Bridge (GR) 10-12:30 Ceramics w/Vince "Create Your Own" \$/RR (CR) 10:15 Morning Word Search (LBY) 10:15 Shopping Trip \$/RR ~ Flu Shots available ~ 10:20 Chair Exercise w/Donna or DVD (DR) 10:30 American Mahjongg (HALL) 11 Walking Club ((LBY)) 11 ZUMBA Gold \$/RR (B) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12:45-2:15 All Ages Read Together (AART) (A) 1 Very Beginner Line Dance w/ Betsy (C) 1 Computer Lab help w/John - as available (CL) 1 Special Jewelry Class w/ Donna \$/RR 2:15-4:15 Badminton (B) 2:30 S.A.I.L. Assessments and information (week 0) RR (A) Community Partner Use 4:15 Sun Dance Dancers (A) 6:30 Social Dancers (B)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, September 19	Friday, September 20	Saturday, September 21
Menu	Menu	
Black Eyed Pea	Vegetable	Level 1 A Ballroom A B Ballroom B C Ballroom C DR Dining Room LBY Lobby TVL TV Lounge Level 2 CONF Conference Rm. CL Computer Room CR Craft Room GR Game Room HALL Hallway LIB Library KIT Staff Kitchen
Turkey Marsala Egg Noodles Brussel Sprouts House Salad Mandarins Wheat Rolls	Baked Tilapia Steamed Kale Caesar Salad Pineapple Wheat Roll	
Stir-Fry Veggies Brown Rice	Cheese & Spinach Pizza	
Programs	Programs	Programs
Ping Pong (B) ⇒ Two tables 9-2 ⇒ Three tables 2-6:45 9-12 Tai Chi/Exercise (A) ✨ 9:30-2 Intl Mahjongg (GR) 9-2 Synchronized Ballroom Dancing Practice (B) ✨ 10-12 Choral Group in Chinese (C) 10-12 Chinese Folk Dance, Adv. (B) ✨ 10 Recipe Exchange (CONF) ✨ 10:15 Fit 4 Life DVD (DR) 10:45 Rx Relax Yoga DVD (DR) 10:45 Walking trip to Farmer's Market (LBY) 11 ESL Beginning Class - as available (CONF) 11 ESL Conversation w/Jeanne (TVL) 11:30 Table Talk (self-directed) (TVL) 12 *Lunch */RR (DR) 12-12:45 Paying students of "Line Dance w/Grace" (A) 12:45 Line Dance w/Grace \$/RR (A) 12:45 Computer Class in Chinese w/ Shosha (CR) 1 Tech Thursday with Alexa (TVL) 1-2 Musical Instrument Practice (KIT) 1 ESL w/Elders - as available (CONF) 1-3 Choral Group in Chinese (C) 2 Computer Klub w/Kevin /RR (CL) 2:30 S.A.I.L. Assessments and information (week 0) RR (A) Community Partner Use 4:30 Sun Dance Dancers 2 (A) 7-10 Plus & Adv. Square Dance \$/RR (A&B)	9-3:30 Ping Pong (B) 10-12 Party Bridge (GR) 10-12 Musical Instrument Practice (KIT) 10-12 Flu Shots (\$)/RR (CONF) NO 10 Seated Integral Yoga w/Jaya (A) 10:15 Special Trip - No Falls! No Trips! Trip \$/RR 10:15 Morning Word Search (LBY) 10:30 Bingo (C) 10:20 Chair Exercise w/Donna or DVD (DR) 11 Mental Muscle (TVL) 11 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 1 Gentle Exercise & Balance w/ Monica (A) 1 Crossword (TVL) 1 Computer Klub w/Kevin /RR (CL) 2:30 S.A.I.L. Assessments and information (week 0) RR (A) 4-6 Art Class w/Charlie \$/RR (CR) ✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist	8 Special Trip - Senior Olympics Table Tennis 10 Advanced Beginner Line Dance \$/RR (A) 10-12 Badminton (B) 10:30 Your views: Meet with an Assistant Director in the lobby to make suggestions 11 Intermediate Line Dance \$/RR (A) 12-3:30 Ping Pong (B) 12 Advanced Line Dance \$/RR (A) Community Partner Use 6-9 Chinese History & Culture (CR) 6-10 Old Dominion Squares Sunday, September 22 12 noon Special Trip - Beacon 50+ Expo Community Partner Use 5-8 p.m. Social Swing Dance

September 2019

Menu and

Hours: Mon. - Thu. 9 a.m. to 8 p.m.
Fri. and Sat. 9 a.m. to 4 p.m.


	Monday, September 23	Tuesday, September 24	Wednesday, September 25
	Menu	Menu	Menu
Soup	Roasted Tomato	Navy Bean	Barley
Regular Lunch	Beef Meat Sauce Wheat Pasta Collard Greens House Salad Peaches Wheat Roll	BBQ Baked Chicken Steamed Green Beans & Carrots Green Mixed Salad Fruit Wheat Roll	Baked Potato Bar Chicken Chili Cheese, Onion, Sour Cream Steamed Broccoli Fruit Wheat Roll
Veggie	Vegetarian Stir-Fry Rice	Spinach & Mushroom Grilled Cheese	Vegetarian Burrito Salsa
	Programs	Programs	Programs
	9-10 Ping Pong (B) 9:30 Computers w/Caroline (CL) 9:30-11:15 Tai Chi/Exercise (A) 10 Shopping Trip to The Closet 10-12 Synchronized Ballroom Dancing Lessons (B) ✨ 10:30 Intermediate Spanish w/ Gary (CONF) 10:30 Fit 4 Life w/Sasha (DR) 11 Arthritis Exercise w/Betsy (C) 11 Mental Muscle (TVL) 11:15 Yoga Breathing DVD (A) 10:30 Crochet & Knitkniks Group (CR) 12 *Lunch*/RR (DR) 12:30 Basic Spanish w/Gary (CONF) 12:45-2:15 All Ages Read Together (AART) (A) 1 ZUMBA Gold \$/RR (B) 1 Fall Prevention Talk (TVL) 1-2 Synchronized Ballroom Dancing Practice (C) ✨ 2-5 Badminton (B) 2:30 S.A.I.L. - Week 1 /RR (A) Community Partner Use 7-9:30 Argentine Tango Dancing & Lesson (A) 7:30-9:30 Round Dance (B)	9-12:30 Ping Pong (B) 9:30-11 Chinese Folk Dance (A) 10 Art Class w/Charlie \$/RR (CR) 10-12 Choral Group in Chinese (C) 10:30 Rummikub 10:30 Community Service (HALL) 10:30 Chair Exercise w/Donna or DVD (DR) 11 Current Events (TVL) 11:15 Gentle Exercise w/Monica or DVD (A) 11 ESL Advanced - as available (TVL) 12 *Lunch*/RR (DR) 12:45-1:45 Beginner Line Dance w/Hiroko \$/RR (A) 1 Rummikub 12:30 Art Class w/Charlie \$/RR (CR) 1 Tea & Snippets by Jeanne (TVL) 1-3 Choral Group in Chinese (C) 2:30 S.A.I.L. - Week 1 /RR (A) 4 Feldenkrais Floor \$/RR (A) Community Partner Use 5:30 Sun Dance Singers (C) 7-10 Adams Apples (A or B)	9:30-11:15 Tai Chi/Exercise (A) 9:30 Computers w/Caroline (CL) 10 Chair Feldenkrais \$/RR (B) 10-12 Party Bridge (GR) 10-12:30 Ceramics w/Vince "Create Your Own" \$/RR (CR) 10:15 Special Trip - Boat Ride & Picnic at Burke Lake 10:15 Morning Word Search (LBY) 10:15 Shopping Trip \$/RR ~ Flu Shots available ~ 10:20 Chair Exercise w/Donna or DVD (DR) 10:30 American Mahjongg (HALL) 11 Walking Club ((LBY)) 11 ZUMBA Gold \$/RR (B) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12:45-2:15 All Ages Read Together (AART) (A) 1 Computer Lab help w/John - as available (CL) 1 Trivia (self-directed) 1 Special Jewelry Class w/ Donna \$/RR 1 Very Beginner Line Dance w/ Betsy (C) 2:15-4:15 Badminton (B) 2:30 S.A.I.L. - Week 1 /RR (A) Community Partner Use 2:15 The Herndon Book Club by AAUW (TVL) 4:15 Sun Dance Dancers (A) 6:30 Social Dancers (B)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, September 26	Friday, September 27	Saturday, September 28
Menu	Menu	
Lentil	Vegetable	Level 1 A Ballroom A B Ballroom B C Ballroom C DR Dining Room LBY Lobby TVL TV Lounge Level 2 CONF Conference Rm. CL Computer Room CR Craft Room GR Game Room HALL Hallway LIB Library KIT Staff Kitchen
Herb Roasted Pork Corn Broccoli Baby Kale Salad  Mandarins Wheat Roll	Salmon Cake Steamed Carrots & Spinach Coleslaw Cookie Wheat Roll	
Boca Burger Cheese, Lettuce & Tomato	Mushroom Cheese Pizza Red Sauce	
Programs	Programs	Programs
Ping Pong (B) ⇒ Two tables 9-2 ⇒ Three tables 2-6:45 9-12 Tai Chi/Exercise (A) ✨ 9:30-2 Intl Mahjongg (GR) 9-2 Synchronized Ballroom Dancing Practice (B) ✨ 10-12 Choral Group in Chinese (C) 10-12 Chinese Folk Dance, Adv. (B) ✨ 10 Recipe Exchange (CONF) ✨ 10:15 Fit 4 Life w/Sasha (DR) 10:45 Rx Relax Yoga w/Sasha (DR) 11 ESL Beginning Class-as available (CONF) 11 ESL Conversation w/Jeanne (TVL) 11:30 Table Talk (self-directed) (TVL) 12 *Lunch */RR (DR) 12-12:45 Paying students of "Line Dance w/Grace" (A) 12:45 Line Dance w/Grace \$/RR (A) 12:45 Computer Class in Chinese w/ Shosha (CR) 1-2 Musical Instrument Practice (KIT) 1 ESL w/Elders - as available (CONF) 1 Brain Fitness (TVL) 1-3 Choral Group in Chinese (C) 2 Computer Klub w/Kevin /RR (CL) 2:30 S.A.I.L. - Week 1 /RR (A) Community Partner Use 4:30 Sun Dance Dancers 2 (A) 7-10 Plus & Adv. Square Dance\$/RR (A&B)	9-3:30 Ping Pong (B) 10-12 Party Bridge (GR) 10-12 Musical Instrument Practice (KIT) NO 10 Seated Integral Yoga w/Jaya (A) 10:15 Morning Word Search (LBY) 10:30 Bingo (C) 10:20 Chair Exercise w/Donna or DVD (DR) 11 Mental Muscle (TVL) 11 Yoga Breathing DVD (A) 1 Gentle Exercise & Balance w/ Monica (A) 1 Fraud Prevention Workshop in Farsi (C) 1 Crossword (TVL) 1 Computer Klub w/Kevin /RR (CL) 2:30 S.A.I.L. - Week 1 /RR (A) 4-6 Art Class w/Charlie \$/RR (CR) ✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist	10 Advanced Beginner Line Dance \$/RR (A) 10-12 Badminton (B) 10:30 Your views: Meet with an Assistant Director in the lobby to make suggestions 11 Intermediate Line Dance \$/RR (A) 12-3:30 Ping Pong (B) 12 Advanced Line Dance \$/RR (A) <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>More than 3200 people visit our website every month!! Next time you need information and you can't find your newsletter, go to HerndonSeniorCenter.org</p> </div>