



# 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 2016 to June 2018 Board of the Herndon Senior Center Council, Inc.

**President:** Phyllis K. Smith  
**Vice President:** Meraf Mitchell  
**Secretary:** Patricia Sweeney  
**Treasurer:** Joyce Saldivar  
**Assistant Treasurer:** Monita Chin  
**Directors At Large:** Ines Bello  
 Kathy Lai  
 Janet Proctor  
 Shaw Zee

**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 **Wednesday March 14 at 1 p.m.**



## Council's Elections for 2018-2020

Held in June 2018



Interested in helping your center by running for a place on the Council?  
 Sit in on the next Council meeting on Wednesday, March 14 at 1 p.m.!  
 Self-nominations can be made at the front desk during the month of May.

### Special Health & Safety Day.

Wednesday, March 7

#### GWU Nursing Student Health Fair 9:30-11:45 a.m

Treasure your good health with treasure maps! About to graduate GWU student nurses will have treasure stations with valuable health information galore. Visit ALL the stations and you may even win a prize!

#### Silver Shield can help you avoid scams! 1 p.m.

- ◆ How to best think through a scary phone call.
- ◆ Techniques to use in addition to hanging up.
- ◆ What can be done if you think you may have given someone an opening into your personal information.
- ◆ What you should organize in defense and who you should call when a scam is perpetrated.

Volunteers! Report your hours to Jeanne to be recognized in April.

### Wear Green Day!

Friday, March 16

- ◆ Enjoy a GREEN treat!
- ◆ Door prize tickets for everyone. Wear something GREEN and you get TWO chances to win!
- ◆ Celtic Harp performance by Christine van Dyke at 1 p.m..

### Safety with Wyleng

Monday, March 19 at 11:30 a.m.

Wyleng, from the Fire & Rescue Department, visits us every month to educate us on important safety topics.



### NEW Online Membership Registration System!

Watch for informational flyers in the center beginning in March. Each senior center member will need to create an account. Staff will assist at specific times during the month.

# March Happenings & Classes

## HealthWorks of Northern Virginia

Wednesday, March 28 at 1 p.m.

HealthWorks of Northern Virginia is a nonprofit community health center in Herndon that offers comprehensive primary medical care regardless of health insurance status or ability to pay.

## Services for Blind & Vision Impaired

Wednesday, April 4 at 1 p.m.

Angie from the Virginia Department for Blind and Vision Impaired will introduce us to the services they provide free of charge.

## Calling All Fashion Models!

Friday, May 11 at 10:30 a.m.

Adult Day Health Care are setting up a Fashion Show and need models to show off their favorite sports, business or casual attires, or even evening gowns. Sign up at the front desk.

## NEW - Feldenkrais Floor Class

Feldenkrais is a gentle and precisely focused exercise method. Many participants report increased range of motion, improved flexibility, coordination and balance, and decreased pain throughout their body.

- **Feldenkrais Floor Class** series (4 occasions) on Tuesdays at 3:30 p.m., beginning March 6. FREE to Senior Center members and open to the Community at \$10 for the series.

**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 10:30 a.m., beginning March 7 at \$10 per semester. Open to members only.

Please register at the front desk for both of these classes

**Total up the books you read between February 14 and March 2 and the Herndon Senior Center Council will make a donation to All Ages Read Together.**

## Senior Center Book Club

Thursday, March 1 at 3 p.m.

We will discuss *Rules of Civility* by Amor Towles

Thursday, April 5 at 3 p.m.

We will discuss *Love in the Time of Cholera* by Gabriel Garcia Marquez.



## Music with Ashley

Friday, March 9 at 1 p.m.

Come join Ashley for Irish musical traditions. May your heart be light and happy. May your smile be big and wide. And may your pockets always have a coin or two inside.

## Explore Creativity!

Saturday, March 10 and March 31

Art to foster and encourage creativity and brain plasticity.

March 10	Watercolor smooosh
March 31	Alcohol inks

Sign up for this class with Ruth and Ama'l Leyla at the front desk by March 2 and March 23.

## Art Meet-Up Group

Saturdays in March from 10 a.m.-3 p.m.

Welcome to come and check out all the creativity going on. You may be inspired to join the group in the future. FREE AND OPEN TO THE PUBLIC.

## Greeting Cards with Ruth /RR

Tuesday, March 13 & March 27 at 1 p.m.

*Spring Cards.*

Sign up at the front desk by the Friday before.

## Jewelry Classes \$/RR

Thursday, March 15 at 1 p.m.

*Chain & Bead necklace and earrings.*

Cost is \$5. Your payment is your reservation.



## Herndon Senior Center 12th Ping Pong Tournament

Begins Thursday, April 5 at 10 a.m.

Preliminary matches are played best out of three games. All finals are played best out of five. You will be eliminated from the tournament if you no-show three times.

Sign up on the board in the **Ping Pong Room** by March 30.

### Get your newsletter before anybody else!

Give us your email address and we will send you the monthly newsletter electronically.

You can always find the newsletter on the Council website [www.herndonseniorcenter.org](http://www.herndonseniorcenter.org).

## Member-helping-member Volunteers!!

Remember to turn in your hours to Jeanne in order to be recognized at our Volunteer Celebration in the spring!



## Shopping & Special Trips

Wednesday, March 7	Aldi Sterling
Wednesday, March 14	Earth Fare Fairfax
Wednesday, March 21	Wal-Mart Fair Lakes
Wednesday, March 28	Safeway Herndon

**IMPORTANT**  
See separate Shopping & Special Trip Policies

### Special Trip - Godspell at Next Stop Theater

Sunday, March 25 at 2 p.m.

Please join us for this uplifting musical that retells the parables of Jesus of Nazareth. We will depart the senior center at 1:15 p.m. and expect us to get back before 5 p.m.

The cost is \$25.

Please sign up and pay by March 6.

### Special Trip - Meadowlark Botanical Gardens

Thursday, April 12 & Friday, April 13 10:15 am - 1:45 p.m.

Spring is here so it's time for picnics. We have set up two days to visit Meadowlark Botanical Gardens. This trip will offer transportation, bag lunch and entrance to the park at a price of \$5. If you prefer to bring your own lunch, pay just \$2.

**This trip requires extensive walking.**

You must sign up and pay by March 29.

Regular Fastran riders may also apply for a one time ride by this day.



## 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	3-5 p.m. 2:15 to 4:15 p.m. 10 to 12 p.m.
Blood Pressure Clinics with 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 Square Dance ☼	Thursdays	10 to 11 a.m.
Chinese Folk Dance	Beginner Tuesdays Advanced Tuesdays	9:30-11 a.m. 1-3 p.m.
Crossword	Fridays	1 p.m.
Fit 4 Life	Mondays & Thursdays	10:30 a.m.
Gentle Exercise for all levels of ability Gentle Exercise & Balance	Tuesdays Fridays	11:15 a.m. 1 p.m.
Integral Yoga with Jaya	Fridays	10-11 a.m.
Mental Health Discussion	Mondays & Fridays	11:15 a.m.
Memory Café	4th Monday	2:15 to 4 p.m.
Nutritionist Talk	Quarterly	12:45 p.m.
Ping Pong Tables <b>PLEASE NOTE TOURNAMENT SCHEDULE!</b>	Mondays Tuesdays Thursdays Fridays Saturdays	9 a.m. to 2:45 p.m. 9 a.m. to 12:30 p.m. 3 to 7:45 p.m. 9 a.m. to 10:45 a.m. 12 to 2 p.m.
Safety with Wyleng (Fire & Rescue Department)	Third Monday	11:30 a.m.
Stretch with Karen B.	Back in the spring	11:15 a.m.
Tai Chi / Exercise	Mondays & Wednesdays Thursdays	9:30 to 11:15 a.m. 9:00 to 12 p.m.
Yoga Breathing, Exercise & Laughing DVD	Mondays & Wednesdays Fridays	11:15 a.m. 11 a.m.
Walking Club (weather permitting)	Wednesdays & Fridays	11 a.m.

# Free Drop-In Groups

## Lifelong Learning and Educational Reference

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

Activity	Day	Time
Computer Class in Chinese with Shosha	Thursdays	12:45 p.m.
Computer Klub with Kevin	Thu. & Fri.	3 p.m.
Computer Lab Help with Caroline	Mon. & Wed.	9:30-11:30 a.m.
Computer Lab Help with Candice	Tue. & Thu.	10:30 a.m. - 12 noon
Computer Lab help w. John as available	Wednesdays	5-6 p.m.
ESL: Advanced w. volunteers as available	Tuesdays	11 a.m.
ESL: Beginning class as available	Thursdays	11 a.m.
ESL: Conversation w. Jeanne	Thursdays	11 a.m.
ESL w. Elders as available	Thursdays	1 p.m.
Spanish with Gary	Intermediate Spanish Basic Spanish	Mondays 10:30 a.m. to 12 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
American Mahjongg	Wednesdays	10:30-11:55 a.m.
All Ages Read Together (AART)	Mondays & Wednesdays	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 & Thursdays	10-12 noon, 1-1:45
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 Tuesdays	11am
Readings & Snippets	Tuesdays, as scheduled	1 p.m.
Fastran Meeting in the Lobby	Quarterly	10-12 noon
Happiness 101 with Paul	Thursdays	1 p.m.
International Mahjongg	Thursdays	9:30 a.m. - 2 p.m.
Karaoke	Mondays, as scheduled	1 p.m.
Musical Instrument Practice	Fridays	10 a.m. - 12 noon
Party Bridge	Wednesdays & Fridays	10 a.m. - 12 noon
Readings & Recreation with Jeanne	Tuesdays	1 p.m.
Recipe Exchange ☼	Thursdays	10 a.m.
Rummikub	Tuesdays	10:30 a.m. & 1 p.m.
Travelling Sing Along	Wednesday 3/21	1 p.m.

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

**6 In order to participate in these activities, you must be**

# 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.	Argentine Tango Dancing & Lesson nshimp@verizon.net	7-9:30 p.m.	Free	Ongoing
Mon.- Fri.	S.A.I.L. Stay Active and Independent for Life	Mon./Tue./Wed./Thu./Fri. 2:30-3:30 p.m.	Free	1/16-4/6
Tue.	Beginner Line Dance with Hiroko	12:45-1:45 p.m.	\$10/ semester	Mar.-May.
Tue./ Wed.	Feldenkrais Floor \$10 for four weeks Feldenkrais Chair \$10 per semester	3:30 p.m. 10 a.m.	\$10	3/3-3/27 Mar.-May.
Wed.	Very Beginner Line Dance with Betsy Very Beginner	1 to 2 p.m. not on 3/7 and 3/28	Free	Ongoing
Wed.	Social Dancers mikebailey@aol.com	6:30 - 9:30	Free	Ongoing
Thu.	Line Dance with Grace	12:15-2:15 p.m.	\$20/ Semester	Mar.-May.
Sun.	Social Swing Dance* (Interm. to Adv.) Herdonsocialdancers@gmail.com	Sundays 5 -8 p.m.	Members Free	3/11, 3/25
Sat.	Line Dance with Lily: Advanced Beginner, Intermediate & Advanced	Advanced Beg. at 10 a.m. Intermediate at 11 a.m. Advanced at noon	\$10/ Semester	Mar.-May.

## Arts, Humanities, Games, and Recreation

Day	Name	Time	Cost	Session
Mon. & Wed.	Individual Computer Help w. Caroline. Drop in 15 min./person	9:30-11:45	Free	Ongoing
Tue. & Thu.	Individual Computer Help w. Candice. Drop in 15 min./person	10:30-12 noon	Free	Ongoing
Tue.& Wed.	Sun Dance Performers* csinger13@verizon.net, 703-415-6218	Singers Tue. 5:30-9 p.m. Dancers Wed. 5:30-8 p.m.	Members free	Ongoing
Wed.	Ceramics Class If needed, clay refill: \$15/25lb bag.	10 a.m. to 12:30 p.m.	\$10 Fee \$25 Supply	Mar.-May.
Wed.	"Create Your Own" Workshop Supply fee extra.	10 a.m. to 12:30 p.m.	\$10	Mar.-May.
See page 4	Greeting Cards with Ruth Tuesdays, 3/13 & 3/27	1-3 p.m.	Free	Monthly
See page 4	Jewelry Class Thursday, 3/15	1-2:45 p.m.	Free	Monthly

**We don't want you to be disappointed. Sign up one week prior to the start date of the class. There must be 8 paid spaces in a class in order for the class to be held.**

☼=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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# March 2018

## Menu and

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

	Monday, March 5	Tuesday, March 6	Wednesday, March 7
	<b>Menu</b>	<b>Menu</b>	<b>Menu</b>
<b>Soup</b>	Split Pea	Roasted Tomato	Tortilla
<b>Hot Lunch</b>	BBQ Pork Sandwich Corn Coleslaw Fruit Dinner Roll 	Beef Meat Sauce Pasta Caesar Salad Fruit Dinner Roll	Chicken Pupusas Tortilla Pasta with Marinara Latin Style Coleslaw Peaches Dinner Roll
<b>Veggie</b>	Mushroom & Grilled Cheese Sandwich	Veggie Burger Cheese, Lettuce & Tomatoes	Pasta Primavera
	<b>Programs</b>	<b>Programs</b>	<b>Programs</b>
	9-2:45 Ping Pong Tables 9:30 Computer Help w. Caroline 9:30-11:15 Tai Chi/Exercise (A) 10:30 Intermediate Spanish with Gary 10:30 Fit 4 Life 10:30 Crochet & Knitkniks 11:15 Yoga Breathing DVD (A) 11 Arthritis Exercise w/ Betsy 11:15 Mental Muscle 12 *Lunch*/RR 12:30 Basic Spanish w. Gary 12:45-2:15 All Ages Read Together (A) 1 Read with me <b>2:30 S.A.I.L. - Week 8</b> 3-5 Badminton (B)  Community Partner Use 5:30 Herndon Woman's Club (D) 7-9:30 Argentine Tango Dancing & Lesson (A) 7:30 Round Dance (B&C)	9-12:30 Ping Pong 9:30-11 Chinese Folk Dance 10-12 Choral Group in Chinese 10:30 Computer Help w. Candice 10:30 Chair Exercise with Donna <b>10 Blood Pressure with Kerry</b> 10:30 Rummikub 10:30 Community Service 11 ESL Advanced (as available) 11 Current Events 11:15 Gentle Exercise w. Monica 12 *Lunch*/RR 12:45-1:45 Beginner Line Dance with Hiroko \$/RR 1 Readings & Snippets w. Jeanne 1 Rummikub 1-1:45 Choral Group in Chinese 1-3 Chinese Folk Dance, Advanced <b>2:30 S.A.I.L. - Week 8</b> <b>3:30 Floor Feldenkrais \$/RR (A)</b>  Community Partner Use 3:30-4:30 Sun Dance (C + mirror) 5 Sun Dance (C)	<b>Special Health &amp; Safety Day</b>  <b>9:30-11:45 GWU Nursing Student Health Fair</b>  9:30-11:15 Tai Chi/Exercise 9:30 Computer Help w. Caroline <b>10 Chair Feldenkrais \$/RR (B)</b> 10-12 Party Bridge 10-12:30 Ceramics/"Create Your Own"\$/RR 10:15 Morning Word Search <b>10:15 Shopping Trip \$/RR</b> 10:20 Chair Exercise with Donna 10:30 American Mahjongg 11 Walking Club (Lobby) 11:15 Yoga Breathing DVD 12 *Lunch */RR 12:45-2:15 All Ages Read Together (A)  <b>1 Silver Shield can help you avoid scams!</b>  2:15-4:15 Badminton <b>2:30 S.A.I.L. - Week 8</b> 5 Computer Lab help with John  Community Partner Use 2:30-4 AARP (Conf.) 5 Sun Dance (A) 6:30 Social Dancers (B)

## Programs

703-464-6200

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170


TTY 711

Thursday, March 8	Friday, March 9	Saturday, March 10
<b>Menu</b>	<b>Menu</b>	
Mushroom	Vegetables	
Chicken Teriyaki Rice Noodles Stir Fried Vegetables Three Bean Salad Coconut Pineapple Dinner Roll	Salmon Cake Tartar Sauce Rosemary Potatoes Coleslaw Fruit Cocktail Dinner Roll	
Rice Noodles Stir Fried Vegetables	Eggplant Parmesan	
<b>Programs</b>	<b>Programs</b>	<b>Programs</b>
9-12 Tai Chi/Exercise ✨ 9:30-2 Intl Mahjongg 10-12 Choral Group in Chinese 10-12 Chinese Square Dance ✨ 10 Recipe Exchange ✨ 10:30 Computer Help w. Candice 10:30 Fit 4 Life 11 ESL Beginning Class (as available) 11 ESL Conversation with Jeanne 11:15 Table Talk 12 *Lunch */RR 12:15-2:15 Line Dance with Grace \$/RR 12:45 Computer Class in Chinese with Shosha (C) 1 ESL with Elders (as available) 1 Happiness 101/Game Time 1-1:45 Choral Group in Chinese <b>2:30 S.A.I.L. - Week 8</b> 3 Computer Klub with Kevin (CL) 3-7:45 Ping Pong Tables  Community Partner Use 7 Plus & Advance Square Dance \$/RR (A+B)	9-10:45 Ping Pong 10-12 Party Bridge 10-12 Musical Instruments Practice 10 Integral Yoga with Jaya (A) 10:15 Morning Word Search 10:20 Chair Exercise with Donna 10:30 NEW Bingo 11 Walking Club (Lobby) 11 Mental Muscle 11 Yoga Breathing DVD (A) 12 *Lunch */RR <b>1 Music with Ashley (TVL) Irish Music Traditions</b> 1 Gentle Exercise & Balance with Monica (A) 1 Crossword 1 Computer Klub with Kevin (CL) <b>2:30 S.A.I.L. - Week 8</b>  ✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.  Community Partner Use 6:30 Merry Notes (B+C)	10 Advanced Beginner Line Dance \$/RR 10-12 Badminton 10:30 Your views: Meet with an Assistant Director in the lobby to make suggestions 11 Intermediate Line Dance \$/RR 12-2 Ping Pong (A) 12 Advanced Line Dance \$/RR  Community Partner Use 10-3 Art Meet-Up Group (CR) 1:15-4 Old Dominion Square Dancers (B+C)  <b>Sunday, March 11</b> 5-8 p.m. Social Swing Dance (Community Partner Use)

# March 2018

## Menu and

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

	Monday, March 12	Tuesday, March 13	Wednesday, March 14
	Menu	Menu	Menu
<b>Soup</b>	Mushroom	Italian Navy Bean	Tomato & Spinach
<b>Hot Lunch</b>	Chicken Quesadilla Sour Cream & Salsa Kale Tossed Salad Pineapple Dinner Roll	Roasted Pork Honey Mustard Sauce Collard Greens Garbanzo Salad Mandarins Dinner Roll 	Stuffed Beef Ravioli String Beans Carrots Caesar Salad Mango Bits Dinner Roll
<b>Veggie</b>	Veggie Quesadilla Sour Cream & Salsa	Grilled Cheese with Tomatoes	Veggie Burger Sliced Fruit
	Programs	Programs	Programs
	9-2:45 Ping Pong Tables 9:30 Computer Help w. Caroline 9:30-11:15 Tai Chi/Exercise (A) 10:30 Intermediate Spanish with Gary 10:30 Fit 4 Life 10:30 Crochet & Knitkniks 11 Arthritis Exercise w/ Betsy 11:15 Yoga Breathing DVD (A) 11:15 Mental Muscle 12 *Lunch*/RR 12:30 Basic Spanish w. Gary 12:45-2:15 All Ages Read Together (A) 1 Karaoke <b>2:30 S.A.I.L. - Week 9</b> 3-5 Badminton (B)  <u>Community Partner Use</u> 7-9:30 Argentine Tango Dancing & Lesson (A) 7:30 Round Dance (B&C)	9-12:30 Ping Pong Tables 9:30-11 Chinese Folk Dance 10-12 Choral Group in Chinese 10:30 Chair Exercise with Donna 10:30 Computer Help w. Candice 10:30 Rummikub 10:30 Community Service 11 ESL Advanced (as available) 11:15 Cranium Crunches 11:15 Gentle Exercise w. Monica 12 *Lunch*/RR 12:45-1:45 Beginner Line Dance with Hiroko \$/RR 1 Readings & Snippets w. Jeanne 1 Rummikub <b>1 Greeting Cards w. Ruth RR</b> 1-1:45 Choral Group in Chinese 1-3 Chinese Folk Dance, Advanced <b>2:30 S.A.I.L. - Week 9</b> <b>3:30 Floor Feldenkrais \$/RR (A)</b>  <u>Community Partner Use</u> 3:30-4:30 Sun Dance (C + mirror) 5 Sun Dance (C) 7 Adams Apples (A)	9:30-11:15 Tai Chi/Exercise 9:30 Computer Help w. Caroline <b>10 Chair Feldenkrais \$/RR (B)</b> 10-12 Party Bridge 10-12:30 Ceramics/"Create Your Own" \$/RR 10:15 Morning Word Search <b>10:15 Shopping Trip \$/RR</b> 10:20 Chair Exercise with Donna 10:30 American Mahjongg 11 Walking Club (Lobby) 11:15 Yoga Breathing DVD 12 *Lunch */RR 12:45-2:15 All Ages Read Together (A) 1 Afternoon Tea (TVL) 1 Very Beginner Line Dance <b>1 Council Meeting</b> 2:15-4:15 Badminton <b>2:30 S.A.I.L. - Week 9</b> 5 Computer Lab help with John  <u>Community Partner Use</u> 5 Sun Dance (A) 6:30 Social Dancers (B)

## Programs

703-464-6200

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

TTY 711

Thursday, March 15	Friday, March 16	Saturday, March 17
Menu	Menu	
Black Bean	Vegetable	
Lemon Dill Baked Cod Spinach Vegetable Blend Beet Salad Peaches Dinner Roll	Corned Beef Steamed Cabbage & Potatoes Cucumber Tomato Salad Cookies Dinner Roll	
Spinach & Cheese Pizza Red Sauce	Potatoes & Cabbage	
Programs	Programs	Programs
9-12 Tai Chi/Exercise ✪ 9:30-2 Intl Mahjongg 10-12 Choral Group in Chinese 10-12 Chinese Square Dance ✪ 10 Recipe Exchange ✪ 10:30 Computer Help w. Candice 10:30 Fit 4 Life 11 ESL Beginning Class (as available) 11 ESL Conversation with Jeanne 11:15 Table Talk 12 *Lunch */RR 12:15-2:15 Line Dance with Grace \$/RR 12:45 Computer Class in Chinese with Shosha (C) <b>1 Jewelry Class \$/RR</b> 1 ESL with Elders (as available) 1 Happiness 101/Game Time 1-1:45 Choral Group in Chinese <b>2:30 S.A.I.L. - Week 9</b> 3 Computer Klub with Kevin (CL) 3-7:45 Ping Pong Tables  <u>Community Partner Use</u> 2:30-5 AARP	<div style="text-align: center; background-color: #333; color: white; padding: 5px; margin-bottom: 10px;"><b>WEAR GREEN DAY</b></div> <ul style="list-style-type: none"> <li>◆ <b>Enjoy our GREEN treat!</b></li> <li>◆ <b>Door prize tickets for everyone. Wear something GREEN and you get TWO chances to win!</b></li> <li>◆ <b>Celtic Harp performance by Christine van Dyke at 1 p.m.</b></li> </ul> 9-10:45 Ping Pong 10-12 Party Bridge 10-12 Musical Instruments Practice 10 Integral Yoga with Jaya (A) 10:15 Morning Word Search 10:20 Chair Exercise w/ Donna 10:30 NEW Bingo 11 Walking Club (Lobby) 11 Mental Muscle 11 Yoga Breathing DVD (A) 12 *Lunch */RR <b>1 Celtic Harp Performance</b> <b>2:30 S.A.I.L. - Week 9</b>  <u>Community Partner Use</u> 10-3 Art Meet-Up Group (CR)	10 Advanced Beginner Line Dance \$/RR 10-12 Badminton 10:30 Your views: Meet with an Assistant Director in the lobby to make suggestions 11 Intermediate Line Dance \$/RR 12-2 Ping Pong 12 Advanced Line Dance \$/RR  <u>Community Partner Use</u> 10-3 Art Meet-Up Group (CR)
	✪=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.	

# March 2018

## Menu and

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

	Monday, March 19	Tuesday, March 20	Wednesday, March 21
	Menu	Menu	Menu
<b>Soup</b>	Barley	Lentil	Roasted Tomato
<b>Hot Lunch</b>	Baked Potato Bar Chicken Chili Sour Cream Green Onions Steamed kale Dinner Roll	Roasted Turkey Buttered Corn Collard Greens Caesar Salad Cocktail Fruit Dinner Roll	Meat Loaf Mashed Potatoes Green Kale Tossed Salad Applesauce Dinner Roll
<b>Veggie</b>	Vegetarian Potato Bar	Mushroom, Spinach & Cheese Calzone	Pasta Primavera Alfredo Sauce
	Programs	Programs	Programs
	9-2:45 Ping Pong Tables 9:30 Computer Help w. Caroline 9:30-11:15 Tai Chi/Exercise (A) 10:30 Intermediate Spanish with Gary 10:30 Fit 4 Life 10:30 Crochet & Knitkniks 11:15 Yoga Breathing DVD (A) 11 Arthritis Exercise w/ Betsy 11:15 Mental Muscle <b>11:30 Safety with Wyleng Fall Prevention</b> 12 *Lunch*/RR 12:30 Basic Spanish w. Gary 12:45-2:15 All Ages Read Together (A) 1 Crossword 2:15 Memory Cafe <b>2:30 S.A.I.L. - Week 10</b> 3-5 Badminton (B)  <u>Community Partner Use</u> 7-9:30 Argentine Tango Dancing & Lesson (A) 6:30 Herndon Village Network 7:30 Round Dance (B&C)	9-12:30 Ping Pong Tables 9:30-11 Chinese Folk Dance 10-12 Choral Group in Chinese 10:30 Computer Help w. Candice 10:30 Chair Exercise with Donna 10:30 Rummikub 10:30 Community Service 11 ESL Advanced (as available) 11 Current Events 11:15 Gentle Exercise w. Monica 12 *Lunch*/RR 12:45-1:45 Beginner Line Dance with Hiroko \$/RR 1 Readings & Snippets w. Jeanne 1 Rummikub 1-1:45 Choral Group in Chinese 1-3 Chinese Folk Dance, Advanced <b>2:30 S.A.I.L. - Week 10</b> <b>3:30 Floor Feldenkrais \$/RR (A)</b>  <u>Community Partner Use</u> 3:30-4:30 Sun Dance (C + mirror) 5 Sun Dance (C)	9:30-11:15 Tai Chi/Exercise 9:30 Computer Help w. Caroline <b>10 Chair Feldenkrais \$/RR (B)</b> 10-12 Party Bridge 10-12:30 Ceramics/"Create Your Own"\$/RR 10:15 Morning Word Search <b>10:15 Shopping Trip \$/RR</b> 10:20 Chair Exercise with Donna 10:30 American Mahjongg 11 Walking Club (Lobby) 11:15 Yoga Breathing DVD 12 *Lunch */RR 12:45-2:15 All Ages Read Together (A) 1 Travelling Sing Along 1 Very Beginner Line Dance w. Betsy 2:15-4:15 Badminton <b>2:30 S.A.I.L. - Week 10</b> 5 Computer Lab help with John  <u>Community Partner Use</u> 5 Sun Dance (A) 6:30 Social Dancers (B)

## Programs

703-464-6200

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170


TTY 711

Thursday, March 22	Friday, March 23	Saturday, March 24
Menu	Menu	
Split Pea	Vegetable	
Roasted Pork Loin Cut Green Beans Steamed Spinach Garbanzo Salad Fruit Dinner Roll	Salmon Cake Sweet Potatoes Mixed Greens Spinach Salad Pineapple Dinner Roll	
Veggie Egg Roll	Hummus Platter Pita Bread	
Programs	Programs	Programs
9-12 Tai Chi/Exercise ✪ 9:30-2 Intl Mahjongg 10-12 Choral Group in Chinese 10-12 Chinese Square Dance ✪ 10 Recipe Exchange ✪ 10:30 Computer Help w. Candice 10:30 Fit 4 Life 11 ESL Beginning Class (as available) 11 ESL Conversation with Jeanne 11:15 Table Talk 12 *Lunch */RR 12:15-2:15 Line Dance with Grace \$/RR 12:45 Computer Class in Chinese with Shosha (C) 1 ESL with Elders (as available) 1 Happiness 101/Game Time 1-1:45 Choral Group in Chinese <b>2:30 S.A.I.L. - Week 10</b> 3 Computer Klub with Kevin (CL) 3-7:45 Ping Pong Tables  <u>Community Partner Use</u> 7 Plus & Advance Square Dance\$/RR	9-10:45 Ping Pong 10-12 Party Bridge 10-12 Musical Instruments Practice 10 Integral Yoga with Jaya (A) 10:15 Morning Word Search 10:20 Chair Exercise w/ Donna 10:30 NEW Bingo 11 Walking Club (Lobby) 11 Mental Muscle 11 Yoga Breathing DVD (A) 12 *Lunch */RR 1 Crossword 1 Computer Klub with Kevin (CL) 1 Gentle Exercise & Balance with Monica (A) <b>2:30 S.A.I.L. - Week 10</b>  ✪=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.  <u>Community Partner Use</u> 6:30 Merry Notes (B+C)	10 Advanced Beginner Line Dance \$/RR 10-12 Badminton 10:30 Your views: Meet with an Assistant Director in the lobby to make suggestions 11 Intermediate Line Dance \$/RR 12-2 Ping Pong 12 Advanced Line Dance \$/RR  <u>Community Partner Use</u> 10-3 Art Meet-Up Group (CR)  <b>Sunday, March 25</b> <b>2 Special Trip - Godspell at Next Stop Theater</b> 5-8 p.m. Social Swing Dance (Community Partner Use)

# March 2018

## Menu and

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


	Monday, March 26	Tuesday, March 27	Wednesday, March 28
	Menu	Menu	Menu
<b>Soup</b>	Red Bean	Lentil	Three Bean
<b>Hot Lunch</b>	Turkey Dog with Chili Chips Succotash Beet Salad Peaches	Chicken Parmesan Pasta Green Beans & Carrots Caesar Salad Pineapple Dinner Roll	Pulled BBQ Pork Mixed Vegetables Coleslaw Mandarin Oranges Dinner Roll 
<b>Veggie</b>	Grilled Vegetables Wrap Fruit	Spring Egg Roll Fried Rice	Eggplant Parmesan
	Programs	Programs	Programs
	9-2:45 Ping Pong Tables 9:30 Computer Help w. Caroline 9:30-11:15 Tai Chi/Exercise (A) 10:30 Intermediate Spanish with Gary 10:30 Fit 4 Life 10:30 Crochet & Knitkniks 11:15 Yoga Breathing DVD (A) 11 Arthritis Exercise w/ Betsy 11:15 Mental Muscle <b>11:30 Safety with Wyleng "Medications Safety Reminders/Spring Cleaning,"</b> 12 *Lunch*/RR 12:30 Basic Spanish w. Gary 1 Independent Coloring Pages (CR) 2:15 Memory Cafe (TVL) <b>2:30 S.A.I.L. - Week 11</b> 3-5 Badminton (B)  <u>Community Partner Use</u> 10:30-12 Bluebell Spring Project 7-9:30 Argentine Tango Dancing & Lesson (A) 7:30 Round Dance (B&C)	9-12:30 Ping Pong Tables 9:30-11 Chinese Folk Dance 10-12 Choral Group in Chinese 10:30 Computer Help w. Candice 10:30 Chair Exercise with Donna 10:30 Rummikub 10:30 Community Service 11 ESL Advanced (as available) 11:15 Mental Muscle 11:15 Gentle Exercise w. Monica 12 *Lunch*/RR 12:45-1:45 Beginner Line Dance with Hiroko \$/RR <b>1 Greeting Cards w. Ruth RR</b> 1 Rummikub 1 Readings & Snippets w. Jeanne 1-1:45 Choral Group in Chinese 1-3 Chinese Folk Dance, Advanced <b>2:30 S.A.I.L. - Week 11</b> <b>3:30 Floor Feldenkrais \$/RR (A)</b>  <u>Community Partner Use</u> 3:30-4:30 Sun Dance (C + mirror) 5 Sun Dance (C) 7 Adams Apples (A)	9:30-11:15 Tai Chi/Exercise 9:30 Computer Help w. Caroline <b>10 Chair Feldenkrais \$/RR (B)</b> 10-12 Party Bridge 10-12:30 Ceramics/"Create Your Own"\$/RR 10:15 Morning Word Search <b>10:15 Shopping Trip \$/RR</b> 10:20 Chair Exercise with Donna 10:30 American Mahjongg 11 Walking Club (Lobby) 11:15 Yoga Breathing DVD 12 *Lunch */RR <b>1 HealthWorks of Northern Virginia</b> 2:15 The Herndon Book Club 2:15-4:15 Badminton <b>2:30 S.A.I.L. - Week 11</b> 5 Computer Lab help with John  <u>Community Partner Use</u> 5 Sun Dance (A) 6:30 Social Dancers (B)

## Programs

703-464-6200

Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

TTY 711

Thursday, March 29	Friday, March 30	Saturday, March 31
Menu	Menu	
Navy Beans	Vegetables	
Chicken Cordon Bleu Kale & Corn Mandarin Vegetables Tossed Salad Applesauce Dinner Roll 	Baked Tilapia Roasted Potatoes Mixed Greens Garbanzo Salad Pears Dinner Roll	
Veggie Burger with Cheese, Lettuce & Tomatoes	Veggie Pizza	
Programs	Programs	Programs
9-12 Tai Chi/Exercise ✨ 9:30-2 Intl Mahjongg 10-12 Choral Group in Chinese 10-12 Chinese Square Dance ✨ 10 Recipe Exchange ✨ 10:30 Computer Help w. Candice 10:30 Fit 4 Life 11 ESL Beginning Class (as available) 11 ESL Conversation with Jeanne 11:15 Table Talk 12 *Lunch */RR 12:15-2:15 Line Dance with Grace \$/RR 12:45 Computer Class in Chinese with Shosha (C) 1 ESL with Elders (as available) 1 Easter Egg Decorations 1-1:45 Choral Group in Chinese <b>2:30 S.A.I.L. - Week 11</b> 3 Computer Klub with Kevin (CL) 3-7:45 Ping Pong Tables  <u>Community Partner Use</u> 7 Plus & Advance Square Dance\$/RR 7-9 Herndon Women's Club (DR)	9-10:45 Ping Pong 10-12 Party Bridge 10-12 Musical Instruments Practice 10 Integral Yoga with Jaya (A) 10:15 Morning Word Search 10:20 Chair Exercise w/ Donna 10:30 NEW Bingo 11 Walking Club (Lobby) 11 Mental Muscle 11 Yoga Breathing DVD (A) 12 *Lunch */RR 1 Crossword 1 Computer Klub with Kevin (CL) 1 Gentle Exercise & Balance with Monica (A) <b>2:30 S.A.I.L. - Week 11</b>  ✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.  <u>Community Partner Use</u> 6:30 Merry Notes (B+C)	10 Advanced Beginner Line Dance \$/RR 10-12 Badminton 10:30 Your views: Meet with an Assistant Director in the lobby to make suggestions 11 Intermediate Line Dance \$/RR 12-2 Ping Pong 12 Advanced Line Dance \$/RR  <u>Community Partner Use</u> 10-3 Art Meet-Up Group (CR)