

# HSC Notices for the Week of November 15

Wednesday, 11/18 and 11/25 – No Spanish Class.  
Spanish class will return Wednesday, 12/2.

Caregiver's Lunch Bunch\* Features Special  
Presentations:

Tuesday, 11/17: Holidays and Caregiving with Giuliana  
Valencia

Thursday, 11/19: Caregiving and the Holidays

\*Pre-Registration Required – <http://bit.ly/VCAAclb>;  
Meeting ID: 990 0622 3501; Passcode: 9550

Helpful links:

VCAA website <https://bit.ly/NCSvcaa>

VCAA pre-recorded activity videos <http://bit.ly/VCAAvideos>

## This Week's Highlights

- Tuesday, 11/17, 11:45 a.m. - Gentlemen's Health –  
Guest Presenter: Men's Breast Cancer by Judith  
Macon. [www.bit.ly/VCAAfitFAB](http://www.bit.ly/VCAAfitFAB)

- Tuesday, 11/17, 10:30 a.m. - Chat with an Adult Services Social Worker. Topic: Learn about Elderlink [www.bit.ly/VCAASocialSPACE](http://www.bit.ly/VCAASocialSPACE)
- Thursday, 11/19, 10:30 a.m. - Health Presentation: Spice up the Holidays! With Katie Strong from Virginia Cooperative Extension [www.bit.ly/VCAASocialSPACE](http://www.bit.ly/VCAASocialSPACE)
- Thursday, 11/19, 1:15 p.m. - Arts for the Aging – Featured Artist: Dancing our Stories. [www.bit.ly/VCAASocialSPACE](http://www.bit.ly/VCAASocialSPACE)
- Friday, 11/20, Noon - Lunch Bunch - Guest Presenter: Fire and Rescue: Cooking Safety. [www.bit.ly/VCAASocialSPACE](http://www.bit.ly/VCAASocialSPACE)
- Friday, 11/20, 7 p.m. - Friday Evening Concert Series - An Evening of Classical Music with Quarantine Music Busters [www.bit.ly/VCAASocialSPACE](http://www.bit.ly/VCAASocialSPACE)
- Coming Next Tuesday, 11/24, 10:30 a.m. - Alzheimer's Association Presentation: Surviving and Thriving During the Holidays <http://bit.ly/VCAAalz>
- See HSC Council website at [www.herndonseniorcenter.org](http://www.herndonseniorcenter.org) for links, information, photos and more.