



News & Info from HSC

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Giggle of the day!

I tell you a Corona Virus joke, but it will take TWO weeks to see if you got it!

Herndon Senior Center “fun” facts

As we enter the 19th week of being closed here are some “fun” facts:

- Painters Tape is our new best friend! We are using it in various color as floor markings.
- Plexiglas screens have been installed at both front desks.
- Crowd control ropes are in. Just like at the airport!

If you miss the Center?

- Go Virtual and join the increasing amount people who are discovering this new possibility to stay active and connected.
- What is stopping you from joining? Please let us know and we will do everything we can to help you get connected.
- This is not going to go away, be curious and widen your horizon.

Dial In Activities

You don't have to have a computer to take part in Virtual Activities! See the **YELLOW** flyer in this package for activities that have a telephone dial-in option and when they are. Join us!!

Greeting Cards

This month they are from Young Men's Service League, Vienna-Oakton chapter. Thank you!!

Creative Corner

Special Art Presentation -- Chevron and Floating Cards Making Demonstration - 2:30-3:30pm

If you would like to follow along you can use household supplies to participate: scissors, glue, ruler or straight edge, pencil and eraser, cardstock or heavy paper, patterned paper or gift wrap scraps. Nice to have but not totally necessary: sentiment stamps and ink pad. For the second style you will need a piece of recycled clear packaging.

July is Healthy Life Style Month

- A focus on Nutrition & Physical Activity

Nutrition

- It's hot out! What's better than Gazpacho Soup. Try Monica's easy recipe!
- This website is a wealth of tips, tricks and healthy eating information:
www.choosemyplate.gov/eathealthy/WhatIsMyPlate

Physical Activity

- Donna is going LIVE! At the Virtual Center for Active Adults AND on Channel 16. More details to come
- Virtual Activity Center for Active Adults
www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults

Until next week....



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