



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 **Wednesday May 8** at 1 p.m.



No overnight parking in any center parking lot.

If you do not have a residence sticker or overnight pass

YOU WILL BE TOWED!

Coffee cups at the Center BRING YOUR OWN!

Plastic doesn't biodegrade like other materials. It just breaks into smaller pieces, microparticles, which poison the environment and animals, especially marine life and, ultimately, us. Think of your grandchildren and bring your own reusable cup!!



Let's celebrate Creativity & our Senior Center!!

Wednesday, May 15 10 a.m. - 1:45 p.m.

10 a.m.-noon
Art & Craft Exhibition
Get in the Creative Zone!
Get Ready to Exhibit!

Among other works of art, the following will be on display upstairs:

- * Mosaic from Mizz Mozaic
- * Art from "Paint Along with Me" by Charlie.
- * Greeting cards with Ruth
- * Work from the Pour event on April 16
- * Jewelry made in our own classes
- * Ceramic from Vince's ceramics class
- * **YOUR art or handmade items!**

12:45 p.m.
Our Center turns 14 years old!

What better way to celebrate than with cake?? Come to Ballrooms B & C and celebrate with us!

1 p.m.
"Brand New Day" by On That Note

The performance group *On That Note* will perform their latest show "Brand New Day" for us, consisting a wide variety of music from musicals old and new.

Thank you to NW Federal Credit Union for volunteering for our 14th anniversary! We look forward to continuing our partnership with you!

May Happenings & Classes



RX Relax Yoga with Sasha

Thursdays at 10:45 a.m.

Try this highly recommended and evidence based program. The seated yoga is designed to build a strong and flexible body, as well as developing a more robust brain and resilient outlook on life. It has also been shown to help manage pain.

"Paint Along with Me" by Charlie

Thursday, May 2 10 a.m.-noon

Charlie has prepared an easy and fun project for **beginning artists**: making a Floral Canvas.

Sign up and pay at the front desk. Tuition is being paid by the Council. Supply fee is \$5. Class is limited to 8 persons.



Senior Center Book Club

Thursday, May 2 at 3 p.m.

We will discuss Grant by Ron Chernow. Parts 1 and 2.

Thursday, June 6 at 3 p.m.

We will discuss Grant by Ron Chernow. Parts 3 and 4.

French Conversation with Amélie

Fridays at 1 p.m. - starting May 3

Learn/brush up on conversational French with Amélie (Amy) and obtain insights into French culture and way of life. **Sign up at front desk.**

Amy will also be teaching SAIL on Fridays at 2:30 p.m.



Large Item SALE

Monday & Tuesday, May 6 & 7

Large items generously donated to the center, which cannot fit in the glass case, will be displayed in the lobby.

"Pay it forward" - share your story

Monday, May 13 at 11:15 a.m.

Join Pam in the TV-lounge for a discussion on the meaning and purpose of "paying it forward".

Greeting Cards with Ruth /RR

Monday, May 20 at 1 p.m.

Butterflies and Blossoms cards. Sign up at the front desk.



Chai and Chat with Asha for Women

Wednesday, May 22 at 11 a.m.

This is a local non-profit which helps South Asian seniors and caregivers. They offer support to seniors in abusive situations but can also help with healthcare, immigration issues, transportation, and housing for all South Asian seniors age 60+. 1-833-999-9080 is their toll free helpline.

Jewelry Making Class \$/RR

Wednesday, May 22 at 1 p.m.

Flower & Bird necklace and earrings. Supply fee \$5. Sign up and pay at the front desk.

Garden Tours as available after lunch

Our garden volunteer, Susan Green, will explain the flowers on display. Please note NO CUTTING of plants or flowers is allowed!!

Help us keep the lunch program available for YOU!

So far in 2019 we have had 375 wasted lunches at a total cost of \$3,187:

Please be aware that your donation for lunch does not cover the TOTAL COST OF \$8.50 PER LUNCH. If you do not show up for a lunch you have reserved, we have to throw \$8.50 in the trash! That affects our ability to fund the lunch program. Please call 703 464-6200 before 8 am to cancel if you cannot come.

Month	Wasted lunches	Cost
January	86	\$731
February	100	\$850
March	123	\$1045
April	66	\$561

Repeated no-shows will be removed from the lunch eligibility list.



Shopping & Special Trips

Wednesday, May 8	WalMart Fair Lakes. LIMIT 3 BAGS
Wednesday, May 15	Aldi Supermarket
Wednesday, May 22	Greenbriar Town Center
Wednesday, May 29	TWO STOPS – Wegman’s Sterling AND the Target that is nearby

IMPORTANT
Shopping & Special
Trip Policies available
at the front desk.



Special Trip - Encore Chorale

Friday, May 10 at 6:45 p.m.

We will see this amazing chorale perform a free evening concert in Reston. Expect to be back at the center at approximately 9:30 p.m. Pay just \$1 for the bus. Please Sign up and pay by May 3.



Special Trip - Newseum Saturday

Saturday, May 18 9 a.m. - 3 p.m.

This museum is closing its flagship location at the end of this year. Don't miss this exciting opportunity to view four levels of journalism around the globe.

There are many interactive exhibits. Your discounted admission is \$12. Lunch is on your own. There is a café in the basement of the museum.

Please sign up and pay by May 10.



Special Trip - Lake Fairfax Picnic

Friday, May 31 10:15 a.m. - 1:45 p.m.

Boat rides will be available for purchase or enjoy a nice walk or play some lawn games.

You pay \$1 for the bus and an optional \$3 for a bag lunch from Chef if you are enrolled in the center's lunch program. You are also welcome to bring your own lunch. We will have a reserved shelter so this trip is rain or shine.

Please sign up and pay by May 22.



Special Trip - "Broadway & Beyond" by Encore

Sunday, June 2 at 2:15 p.m.

Encore Theatrical Arts Program is presenting "Broadway and Beyond", an extravaganza of dance and music.

The scenery and costumes alone are worth the price of admission.

Your discounted price is \$10. This is a Sunday matinee at 3:30. Expect to be back at the center at about 6:30 p.m.

Please Sign up and pay by May 16.



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) for all levels of ability Gentle Exercise & Balance (or in-house DVD)	Tuesdays Fridays	11:15 a.m. 1 p.m.
Integral Yoga w/Jaya	Fridays	10 a.m.
Mental Muscle Health Discussion	Mondays Fridays	11:15 a.m. 11 a.m.
Nutritionist Talk (Quarterly) March, June, Sept, Dec.	TBD	12:30 p.m.
Ping Pong Tables PLEASE CHECK CALENDAR FOR ANY CHANGES!	Mondays Tuesdays Thursdays Fridays Saturdays	9 a.m. to 12:45 p.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 ⚡	Thursdays (B)	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	As scheduled	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 Class in Chinese with Shosha	Thursdays	12:45 p.m.
Computer Klub with Kevin (by appointment)	Thu. & Fri.	2 p.m. & 1 p.m.
Computer Lab Help with Caroline	Mon. & Wed.	9:30-11:30 a.m.
Computer Lab Help with Candice	Tue. & Thu.	10:30-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.
Spanish with Gary	Intermediate Spanish Basic Spanish	Mondays (Self-Direct. 5/6, 5/20, 5/27) 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	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	Fridays	10 a.m. - noon
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.

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. Wed.	Zumba Gold	1-2 p.m. 11 a.m. - noon	\$10 \$10	Mar-May
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)	Mon./Tue./Wed./Thu./Fri. 2:30-3:30 p.m.	Free	4/15-7/5
Tue.	Beginner Line Dance with Hiroko	12:45-1:45 p.m.	\$10	Mar-May
Tue.	Feldenkrais Floor Members FREE and non-members \$25 for 7 8 sessions	4-5 p.m..	Free/ \$25	4/9-5/28 Not 5/14
Wed.	Feldenkrais Chair \$10 per semester	10 a.m.	\$10	Mar-May Not 5/15
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	Mar-May
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	Mar-May
Sat.	English Country Dance Group*	Saturdays 6-10 p.m.	Members Free	5/11
Sun.	Social Swing Dance* (Interm. to Adv.) Herndonsocialdancers@gmail.com	Sundays 5 -8 p.m.	Members Free	5/5, 5/16 6/2

Arts, Humanities, Games, and Recreation

Day	Name	Time	Cost	Session
Tue.	Art Classes with Charlie Two separate classes	10 a.m.-noon 12:30-2:30 p.m.	\$10 Fee \$5 Supply	Mar-May
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.	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	Mar-May
Wed.	"Create Your Own" Workshop Supply fee extra.	10 a.m. to 12:30 p.m.	\$10	Mar-May
See page 3	Greeting Cards with Ruth May 20	1-3 p.m.	Free	Monthly
See page 3	Jewelry Class May 22	1-2:45 p.m.	\$5	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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May 2019

Menu and

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

	Monday, May 6	Tuesday, May 7	Wednesday, May 8
	Menu	Menu	Menu
Soup	Black Eye Pea	Broccoli	Lentil
Regular Lunch	Grilled Reuben Sandwiches Sauerkraut Swiss Cheese Steamed Kale Peaches	Rosemary & Garlic Roasted Pork  Mixed Veggies Oriental Salad Cocktail Fruit Wheat Roll	Greek Salad Bowl with: Chicken Breast, Feta Cheese, Cucumber, Onions, Olives, Tomatoes Pears Wheat Roll
Veggie	Vegetarian Stir Fry	Spinach & Tomato Grilled Cheese	Hummus Platter Pita Bread
	Programs	Programs	Programs
	9 Large Items SALE (Lobby) 9-12:45 Ping Pong (B) 9:30 Computer Help w/ Caroline (CL) 9:30-11:15 Tai Chi/Exercise (A) 10:30 Intermediate Spanish w/ Gary - self-directed (CONF) 10:30 Fit 4 Life w/Sasha (DR) 10:30 Crochet & Knitkniks (CR) 11 Arthritis Exercise w/Hanh (C) 11:15 Yoga Breathing DVD (A) 11:15 Mental Muscle (TVL) 12 *Lunch*/RR (DR) 12:30 Basic Spanish w/Gary - self-directed (CONF) 12:45-2:15 All Ages Read Together (A) 1 Read with me (TVL) 1 ZUMBA Gold \$/RR (B) 2:30 S.A.I.L. - Week 4 (A) 2-5 Badminton (B) <u>Community Partner Use</u> 7-9:30 Argentine Tango Dancing & Lesson (A) 7:30-9:30 Round Dance (B&C)	9 Large Items SALE (Lobby) 9-12:30 Ping Pong (B) 9:30-11 Chinese Folk Dance (A) 10 Blood Pressure w/Kerry (Library) 10-12 Choral Group in Chinese (C) 10 Art Class w/Charlie \$/RR (CR) 10:30 Computer Lab Help w/ Candice (CL) 10:30 Chair Exercise w/Donna or DVD (DR) 10:30 Rummikub 10:30 Community Service 11 ESL Advanced -as available (CONF) 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 Sasha (TVL) 12:30 Art Class w/Charlie \$/RR (CR) 1 Rummikub 1-3 Choral Group in Chinese (C) 2:30 S.A.I.L. - Week 4 (A) 4-5 Feldenkrais Floor (5th of 7) \$/RR (A)	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 (C) 10:15 Shopping Trip \$/RR 10:20 Chair Exercise w/Donna or DVD (DR) 10:30 American Mahjongg 11 Walking Club (Lobby) 11 ZUMBA Gold \$/RR (B) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12:45-2:15 All Ages Read Together (A) 1 Hydration 101 w/Sasha (TVL) 1 Very Beginner Line Dance w/Betsy (C) 1 Council Meeting (CONF) 1 Computer Lab help w/John -as available (CL) 2:15-4:15 Badminton (B) 2:30 S.A.I.L. - Week 4 (A)
			<u>Community Partner Use</u> 6:30-7:30 Advanced Boot Camp (C)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

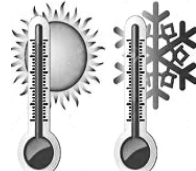
703-464-6200

TTY 711

Thursday, May 9	Friday, May 10	Saturday, May 11
Menu	Menu	
Mushroom	Vegetable & Barely	Level 1 A Ballroom A B Ballroom B C Ballroom C DR Dining Room TVL TV Lounge Level 2 CONF Conference Rm. CL Computer Room CR Craft Room GR Game Room PP Level 2 Ping Pong
Chicken Teriyaki Stir Fry Rice Noodles Broccoli Carrot Salad Fruit Wheat Roll	Fish Tacos Lettuce, Salsa Sour Cream Soft Tortilla Fruit	
Tortellini Marinara Sauce	Veggie 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 (B) ✨ 10-12 Choral Group in Chinese (C) 10-12 Chinese Folk Dance, Adv (B) ✨ 10 Recipe Exchange (CONF) ✨ 10:30 Computer Lab Help w/Candice (CL) 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 (TVL) 12 *Lunch */RR (DR) 12-12:45 <i>Paying students of "Line Dance w/Grace"</i> (A) 12:45 Line Dance w/Grace \$/RR (A) 12:45 Computer Class in Chinese w/Shosha (CR) 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 4 (A)	9-3:30 Ping Pong (B) 10-12 Party Bridge (GR) 10 Seated Integral Yoga w/Jaya (A) 10-12 Musical Instrument Practice (2nd fl. Kitchen) 10:15 Morning Word Search (C) 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 Crossword (TVL) 1 French Conversation w/ Amélie /RR (CONF) 1 Computer Klub w/Kevin /RR (CL) 1 Gentle Exercise & Balance w/Monica or DVD (A) 2:30 S.A.I.L. - Week 4 (A) 6:30-9:30 Special Trip - Encore Chorale, Reston \$/RR	10 Advanced Beginner Line Dance \$/RR (A) 10-12 Badminton (B) 10:30 Your views: Meet w/an Assistant Director in the lobby to make suggestions 11 Intermediate Line Dance \$/RR (A) 12 Advanced Line Dance \$/RR (A) 12-3:30 Ping Pong (B)
<u>Community Partner Use</u> 7 Plus & Adv Square Dance \$/RR (A&B)	✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.	<u>Community Partner Use</u> 6-10 p.m. English Country Dancer

Outdoor heat vs. Inside cold

Please dress for your comfort. When it is hot outside, air conditioning may feel especially cold. Bring a sweater and be prepared!



May 2019

Menu and

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

	Monday, May 13	Tuesday, May 14	Wednesday, May 15
	Menu	Menu	Menu
Soup	Split Pea	Navy Bean	Roasted Tomato
Regular Lunch	Swedish Beef Meatballs Egg Noodles Spinach Three Bean Salad Peach Wheat Roll	Lemon Herb Baked Chicken Vegetable Medley Beet Salad Apple Sauce Wheat Roll	Baked Salmon Mango & Pineapple Salsa Roasted Veggies Mixed Green Salad Anniversary Cake Wheat Roll
Veggie	Cheese Tortellini Marinara Sauce	Veggie Quesadilla	Veggie Burger Lettuce & Tomato
	Programs	Programs	Programs
	9-12:45 Ping Pong (B) 9:30 Computers w/Caroline (CL) 9:30-11:15 Tai Chi/Exercise (A) 10:30 Intermediate Spanish w/ Gary (CONF) 10:30 Fit 4 Life w/Sasha (DR) 10:30 Crochet & Knitkniks (CR) 11 Arthritis Exercise w/Hanh (C) 11:15 Yoga Breathing DVD (A) 11:15 "Pay It Forward" w/ Pam (TVL) 12 *Lunch*/RR (DR) 12:30 Basic Spanish w/Gary (CONF) 12:45-2:15 All Ages Read Together (A) 1 Game Time (TVL) 1 ZUMBA Gold \$/RR (B) 2:30 S.A.I.L. - Week 5 (A) 2-5 Badminton (B) <u>Community Partner Use</u> 6-9 HWC (DR) 7-9:30 Argentine Tango Dancing & Lesson (A) 7:30-9:30 Round Dance (B&C)	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 Computer Lab Help w/ Candice (CL) 10:30 Chair Exercise w/Donna or DVD (DR) 10:30 Rummikub 10:30 Community Service 11 ESL Advanced (as available) 11 Brain Games w/Sasha (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 S.A.I.L. - Week 5 (A)	9:30-11:15 Tai Chi/Exercise (A) 9:30 Computer Help w/Caroline (CL) 10-12 Party Bridge (GR) 10:15 Shopping Trip \$/RR 10:20 Chair Exercise DVD (DR) 10:30 American Mahjongg <u>10 a.m.-noon (CONF, CR, PP)</u> Art & Craft Exhibition <u>11 a.m. (Lobby)</u> Art Walk Tour <u>12 noon (DR)</u> Lunch /RR <u>12:45 p.m. (B&C)</u> Our Center turns 14 years old! Celebration with Cake! <u>1 p.m. (B&C)</u> "Brand New Day" by On That Note 12:45-2:15 AART (A) 1 Computer Lab help w/John - as available (CL) 2:15-4:15 Badminton (B) 2:30 S.A.I.L. - Week 5 (A) <u>Community Partner Use</u> 2:30-4 AARP Board Meeting (CONF) 4:15 Sun Dance Dancers (A) 6:30 Social Dancers (B) 6:30-7:30 Advanced Boot Camp (C)

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, May 16	Friday, May 17	Saturday, May 18
Menu	Menu	
Barley	Chef's Choice	Level 1 A Ballroom A B Ballroom B C Ballroom C DR Dining Room TVL TV Lounge Level 2 CONF Conference Rm. CL Computer Room CR Craft Room GR Game Room PP Level 2 Ping Pong
Chicken Florentine Roasted Vegetables Carrot Salad Pears Wheat Roll	Lemon Dill Baked Pangasius Green Beans Carrots Coleslaw Pineapple Bits Wheat Roll	
Eggplant Parmesan	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 (B) ✨ 10-12 Choral Group in Chinese (C) 10-12 Chinese Folk Dance, Adv ✨ 10 Recipe Exchange (CONF) ✨ 10:30 Computer Lab Help w/Candice (CL) 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 (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 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 5 (A)	9-3:30 Ping Pong (B) 10-12 Party Bridge (GR) 10-12 Musical Instrument Practice (2nd fl. Kitchen) 10 Seated Integral Yoga w/Jaya (A) 10:15 Morning Word Search (C) 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 Crossword (TVL) 1 French Conversation w/ Amélie /RR (CONF) 1 Computer Klub w/Kevin /RR (CL) 1 Gentle Exercise & Balance w/ Monica or DVD (A) 2:30 S.A.I.L. - Week 5 (A)	9-3 Special Trip - Newseum 10 Advanced Beginner Line Dance \$/RR (A) 10-12 Badminton (B) 10:30 Your views: Meet w/an Assistant Director in the lobby to make suggestions 11 Intermediate Line Dance \$/RR (A) 12 Advanced Line Dance \$/RR (A) 12-3:30 Ping Pong (B)
<u>Community Partner Use</u> 3-5 AARP Member Meeting (DR)	✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.	Sunday, May 19 <u>Community Partner Use</u> 5-8 p.m. Social Swing Dance

May 2019

Menu and

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



	Monday, May 20	Tuesday, May 21	Wednesday, May 22
	Menu	Menu	Menu
Soup	Lentil	Mushroom	Split Pea
Regular Lunch	BBQ Chicken Corn Collard Greens Coleslaw Pears Wheat Roll	Beef w/Broccoli Brown Rice Green Beans Beet Salad Fruit Wheat Roll	Chicken Quesadilla Sour Cream, Salsa Corn & Black Bean Cucumber Tomato Salad Mandarin Wheat Roll
Veggie	Grilled Veggie & Cheese Sandwich	Cheese Ravioli & Marinara Sauce w/Sliced Fruit	Veggie Lasagna
	Programs	Programs	Programs
	9-12:45 Ping Pong (B) 9:30 Computers w/Caroline (CL) 9:30-11:15 Tai Chi/Exercise (A) 10:30 Intermediate Spanish w/Gary - self-directed (CONF) 10:30 Fit 4 Life w/Sasha (DR) 10:30 Crochet & Knitkniks (CR) 11 Arthritis Exercise w/Betsy (C) 11:15 Yoga Breathing DVD (A) 11:15 Mental Muscle w/Pam (TVL) 11:30 Safety w/Wyleng : <i>Pedestrian Safety Reminders</i> (DR) 12 *Lunch*/RR (DR) 12:30 Basic Spanish w/Gary - self-directed (CONF) 12:45-2:15 All Ages Read Together (A) 1 Greeting Cards w/Ruth (CR) 1 ZUMBA Gold \$/RR (B) 2:30 S.A.I.L. - Week 6 (A) 2-5 Badminton (B) <i>Community Partner Use</i> 7-9:30 Argentine Tango Dancing & Lesson (A) 7:30-9:30 Round Dance (B&C)	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 10:30 Computer Lab Help w/Candice (CL) 10:30 Chair Exercise w/Donna or DVD (DR) 11 Brain Games (TVL) 11 ESL Advanced (as available) 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 S.A.I.L. - Week 6 (A) 4-5 Feldenkrais Floor (6th of 7) \$/RR (A) <i>Community Partner Use</i> 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) 10-12:30 Ceramics with Vince "Create Your Own" \$/RR (CR) 10-12 Party Bridge (GR) 10:15 Shopping Trip \$/RR 10:15 Morning Word Search (C) 10:20 Chair Exercise w/Donna or DVD (DR) 10:30 American Mahjongg 11 Chai and Chat with Asha for Women (C) 11 Walking Club (Lobby) 11 Zumba Gold \$/RR (B) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12:45-2:15 All Ages Read Together (A) 1 Computer Lab help w/John - as available (CL) 1 Jewelry Making (CR) 1 Very Beginner Line Dance w/Betsy (C) 2:15-4:15 Badminton (B) 2:30 S.A.I.L. - Week 6 (A) <i>Community Partner Use</i> 2:15 The Herndon Book Club by AAUW (TVL) 4:15 Sun Dance Dancers (A) 6:30 Social Dancers (B) 6:30-7:30 Advanced Boot Camp (C)

Programs


Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711


Thursday, May 23	Friday, May 24	Saturday, May 25
Menu	Menu	
Black Beans	Coconut Curry Veggie	The Center is CLOSED
Herbs Roasted Pork Zucchini & Yellow Squash Garbanzo Salad Cocktail Fruit Wheat Roll 	Crispy Tilapia Corn Kale Coleslaw Apple Sauce Wheat Roll	
Vegetables Stew Rice	Cheese Pizza Marinara 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 (B) ✨ 10-12 Choral Group in Chinese (C) 10-12 Chinese Folk Dance, Adv (B) ✨ 10 Recipe Exchange (CONF) ✨ 10:30 Computer Lab Help w/Candice (CL) 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 (TVL) 12 *Lunch */RR (DR) 12-12:45 <i>Paying students of "Line Dance w/Grace"</i> (A) 12:45 Line Dance w/Grace \$/RR (A) 12:45 Computer Class in Chinese w/Shosha (CR) 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 6 (A) <i>Community Partner Use</i> 7 Plus & Adv Square Dance \$/RR (A+B)	9-3:30 Ping Pong (B) 10-12 Party Bridge (GR) 10-12 Musical Instrument Practice (2nd fl. Kitchen) 10 Integral Yoga w/Jaya (A) 10:15 Morning Word Search (C) 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 Crossword (TVL) 1 French Conversation w/ Amélie /RR (CONF) 1 Computer Klub w/Kevin /RR (CL) 1 Gentle Exercise & Balance w/Monica or DVD (A) 2:30 S.A.I.L. - Week 6 (A) ✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.	<p><i>Have a wonderful Memorial Day week-end!</i></p>  <p>Sunday, May 26 <i>Community Partner Use</i> 5-8 p.m. Social Swing Dance</p>

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

	Monday, May 27	Tuesday, May 28	Wednesday, May 29
	Menu	Menu	Menu
Soup	The Center is CLOSED	Barley Veggie	Roasted Red Pepper
Regular Lunch		Turkey Marinara Meat Sauce Wheat Pasta Broccoli Caesar Salad Fruit Wheat Roll	Chicken Taco Salad Lettuce, Salsa, Sour Cream & Cheese Black Bean & Corn Salad Pineapple
Veggie		Pasta Primavera Marinara Sauce	Veggie Taco Salad
	Programs	Programs	Programs
	 <p><i>Memorial Day</i> In Memory</p>	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 Computer Lab Help w/ Candice (CL) 10:30 Rummikub 10:30 Community Service 10:30 Chair Exercise w/Donna or DVD (DR) 11 Brain Game w/Sasha (TVL) 11:15 Gentle Exercise w/Monica or DVD (A) 11 ESL Advanced (as available) 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 7 4-5 Feldenkrais Floor (7th of 7) \$/RR (A)	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 (C) 10:15 Shopping Trip \$/RR 10:20 Chair Exercise w/Donna or DVD (DR) 10:30 American Mahjonn 11 Walking Club (Lobby) 11 Zumba Gold \$/RR (B) 11:15 Yoga Breathing DVD (A) 12 *Lunch */RR (DR) 12:45-2:15 All Ages Read Together (A) 1 Hydration 101 w/Sasha (TVL) 1 Computer Lab help w/John - as available (CL) 1 Very Beginner Line Dance w/ Betsy (C) 2:15-4:15 Badminton (B) 2:30 S.A.I.L. - Week 7 (A)
	<u>Community Partner Use</u> 7:30-9:30 Round Dance (B&C)	<u>Community Partner Use</u> 5:30 Sun Dance Singers (C) 7-10 Adams Apples (A)	<u>Community Partner Use</u> 4:15 Sun Dance Dancers (A) 6:30 Social Dancers (B) 6:30-7:30 Advanced Boot Camp (C)

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

TTY 711

Thursday, May 30	Friday, May 31	Saturday, June 1
Menu	Menu	
Lentil	Chef's Choice	Level 1 A Ballroom A B Ballroom B C Ballroom C DR Dining Room TVL TV Lounge
Honey Mustard Pork Loin Mixed Vegetables Cucumber & Tomatoes Mandarins  Wheat Roll	Salmon Cake Tartar Sauce Coleslaw Steamed Vegetables Fruit Wheat Roll	Level 2 CONF Conference Rm. CL Computer Room CR Craft Room GR Game Room PP Level 2 Ping Pong
Grilled Veggie Sandwich	Flat Bread Veggie 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 Mahjonn (GR) 9-2 Synchronized Ballroom Dancing (B) ✨ 10-12 Choral Group in Chinese (C) 10-12 Chinese Folk Dance, Adv (B) ✨ 10 Recipe Exchange (CONF) ✨ 10:30 Computer Lab Help w/Candice (CL) 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 (TVL) 12 *Lunch */RR (DR) 12-12:45 <i>Paying students of "Line Dance w/Grace" (A)</i> 12:45 Line Dance w/Grace \$/RR (A) 12:45 Computer Class in Chinese w/ Shosha (CR) 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 7 (A)	9-3:30 Ping Pong (B) 10-12 Party Bridge (GR) 10-12 Musical Instrument Practice (2nd fl. Kitchen) 10 Integral Yoga w/Jaya (A) 10:15 Morning Word Search (C) 10:15-1:45 Special Trip - Lake Fairfax Picnic \$/RR 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 Crossword (TVL) 1 French Conversation w/ Amélie /RR (CONF) 1 Computer Klub w/Kevin /RR (CL) 1 Gentle Exercise & Balance w/ Monica or DVD (A) 2:30 S.A.I.L. - Week 7 (A)	10 Advanced Beginner Line Dance \$/RR (A) 10-12 Badminton (B) 10:30 Your views: Meet w/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> 7-9 HWC (DR) 7 Plus & Adv Square Dance \$/RR (A&B)	✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.	<u>Community Partner Use</u> 6-10 Old Dominion Squares Sunday, June 2 2:15 Special Trip "Broadway & Beyond" by Encore <u>Community Partner Use</u> 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."