



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: Jane Brady
Directors At Large: Ines Bello
 Susan Green
 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 at 1 p.m. on June 14.

June Happenings

Do Tell! with Jeanne

Tuesdays at 1 p.m.

Come and share your knowledge and/or learn something new every Tuesday.

SNAP

Fridays, June 2 and 9.

Learn about SNAP, the Supplemental Nutrition Assistance Program on June 2. One-on-one sign up help will be available on June 9 between 10 a.m. and 2 p.m. Register for your time slot at the front desk.

SALE! - week of June 5

Treasures too big to fit in the glass case will be on sale during the week of June 5.

Blood Pressure Clinics are back!

Wednesday, June 7 at 10:30 a.m.

Volunteer Kerry will be in the library on the first Wednesday of the month to take your blood pressure.

Take me out to the ball game....

"Nationals Bringing the Glory" red jersey size Men's Large. Bids taken at front desk starting June 12 and closing June 17.

Sister Center Visit

Tuesday, June 13

Pimmit Senior Center will be spending the day with us. Their center is closed as a polling place for the gubernatorial primary elections.

Lunch Buddies

Wednesday, June 14 at 11:45 a.m.

Have lunch with friends at Adult Day Health Care. If desired, join in their 1 p.m. sing along. Sign up for "Lunch Buddies" at our front desk and give your donation for lunch at that time.

Floris Elementary School Chorus

Wednesday, June 21 at 1 p.m.

Floris Elementary School Fifth Grade Chorus are returning to sing for us! These 100 talented students will present songs to enjoy!

Teens, Treats, Tremendous Talents

Mondays, June 26-August 21 at 1 p.m.

The Reston Teen Center will join us for activities, treats, fun snacks, games, crafts and more. Everyone can mix, mingle and have fun!

June Programs & Classes

Chronic Disease Management Workshop

Thursdays, June 1-July 6 12:30-2 p.m.

We had it in English and Spanish. Now the opportunity has come for our Chinese speakers to learn about Chronic Disease Management in the 6-week workshop with BinBin. Space is limited.

Senior Center Book Club

Thursday, July 6 at 3 p.m.

We will discuss *Transatlantic* by Colum McCann

Greeting Cards with Ruth /RR

Tuesday, June 6 at 1 p.m.

Guys and Dragonflies cards.

Monday, June 19 at 1 p.m.

Fine Feathers and 4th of July cards.

Beginner Line Dance with Hiroko \$/RR

Tuesdays, June 6-27 12:45-1:45

Our new line dance teacher, Hiroko, will continue her Beginner Line Dance class. Give it a try! Sign up and pay \$5 for the month at the front desk.

Zumba GOLD with Alex - RENEW!

Fridays, June 9-July 28 2:30 to 3:30 p.m.

Zumba Gold® is class modified to accommodate older adults while recreating the original moves you love.

Class Cost for this 8 session class: \$10 for Senior Center Members \$20 for Community members.

Sign up and pay at front desk! Min. 8 required.

Herndon Village Network Ice Cream Social & Senior Resource Fair

Saturday, June 10 at 1:30-3:30 p.m.

Herndon Village Network - NV Rides Program welcomes you to an afternoon of celebration of our riders and drivers!

Learn about the HVN volunteer based rides program as well as about other senior programs and organizations, such as Dementia Awareness, Memory Café, DMV ID people, and much more.

"Good mental health is ageless"

Monday, June 12 at 11 a.m.

Join Pam to consider the topic "*Good Mental Health is Ageless*", or, to paraphrase a 1970s commercial, "*You're Not Only Getting Older but Also Better!!*". Refreshments will be served on a first come first served basis.

Parkinson's Disease Support Group

Tuesday, June 13 at 2:15 p.m.

Join us as we customize this new Parkinson's Disease Support Group to fit the needs of our attendees. This will be a monthly meeting, on the 2nd Tuesday of every month, and will be facilitated by a Physical Therapist. So bring your questions or concerns and learn some new management techniques. We are here for you!

Music with Ashley

Friday, June 23 at 1 p.m.

Join Ashley as she shares her broad knowledge about music and composers with us.

Do you have iPad, iPhone, or other computer questions?

Tuesday, June 27 from 10 a.m. to 12 noon

Thursday, June 29 from 10 a.m. to 12 noon

Please welcome *Tech Teen Trevor* back as a volunteer with us this summer! Trevor will be in the Computer Lab to help you with your tablet, computer, iPad or iPhone questions.

Jewelry Classes \$/RR

Wednesday June 28 at 1 p.m.

Pearl necklace and earrings. Cost is \$5. Your payment is your reservation.

The Herndon Book Club (AAUW)

Wednesday, June 28 at 2:15 p.m.

The News Sorority by Sheila Weller.

This group is open to members of the community and members of Herndon Senior Center and meets on the fourth Wednesday of the month.



Shopping & Special Trips

Wednesday, June 7	Sugarland Crossing (Burlington Coat Factory)	<u>Sign up ahead rule</u> ⇒ Shopping trips at least ONE week! ⇒ Special trips at least TWO weeks!
Wednesday, June 14	Giant and Dollar Tree Sterling	
Wednesday, June 21	Trader Joe's	
Wednesday, June 28	Wal-Mart Fair Lakes	

Please sign up one week ahead for shopping trips. The trip will be cancelled if there are fewer than five reservations by 1 p.m. the Wednesday before the trip. Cost is \$1. Lunch is on your own. Please remember to cancel your center lunch BEFORE 8:00 a.m. on trip day. Be ready to depart at 10:15 a.m. We will be back at the center by 1:45 p.m.

請在星期二前報名你的購物旅行，否則購物旅行將會因人數不夠而取消。

Mid-Atlantic Peruvian Horse Show at Frying Pan Park

Friday, June 9 10:30 to 1 p.m.

Depart from Herndon Senior Center at 10:15 a.m.

Return to Herndon Senior Center by 1:45 p.m.

Watch the Peruvian Horse Show, walk through the barns, shop at the Country Store, visit the farm animals.

Pay just \$1 for the bus and \$3 optional for a bag lunch.

Sign up by June 1



Herndon Village Network - NV Rides Program



Need a Ride? By yourself or with another member, evening and week-end rides too!!

Sign up as a Member! \$20 per person or \$30 per household per year.

Volunteer? Be a driver or provide general volunteer services.

More info? Call 703-375-9439 or email HerndonVillageNetworkInfo@gmail.com

Transportation resources:

Reston Useful Services Exchange
www.restonuse.org

Fairfax Seniors On-the-Go!
703-877-5800, TTY 711
www.fairfaxcounty.gov/ncs/seniors.htm

IMPORTANT - Special Trip and Shopping Trip Cancellation Policy

- You must cancel your trip with senior center staff at least 24 hours in advance or by the trip cancellation date, if one is listed in the trip description.
- Refunds will be issued only when tickets have not yet been purchased or if we are able to resell your seat.
- Refunds must be claimed within 30 days from date of trip. Unclaimed refunds will be donated to *Pennies for Programs*.
- If you do not show up for a trip by the departure time, and you have not cancelled your trip by the departure time, you are ineligible for special trips for **two** months or ineligible for shopping trips for **one** month.
- No-shows are not eligible for refunds. Your trip fee will be donated to *Pennies for Programs*.

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	11:15 a.m.
Badminton	Mondays Wednesdays Saturdays	2:30-4:30 p.m. 2:15 to 4:15 p.m. 10 to 12 p.m.
Blood Pressure Clinics	First Monday	10:30 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.
Exercise Room Orientation	Ask at Front Desk	By Appointment
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	Tuesdays	12:45-1:45 p.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	Mon/Tue/Fri Thursdays Saturdays	9 to 10:45 a.m. 3 to 7:45 p.m. 12 to 2 p.m.
Safety with Wyleng (Fire & Rescue Department)	Third Monday	11:30 a.m.
Stretch with Karen B.	Wednesdays	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 with Vijaya	Mondays & Wednesdays Fridays	11:15 a.m. 11a.m.
Yoga, Stretch, Relaxation	Mondays	5:30-6:30 p.m.
Walking Club (weather permitting)	Wednesdays Fridays	11 a.m. 10:30 a.m.

Free Drop-In Groups

Lifelong Learning and Educational Reference

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

Activity	Day	Time
Computer Lab Help with Caroline	Mon. & Wed.	9:30-11:30 a.m.
Computer Lab help as available	Mondays	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)	Will return in the fall.	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 p.m.
Community Service	Tuesdays	10:30-11:45 a.m.
Cooking Fun with John	First Friday	1 p.m.
Crafts with Donna & Sarah	Wednesdays	1-1:45 p.m..
Crochet & Knitkniks Group	Mondays	10:30 a.m.
Current Events	Tuesdays 6/6 & 6/20	11am
Do Tell! with Jeanne	Tuesdays	1 p.m.
Fastran Meeting in the Lobby	Quarterly (next July 11)	10-12 noon
Happiness 101 with Paul	Thursdays	1 p.m.
International Mahjongg	Thursdays	9:30 a.m. - 2 p.m.
Karaoke	Mondays	1 p.m.
Lunch Buddies	Second Wednesday	11:45 p.m.
Make Veggies Fun with Monica	Last Tuesday	11:15 a.m.
Musical Instrument Practice	Fridays	10 a.m. - 12 noon
Party Bridge	Wednesdays & Fridays	10 a.m. - 12 noon
Recipe Exchange ☼	Thursdays	10 a.m.
Rummikub	Tuesdays	10:30 a.m. & 1 p.m.
Travelling Sing Along	Second Wednesday	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
Tue.	Beginner Line Dance with Hiroko	12:45-1:45 p.m.	\$5	6/6-27
Wed.	Feldenkrais	10 a.m.	\$10/ semester	4/5-6/28
Wed.	Very Beginner Line Dance with Betsy Very Beginner	1 to 2 p.m.	Free	Ongoing
Thu.	Line Dance with Grace	12:15-2:15 p.m.	\$20/ Semester	4/6-6/29
Fri.	Zumba GOLD with Alex* \$10 for non-members for this 8 week class \$20 for non-members for this 8 week class	2:30-3:30 a.m.	\$10/\$20	6/9-7/28
Sun.	Social Swing Dance* (Interm. to Adv.) Herndonsocialdancers@gmail.com	Sundays 5 -8 p.m.	Members Free	6/18, 6/25
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	4/1-6/24

Arts, Humanities, Games, and Recreation

Day	Name	Time	Cost	Session
Mon. & Wed.	Individual Computer Help, Drop in 15 min./person	9:30-11:45	Free	Ongoing
Tue. & Thu.	Sun Dance Performers* csinger13@verizon.net, 703-415-6218	<u>Singers</u> Tue. 5:30-8:30 p.m. <u>Dancers</u> Thu. 5:30-8:15 p.m.	Members free	Ongoing
Wed.	Ceramics Class If needed, clay refill: \$15/25lb bag.	10 a.m. to 12:30 p.m.	\$10/\$35	4/5-6/28
Wed.	"Create Your Own" Workshop Supply fee extra.	10 a.m. to 12:30 p.m.	\$10	4/5-6/28
See page 3	Greeting Cards with Ruth Tuesday 6/6 and Monday 6/19	1 to 3 p.m.	Free	Monthly
See page 3	Jewelry Class Wednesday, June 28	1-2:45 p.m.	\$3	Monthly

A message from YOUR Council!

You are invited to come to a Senior Center Council meeting to observe, or to let the Council know of your concerns, questions, or comments.

The Council meets on the second Wednesday of each month in the conference room at 1 p.m.

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

a registered member of the Herndon Senior Center.

June 2017

Menu and

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

	Monday, June 5	Tuesday, June 6	Wednesday, June 7
	Menu	Menu	Menu
Soup	Barley	French Onion	Tomato & Basil
Hot Lunch	Baked Chicken Brown Rice Pilaf Brussel Sprouts Tomato & Cucumber Peaches Dinner Roll	Roasted Turkey Gravy Mashed Potatoes Mixed Vegetables Garbanzo Salad Fruit Cocktail Dinner Roll	Beef Meat Balls Linguini Marinara Sauce Broccoli Tossed Salad Mandarins Dinner roll
Veggie	Vegetarian Stir Fry	Cheese Tortellini	Vegetarian Lasagna
	Programs	Programs	Programs
	SALE! 9-2:45 Ping Pong Tables 9:30 Computer Help w. Caroline 9:30-11:15 Tai Chi/Exercise 10:30 Intermediate Spanish with Gary 10:30 Fit 4 Life 10:30 Crochet & Knitkniks Group 11:15 Yoga Breathing w. Vijaya 11:15 Arthritis Exercise w/ Betsy 11:15 Mental Muscle 12 *Lunch */RR 12:30 Basic Spanish with Gary 1 Karaoke 3-5 Badminton 5 Computer Lab help <u>Community Partner Use</u> 5:30-6:30 Floor Yoga, Stretch & Relaxation	SALE! 9-12:30 Ping Pong Tables 9:30-11 Chinese Folk Dance 10 Computer Help w. Candice 10-12 Choral Group in Chinese 10:30 Chair Exercise w/ Donna 10:30 Rummikub 10:30 Community Service 11 Current Events 11 ESL Advanced (as available) 11:15 Gentle Exercise w. Monica 12 *Lunch*/RR 12:45-1:45 Beginner Line Dance with Hiroko \$/RR 12:45 Integral Yoga w. Jaya (B) 1 Do Tell! with Jeanne 1 Rummikub 1 Greeting Cards with Ruth /RR 1-1:45 Choral Group in Chinese 1-3 Chinese Folk Dance, Advanced 5-6 S.A.I.L. Exercise Program <u>Community Partner Use</u> 5:30 Sun Dance 6:30-7:45 Advanced Exercise Class	SALE! 9:30-11:15 Tai Chi/Exercise 9:30 Computer Help w. Caroline 10-12 Party Bridge 10-12:30 Ceramics/"Create Your Own"\$/RR 10 Feldenkrais \$/RR (B) 10:15 Shopping Trip \$/RR 10:20 Chair Exercise w/ Donna 10:30 Blood Pressure Clinic with Kerry (Library) 10:30 American Mahjongg 10:30 Morning Word Search 11 Walking Club (weather permitting) 11:15 Stretch with Karen 11:15 Yoga Breathing w. Vijaya 12 *Lunch */RR 1 Crafts with Donna & Sarah 1 Very Beginner Line Dance w. Betsy 2:15-4:15 Badminton 5-6 S.A.I.L. Exercise Program <u>Community Partner Use</u> 7:30 Free Social/Line Dance

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200



TTY 711

Thursday, June 8	Friday, June 9	Saturday, June 10
Menu	Menu	
Lentil	Vegetable	
Chicken Marsala Egg Noodles Green Beans Caesar Salad Pears Dinner Roll	Baked Cod Brown Rice Steamed Carrots Coleslaw Fruit Dinner Roll	
Spring Egg roll	Vegetable Quesadilla	
Programs	Programs	Programs
SALE! 9-12 Tai Chi/Exercise ✨ 9:30-2 Intl Mahjongg 10 Computer Help w. Candice 10-12 Choral Group in Chinese 10-12 Chinese Square Dance ✨ 10 Recipe Exchange ✨ 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 12:30 Chronic Disease Management Workshop 2 of 6 1 ESL with Elders (as available) 1 Game Time 1-1:45 Choral Group in Chinese 3-7:45 Ping Pong Tables <u>Community Partner Use</u> 5:30 Sun Dance C 7 Plus & Advance Square Dance\$/RR A+B	SALE! 9-10:15 Ping Pong Tables 10-12 Party Bridge 10-12 Musical Instruments Practice 10-2 SNAP One-on-one sign-up 10:20 Chair Exercise w/ Donna 10:30 NEW Bingo 10:30 Special Trip: Mid-Atlantic Peruvian Horse Show at Frying Pan Park 10:30 Morning Word Search 10:30 Walking Club (weather permitting) 11 Yoga Breathing w. Vijaya (A) 11:15 Mental Muscle 12 *Lunch */RR 1 Crossword 1 Gentle Exercise & Balance with Monica 2:30 Zumba GOLD with Alex \$/RR 2:30-3:30 S.A.I.L. Exercise Program ✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.	9-10 Advanced Exercise Class (Community Partner) 10 Basic Acrylic & Fabric Textures 102 \$/RR 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 2:30-3:30 S.A.I.L. Exercise Program <u>Community Partner Use</u> 1:30-3:30 Herndon Village Network Ice Cream Social & Senior Resource Fair.

June 2017

Menu and

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

	Monday, June 12	Tuesday, June 13	Wednesday, June 14
	Menu	Menu	Menu
Soup	Mushroom & Spinach	Pinto Bean	Coconut Curry Vegetable
Hot Lunch	Chicken Cordon Bleu Steamed Broccoli Tossed Salad  Fruit Mangos Dinner Roll	Teriyaki Glaze Pork Snow Peas & Carrots Rice  Carrot Salad Pears Dinner Roll	Beef Stew Lima Beans Collard Greens Tossed Salad Cookie Dinner Roll
Veggie	Curried Cheese Tortellini	Vegetable Grilled Cheese	Eggplant Parmesan
	Programs	Programs	Programs
	<p>"Nationals Bringing the Glory" jersey bid STARTS!</p> <p>9-2:45 Ping Pong Tables 9:30 Computer Help w. Caroline 9:30-11:15 Tai Chi/Exercise 10:30 Intermediate Spanish with Gary 10:30 Fit 4 Life 10:30 Crochet & Knitkniks Group 11:15 Yoga Breathing w. Vijaya 11:15 Arthritis Exercise w/ Betsy 11 "Good mental health is ageless" with Pam 12 *Lunch */RR 12:30 Basic Spanish with Gary 1 Karaoke 3-5 Badminton 5 Computer Lab help</p> <p><u>Community Partner Use</u> 5:30-6:30 Floor Yoga, Stretch & Relaxation</p>	<p>Pimmit Senior Center are visiting us!</p> <p>9-12:30 Ping Pong Tables 9:30-11 Chinese Folk Dance 10-12 Choral Group in Chinese 10:30 Chair Exercise w/ Donna 10:30 Community Service 10:30 Rummikub 11 ESL Advanced (as available) 11: 15 Cranium Crunches 11:15 Gentle Exercise w. Monica (DVD) 12 *Lunch*/RR 12:45-1:45 Beginner Line Dance with Hiroko \$/RR 12:45 Integral Yoga with Jaya (B) 1 Rummikub 1 Do Tell! with Jeanne 1-1:45 Choral Group in Chinese (C) 1-3 Chinese Folk Dance, Advanced (B) 2:15 Parkinson's Disease Support Group 5-6 S.A.I.L. Exercise Program</p> <p><u>Community Partner Use</u> 5:30 Sun Dance 6:30-7:45 Advanced Exercise Class 7 Adams Apples</p>	<p>9:30-11:15 Tai Chi/Exercise 9:30 Computer Help w. Caroline 10-12 Party Bridge 10-12:30 Ceramics/"Create Your Own"\$/RR 10 Feldenkrais \$/RR (B) 10:15 Shopping Trip \$/RR 10:20 Chair Exercise w/ Donna 10:30 American Mahjongg 10:30 Morning Word Search 11 Walking Club (weather permitting) 11:15 Stretch with Karen 11:15 Yoga Breathing w. Vijaya 11:45 Lunch Buddies 12 *Lunch */RR 1 Travelling Sing Along 1 Very Beginner Line Dance w. Betsy 1 Craft with Donna & Sarah 1 Council Meeting 2:15-4:15 Badminton 5-6 S.A.I.L. Exercise Program</p> <p><u>Community Partner Use</u> 7:30 Free Social/Line Dance</p>

Programs

703-464-6200

Herndon Senior Center
873 Grace Street, Herndon, VA 20170


TTY 711

Thursday, June 15	Friday, June 16	Saturday, June 17
Menu	Menu	
Black Eyed Pea	Three Bean	
Sweet & Sour Beef Meatballs Steamed Spinach Carrot Coins Beet Salad Peaches Dinner Roll	Salmon Cake Kale Corn Coleslaw Mandarins Dinner Roll	
Vegetable Quesadilla	Cottage Cheese with Fruit	
Programs	Programs	Programs
<p>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 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 12:30 Chronic Disease Management Workshop 3 of 6 1 ESL with Elders (as available) 1 Happiness 101 w. Paul 1-1:45 Choral Group in Chinese 3-7:45 Ping Pong Tables</p> <p><u>Community Partner Use</u> 5:30 Sun Dance C 7 Plus & Advance Square Dance\$/RR A+B 7 AARP</p>	<p>9-10:15 Ping Pong 10-12 Party Bridge 10-12 Musical Instruments Practice 10:20 Chair Exercise w/ Donna 10:30 NEW Bingo 10:30 Morning Word Search 10:30 Walking Club (weather permitting) 11 Yoga Breathing w. Vijaya (A) 11:15 Mental Muscle 12 *Lunch */RR 1 Crossword 1 Gentle Exercise & Balance with Monica (DVD) 2:30 Zumba GOLD with Alex \$/RR 2:30-3:30 S.A.I.L. Exercise Program</p> <p><u>Community Partner Use</u> 6:30 Merry Notes</p> <p>✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.</p>	<p>"Nationals Bringing the Glory" jersey bid ENDS!</p> <p>9-10 Advanced Exercise Class (Community Partner Use) 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 2:30-3:30 S.A.I.L. Exercise Program</p> <p>6 Old Dominion Squares (Community Partner Use)</p> <p>Sunday, June 18 Father's Day</p> <p>5-8 p.m. Social Swing Dance (Community Partner Use)</p>

June 2017

Menu and

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

	Monday, June 19	Tuesday, June 20	Wednesday, June 21
	Menu	Menu	Menu
Soup	Split Pea Soup	Roasted Red Pepper	Tortilla
Hot Lunch	Chicken Teriyaki Brown rice Mixed Grilled Veggies Cabbage Salad Diced Mangos Dinner Roll	Ground Beef Tacos Lettuce & Tomatoes Mexican Rice Corn & Black Bean Salad Mandarins Dinner Roll	BBQ Pork  Collard Greens Carrots Beet Salad Pineapples Dinner Roll
Veggie	Vegetarian Stir Fry	Spinach & Mushroom Pizza	Cheese Stuffed Shells
	Programs	Programs	Programs
	9:30 Computer Help w. Caroline 9:30-11:15 Tai Chi/Exercise (A) 10:30 Intermediate Spanish, Gary 10:30 Fit 4 Life 10:30 Crochet & Knitkniks Group 11:15 Yoga Breathing w. Vijaya (A) 11:15 Arthritis Exercise w/ Betsy 11:15 Mental Muscle (TVL) 11:30 Safety with Wyleng "Fireworks Safety & Summer Cooking" 12:30 Basic Spanish with Gary (A) 1 Karaoke 1 Greeting Cards with Ruth / RR 3-5 Badminton (B) 5 Computer Lab help <u>Community Partner Use</u> 5:30-6:30 Floor Yoga, Stretch & Relaxation	9-12:30 Ping Pong Tables 9:30-11 Chinese Folk Dance 10-12 Choral Group in Chinese 10:30 Chair Exercise w/ 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 12:45 Integral Yoga with Jaya (B) 1 Do Tell! with Jeanne 1 Rummikub 1-1:45 Choral Group in Chinese 1-3 Chinese Folk Dance, Advanced 2:15 Parkinson's Disease Support Group 5-6 S.A.I.L. Exercise Program <u>Community Partner Use</u> 5:30 Sun Dance 6:30-7:45 Advanced Exercise Class	1st Day of Summer 9:30 Computer Help w. Caroline 10-12 Party Bridge 10-12:30 Ceramics/"Create Your Own"\$/RR 10 Feldenkrais \$/RR (B) 10:20 Chair Exercise w/ Donna 10:30 American Mahjongg 10:30 Morning Word Search 11 Walking Club (weather permitting) 11:15 Stretch with Karen 11:15 Yoga Breathing w. Vijaya 12 *Lunch */RR 1 Floris Elementary School 5th Grade Chorus 1 Very Beginner Line Dance w. Betsy 2:15-4:15 Badminton 5-6 S.A.I.L. Exercise Program <u>Community Partner Use</u> 7:30 Free Social/Line Dance

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200


TTY 711

Thursday, June 22	Friday, June 23	Saturday, June 24
Menu	Menu	
Minestrone	Vegetable	
Chicken Gyro Lettuce & Tomatoes Yogurt Cucumber Sauce String Beans Garbanzo Salad Dinner Roll	Spinach Stuffed Flounder Parsley Potatoes Steamed Mixed Vegetables Coleslaw Fruit Dinner Roll	
Grilled Cheese & Tomato	Eggplant Napoleon	
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 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 12:30 Chronic Disease Management Workshop 4 of 6 1 ESL with Elders (as available) 1 Game Time 1-1:45 Choral Group in Chinese 3-7:45 Ping Pong Tables <u>Community Partner Use</u> 5:30 Sun Dance C	9-10:15 Ping Pong 10-12 Party Bridge 10-12 Musical Instruments Practice 10:20 Chair Exercise w/ Donna 10:30 NEW Bingo 10:30 Morning Word Search 10:30 Walking Club (weather permitting) 11 Yoga Breathing w. Vijaya (A) 11:15 Mental Muscle 12 *Lunch */RR 1 Music with Ashley 1 Gentle Exercise & Balance with Monica 2:30 Zumba GOLD with Alex \$/RR 2:30-3:30 S.A.I.L. Exercise Program ✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.	9-10 Advanced Exercise Class (Community Partner) 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 2:30-3:30 S.A.I.L. Exercise Program Sunday, June 25 5-8 p.m. Social Swing Dance (Community Partner Use)

June/July 2017

Menu and

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

	Monday, June 26	Tuesday, June 27	Wednesday, June 28
	Menu	Menu	Menu
Soup	Lentil	Cuban Black Bean	Vegetarian Chili
Hot Lunch	Turkey Alfredo Wheat Pasta Mixed Vegetables Tossed Salad Mangos Dinner Roll	Mexican Beef Lasagna Steamed Spinach Sliced Carrots Caesar Salad Pineapples Dinner Roll	Teriyaki Pork Brown Rice Broccoli & Carrots Beet Salad Pound Cake Dinner Roll 
Veggie	Vegetarian Burger	Linguini w. Vegetables	Curry Lentil Stew
	Programs	Programs	Programs
	9-2:45 Ping Pong Tables 9:30 Computer Help w. Caroline 9:30-11:15 Tai Chi/Exercise 10:30 Intermediate Spanish with Gary 10:30 Fit 4 Life 10:30 Crochet & Knitkniks Group 11:15 Yoga Breathing w. Vijaya 11:15 Arthritis Exercise w/ Betsy 11:15 Mental Muscle 12 *Lunch */RR 12:30 Basic Spanish with Gary 1 Teens, Treats, Tremendous Talents 3-5 Badminton 5 Computer Lab help <u>Community Partner Use</u> 5:30-6:30 Floor Yoga, Stretch & Relaxation	9-12:30 Ping Pong Tables 9:30-11 Chinese Folk Dance 10-12 Tech Teen Trevor 10-12 Choral Group in Chinese 10:30 Chair Exercise w/ Donna 10:30 Rummikub 10:30 Community Service 11 ESL Advanced (as available) 11:15 How to Make Veggies Fun! with Monica 12 *Lunch*/RR 12:45-1:45 Beginner Line Dance with Hiroko \$/RR 12:45 Integral Yoga with Jaya (B) 1 Rummikub 1 Do Tell! with Jeanne 1-1:45 Choral Group in Chinese 1-3 Chinese Folk Dance, Advanced 5-6 S.A.I.L. Exercise Program <u>Community Partner Use</u> 5:30 Sun Dance 6:30-7:45 Advanced Exercise Class 7 Adams Apples	9:30-11:15 Tai Chi/Exercise 9:30 Computer Help w. Caroline 10-12 Party Bridge 10-12:30 Ceramics/"Create Your Own"\$/RR 10 Feldenkrais \$/RR (B) 10:15 Shopping Trip \$/RR 10:20 Chair Exercise w/ Donna 10:30 American Mahjongg 10:30 Morning Word Search 11 Walking Club (weather permitting) 11:15 Stretch with Karen 11:15 Yoga Breathing w. Vijaya 12 *Lunch */RR 1 Jewelry Class \$/RR 1 Very Beginner Line Dance w. Betsy 2:15 The Herndon Book Club 2:15-4:15 Badminton 5-6 S.A.I.L. Exercise Program <u>Community Partner Use</u> 7:30 Free Social/Line Dance

Programs

Herndon Senior Center
873 Grace Street, Herndon, VA 20170

703-464-6200

TTY 711

Thursday, June 29	Friday, June 30	Saturday, July 1
Menu	Menu	
Split Pea Soup	Vegetable	
Beef Meatballs w. Gravy Steamed Rice Broccoli Pea Salad Mandarins Dinner Roll	Baked Flounder Lima Beans Steamed Collard Greens Coleslaw Diced Peaches Dinner Roll	
Grilled Vegetable Casserole	Spinach & Cheese Calzone	
Programs	Programs	Programs
9-12 Tai Chi/Exercise ✨ 9:30-2 Intl Mahjongg 10-12 Tech Teen Trevor 10-12 Choral Group in Chinese 10-12 Chinese Square Dance ✨ 10 Recipe Exchange ✨ 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 12:30 Chronic Disease Management Workshop 5 of 6 1 ESL with Elders (as available) 1 Happiness 101 w. Paul 1-1:45 Choral Group in Chinese 3-7:45 Ping Pong Tables <u>Community Partner Use</u> 7 Plus & Advance Square Dance\$/RR A+B	9-10:15 Ping Pong Tables 10-12 Party Bridge 10-12 Musical Instruments Practice 10:20 Chair Exercise w/ Donna 10:30 NEW Bingo 10:30 Morning Word Search 10:30 Walking Club (weather permitting) 11 Yoga Breathing w. Vijaya (A) 11:15 Mental Muscle 12 *Lunch */RR 1 Crossword 1 Gentle Exercise & Balance with Monica 2:30 Zumba GOLD with Alex \$/RR 2:30-3:30 S.A.I.L. Exercise Program ✨=Volunteer leader gives instruction in Chinese and by demonstration. There may be bilingual participants to assist.	9-10 Advanced Exercise Class (Community Partner) 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 2:30-3:30 S.A.I.L. Exercise Program <u>Community Partner Use</u> 6 Old Dominion Squares