



News & Info from HSC

703-464-6200

HSCHerndonSeniorCenter@fairfaxcounty.gov


*“We always **THINK**
we’ll have plenty of time.
to tell people we **LOVE** them,
so we end up actually not
taking the **TIME** to do it.”*

How much longer?

Nobody knows. Senior Centers are still closed “until further notice”

On a positive note, on Friday, May 29 Virginia entered into **Forward Virginia: Phase One.**

And Fairfax County **Park Authority** parks and parking lots are open, including some amenities such as golf, fishing and open park space.

Important Phone numbers

- Fairfax County’s Aging, Disability, and Caregiver Resource Line**
 is your one-stop-shop for information on county services for older adults.
 Monday - Friday, 8 a.m. - 4:30 p.m.
 Call 703-324-7948, TTY 703-449-1186.
 Or visit www.fairfaxcounty.gov/DFS/OlderAdultServices.
- Fairfax County Coordinated Services**
 for emergency needs can be reached at 703-222-0880. Bilingual staff are available.
- Health Department Call Center**
 For all your Coronavirus questions:
 703-267-3511
ffxcovid@fairfaxcounty.gov
www.fairfaxcounty.gov/cofid19/

Herndon Senior Center Book Club

Thursday, June 4 at 3 pm

NOW VIRTUAL via conference call. We will discuss *The Dutch House* by Ann Patchett.

Contact Monica for more details by phone at 703-464-6200 or email monica.koppelman@fairfaxcounty.gov.

PenPals Wanted

Would you be interested in a good old letter exchange? We have been asked both by other members and members of the community. Let Monica know by phone at 703-464-6200 or email monica.koppelman@fairfaxcounty.gov.

Your body will thank you

Keep moving - 30 minutes every day. If you wish, you can do 15+15 minutes or 10+10+10. Just move it so you stay strong!

Virtual Activities for Body & Mind

www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults

www.fairfaxcounty.gov/familyservices/older-adults/fairfax-50-plus-podcasts.

Give them a try - fun and engaging!

Jigsaw puzzles and DVDs

Want some? We have them! Let us know and we can place them “between the front doors” of the center for you to pick up.

If you have ANY questions or concerns, contact us!

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Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.

