



# News & Info from HSC

703-464-6200

NCSHerndonSeniorCenter@fairfaxcounty.gov



## Herndon Farmers Market

Thursdays (rain or Shine) 8 a.m.-12:30 p.m.

Is still going and will continue until November 5. See the attached article for all you need to know about going during these crazy times. Pretty photos courtesy Kathy.



## Update on flu shots

For more on the most recent information, see the back of this page.

Location: *Herndon Senior Center*  
 Date: *Tuesday, October 6*  
 Time: *Reservation only*  
 Call: *703 246-6010 - The Health Department reservation line*

## Avoid falling this fall with SAIL!!

Wednesdays 10:05-11:05 a.m.

To join go to [bit.ly/VCAAzoom](https://bit.ly/VCAAzoom)

Do not become one of the 25% of adults 65 or older who will fall this year.

SAIL - Stay Active and Independent for Life, A strength, balance and fitness class for adults 65+ can help you work on balance, strength and agility.

So, don't fall into fall, unless it is into a huge pile of leaves for fun!!!

## Greeting cards with Ruth

Friday, October 2 2:30 to 3:30 p.m.

To join go to [bit.ly/VCAAzoom](https://bit.ly/VCAAzoom) during the Creative Corner time slot.

Ruth will make "Sending Warm Hugs" Paper Quilt Cards.

Register by September 21 to receive materials in the mail. For more info see the back of this page.

## General & Special Elections

[www.fairfaxcounty.gov/elections/upcoming](http://www.fairfaxcounty.gov/elections/upcoming)

November 3, 2020

Polls will be open 6 a.m. to 7 p.m.

### GENERAL INFORMATION

#### September 18

Absentee in-person/early voting begins at the Office of Elections  
 12000 Government Center Pkwy., Fairfax, VA

#### October 13

Voter Registration Deadline  
 In-person: 5 p.m. Online: 11:59 p.m.

#### October 23 by 5 p.m.

Deadline to request absentee ballot by mail.

#### October 31 by 5 p.m.

Final day for absentee in-person/early voting.

### RETURNED BALLOTS

#### November 3 by 7 p.m.

Deadline to hand deliver absentee ballots to Office of Elections.

#### November 6 by 12 noon

Deadline for mailed absentee ballots to be received by Office of Elections. Ballots must be **postmarked** no later than November 3.

*Until next week....*



### Giggle of the day!

*I am NOT adding this year to my age. I haven't been able to use it!!*



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.



# Flu Shots

We are delighted to announce that the Fairfax County Health Department has chosen Herndon Senior Center as a flu shot site this year! It is so very important to get your immunization, especially this year.

The shot is FREE with your Medicare, Medicaid, or Anthem Health Keepers card **in hand**, or \$30 cash or check.

Date: **Tuesday, October 6**  
 Time: **By reservation only**  
 Call: **703 246-6010**  
 Health Department appointment reservation line

IF demand warrants it, the backup days will be Thursday, October 8 and Friday, October 9.

Pneumonia vaccine is also available by **pre-arrangement**. Ask for detailed requirements and costs at the time you make your flu shot reservation.

Masks, temperature check, and symptom screen required upon entry. Hand sanitizer provided and required upon entry. Cleaning of all spaces will be done between participants, so please come at your **reserved** time.

# Greeting Cards with Ruth

Join our friendly card making group and craft a "hug with a fold in the middle" to send to friends and family. Share a creative hour with friends!

The ZOOM virtual class schedule is:

**Fridays at 2:30 to 3:30 during the Creative Corner time slot.**

Date - Fridays	Theme	Register for supplies no later than:
October 2	"Sending Warm Hugs" Paper Quilt Cards	September 21
October 23	Fall/Thanksgiving Cards	October 9
November 6	Holiday Cards	October 26
December 4	Holiday Cards	November 19

Let us know at least 10 business days ahead of each class to have a packet of supplies sent to you and an overview of directions emailed to you. You can always attend the class and apply the techniques to your own supplies.

Please provide your email AND mailing address by calling 703 464-6200 or emailing [NCSHerndonSeniorCenter@fairfaxcounty.gov](mailto:NCSHerndonSeniorCenter@fairfaxcounty.gov)

Join from a computer, smartphone, or tablet using the direct link [bit.ly/VCAAzoom](https://zoom.us) OR go to:  
<https://zoom.us> • Select join Meeting • Enter Meeting ID: 905 123 5932 • Enter Password: 3636