



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Herndon Senior Center

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| Address: 873 Grace Street, Herndon, VA 20170 | Hours: Monday - Friday, 8 a.m. to 4 p.m. | Phone: 703-464-6200, TTY 711 |
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March, April, & May 2024

ARTS / GAMES / RECREATION

| Title | When | Time | Description | Cost |
|---|-------------------|-------------------------------|---|---|
| American Mahjongg <i>On your own</i> | Wednesdays | 10:30 a.m.-11:55 a.m. | Recreational activity featuring a popular tile game. | Free |
| Bingo | Fridays | 10:15 a.m. | Recreational activity | Free |
| Ceramics | Wednesdays | 10 a.m.-Noon 12:15 to 2:15 | Ceramics with our experienced long-term instructor, Vince! All levels welcome, no previous experience necessary. (P) This is a paid class, so make sure you have a valid punch card. (S) This class has a supply fee. (RR) You must register for this class This is NOT a drop-in class. | P+S/RR Clay refill, if needed: \$15 per 25 lbs. bag. |
| Crochet & Knitkniks Group | Mondays | 10 a.m.- Noon | Arts and crafts activity. | Free |
| Crossword | Fridays | 1 p.m. | Recreational activity. | Free |
| Cards with Nabilah | TBD in April 2024 | 1 p.m. | Seasonal Cards. | Free |
| Corsage making | Wednesday March 6 | 10:30a.m. | Corsage making for Spring musical | Free |
| Diamond Art Coasters | Tuesday, March 5 | 1 p.m. | Diamond Art Coasters | Free |

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| Jewelry Class | TBD in April and May 2024 | 1 p.m. | Craft TBD. Register a week before | Free/RR |
| Dried Flower Art | Thursday, March 21 | 10:30 a.m. | Dried flower art crafting | Free |
| Diamond Art | Tuesdays/Thursday | 1 p.m. | Craft activity | Free |
| Garden Tours! | As available and weather allows | | Our garden volunteer, Susan Green, will explain the flowers on display. Please note NO CUTTING of plants or flowers is allowed!! | Free |
| Garden Exchange | First Friday of the month | 10p.m. | Share your love of gardening and discover new flowers and plants | Free |
| Greeting Cards with Ruth | Thursday, March 7 | 1-3 p.m. | Make your own seasonal and birthday cards. Reservations required the week prior to the class. | Free/RR |
| Herndon Senior Center Book Club | First Thursdays | 2:30 p.m. | We meet to discuss the monthly read. | Free/RR |
| International Mahjongg <i>On your own</i> | Thursdays | 9:30 a.m.-2 p.m. | Free | Free |
| Joy Pots | TBD April 2024 | 10:30 a.m. | Joy Pot Craft and Joy Pot Plants | Free/RR |
| Paper Art | Tuesday March 19 | 10:30a.m. | Spring paper art | Free |
| Painting with Lauren | Tuesday, March 12 | 10 a.m. | Join our instructor led spring painting | Free/RR |
| Mental Muscle (various activities) | Daily | 11 a.m. and 1 p.m. | Recreational activity. | Free |
| Mixed Media Mondays | Check monthly newsletter for specific dates. | 2 p.m. | Hybrid: Virtual Center for Active Adults | Free/ H/RR |
| Music Lovers | Mondays and Wednesday | 1 p.m. | Join us to sing and dance to your favorite songs. | Free |

| Rummikub <i>On your own</i> | Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays | 10:30 a.m. & 1 p.m. | Recreational activity with a popular tile game. | Free |
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| Sing-along | 1st Wednesday | 12:30 p.m. | Come and join the Rising Phoenix Performers monthly for a sing-along in the Dining Room | Free |
| Wheel of Fortune | Wednesdays | 1 p.m. | Test your knowledge on this well-known fan favorite game | Free |
| HEALTH / WELLNESS | | | | |
| Title | When | Time | Description | Cost |
| Arthritis Exercise Class | Mondays/Wednesday | 11:15-11:45 a.m. | Health and Wellness activity, focusing on balance, range of motion, joint movements. | Free |
| Badminton | Mondays, Wednesdays Fridays | 2:30-3:45 p.m. 1-3:45 p.m. | Health and Wellness activity. | Free |
| Blood Pressure Clinics | 2 nd Tuesday | 10-11 a.m. | with Nurse Kerry | Free |
| Brain Fitness | Fridays | 11 a.m. | Recreational activity | Free |
| Chair Exercise | <u>DVD</u> : Mon / Tue / Thu <u>Live</u> : Wed / Fri | 9:30 a.m. | Health and Wellness activity with Donna. Our most popular exercise class! | Free |
| Feldenkrais Floor Class | Tuesdays | 2:30 p.m. | Feldenkrais exercises in chairs | Free/RR |
| Feldenkrais Chair Class | Wednesdays | 1-1:45 p.m. | Feldenkrais exercises in chairs | Free/RR |
| Fit 4 Life | Tuesday and Thursday | 11:15 a.m. | Chair exercise | Free |
| Gentle Balance Exercise DVD | Tuesday and Thursday | 10a.m. | For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements. | Free |
| Gentle Strength Exercise DVD | Tuesdays | 11:15 a.m. | For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements. | Free |
| Line Dance with Hiroko | Tuesdays (Intermediate) (Beginner) | 12-1 p.m. 11a.m. -12 p.m. | This is an Intermediate Line Dance class. This is a Beginner Line Dance class. Give it a try! | P |
| Line Dance with Lily | Mondays (Intermediate) Wednesdays (Improve) | Noon-1 and 1-3 p.m. Noon-1 and 1-3 p.m. | These are Intermediate Line Dance classes. Refresh your skills in Improve Line Dance classes. Join us for fun! | P |
| Ping Pong Table 2nd floor | Monday through Friday | 8 a.m. to 3:45 p.m. | | Free |

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| Ping Pong Tables (3) Ballroom B | Monday through Friday | See description | Mondays, 8 a.m.to 1 p.m. Tuesdays, 8 a.m. to 2:45 p.m. Wednesdays, 8 a.m. to 1 p.m. Thursdays, 8 a.m. to 3:45 p.m. Fridays, 8 a.m. to 12:45 p.m. | Free |
| RX Relax Yoga | Thursdays | 10:45 a.m. | Try this highly recommended, evidence-based program. Seated yoga is designed to build a strong and flexible body, a more robust brain, a resilient outlook on life and assist with pain management. | Free |
| S.A.I.L. Exercise | Monday & Wednesday | 10:15 a.m. | An evidence based 12-week Stay Active and Independent for Life exercise program! Baseline assessments and surveys will be taken before your first class. | Free/ Video/RR |
| Safety with Wyleng | Third Mondays | 11 a.m. 1 p.m. | The Fire & Rescue Department's Life Safety Education Specialist will teach us about various topics related to home and fire safety. | Free |
| Tai Chi & Exercise | Mondays &Wednesdays | 9:30-10:30 a.m. | Health and Wellness activity. We will begin with exercises, then a short break and end with Tai Chi (3 repetitions). | Free |
| Walking Club | Thursday In April/May 2024 | 10:15 a.m. | Health and Wellness activity. Dependent on the weather. | Free |
| Yoga Breathing DVD | Mondays, Wednesdays Fridays | 11 a.m. 11:15 a.m. | Health and Wellness activity. DVD with Vijaya | Free |

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| ZUMBA GOLD | Wednesdays | 1:30 p.m. | <p>Zumba Gold® is a lower-intensity Zumba® class, which has been modified to accommodate older adults while recreating the original moves you love.</p> <p>How it Works: The class is designed to focus on balance, range of motion and coordination through easy-to-follow Zumba® choreography. Come ready to sweat and prepare to leave empowered and feeling strong.</p> <p><u>Benefits:</u> Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!</p> <p>*Wear comfortable workout clothes & athletic shoes (preferably with smooth bottoms). Bring a water bottle!</p> | P/RR |
| Zumba with Sarah | Mondays | 2:30 p.m. | <p>Choreography Practice for Zumba</p> | |
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SPECIAL EVENTS

| Title | When | Time | Description | Cost |
|-----------------------------------|---|------------|---|------|
| Rising Phoenix Spring Celebration | Friday April 26th, 2023 | 10:30 a.m. | Join our Rising Phoenix perform “Starry Lights Dreamy Night” Special meal to follow. Please register for the lunch. | Free |
| Reston Teen Center Visit | Monday, March 25, 2024 | Noon | Join Reston Teen Center for a spring activity | Free |
| Herndon Anniversary and Art Show | TBD in May 2024 | 10 a.m. | Join Herndon Senior Center in celebration of our anniversary and art show | Free |

LEARNING and SKILLS DEVELOPMENT

| Title | When | Time | Description | Cost |
|---|--|--|---|------|
| Computer Lab Help with John | Wednesdays | 1 p.m. | Volunteer John is in the Computer Lab to lend an ear and help problem solve your IT issues. | Free |
| Computer Class with David | Monday | 10-12p.m. | Bring your technology questions from 10-11am. Learn basic computer skills from 11-12p, | |
| ESL: Advanced | Tuesdays | 11 a.m. | English as a second language with Ming. | Free |
| ESL: Beginners | Thursdays | 11 a.m. | English as a second language. | Free |
| Computer Class in Mandarin | TBD | TBD | Computer Help in Chinese with Shosha. | Free |
| Spanish with Gary Temporarily on hold | Mondays | 10:30 a.m.–Noon (Basic) 12:30-2 p.m. (Intermediate) | Language learning class - beginner and intermediate levels available. | Free |
| Tasty Tuesday | TBD | 11am | Join us and learn new healthy recipes and cooking/baking skills | Free |
| Spanish with Octavia | 1 st and 3 rd Friday | 11 a.m. | Language learning class - beginner and intermediate levels available. | Free |
| International Women’s Month | Thursday, March 7 | 11 a.m. | Join us to learn about famous women who led the way in the international women’s month | Free |

TRIPS

| Title | When | Time | Description | Cost |
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| Shopping trips | Wednesdays | 10:15 a.m. | Local food markets, such as Walmart, Wegmans, Trader Joe'. Lunch is on your own. Sign up two weeks in advance | P/RR |
| Botanical Gardens in Merrifield | Tuesday, March 26 | TBA | Join us to see the Cherry Blossoms | TBA |
| Basketball Game in DC | Friday, March 8 th | TBA | Join us for a special basketball game in DC | |

COMMUNITY MEETINGS

| Title | When | Time | Description |
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| Chinese History and Culture | Bi-weekly Saturdays | TBD | Free. Open to members of the community and members of Herndon Senior Center. |
| Old Dominion Squares | TBD | 7-10 p.m. | Community Square Dancers |
| English Country Dancers | TBD | 6-10 p.m. | Beginners to experienced dancers. Open to members of the community and members of Herndon Senior Center. |
| Harbor House Monthly Meeting | 2 nd Tuesday | 1:30-3:30 p.m. | Harbor House Monthly Meeting |
| Herndon Senior Center Council, Inc. | 2 nd Wednesday | 1-2:30 p.m. | Open to members of the community and members of Herndon Senior Center. |
| Herndon Village Network | TBD | 6:30-8 p.m. | A non-profit organization and is funded exclusively by donations & grants. For more information & Driver Application: www.HerndonVillageNetwork.org herndonvillagenetworkinfo@gmail.com |
| Herndon Women's Club | 2 nd Monday | 7 p.m. | Local philanthropic club |
| Merry Notes Square Dancers | 2 nd , 4 th , and 5 th Friday Sept through June | 7-10 p.m. | Lesson and Practice. Open to members of the community and members of Herndon Senior Center. This group is open to members of the community and members of Herndon Senior Center. |

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| Rising Phoenix Performers | Tuesdays (Choir) Wednesdays (Dancers) | 5:30-8:30 p.m. 4:30-8 p.m. | This group is open to members of the community and members of Herndon Senior Center. For more information contact csinger13@verizon.net, or call 703-415-6218. |
| Round Dance | Mondays | 7-10 p.m. | Level IV. Open to members of the community and members of Herndon Senior Center. |
| Social & Line Dance | TBD | 6:30-9:30 p.m. | Free. Beginners to advanced. Open to members of the community and members of Herndon Senior Center. |
| Phantom Squares | TBD | 7-10 p.m. | Community Square Dancers |
| T-Squares | 1 st , 3 rd & 5 th Thursday | 7-10 p.m. | Mainstream to Advanced Level dancers. |
| The Herndon Book Club (AAUW) | TBD | 2:15 p.m. | This group is open to members of the community and members of Herndon Senior Center. |