The Senior Center of Leesburg

MONTHLY NEWSLETTER
AUGUST 2021

The Senior Center of Leesburg
Hours of Operation: Monday-Friday, 9:00AM-5:00PM

Important Announcement

Curbside Lunch Pickup

The last day for curbside pickup is Friday, July 30. For indoor lunch reservations, please call 703-737-8039 at least 24 hours in advance. We look forward to seeing you in the café!

The Senior Center of Leesburg is having a

Summer Hawaiian Luau

Friday, August 20, 2021
11:30am-1:30pm
Musical Entertainment: DJ Jeff
Cost: $3.00
Registration Required: #127668-41
Lunch Donation Applies

Staff:
Manager:
Erik Oñate
703.737.8005

Assistant Manager:
Cheryl Wheeler
703.771.5156

Recreation Programmer:
Sue Depoy
703.771.5675

Café Supervisor:
Leigh Ann Macklin
703.737.8040

Customer Service:
Joanna Poston
703.777.0358

Vehicle Operator:
Diane Simmons
703.771.5014

Vehicle Operator:
Dave Keyes
571.258.3437
**AUGUST 2021 WEEKLY ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>9AM</strong> STITCH 'N B</td>
<td><strong>9AM</strong> TEXAS HOLD 'EM</td>
<td><strong>9:30AM</strong> QUILT MAKERS</td>
<td><strong>9AM</strong> TEXAS HOLD 'EM</td>
<td><strong>9AM</strong> STITCH 'N B</td>
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<tr>
<td>10:15AM AEROBICS W/ LUELLA</td>
<td>10:00AM MEXICAN TRAIN</td>
<td><strong>10:30AM</strong> FIT &amp; FUN W/KATHY</td>
<td>10:30AM TAI CHI QUAN</td>
<td>10AM TAI CHI QUAN</td>
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<tr>
<td>12:30PM STARTS ART STUDIO W/CAROL</td>
<td>10:30-11:30AM ADULT COLORING W/BOB</td>
<td><strong>1PM</strong> KNITTING W/KATHY</td>
<td>10:30AM FIT &amp; FUN W/ KATHY</td>
<td>10AM TAI CHI QUAN</td>
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<tr>
<td>12:45PM WII BOWLING</td>
<td>10:30-11:30AM SIT &amp; FIT W/KAREN</td>
<td><strong>9:30AM</strong> August Time Adjustment BLUEBIRD TRAIL WALK</td>
<td>12:45PM BINGO W/ BILLY</td>
<td>12:45PM BINGO W/ BILLY</td>
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<tr>
<td>2-4:30PM BADMINTON</td>
<td>12:30-2PM 2ND &amp; 4TH TUES. DRAWING W/KAREN</td>
<td><strong>2PM</strong> DANCE W/ MINDA</td>
<td><strong>12-2PM</strong> CURRENT EVENTS W/ LYNETTE H. &amp; CELESTE S. BROWN BAG LUNCH</td>
<td><strong>12-2PM</strong> CURRENT EVENTS W/ LYNETTE H. &amp; CELESTE S. BROWN BAG LUNCH</td>
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<tr>
<td>3:30-5PM INTERMEDIATE SPANISH</td>
<td>1PM PARTY BRIDGE</td>
<td><strong>2-4:30PM</strong> BADMINTON</td>
<td>1-2:30PM UKE GROUP</td>
<td>1-2:30PM GUITAR W/KURT</td>
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<td></td>
<td>2PM WOOD BURNING W/MOKHTAR</td>
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<td>2-4:30PM DANCE W/ MINDA</td>
<td>2-3PM DANCE W/ MINDA</td>
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<td>2-4:30PM PICKLEBALL</td>
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**MONDAY 9AM-4:30PM**
- GAMEROOM
- RUMMIKUB
- BILLARDS
- BACKGAM- MON
- TABLE TENNIS
- CARD GAMES
- COMPUTER ROOM
- CLUB ROOM
- CERAMICS
- FITNESS ROOM

**TUESDAY 9AM-4:30PM**
- GAMEROOM
- RUMMIKUB
- BILLARDS
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- CARD GAMES
- COMPUTER ROOM
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**FRIDAY 9AM-4:30PM**
- GAMEROOM
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- BILLARDS
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- TABLE TENNIS
- CARD GAMES
- COMPUTER ROOM
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- CERAMICS
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# AUGUST 2021 SPECIAL EVENT ACTIVITIES

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<td></td>
<td>1-3pm</td>
<td>10am-12pm</td>
<td>12:30pm</td>
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<tr>
<td></td>
<td>Teen Tech Tuesday</td>
<td>INOVA Nurse Blood Pressure Check</td>
<td>Award Presentation to our seniors for the 2021 Loudoun Cares Outstanding Senior Volunteer Award</td>
<td>1pm Advisory Board Mtg.</td>
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<tr>
<td>9</td>
<td>10-3pm</td>
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<td>12</td>
<td>13</td>
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<tr>
<td></td>
<td>Teen Tech Tuesday</td>
<td></td>
<td>Fall Trip Registration</td>
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<td></td>
<td>9:30am-12:30pm</td>
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<td></td>
<td>Lori Stahl-Senior Services</td>
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<td>12:30pm-1pm</td>
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<td>Habitat for Humanity Lunch &amp; Learn</td>
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<td>10:00am</td>
<td>17</td>
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<tr>
<td></td>
<td>Movie Monday</td>
<td>Teen Tech Tuesday</td>
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<td></td>
<td>“Wonder Woman”</td>
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<tr>
<td></td>
<td>11:30am-1:30pm</td>
<td>Summer Hawaiian Luau Reg. Req. Cost: $3, DJ Lunch Donation Applies</td>
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<td>Movie Monday</td>
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<td>#127668-11</td>
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<td></td>
<td>9:30am-12:30pm</td>
<td>Lori Stahl-Senior Services</td>
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<td></td>
<td></td>
<td>Photography Club</td>
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### NOTARY SERVICE AVAILABLE BY APPOINTMENT

Contact Sue Depoy at 703.737.8039 or sue.depoy@loudoun.gov and set-up an appointment if you have documents that you need notarized as she is a notary and will offer her services to members of The Senior Center of Leesburg.
UPCOMING EVENTS

Please join us on Thursday, August 5, 2021, 12:30PM, in the Dining Room to congratulate the recipients of the “The 2021 Loudoun Cares Outstanding Senior Volunteer Team”.

We will be presenting them with a certificate and the presentation of the crystal award presented to the center in honor of the volunteer team.

INOV A NURSE
Blood Pressure Checks 1st Wednesday of the Month

The Senior Center of Leesburg

Questions call 703-737-8039
GUEST SPEAKER :
STEVE HOOD

Tick Talk:
Lyme Disease
Prevention and
Symptoms

Tuesday,
August 24, 2021
at 11:00am

The Senior Center of
Leesburg

Questions call:
703-737-8039
OUR VOLUNTEERS ARE BACK!

Senior Cool Care Summer Program

Fans and limited summer cooling assistance is available for persons aged 60 years and older who are income eligible June 1-September 30.

Please call: Loudoun County Area Agency on Aging
703.77.0257
Email:aaa@loudoun.gov

Blue Bird News

Six Blue Bird Babies raised by a single mother. The father didn't survive, so she did this all on her own.

Photo courtesy of Carolyn Snyder.
SAFETY TIPS, STAY SAFE IN THE HEAT

Drink Water
Stay hydrated. Drink a lot of water.

Dress Light
Wear light loose fitting clothing.

Never leave people or pets in a closed car
Never leave children, or pets in parked cars.

Stay Cool
Stay somewhere with air conditioning

Learn
The signs of heat related illness.

Wear Sunscreen
Use sunscreen with SPF 15+ when going outside.

Avoid Strenuous Activities
Schedule outdoor activities carefully & take frequent breaks.

Check on family Members and Neighbors
Check on older neighbors and family members

IN THE NEWS
AUGUST 2021
CURRENT EVENTS WITH LYN H. AND CELESTE S.

THURSDAY, 12-2PM
BROWN BAG LUNCH

TOPICS
8.02.2021 Pandemics/Epidemics
8.12.2021 Critical Race Theory
8.19.2021 Reverse Mortgage
8.26.2021 Open Forum

FALL TRIP REGISTRATION IS AUGUST 12TH, 9:00am

- WASHINGTON NATIONALS VS. PHILLES-8/5
- WASHINGTON NATIONALS VS. BLUEJAYS-8/18
- A NEW ENGLAND FALL (Covered Bridges, Scenic Railroads and Historic Inns 10/17 - 10/24/21

More information for Fall Trips is available online and at the center.

Fall will be a beautiful time to travel and see all the fall foliage. Registration is August 12, 2021, at 9:00am. You may register by calling (571) 258-3050 or (571) 258-3051. You may also register using Loudoun County’s online registration system, Webtrac: loudoun.gov/webtrac

Advisory Board News

Help Wanted!
We have exciting news. The Advisory Board is in the early stages of developing a website for the senior center. We anticipate testing in August/September and require a webmaster to interface with the designer at that time and to continue maintenance and upkeep.

For further details please contact Katherine Andrefsky or leave your contact details with reception or a staff member if you are interested.
The Senior Center buses are running and available for pick-up and to take you home.

Please call The Senior Center of Leesburg and make your bus reservations 24 hours in advance or by 8:15 am the day of service, by calling our drivers, Dave or Diane.

Bus rides are $1 a day or you can purchase a ticket from the senior center office. 10 rides $10.00 or 5 rides for $5.00. The driver will punch your bus ticket each day.

Bus pick-up time starts at 9am and departure time from the center is 2pm.

David Keyes: 571.258.3437
Diane Simmons: 703.771.5014

AUGUST TEEN TECH TUESDAY
Help with Computer, Tablet or Phone
In the Computer Lab
Tuesdays, 1:00-3:00pm

Make sure to check us out on Facebook
https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg

The Senior Center of Leesburg
102 North Street NW, Suite B
Leesburg, VA 20176

Address Correction Requested

AUGUST, 2021