LUNCH BUNCH

Our first Lunch Bunch to Silver Diner was a success! There is no better way to get to know someone or just enjoy someone’s company than sharing a meal together. That is what Lunch Bunch is all about. Once a month the Ashburn Senior Center offers the opportunity to come together as a group and visit an area restaurant. Transportation is provided from the center for $1 round trip or you may drive yourself. This month we will visit The Cheesecake Factory on Friday, August 6. Please sign up at the front desk so we may make the appropriate reservations.
Lunch & Learn
On Tuesday, August 3rd at 1 pm, we welcome Senior Trip Coordinator, Terry Fleming. Terry will share information about upcoming trips and how to sign up. Please have all your questions ready and join us for this informational meeting. We also welcome Dana Rizzo, RN, BSN, ACM on Wednesday, August 25 from 12:30 to 1:30 pm. The topic of her lecture is Bone Health for Seniors.

Pickleball
One of the fastest growing sports in the U.S., pickleball is a hybrid of tennis, badminton and ping pong. The Ashburn Senior Center now offers open court times for drop-in play Monday-Friday. In addition, we have an instructor led class for beginners on Thursdays from 1:30-2:30 pm. Please check the calendar for open court times for beginner and experienced players.

Life Long Learning
There are many benefits to life long learning including mental stimulation, social interaction and increased well-being. The Ashburn Senior Center is looking for opportunities to offer classes to it's members and surrounding community. We will have a Life Long Learning Interest Meeting on Tuesday, August 10 at 2 pm to explore options. Please join us if you have ideas or would like to teach.
**Patriotic Sing-A-Long**

Everyone at the Ashburn Senior Center got into the Independence Day spirit as we enjoyed Root Beer Floats and sang patriotic songs. Our Manager, Ceola Grant, and Assistant Manager, Aris Porras, rocked solos along with several members!

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**Upcoming Socials**

- **Lighting Up Your Life Party**
  - Friday, August 13th
  - at 12:30 pm.

- **Monthly Birthday Bash**
  - Friday, August 27th
  - at 12:30 pm.
Creative Corner
Indulge your creative side! Even if you don't think you have one, here at the Ashburn Senior Center we offer easy-to-do craft projects that will surprise you non believers. Last month we created these beautiful Floral Tea Cup centerpieces. Check the August calendar for details.

Current Events Discussion
Join us Fridays at 10 am for a discussion on current events. Please bring in an article, past or present, that the group may discuss. Our goal at the Ashburn Senior Center is to stimulate a lively conversation about topical events while respecting each individual's beliefs and viewpoints.
Sign-Up with Lori
Our social worker, Lori Stahl, from the Area Agency on Aging will be available to provide services the 3rd Monday of each month from 9am to 12pm. Please sign-up at the front desk for a time slot.
To connect with Area Agency on Aging programs and services, and other community resources, please call 703.777.0257

Beginning September 11, 2021 the Ashburn Senior Center will be open Saturdays from 8am to 12pm.

Also, coming in September ukulele instruction, ballroom dancing, Spanish language classes and more.
Browsing Library
The Loudoun County Public Library System will come and set up a browsing library in our lobby the first Thursday of every month from 11:30 to 12:30 pm starting August 5th. They bring in a selection of large print books, audiobooks, DVDs and magazines for patrons to browse and borrow. Also, they will offer some tech help, downloading books to e-readers, if people need it.

Ashburn Senior Center Lunch & Transportation Service
Please call or sign-up at the front desk 24 hours in advance for lunch and bus reservations. 571.367.8340
Under 60 years old must pay $4.00 for their lunch. Persons 60 years and older, we encourage you to make a donation in the lunchbox on the counter.
Starting August 1st meals are dine-in only.

Advisory Council
The Ashburn Senior Center would like to invite residents of our community to consider becoming a member of the Advisory Board. The Ashburn Senior Center Advisory Board partners with the staff to advise and help support programming. There will be an Advisory Board Interest Meeting on Monday, August 9th at 2 pm. Help us make the Ashburn Senior Center the best it can be!

For Home-Delivered Meals
*Must be eligible to receive Home Delivered Meals for more information, call Debra Mobley at 703-771-5012
Lights in the Darkness

The romantic allure of lighthouses has endured for centuries. Our love of lighthouses runs so deep that we have preserved and protected 700 in the United States, and even designated August 7 as Lighthouse Day. Our affinity for lighthouses amounts to more than nostalgia for a simpler, bygone era or our attraction to picturesque rocky coastlines. As beacons of light in the treacherous darkness, lighthouses are steadfast symbols of safety and reliability, characteristics that we crave and value above all else.

One cannot appreciate the lighthouse without appreciating the solitary lighthouse keeper. Indeed, the lighthouse and its keeper are so interconnected that we cannot help but imbue the tower itself with human characteristics. Virginia Woolf, the author of To the Lighthouse, may have put it best when she said, “Lighthouses are endlessly suggestive signifiers of both human isolations and our ultimate connectedness to each other.” For Woolf, lighthouses are monuments to the human condition: the sea of collective humanity consists of drops, individual and unique. We, like lighthouses, exist to shine our light upon others.

Throughout history, no light has shone brighter than the lighthouse known as Pharos of Alexandria. Egypt’s lighthouse was both the first and largest of its kind ever built. Rising 330 feet tall, a massive mirror reflected the blazing sun by day, while raging bonfires lit its apex by night. Sailors could spy its light from 30 miles away. Modern lighthouses act as warnings of rocky coastlines or hidden reefs, but Pharos acted as a grand entrance marker to Alexandria’s port, a hub of commerce, technological innovation, and free thought. Built in 280 BC, Pharos stood for 1,600 years, earning renown as a Wonder of the World and surviving three earthquakes before toppling into the sea. In a sense, all the world’s lighthouses are descendants of that world wonder, and those who study lighthouses and their signal lights are proudly called pharologists, in memory of great Pharos.
## AUGUST Activities

### MONDAY
- **8/2**
  - 9-11 AM Ping Pong (Multi2)
  - 10-12 PM Knitting & Crocheting Club (ART1)
  - 10:30-11:30 AM Yoga (Multi3)
  - 11 AM Stretch, Core & Balance (DAN)
- **9 AM**
  - Walking Club (LOB)
  - 9-1:30 PM Pickleball Open Court (Multi3)
  - 10-11 AM Blood Pressure Check Wellness Rm
  - 10 AM Conversational Spanish (ART2)
  - 10:30 AM Lunch Bunch @ Cheesecake Factory (LOB)
  - 10:30 AM Senior Trips Informational Meeting (Multi1)
- **1 PM**
  - Intro Line Dancing (DAN)
  - 1:30-4:30 PM Pickleball Open Court (Multi3)
  - 1:30 PM Mahjong (Multi2)
  - 2 PM Creative Corner: "Thar She Blows" Wind Chimes (ART1)
  - 1:30-4:30 PM Pickleball Instruction (Multi3)

### TUESDAY
- **8/3**
  - 10 AM Music in Motion (DAN)
  - 10-12 PM Intro to Sewing (ART1)
  - 10:30-11:30 AM Yoga (Multi3)
  - 11 AM Tai Chi (DAN)
  - 11 AM Knitting & Crocheting Club (ART1)
- **9-12 PM**
  - Beginner Pickleball (Multi3)
  - 9-11 AM Ping Pong (Multi2)
  - 10-11:30 AM Canasta & Mexican Train (Multi1)
  - 10-12 PM Knitting & Crocheting Club (ART1)
  - 10 AM Current Events Discussion (ART2)
  - 10 AM Intro Line Dancing (DAN)
- **1 PM**
  - Intro Line Dancing (DAN)
  - 12 PM LUNCH (Multi1&2)
  - 12-2 PM Badminton (Multi3)
  - 12:30 PM Browsing Library (LOB)
  - 12:30-1:45 PM Bingo! (ART1)
  - 1:30-2:45 PM Beginner Line Dance (Multi1&2)

### WEDNESDAY
- **8/4**
  - 9-12 PM Music in Motion (DAN)
  - 10 AM Current Events Discussion (ART2)
  - 10-11 AM Blood Pressure Check Wellness Rm
  - 10-12 PM Knitting & Crocheting Club (ART1)
  - 11 AM Tai Chi (DAN)
  - 11 AM Book Club (ART2)
  - 12 PM LUNCH (Multi1&2)
  - 12-2 PM Mahjong (Multi3)
  - 2 PM Creative Corner: "Thar She Blows" Wind Chimes (ART1)
  - 1:30-2:45 PM Beginner Line Dance (Multi1&2)

### THURSDAY
- **8/5**
  - 9 AM Walking Club (LOB)
  - 9-1:30 PM Pickleball Open Court (Multi3)
  - 10-11 AM Blood Pressure Check Wellness Rm
  - 10 AM Conversational Spanish (ART2)
  - 10-11:30 AM Scrabble (Multi2)
  - 11 AM Chinese Folk Dance (DAN)
  - 12 PM LUNCH (Multi1&2)
  - 1 PM Intro Line Dancing (DAN)
  - 12-2 PM Mahjong (Multi3)
  - 12-4:30 PM Pickleball (Multi3)
  - 12:30 PM Matinee Movie: Bull Durham (CLUB)
  - 1:30-4:30 PM Pickleball Instruction (Multi3)
  - 1:30-2:45 PM Beginner Line Dance (Multi1&2)

### FRIDAY
- **8/6**
  - 9-4:30 PM Pickleball Open Court (Multi3)
  - 10 AM Conversational Spanish (ART2)
  - 10-11:30 AM Scrabble (Multi2)
  - 11 AM Chinese Folk Dance (DAN)
  - 12 PM LUNCH (Multi1&2)
  - 1 PM Intro Line Dancing (DAN)
  - 1:30-4:30 PM Pickleball Open Court (Multi1,2)
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### AUGUST Activities

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<td>10 AM Music in Motion (DAN)</td>
<td>9-12 PM Beginner Pickleball (Multi3)</td>
<td>9 AM Walking Club (LOB)</td>
<td>9-4:30 PM Pickleball Open Court (Multi3)</td>
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<tr>
<td>10-11 AM Bingo (Multi1)</td>
<td>10-12 PM Intro to Sewing (ART1)</td>
<td>9-11 AM Ping Pong (Multi2)</td>
<td>9-1:30 PM Pickleball Open Court (Multi3)</td>
<td>10 AM Current Events Discussion (ART2)</td>
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<tr>
<td>10-12 PM Knitting &amp; Crocheting Club (ART1)</td>
<td>10:30-11:30 AM Yoga (Multi3)</td>
<td>10-11:30 AM Blood Pressure Check Wellness Rm</td>
<td>10 AM Conversational Spanish (ART2)</td>
<td>10-11 AM Beginner Chess (CLUB)</td>
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<td>10-11 AM Tech 101 (COMP)</td>
<td>11 AM Tai Chi (DAN)</td>
<td>10-12 PM Scrabble (Multi2)</td>
<td>10-11:30 AM Chinese Folk Dance (DAN)</td>
<td>10 AM Creative Corner: Gem Stone Mason Jar (ART1)</td>
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<td>10:30-11:30 AM Yoga (Multi3)</td>
<td>11 AM Book Club (ART2)</td>
<td>11 AM Tai Chi (DAN)</td>
<td>11 AM Gardening Club (ART1)</td>
<td>10 AM Beginner Line Dance (DAN)</td>
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<td>11 AM Stretch, Core &amp; Balance (DAN)</td>
<td><strong>12 PM LUNCH</strong> (Multi1&amp;2)</td>
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<td>12-2 PM Badminton (Multi3)</td>
<td><strong>12:30-1:30 PM Lunch &amp; Learn:</strong> Bone Health for Seniors (Multi1&amp;2)</td>
<td><strong>12:30-1:30 PM Lunch &amp; Learn:</strong> Bone Health for Seniors (Multi1&amp;2)</td>
<td><strong>12:30-1:30 PM Lunch &amp; Learn:</strong> Bone Health for Seniors (Multi1&amp;2)</td>
<td><strong>12:30-1:30 PM Lunch &amp; Learn:</strong> Bone Health for Seniors (Multi1&amp;2)</td>
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<td>12:30-2 PM Paint &amp; Sip: Sunflowers &amp; Sweet Lemonade</td>
<td><strong>12:30-1:30 PM Lunch &amp; Learn:</strong> Bone Health for Seniors (Multi1&amp;2)</td>
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<td><strong>$5 Supply Fee Required Sign-up @ front desk (ART2)</strong></td>
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<td><strong>1:30-2:45 PM Beginner Line Dance (Multi1&amp;2)</strong></td>
<td><strong>1:30-2:45 PM Mahjong (Multi2)</strong></td>
<td><strong>1:30-2:45 PM Mahjong (Multi2)</strong></td>
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<td><strong>2-4:30 PM Beginner Pickleball (Multi3)</strong></td>
<td><strong>1:30-4:30 PM Poker (Multi2)</strong></td>
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**AUGUST** Activities

**MONDAY**

8/30

9-11 AM  
Ping Pong  
(Multi2)

10-11 AM  
Bingo  
(Multi1)

10-12 PM  
Knitting & Crocheting Club (ART1)

10-11 AM  
Tech 101  
(COMP)

10:30-11:30 AM  
Yoga  
(Multi3)

11 AM  
Stretch, Core & Balance  
(DAN)

**12 PM LUNCH**  
(Multi1&2)

12-4:30 PM  
Pickleball Open Court  
(Multi3)

12-1 PM  
Intro Line Dancing  
(DAN)

1:30-2:45 PM  
Beginner Line Dancing  
(Multi1&2)

**TUESDAY**

8/31

10 AM  
Music in Motion  
(DAN)

10-12 PM  
Intro to Sewing  
(ART1)

10:30-11:30 AM  
Yoga  
(Multi3)

11 AM  
Tai Chi  
(DAN)

11 AM  
Book Club  
(ART2)

**12 PM LUNCH**  
(Multi1&2)

12-2 PM  
Balloon Tennis  
(Multi3)

1:30-4:30 PM  
Mahjong  
(Multi2)

2-4:30 PM  
Beginner Pickleball  
(Multi3)

**ROOM KEY**
- Lobby-LOB
- Dance Studio- DAN
- Computer Lab- COMP
- Game Room- GAM
- Art Classroom 115- ART1
- Art Classroom 116- ART2
- Club Room- CLUB
- Multipurpose 1- MULTI1
- Multipurpose 2- MULTI2
- Multipurpose 3- MULTI3

**CLASS DESCRIPTIONS**

**Yoga**- Instructor led.

**Tech 101**- Instructor led class teaching the basics in technology.

**Pickleball Open Court**- Drop-in play. Players will rotate after each game.

**Intro Line Dancing**- Instructor led for participants brand new to line dancing.

**Beginner Line Dancing**- Instructor led.

**Music in Motion**- Video based exercise class to music.

**Intro to Sewing**- Instructor led.

**Tai Chi**- Instructor led beginner level.

**Creative Corner**- Instructor led craft projects.

**Beginner Pickleball**- Instructor led class for beginners.

**Beginner Pickleball**- Court available for beginners to practice.

**Current Events Discussion**- Bring an article on a current or past event to discuss with the group. This is not a political discussion group.

**Lunch Bunch**- Self-pay outings to various area restaurants for lunch. Participants must sign-up at the front desk due to limited seating on the bus. There is a $1 fee for the bus.

**Strength, Core & Balance**- Video based exercise.

**Beginner Chess**- Instructor led class.

**Out on the Town**- Self-pay outings to various shopping venues, museums or areas of interest. Participants must sign-up at the front desk due to limited seating on the bus. There is a $1 fee for the bus.

**White Board Challenge**- Variety of games played on a white board.

**Paint & Sip**- $5 supply fee required. Sign-up at front desk.
Matthew Quigley (Tom Selleck) is an American rifleman who travels to the Australian outback to answer a help wanted ad calling for a sharpshooter. When Quigley meets his employer, Elliot Marston (Alan Rickman), he's appalled to discover the job involves killing Aborigines. The two men fight, and when Quigley is knocked out, Marston leaves him and a local crazy woman (Laura San Giacomo) to die in a remote part of the outback. They're rescued, however, by Aborigines, and plot their revenge.

Wednesday, August 4th @ 12:30PM

In Durham, N.C., the Bulls minor league baseball team has one asset no other can claim: a poetry-loving groupie named Annie Savoy (Susan Sarandon). As the team's season begins, Annie selects brash new recruit Ebby Calvin Laloosh (Tim Robbins), whom she christens "Nuke," to inspire with the religion of baseball. Nuke also receives guidance from veteran player Crash Davis (Kevin Costner), who settles Nuke's erratic pitching and teaches him to follow the catcher's lead.

Wednesday, August 18th @ 12:30PM

Matthew Quigley (Tom Selleck) is an American rifleman who travels to the Australian outback to answer a help wanted ad calling for a sharpshooter. When Quigley meets his employer, Elliot Marston (Alan Rickman), he's appalled to discover the job involves killing Aborigines. The two men fight, and when Quigley is knocked out, Marston leaves him and a local crazy woman (Laura San Giacomo) to die in a remote part of the outback. They're rescued, however, by Aborigines, and plot their revenge.
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<tr>
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<th>THANK YOU FOR YOUR GENEROUS DONATIONS!</th>
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<td><strong>Reservations Required</strong></td>
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*Please reserve your lunch at least 24 hours before the day you would like to attend.*

*August 2021 Senior Center Menu*
Announcing Additional Summer Day Trips and A New England in Fall Overnight Trip

If you are a Washington Nationals Fan and missed going to the games last year, we are pleased to announce that the NATS are welcoming back groups, and we have two trips scheduled for August.

We also have a great overnight trip to New England planned for October. It will be a beautiful time to travel and see fall foliage. You will find the details for each of these trips below. Registration will open for these 3 trips on Friday July 16th 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

If you would like a flier for the New England trip you can pick one up at any of the Senior Centers or you can call 571 258-3050 or 571 258-3051 for an emailed copy.

On August 12th we will begin registration for the Fall Trips. More information for Fall Trips and registration will be sent out in the end of July.

WASHINGTON NATIONALS VS. PHILLES
Welcome back to the Ballpark and come cheer for your home team Washington Nationals as they play the Phillies. Seats are in Section 110, under cover from the Sun or Rain. Game begins at 4:05pm. Price includes transportation and admission. Return time is estimate and may vary based on length of game. Moderate walking. Limited to 27.
446626-01 $62/member, $66/non-member
THUR 8/05
Depart: 1:00P from Carver; 1:30P from Wal-Mart Leesburg; 2:00P from Cascades
Return: 8:00P to Cascades; 8:30P to Wal-Mart; 9:00P to Carver

WASHINGTON NATIONALS VS. BLUEJAYS
Welcome back to the Ballpark and come cheer for your home team Washington Nationals as they play the Toronto Blue Jays. Seats are in Section 110, under cover from the Sun or Rain. Game begins at 4:05pm. Price includes transportation and admission. Return time is estimate and may vary based on length of game. Moderate walking. Limited to 27.
446627-01 $62/member, $66/non-member
WED 8/18
Depart: 12:45P from Dulles South; 1:30P from Wal-Mart Leesburg; 2:00P from Cascades
Return: 8:00P to Cascades; 8:30P to Wal-Mart; 9:15P to Dulles South

A NEW ENGLAND FALL
Covered Bridges, Scenic Railroads and Historic Inns 10/17 -10/24/21
With a backdrop of brilliant foliage and quaint little towns this picture-perfect Autumn trip features covered bridges, scenic railroads, unique museums, and historic Inns. With stops in Massachusetts, New Hampshire and Vermont you’ll see the best that New England has to offer during the best time of year to see it! Includes 7 breakfasts, 3 lunches and 5 dinners. Extensive Walking. Limited to 50. Payable in 4 installments.
8 Days, 7 Nights
Trip Cost: For Double Occupancy $2264/member $2309/non-member
Single Occupancy $3140/ member $3185/non-member.
Trip # 946631-01
VIRTUAL SUPPORT GROUPS

FOR CAREGIVERS OF PEOPLE WITH MEMORY LOSS

THIRD SATURDAY OF EVERY MONTH | 10 AM

To register, please email aaasupport@loudoun.gov or call 571-258-3490.

FIRST WEDNESDAY OF EVERY MONTH | 4 PM - 5 PM

For more information, please call 703-771-5334.

FOR PEOPLE WITH EARLY STAGE DEMENTIA

SECOND WEDNESDAY OF EVERY MONTH | 10 AM - 11 AM

For more information, please email aaasupport@loudoun.gov or call 703-737-8741.

If you require an accommodation for any type of disability in order to participate, please call 571-258-3490 /TTY-711. Three business days advance notice is requested.
The Northern Virginia Senior Olympics (NVSO) Committee is happy to announce the opening ceremony will be held Saturday, September 18, at 9:30 a.m. at the Thomas Jefferson Community Center in Arlington. Events will take place September 18 through 30 at various venues throughout Northern Virginia. Registration will be open from Saturday, July 31 through Monday, September 6 and can only be made online.

Regretfully, not all events held in previous NVSO will be offered this year. However, Crossword Puzzle and Table Tennis Doubles & Mixed Doubles have been added as new events.

Thank you to our sponsoring jurisdictions, patrons, and volunteers for their generous support. NVSO would not be possible without you!

We look forward to your participation in NVSO 2021.

Our mission is to promote health, fitness and psychological well-being for senior adults by providing opportunities for participation, competition, self-improvement and fellowship through various athletic and recreational events.
TOKYO SUMMER GAMES WORD SEARCH

OLYMPIC SPORTS

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.

ARCHERY
ATHLETICS
BADMINTON
BASEBALL
BASKETBALL
BOXING
BMX FREESTYLE
CANOE SPRINT
CYCLING TRACK

DIVING
EQUESTRIAN
FOOTBALL
GOLF
GYMNASTICS
HANDBALL
HOCKEY
JUDO

KARATE
PENTATHLON
ROWING
RUGBY
SHOOTING
SPORT CLIMBING
SURFING

SWIMMING
TABLE TENNIS
TAEKWONDO
TENNIS
TRIATHLON
VOLLEYBALL
WATER POLO
WEIGHTLIFTING
WRESTLING

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The Loudoun County Area Agency on Aging (AAA) is offering free, virtual education sessions to help ease the burden and stress of caring for loved ones. The August/September series begins Tuesday, August 3, 2021. All sessions are held from 1:30 p.m. to 2:30 p.m. EST. The series includes the following sessions:

- Tuesday, August 3: "Providing Purpose and Safety for Wandering Behaviors" presented by Sally Gehl with the Eastern Loudoun Adult Day Center and Master Deputy Matthew Devaney with the Loudoun County Sheriff’s Office.
- Tuesday, August 10: "How to Handle Caregiver Stress and Burnout" presented by Rachael Wonderlin, MS, with Dementia By Day.
- Tuesday, September 21: "Legal Planning for Caregivers" presented by Rory Clark, Esq., with The Legacy Elder Law Center.
- Wednesday, September 29: "When and Why to Consider Memory Care" presented by Rachael Wonderlin, MS, with Dementia By Day.

To sign up for these free, virtual sessions, email aaasupport. To learn more about AAA programs and community resources, visit loudoun.gov/aaa or call 703-777-0257 to speak with an aging programs specialist. The Area Agency on Aging is a division of the Loudoun County Department of Parks, Recreation and Community Services.

###

- Sign up for text and email alerts about PRCS news and events.
- Follow @loudounprcs on Facebook and other social media.

Additional Info...