OCTOBERFEST

FRIDAY, OCTOBER 1
10:30AM-1:30PM

The Senior Center of Leesburg Advisory Board
Tickets sold at lunch and Front Desk in lobby.
Cost: $5.00 in advance, $7.00 after 9/27/21
BRATWURST, BEER-(non-alcoholic) & PRETZEL.

Light Refreshments, Music, Dancing, Games and Fun!

HALLOWEEN PARTY

FRIDAY, OCTOBER 29, 2021
11:30-1:30PM

Reservations Required
#127668 Fee: $3.00 per person

Music & Dancing
Costumes are Optional

**Lunch Donation Applies**
The Senior Center of Leesburg
102 North Street NW
Leesburg, VA 20176
703.737.8039

WEBSITE: www.loudoun.gov/seniors-leesburg
FACEBOOK: www.facebook.com/leesburgsenior

Loudoun County Area Agency on Aging
Parks, Recreation & Community Services

YOUR Staff

Erik Oñate
Manager
703-737-8005

Cheryl Wheeler
Assistant Manager
703-771-5156

Leigh Ann Macklin
Café Supervisor
703-737-8040

Joanna Poston
Customer Service
703-777-0358

Diane Simmons
Vehicle Operator
703-930-9723

Dave Keyes
Vehicle Operator
703-930-9339

SENIOR CENTER OF LEESBURG Newsletter
703-737-8039
### WEEKLY Activities

**WEEKLY Activities**

**OCTOBER**

**MONDAY**
- 9:00am Stitch n’ B
- 10:15am Aerobics with Luella
- 12:30pm Art Studio with Carol
- 12:45pm Wii Bowling
- 2-4:30pm Badminton
- 3:30pm Intermediate Spanish with Francisco
- 10:30am LET’s TALK Grief Support Group
- **CLOSED Holiday October 11, 2021**
- MOVIE: 10/18 Clint Eastwood in GRAN TORINO in MPR#2B

**TUESDAY**
- 9:00am Texas Hold’em
- 10:00am Mexican Train Euchre
- 10:30am Adult Coloring
- 10:30am Beg. Tai Chi Quan with Zumei
- 10:30am Sit & Fit
- 11:15am ESL-Farsi with Mr. Abedin
- 12:30pm 10/12 & 10/26 Drawing with Karen
- 1:00pm Party Bridge
- 2:00pm Woodburning
- 2-4:30pm Pickleball
- Oct 12 at 11:00am No. VA. Center Hearing Help!
- Oct. 19 at 11:00am Normal Aging vs Dementia

**WEDNESDAY**
- 9:30am Quilt Makers with Gail
- 10:00am Blood Pressure Check with INOVA Nurse on Oct. 6 only
- 10:30am Fit & Fun with Kathy
- 11:00am Beginning Bridge Class
- 12:00pm Current Events with Lyn
- 1:00pm Ukulele Group
- 2-4:40pm Pickleball
- ONE ON ONE Case Management With Lori Stahl
- **NOVEMBER Thanksgiving Luncheon**

**THURSDAY**
- 9:00am Texas hold’em
- 9:30am Goose Creek Bridge Group
- 10:30am Sit & Fit with Karen
- 10:30am Fit & Fun with Kathy
- 12:30pm Current Events with Lyn
- 1:00pm Ukulele Group
- 2-4:40pm Pickleball
- ONE ON ONE Case Management With Lori Stahl
- **NOVEMBER Thanksgiving Luncheon**

**FRIDAY**
- 9:00am Stitch n” B
- 10:30am Tai Chi Quan with Zumei
- 10:30am Fit & Fun with Kathy
- 11:00am Beginning Bridge Class
- 12:45pm Bridge Buffs
- 1:00pm Guitar with Kurt
- 2:00pm Line Dance with Minda
- **Halloween Party October 29 11:30am-1:30pm Reservations Required Fee $3.00 plus lunch donation**

**SATURDAY**
- **NEW!** 9:00-11:30am Pickleball - Dining Room
- 9:30am Hand & Foot - MPR#2
- **Saturday Rooms OPEN:** Fitness Exercise Game Computer Ceramics Club
- OPEN 9:00am-12Noon

**SENIOR CENTER OF LEESBURG**

**Newsletter**

**703-737-8039**

**Coming in November Thanksgiving Luncheon**
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>CLOSED HOLIDAY</td>
<td>Guest Speaker: Hearing Help</td>
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<td>MOVIE: Gran Torino</td>
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Follow us on Facebook
www.facebook.com/leesburgsenior
Where are you from?
I was born in Washington DC. However, I spent most of my life living in Montgomery County MD. My wife Ann and I raised our three children (now adults) in Poolesville MD and crossed the Potomac to live in Leesburg almost five years ago. We have never looked back.

Tell us about yourself!
My wife and I still work full-time so there is little time for additional activities. However, we love to travel. We’ve been lucky enough to visit several countries in Europe including Ireland, Scotland, Great Britain and Italy. Relaxing cruises to the Caribbean, Canada and Alaska have proven to be our favorite mode of transportation. We have had our trip of a lifetime to New Zealand and Australia on hold since the beginning of the pandemic and we hope our rescheduled cruise will happen in February of 2022. We have our fingers crossed. I’m able to occasionally play a round of golf and enjoy swimming when I get a chance. Recently we celebrated our 34th anniversary and this year is my 50-year reunion from Mt. St. Mary’s University in Emmitsburg, MD.

What do you like about volunteering at the Senior Center of Leesburg?
What I like most are the people I’ve been able to get to know. I volunteer in the hospitality/kitchen area (catch the apron?) and I enjoy sitting at a table and speaking with the wonderful people that make the senior center a part of their weekday home. They have so much experience to share. I have found that all the employees at the center have an undeniable interest in the well-being of everyone that walks through the front doors. Everybody is friendly and it is a fun place to be. I hope I will be able to increase my volunteer time if I ever retire.
Guest Speaker: Joan Ehrlich

Northern Virginia Resource Center for Deaf & Hard of Hearing Persons

Come and learn more about
Hearing Loss
Hearing Resources
Assistive Devices

Tuesday, October 12, 2021
11:00am

Guest Speaker: Lindsey Vajpeyi

NORMAL AGING vs DEMENTIA

Tuesday, October 19, 2021
at 11:00am

Explore the differences between the two and ways to stay healthy as we age.

Questions call 703-737-8039

The Senior Center of Leesburg
102 North Street, N.W.
Leesburg, VA 20176
Halloween Party
October 29, 2021
11:30am-1:30pm

Reservations $3.00 before Oct 27 plus lunch donation

The Senior Center of Leesburg
102 North Street, N.W.
Leesburg, VA 20176

Address Correction Requested

OCTOBER 2021