WELCOME KAMMI!

Kammi is a resident of Loudoun County since 1999. Married with three children. Graduate of George Mason University. Enjoys traveling and going to the beach. Come and Meet Kammi if you have any documents that need to be notarized. She is a Notary Public.

Kammi Sharpe

REGISTRATION FOR TRIPS AND SPRING CLASSES ON FEBRUARY 10, 2022 at 9:00am

INCLEMENT WEATHER POLICY

LOUDOUN COUNTY GOVERNMENT IS CLOSED-
ALL FACILITIES ARE CLOSED. ALL PROGRAMS CANCELLED.

LOUDOUN COUNTY GOVERNMENT ON UNSCHEDULED LEAVE
FACILITIES ARE OPEN REGULAR TIMES.
LUNCH WILL BE SERVED.
NO HOME DELIVERED MEALS.
NO BUS TRANSPORTATION.
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

Senior Center of Leesburg Newsletter
703-737-8039

Staff

Erik Oñate
Manager
703-737-8005

Cheryl Wheeler
Assistant Manager
703-771-5156

Joanna Poston
Customer Service
703-777-0358

Leigh Ann Macklin
Café Supervisor
703-737-8040

Kammi Sharpe
Recreation Programmer
703-737-8943

Dave Keyes
Vehicle Operator
571-258-3437

FIND US ON FACEBOOK
www.facebook.com/leesburgsenior
Happy Valentine’s Day, sweet senior Owls!
February means we’re also getting closer to spring. Yeah!!
There are lots of romance books in our library as well as DVDs. Curl up with a blanket and cup of tea or coffee and simply enjoy how love can make your day. The crazy times we’re enduring needs love to keep us going.
Be sure to drop into the clubroom and checkout all the paperbacks and DVDs, or the fiction in the lobby. I’m sure there will be a romance novel or movie you’d enjoy.
Stay warm and safe, and love your friends and family.
It’ll make everyone - yourself included - feel so good!
Sara Pierson

WHAT IS LIBRARY OUTREACH?
The Loudoun County Libraries come to you.
Select a book, books on tape, and DVD’s for you to take home.
Bring your library card or you can get one "on the spot" from the Library Staff.
Join them at 11:00am on the last Monday of the Month - (Feb 28) in the Aerobics Room. Bring the Selected Items back Next Month - (March28).

Neighbors Helping Neighbors
Your Donations of Non-Perishable Food was donated on
December 22, 2021 = 104 pounds
December 29, 2021 = 55 pounds
TOTAL: 159 pounds
Thank you to all who helped with this effort.

Our Area Food Bank is located at 750 Miller Drive, Suite A-1 Leesburg, VA 20175

COMMUNITY OUTREACH

February 2022

SENIOR CENTER OF LEESBURG Newsletter
703-737-8039

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**Activities**

**WEEKLY**

**February 2022**

<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
<th><strong>SATURDAY</strong></th>
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<tbody>
<tr>
<td>9:00am Stitch n’ B</td>
<td>9:00am Texas Hold’em</td>
<td>9:00am Texas Hold’em</td>
<td>9:00am Stitch n’ B</td>
<td>9:00am Stitch n’ B</td>
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<tr>
<td>10:15am Aerobics with Luella</td>
<td>10:15am Aerobics with Luella</td>
<td>10:15am Aerobics with Luella</td>
<td>10:30am Tai Chi Quan with Zumei</td>
<td>8:00am-12Noon</td>
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<tr>
<td>10:45am Beg. Tai Chi Quan with Zumei</td>
<td>10:45am Beg. Tai Chi Quan with Zumei</td>
<td>10:45am Beg. Tai Chi Quan with Zumei</td>
<td>10:30am Tai Chi with Zumei</td>
<td>8:30-11:30am Pickleball in the Dining Room</td>
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<tr>
<td>12:30pm Art Studio with Carol</td>
<td>12:30pm Art Studio with Carol</td>
<td>12:30pm Art Studio with Carol</td>
<td>12:45pm Bridge Buffs</td>
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<tr>
<td>12:45pm Wii Bowling</td>
<td>12:45pm Wii Bowling</td>
<td>12:45pm Wii Bowling</td>
<td>12:45pm Bridge Buffs</td>
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<tr>
<td>2-4:30pm Badminton</td>
<td>2-4:30pm Badminton</td>
<td>2-4:30pm Badminton</td>
<td>1:00pm Guitar with Kurt and Acoustic Harmonies</td>
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<td>1:00pm -2/14 only Book Club</td>
<td>1:00pm -2/14 only Book Club</td>
<td>1:00pm -2/14 only Book Club</td>
<td>1:00pm Knitting</td>
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<tr>
<td>1:00pm Beginning Spanish with Francisco</td>
<td>1:00pm Beginning Spanish with Francisco</td>
<td>1:00pm Beginning Spanish with Francisco</td>
<td>1:00pm Wii Bowling</td>
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<tr>
<td>3:00pm Intermediate Spanish with Francisco</td>
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<td>3:00pm Intermediate Spanish with Francisco</td>
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**REMEMBER- MASKS ARE REQUIRED**

Joan Ehrlich will be providing Hearing Screening on Thursday, February 24, 2022

Northern Virginia Center for the Deaf and Hard of Hearing will be providing hearing screening. Please call the front desk to sign up for this free service.

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**Northern Virginia Resource Center for Deaf & Hard of Hearing Persons**

*Improving Communication, Changing Lives*

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**SENIOR CENTER OF LEESBURG**

*Newsletter*

703-737-8039
<table>
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<td></td>
<td>12:45pm Shopping Trip to Big Lots</td>
<td>10am-Noon INOVA NURSE blood pressure checks</td>
<td>10 Last Day for RESERVATIONS</td>
<td>11 11:30am-1:30pm Valentines Day Disco Dance</td>
<td>12 OPEN 8:00am-12Noon</td>
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<td>10-Noon Demonstration of Assistive Devices</td>
<td>12:45pm Shopping Trip to Dollar Tree</td>
<td>2nd Wed. No Quilting</td>
<td>17 LORI STAHL ONE on ONE Sign up in lobby</td>
<td>18 11:45pm-1:30pm Historical Bus Tour</td>
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<td>1:00-2:00pm Book Club with Susan and Beth</td>
<td>12:45pm Shopping Trip to Wegmans</td>
<td>11:30am-1:30pm Historical BUS Tour</td>
<td>18</td>
<td>19 8:00am-12Noon</td>
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<td>Holiday-Closed President's Day</td>
<td>12:45pm Shopping Trip to Twice as Nice!</td>
<td>10:00am Photography Club</td>
<td>12:45pm Shopping Trip to Big Lots</td>
<td>OPEN 8:00am-12Noon</td>
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<td>10:30am Let's Talk Support Group</td>
<td>12:45pm Shopping Trip to Wegmans</td>
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**ST. PATRICK'S DAY LUNCHEON ($3.00)**

**MARCH 17, 2022 at 11:30am**

*Follow us on Facebook [www.facebook.com/leesburgsenior](http://www.facebook.com/leesburgsenior)*
Valentine's Day DISCO DANCE

Friday, February 11, 2022
11:30am-1:30pm

DISCO TUNES for DANCING
Menu: Chicken, Tossed Salad, Cole Slaw, Macaroni Salad, Baked Potato Bar, Cookies to decorate, Ice Cream with Toppings

Reservations Required #227625-0-7 $3.00/members + lunch donation

Hearing Device Demonstration 2/7/22 at 10:00am
Please join Debbie Jones, NVRC's Technology Manager, for an Assistive Technology Demonstration and learn about different technologies available to folks who are Deaf or Hard of Hearing. From amplified telephones to voice-to-text apps, there are devices that can keep you connected with those around you. Information will be shared about devices and services, and how to access them.

Celebrate Black History Month

Historical Bus Tour of the Arcola Quarters of the Enslaved
Discussion of the Future Park and Information provided by Bobby Colicci, Park Naturalist
Thursday, February 17, 2022 at 12:30pm
Reservations due by 2/10/22 Cost: $2.00/person
Registration for Spring Classes and Trips

FEBRUARY 10, 2022

TOTAL BODY CONDITIONING

RECTRAC #327600-04
4 weeks  $42.00
Fridays  3/18-4/8
1:00-2:00pm

Learn ways to get fit and feel better doing low impact strength exercises and cardio moves. Special focus on exercising safely for those with special health concerns as well as balance training and fall prevention.
Instructor: Jenny Townsend, Certified Fitness Trainer

BEGINNING BRIDGE WITH SHERYLL

RECTRAC #327600-08
6 weeks  $85.00
Fridays  3/18-4/22
10:00-11:30am

Learn the game of bridge from an experienced instructor. Bidding and play of the hand.
Instructor: Sheryl Mcewan

BEGINNING SPANISH WITH FRANCISCO

RECTRAC #327600-04
8 weeks  $80.00
Mondays  3/21-5/9
1:00-2:00pm

Take advantage of speaking Spanish with a native speaker. Learn from the beginning.

INTERMEDIATE SPANISH WITH FRANCISCO

RECTRAC #327600-02
8 weeks  $80.00
Mondays  3/21-5/9
3:00-4:00pm

Take advantage of speaking Spanish with a native speaker. Intermediate class will create sentences then paragraphs and speak to each other.
FRANCISCO OVANDO Volunteer

Francisco Ovando was born in Guatemala. He earned a CPA degree and a master’s degree in taxation from University of San Carlos - Guatemala. He was the CEO of many companies in Central America before coming to the U.S.A. in 2008. Francisco loves running long distances, working out in the gym, meditating, and practicing yoga. He ran 30 marathons and 40 half marathons. Francisco loves studying and takes courses such as IT, journalism, religions, ethics, philosophy, English, personal training, and lifetime fitness and wellness at Northern Virginia College.

Francisco volunteered at the Leesburg Free Clinic as an interpreter. He volunteers in different areas at the Leesburg Senior Center and teaching Spanish. Francisco says, “My students never fall asleep in the class because I make the classes fun and tell a lot of jokes.” (Francisco is pictured with his daughter).