Mother's and Father's Day Celebration Extravaganza/June 15, 2022

Father's Day Breakfast & Performance By: Old Dominion Chorus 9:30am-11:00am
Mother's Day Tea 1:00pm-2:15pm & Live Performance By: Just Friends Quartet

Wednesday, June 15, 2022 - RECTRAC#427600-05 to Attend Both Events
$3.00/Member before June 8th / $5.00 June 9th - 14th & $7.00 on June 15th.

Senior Shooter
1-day 8 Ball Pool Tournament

Friday, June 6, 2022, 9:30am-4:00pm
RECTRAC #427600-01
$5.00/member $8.00/non-member
Double Elimination Tournament!

Bermuda Day
Celebrate summer with friends, play fun games and eat ice cream. Wear your favorite Hawaiian shirt.
Friday June 10, 2022 (2:00pm-4:00pm)
Bus Transportation will be available.
RECTRAC#327601-07, $3.00/Member & $5.00 at the door
Water and Ice Cream Bar will be served.

Lunch Bunch to Leesburg Public House
Wednesday, June 29, 2022
Bus departs: 11:00am
RECTRAC #427600-02
$2.00/bus ride plus you pay for lunch

Senior Center of Leesburg Newsletter
703-737-8039
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
WHAT IS LIBRARY OUTREACH?

The Loudoun County Libraries come to you.
Select a book, books on tape for you to take home.
Bring your library card or you can get one "on the spot" from the Library Staff.
Join them at 12:45pm on the 2nd Monday of the Month - June 13th in front of the Aerobics Room.
Bring the Selected Items back Next Month - (June 13th).

Reading between the Spines

Meeting on the 2nd Monday of the month. June 13, 2022 at 1:00pm
June Book -
A Long Petal of the Sea by Isabel Allende.

The Advisory Board has a NEW WEBSITE!
### Monday
- **9:00am**
  - Stitch n’ B
- **10:15am**
  - Aerobics with Luella
- **10:30am**
  - Beg. Tai Chi Quan with Zumei
- **12:30pm**
  - Art Studio with Carol
- **12:45pm**
  - Wii Bowling
- **1:00pm-6/13 only**
  - Book Club
- **1:00pm**
  - Beginning Spanish with Francisco
- **2:00-4:30pm**
  - Badminton
- **3:00pm**
  - Intermediate Spanish with Francisco

**RED = Please Register**

### Tuesday
- **9:00am**
  - Texas Hold’em
- **10:00am**
  - Mexican Train Euchre
- **10:30am**
  - Adult Coloring
- **10:30am**
  - Sit & Fit with Karen
- **11:15am**
  - ESL-Farsi with Mr. Abedin (FREE!)
- **12:30pm**
  - Shopping
- **12:30pm**
  - 6/14 and 6/28 only Drawing with Karen
- **1:00pm**
  - Party Bridge
- **2:00-4:00pm**
  - Woodburning Class
- **2:00-4:30pm**
  - Pickleball

### Wednesday
- **9:30am**
  - Quilt Makers with Gail on 1st, 3rd, 4th Wed only
- **9:30am**
  - WALKING CLUB
- **10:00am**
  - Table Tennis Ping Pong
- **10:30am**
  - Fit & Fun with Kathy
- **11:00am**
  - Bible Study with Iris
- **12:45pm**
  - POKENO
- **1:00pm**
  - Knitting & Crocheting
- **1:00pm**
  - Writing Club
- **2:00pm**
  - Line Dance with Minda
- **2:30-3:30pm**
  - Square Dance Fun! Begins on: 6/15

### Thursday
- **9:00am**
  - Texas Hold’em
- **9:30am**
  - Goose Creek Bridge Group
- **10:00am**
  - Table Tennis Ping Pong
- **10:30am**
  - Fit & Fun with Kathy
- **11:00am**
  - Ukulele Group
- **2:00-4:30pm**
  - Pickleball

### Friday
- **8:30am**
  - Fast Walking Club
- **9:00am**
  - Stitch n” B
- **10:30am**
  - Tai Chi Quan with Bill
- **10:30am**
  - Fit & Fun with Kathy
- **10:30-Noon**
  - Nutrition and Fitness
- **12:45pm**
  - Bingo with Billy
- **1:00pm**
  - Loudoun Bridge Buffs
- **1:00pm**
  - Guitar with Kurt
- **1:00pm**
  - Dapper Dudes-Men’s Club
- **2:00pm**
  - Line Dance with Minda

### Saturday
- **OPEN 8:00am-12Noon**
- **Saturday Rooms OPEN:** Fitness Rm. Exercise Rm. Game Rm. Computer Rm. Ceramics Rm. Club Rm.
- **8:30-11:30am**
  - Pickleball in the Dining Room
  - Begins on: 6/4
  - Beg. Bridge Class with Sheryl 10-11:30am
  - Begins on: 6/11 & 6/25
  - 9:15am Gentle Flow Yoga with Luanne

---

**TEEN TECH MONDAY!**

Sign- Up in the lobby
Loudoun County High School students will answer your technology questions.
Bring your devices!
**Monday, June 6, 2022**
**2:45pm - 3:35pm**

---

**Senior Center of Leesburg**

703-737-8039
# Monthly Events

**June 2022**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>6:24pm-3:35pm Teen Tech Help</td>
<td>12:30pm Shopping Trip to Marshalls</td>
<td>9:00am-Noon LORI STAHL INOVA NURSE blood pressure checks</td>
<td>9:00am-Noon LORI STAHL ONE on ONE Sign up in lobby</td>
<td>Open 8:00am-12Noon</td>
<td>Open 8:00am-12Noon</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>1:00-2:00pm Book Club with Susan and Beth plus Library Outreach</td>
<td>12:30pm Shopping Trip to Five Below</td>
<td>Father’s Day Breakfast 9:30am 1:00-2:15pm MOTHER’S DAY TEA</td>
<td>9:00am-12Noon LORI STAHL ONE on ONE Sign up in lobby</td>
<td>Open 8:00am-12Noon</td>
<td>Open 8:00am-12Noon</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>10:30am Let’s Talk Support Group</td>
<td>10:00am Hearing Screening 12:30pm Shopping trip to Salvation Army</td>
<td>Monthly Birthday Recognition</td>
<td>12:15pm LUNCH BUNCH Leesburg Public House</td>
<td>10:00am Photo Club</td>
<td>Open 8:00am-12Noon</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>July 1</td>
<td>2</td>
</tr>
<tr>
<td>12:30pm Shopping Trip to Target</td>
<td>LUNCH BUNCH Leesburg Public House</td>
<td>Monthly Birthday Recognition</td>
<td>July 1</td>
<td>CLOSED</td>
<td></td>
</tr>
</tbody>
</table>

Follow us on Facebook

[www.facebook.com/leesburgsenior](http://www.facebook.com/leesburgsenior)
NEW HAPPENINGS

Lending a helping hand!

Leonora Dakin-Davis created and distributed large sunflowers to staff and friends to wear in support of Ukraine.

Gail, Trish, and Doris created sunflowers and sold them to raise funds for Ukraine Relief Efforts.
A total of $184.00 was raised and sent to UMCOR-United Methodist Committee on Relief.

Global mission, relief and development agency of The United Methodist Church. The work of Global Ministries includes 17 programs organized around four missional priorities: Missionaries, Evangelism and Church Revitalization, Global Health and Humanitarian Relief and Recovery, which includes the United Methodist Committee on Relief (UMCOR). UMCOR is dedicated to alleviating human suffering and advancing hope and healing through disaster response and support of global migration.

On April 15th, Kathy, Ellie, and Cheryl deliver the coats, blankets, socks, and other items that were collected at the Senior Center of Leesburg to the Loudoun County Government Center.

NEW! SUMMER CLASSES

Learn Spanish with Francisco

Beginning Spanish - 12 weeks/ $120.00
Rectrac#427602-07 /Mondays 1:00pm-2:00pm
First Class: June 6, 2022

Intermediate Spanish - 12 Weeks/ $120.00
Rectrac#427602-08 / Mondays 3:00pm-4:00pm
First Class: June 6, 2022

Beginning Bridge Class with Sheryl

Learn the game of bridge from an experienced instructor. Bidding and play of the hand.

Instructor: Sheryl McEwan
RECTRAC #427602-03
6 weeks $85.00/member
Saturdays 10:00am-11:30am
June 4, 2022 to July 16, 2022
NO CLASS 7/2
New Summer Classes - Sign up now!

NEW! Gentle Flow Yoga
Saturday 9:15am-10:00am
6 weeks- $36.00/Member
Rectrac#427602-05
First Class June 11, 2022

Monday 9:15am-10:00am
3 weeks- $18.00/Member
Rectrac#427602-04
First Class June 27, 2022

NEW! Fun Square Dancing Class!
Wednesday, 2:30pm - 3:30pm
8 weeks - $25.00/Member
Rectrac#427602-09
First Class: June 15, 2022

NEW! Exercise and Nutrition with Jenny and Laura!
This innovative class offers a 45/45 format. Each class will provide 45 minutes of Exercise and 45 minutes of Nutrition. Five session format.

Instructors: Jenny Townsend, Certified Fitness Specialist, and Laura Wigglesworth, Certified Nutrition Specialist.
RECTRAC# 427602-06
$75/member $90/non-member

Session 1- June 24th 10:30am-12:00pm - Learn how an anti-inflammatory diet and low impact, joint friendly exercise can positively affect arthritis symptoms.

Session 2- July 22nd 10:30am-12:00pm - Learn ways to help with balance and fall prevention and components of a well-balance and healthy diet.

Session 3- August 26 10:30am-12:00pm - Bone Health: Learn what foods and exercises can help to maintain and improve bone health.

Session 4- September 23 10:30am-12:00pm - Learn safe exercises with a focus on neuropathy and discuss dietary strategies for dealing with diabetes.

Session 5- October 28 10:30am-12:00pm Learn healthy ways to maintain or reduce weight with a total body exercise with a focus on core exercises.
Mary Thornton is a lifelong resident of Loudoun County and attended Carver School. She married her husband Lester in 1959 and together had four children, ten grandchildren, and five great grandchildren. Mary believes that faith and family are everything and attends First Mt Olive Baptist Church. For 32 years, Mary provided patient care at Heritage Hall Nursing Home and now volunteers at the Senior Center as Dessert Captain. She enjoys the exercise classes and playing Bingo and Rummikub. The members and staff love seeing her every day!