Let's Celebrate America!

Enjoy a picnic at Claude Moore Park and Tour The Heritage Farm Museum in Sterling.

Friday, July 8, 2022
RECTRAC#427600-07 $7.00/member
Fee includes box lunch and transportation. MUST REGISTER BY: July 1, 2022

Please note: Entrance fee to the museum is $4.00 to be paid at the door by the member.

OUTDOOR YARD SALE
Saturday, July 9, 2022 - 8:00am - 12:00pm
Rectrac#427600-08 $20.00/Member
Rent a 10 x 10 space in the parking lot to sell your own items. 6 ft. table provided. Please bring your own chair. Event rain date: July 16, 2022.

Lunch Bunch to the Leesburg Outback!!
Wednesday, July 20th

Bus departs: 11:00am
RECTRAC #427600-04 $2.00/bus ride plus you pay for lunch
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

Joanna Poston
Customer Service
703-777-0358

Leigh Ann Macklin
Café Supervisor
703-737-8040

Kammi Sharpe
Recreation Programmer
703-737-8943

Justin Baer
Vehicle Operator
703-930-9725

Dave Keyes
Vehicle Operator
571-258-3437

FIND US ON FACEBOOK
www.facebook.com/leesburgsenior

SENIOR CENTER OF LEESBURG Newsletter 703-737-8039
The Senior Center of Leesburg Advisory Board

providing financial support plus willing volunteers and program advocacy

Advisory Board

The Advisory Board is proud to announce the elected Advisory Board members for the term July 2022 to June 2023

Katherine Andrefsky – President
Victoria Petty – Vice President
Chuck Downey – Treasurer
Alice Forlini – Assistant Treasurer
Kathy Silberberg – Recording Secretary
Juan Keller – Honorary Director

Members of the Advisory Board

Katherine Andrefsky, President
Chuck Downey, Treasurer
Kathy Silberberg, Secretary
Alice Forlini, Director
Rita Sheehan, Sunshine Coordinator
Victoria Petty, Director
Juan Kellar, Assistant Treasurer
Lynnette Smith, Director
Kathy Silberberg – Recording Secretary
Celeste Stewart, Director

5/25 Bus Trip to Dutches Daughter

Reading Between the Spines

Meeting on the 2nd Monday of the month. July 11, 2022 at 1:00pm
July Book:
Everything I Never Told You
By: Celeste Ng

Louise McLamara's- Royal Flush Hand in Poker- 649,739 to 1 chance. Amazing!!!
WEEKLY Activities

MONDAY

9:00am  Stitch n’ B
9:15am  Yoga
10:00am Mexican Train Euchre
10:15am Aerobics
10:30am Beg. Tai Chi Quan with Zumei
12:30pm Art Studio with Carol
12:45pm Wii Bowling
1:00pm  7/11 only Book Club
2:00-4:30pm Badminton
3:00pm Intermediate Spanish with Francisco

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 7/12and 7/26 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
1:30pm Line Dance with Minda

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  Bible Study with Iris
12:45pm  Hand and Foot Card Game
1:00pm Ukulele Group
2:00-4:30pm Pickleball

FRIDAY

9:00am  Fast Walking Club
9:00am  Stitch n” B
10:00am Tai Chi Quan with Bill
10:30am  Fit & Fun with Kathy
10:30am  Sit & Fit with Karen
1:00pm  Hand and Foot Card Game
1:00pm  Ukulele Group
2:00-4:00pm Woodburning Class
2:00-4:30pm Pickleball

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

Thank you!

For completing our May Membership information and satisfaction survey!

Congratulations
8-Ball Pool Tournament winners:
1st Dan Cox
2nd Peter Troell
3rd Billy Collins

SENIOR CENTER OF LEESBURG Newsletter 703-737-8039
# Monthly Events July 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>4 CLOSED</td>
<td>5 10:00am Hearing Screening 12:30pm Shopping trip to Dollar Tree</td>
<td>6 10am-Noon INOVA NURSE blood pressure checks</td>
<td>7 9:00am-Noon LORI STAHL ONE on ONE Sign up in lobby</td>
<td>8 Picnic and Heritage Farm Tour Trip 10:30am-Noon</td>
<td>9 OPEN 8:00am-12Noon YARD SALE</td>
</tr>
<tr>
<td>11 1:00-2:00pm Book Club with Susan and Beth plus Library Outreach</td>
<td>12 12:30pm Shopping Trip to Ross</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16 OPEN 8:00am-12Noon</td>
</tr>
<tr>
<td>18 10:30am Let's Talk Support Group</td>
<td>19 11:00am Voter Outreach 12:30pm Shopping Trip to Big Lots</td>
<td>20 LUNCH BUNCH Leesburg Outback Bus leaves at 11:00am</td>
<td>21 9:00am-12Noon LORI STAHL ONE on ONE Sign up in lobby</td>
<td>22 10:00am Photo Club</td>
<td>23 OPEN 8:00am-12Noon</td>
</tr>
<tr>
<td>25 9:15am Yoga</td>
<td>26 12:30pm Shopping Trip to Walmart</td>
<td>27 11:00am Guest Speaker Kristin McGill, Giant Nutritionist</td>
<td>28 12:15pm Monthly Birthday Party</td>
<td>29</td>
<td>30 OPEN 8:00am-12Noon</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

Follow us on Facebook [www.facebook.com/leesburgsenior](http://www.facebook.com/leesburgsenior)

Senior Center of Leesburg Newsletter 703-737-8039
Lending a Helping Hand

Pictured are the first of 25 hats that Stitch and B knitted, crocheted, or loomed for patients in the ICU unit of the hospital and the cancer center. The Senior Center of Leesburg and The Cascades Senior Center joined together to deliver 67 handmade hats. During the past three months, they have made and donated a total of 180 hats. Great Job, Ladies!

The Happy Writers' Club will be taking the summer off and will start back up in the fall.

TEEN TECH MONDAY!
Thank you to Loudoun County High School students for working with our members to answer their technology questions.

Looking Forward to having Teens return in the Fall for more Teen Tech!
NEW HAPPENINGS

Guest Speaker: Kristin McGill
Nutrition Made Easy
Wednesday, July 27, 2022 at 11:00 am

Join Kristen McGill, MS, RD, CSOWM, LDN and member of the Healthy Living Team at Giant for a virtual tour as we walk through each section of the store to identify items that can be included in a healthy, balanced diet. You will also get answers to the top questions we typically get during our store tours, along with dispelling some shopping myths. Sign up in the Lobby.

Lights, Camera, and Sing!

50’s Musical Performance
Jerry & Chris

Rectrac#427600-09 $3.00 / Member or $5.00 / Member at the door
Non-Members - $6.00 / $8.00 at the door

Wednesday, August 31, 2022 from 2:00pm-4:00pm
Drinks and light snacks will be provided!
Bus transportation home will be provided for bus riders after the event.
For over 13 years, Susan Roland has volunteered for the Senior Center of Leesburg. She started in the kitchen and now works at the front desk.

Susan grew up on a 45-acre farm in Upper Montgomery County, MD with horses, collies, and calves. After graduating from HS, Susan received a scholarship to study at George Washington University. Plans changed when she married her husband and moved to Germany. Together they have three sons and a daughter. For years Susan did hospice care for AIDS patients.

Susan’s hobbies include reading, writing, connecting with friends, and teaching a Laugh and Exercise class. At the center, Susan enjoys exercise class, ukulele, and volunteering.

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

July 2022
July 2nd and 4th Center is Closed
Register for:
July 8th Picnic and Farm Tour
July 9th Yard Sale
July 20th Lunch Bunch-Outback
July 27th Guest Speaker-Nutrition Made Easy. Sign up in Lobby.