Hawaiian Luau Party
Tuesday, August 23rd, 12:00—1:30 p.m.
Doors open at 11:15 a.m.
Transport yourself to Hawaii for a Luau @ Dulles South! Enjoy Hawaiian Chicken and more for lunch, island beverages, and other treats. Entertainment by the Aloha Ladies and the Dulles South Strummers & more!
You must have a ticket to attend! Sign up at the front desk.
Tickets: $6.00
*Regular (Hawaiian Chicken): 429612-01  *Vegetarian: 429612-02

Program Cancellations on this day
*No In Person Yoga  *No English w/ Jim  *No Origami Class
*Dining Room A, B, & C will be closed until the party starts.
If you wish to have the regular lunch in another room that day, please let Zhengfei know.

Indian Independence Day
Tuesday, August 16th, 10:00 a.m.
Come celebrate Indian Independence Day with the Dulles South Indian Community. They will have performances and refreshments.
For questions or inquiries, please see Jagdish Joshi or Veena Gupta for more details.

Program Cancellations on this day
* No In Person Yoga  *No English w/ Jim  * No Origami Class

Program Updates & Cancellations for this month:
• *New* Summer classes (view bottom of pg.3 for details)
  • Fall Trip Registration begins August 10th
  • No Tai Chi Tuesday, August 16th
  • Games & Fun—Last day is Friday, August 19th
• Summer Tech Help—Last day is Wednesday, August 24th
Wegman’s & Target Trip in Sterling
Monday, August 22nd—10:30 a.m.-1:30 p.m.
Travel on our bus to Wegman’s where you can shop or enjoy lunch at the store or shop at nearby Target.
The bus leaves Dulles South at **10:30 a.m.** and returns at **1:30 p.m.** We will have one transfer time at 12:00 p.m. should you wish to shop at the other store. **Last day** to sign up is **Friday, August 19th.**
$3 for transportation—Sign up starts Wed. July 27th

Other places include: Chick-fil-la, Buffalo Wild Wings, Potbelly, Pei Wei, Arby’s, Chipotle, Old Navy and more! RecTrac# 429614

Dulles Landing Shopping
Monday: August 1st, August 8th & August 29th @ 10:15 a.m.
Sign up at the **Front Desk** for Dulles Landing.
Deadline to sign up is **Friday before** each shopping date. Shoppes include: Walmart, Ross, HomeGoods, Subway, Dick’s Sporting Goods, Five Below.
RecTrac# 429603

Shopping at Aldi
Monday, August 15th @ 10:15 a.m.
Sign up at the Front Desk.
Make sure to bring a **quarter** to use shopping cart to Aldi.
RecTrac# 429605

Ice Cream w/ Deborah
**Dairy Queen at Eastgate**
Friday, August 19th @ 12:45 p.m.
Need some something cold and tasty to combat the summer heat? Hop on the bus with Deborah to **Dairy Queen** right after lunch! $2 bus fee to sign up. RecTrac #:429606-02

Meditation
Tuesdays @ 11:00 a.m.
Limited to 10 people.
Join Mr. Kapila every Tuesday for Meditation
Location: Aerobics Room

Gum Spring Library Book Club
**Thursday, August 4th @ 10:30 a.m.**
**Location:** Conference Room
The group will discuss the book: **Beautiful Ruins** by Jess Walter

Dave’s Book Club
**Wednesday, August 17th @ 10:30 a.m.**
**Location:** Ceramics Room
Dave’s Book Club reading **The Secret Garden** by Frances Burnett
Medicare Basics
Wednesday, August 3rd @ 10:30 a.m.
Come learn about Medicare in this one-hour presentation given by the Loudoun County VICAP Medicare counseling program. We will cover general eligibility requirements. You will learn about the different parts of Medicare, the differences between Medicare Advantage and Original Medicare and your Medicare choices in each. Time will be allotted for questions at the end.

Doc Talk: 7 Steps to Heart Health
Tuesday, August 9th @ 1:00 p.m.
Eating for Heart Health: Ever wonder how the foods you eat affect your heart? Learn how to eat for your heart, manage cholesterol, hypertension, and improve your numbers (for your health).

Location: Dining Room B

Hearing Health Presentation
Monday, August 29th @ 1:00 P.M.
Hearing Health Tips for a Healthier, Happier You
Debbie Jones, Assistive Technology Specialist and Joan Ehrlich, Loudoun County Outreach Specialist will discuss the impact of hearing loss, communication strategies and assistive technology. Also, if you are currently being treated for a hearing loss and want to learn some new tips and tricks, join us.

Fire Prevention & Safety Talk
Tuesday, August 30th @ 1:00 PM
October is Fire Prevention Month! But we’re getting head start in August with the Talk! Lisa Braun from the Loudoun County Fire & Rescue Department returns. Home is where you are most likely to experience a fire so taking a few extra safety measures it key. Stop in for this interactive presentation to learn more about how to stay fire safe!

Creative Writing w/ Trish
Aug. 3rd: In person @ 10:30 a.m.
Aug. 10th: In person @ 10:30 a.m.
Aug. 17th No class on this day.
Aug. 24th: In person @ 10:30 a.m.
Aug 31st: In person @ 10:30 a.m.

New Summer Classes
Join in one or all of these fun summer classes offered by students:
• Art History & Painting w/ Riya
  Mondays @ 12:45 p.m.
• Summer Singing Session w/ Gina & Tanvi
  Tuesdays @ 1:00 p.m.
• Bollywood Dancing
  Wednesdays @ 10:30 a.m.

*New* Software & Apps Learning
Mondays & Thursdays from 12:45-1:45 p.m.
Want to know how to use apps or social media sites such as Facebook, Instagram, Twitter? Or how to use Microsoft Office products (Word, PowerPoint, Excel)? Join Rihan for this 4 week class every Monday and Thursday from 12:45-1:45 p.m. starting Thursday, July 21st.
**Tuesday Movies**

**Meet the Patels**
August 16th @ 1:00 p.m.
An Indian-American man who is about to turn 30 gets help from his parents and extended family to start looking for a wife in the traditional Indian way.

**Beaches**
August 23rd @ 1:00 p.m.
A privileged rich debutante and a cynical struggling entertainer share a turbulent, but strong childhood friendship over the years.

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**Saturday Movies**

**Dirty Dancing**
August 6th @ 10:00 a.m.
Spending the summer at a Catskills resort with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor, Johnny Castle.

**Hunt for the Wilderpeople**
August 13th @ 10:00 a.m.
A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush.

**Stand by Me**
August 27th @ 10:00 a.m.
After the death of one of his friends, a writer recounts a childhood journey with his friends to find the body of a missing boy. Movie: Rated R
**AUGUST 2022 PROGRAM SCHEDULE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 9:00 Billiards/Pool</td>
<td>2. 9:00 Blood Pressure Checks</td>
<td>3. 9:00 Billiards/Pool</td>
<td>4. 9:00 Billiards/Pool</td>
<td>5. 9:00 Billiards/Pool</td>
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<tr>
<td>9:00 Games Galore</td>
<td>9:00 Billiards/Pool</td>
<td>9:00 Games Galore</td>
<td>9:00 Computer Lab</td>
<td>9:00 Games Galore</td>
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<tr>
<td>9:00 Computer Lab</td>
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<td>10:00 Summer Tech Help</td>
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<td><strong>10:00 Summer Tech Help</strong></td>
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<td>10:00 Bible Study</td>
<td>10:00 Beginning Hula</td>
<td>10:00 Beginner Line Dance</td>
</tr>
<tr>
<td><strong>10:00 Bible Study</strong></td>
<td>10:00 English w/ Jim^^</td>
<td>10:30 Medicare Basics</td>
<td>10:30 Library Book Club</td>
<td><strong>10:00 Summer Tech Help</strong></td>
</tr>
<tr>
<td>10:00 Bible Study</td>
<td>10:30 Creative Writing</td>
<td>10:30 Senior Services</td>
<td>10:30 Mat Yoga</td>
<td>10:30 Yoga</td>
</tr>
<tr>
<td><strong>10:30 Senior Services</strong></td>
<td>10:30 Yoga</td>
<td>10:30 Polynesian Dance</td>
<td>10:30 Polynesian Dance</td>
<td><strong>10:30 Games &amp; Fun</strong></td>
</tr>
<tr>
<td>10:30 Yoga</td>
<td>11:00 Dance Fitness</td>
<td>10:30 Origami</td>
<td><strong>10:30 Origami</strong></td>
<td>10:30 Yoga</td>
</tr>
<tr>
<td>10:30 Origami</td>
<td>12:00 Lunch-RR</td>
<td>11:00 Knit &amp; Crochet</td>
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<td><strong>10:30 Games &amp; Fun</strong></td>
</tr>
<tr>
<td>11:00 Meditation</td>
<td>12:00 Lunch-RR</td>
<td>12:00 Games Galore</td>
<td>12:00 Lunch -RR</td>
<td>10:30 Yoga</td>
</tr>
<tr>
<td>12:00 Games Galore</td>
<td>12:00 Games Galore</td>
<td>12:30 Table Tennis</td>
<td>12:00 Games Galore</td>
<td>11:00 Fitness &amp; Conditioning</td>
</tr>
<tr>
<td><strong>12:30 Table Tennis</strong></td>
<td><strong>1:00 Bingo Day w/J&amp;F</strong></td>
<td><strong>1:00 Bingo Day</strong></td>
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<td>11:00 Morning Jam Session</td>
</tr>
<tr>
<td>1:00 Advisory Board</td>
<td><strong>2:00 Basic Ukulele</strong></td>
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<td><strong>2:00 Basic Ukulele</strong></td>
<td><strong>2:30 Table Tennis</strong></td>
</tr>
</tbody>
</table>

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- **No Volleyball on this day**
- **No Creative Writing**
- **English w/ Jim will be on this day**

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*Sign up at the Front Desk*

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*Sign up at the Front Desk*

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*No Tai Chi*
*No Yoga on this day*
*No English w/Jim*
*No Origami Class*

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*Last day of Games & Fun*
### AUGUST 2022 PROGRAM SCHEDULE

#### MONDAY
- 22.
  - 9:00 Billiards/Pool
  - 9:00 Games Galore
  - 9:00 Computer Lab
  - 10:00 Bible Study
  - 10:00 **Summer Tech Help**
  - 10:15 **Wegman's & Target**
  - 10:30 Yoga
  - 11:00 Dance Fitness
  - 12:00 Lunch -RR
  - 12:30 Table Tennis
  - 1:00 Movie Day
  - *No Yoga*
  - *No English w/ Jim*

#### TUESDAY
- 23.
  - 9:00 Billiards/Pool
  - 9:00 Computer Lab
  - 9:30 Yoga w/Jaya-V
  - 10:00 **Summer Tech Help**
  - 10:00 Tai Chi w/Susan
  - 10:00 Bible Study
  - 11:00 Meditation
  - 11:00 Knit & Crochet
  - 12:00 LUAU Lunch-RR
  - 12:00 Games Galore
  - 12:30 Table Tennis
  - 1:00 Movie Day
  - *No In person Yoga*
  - *No English w/ Jim*
  - *No Origami*

#### WEDNESDAY
- 24.
  - 9:00 Billiards/Pool
  - 9:00 Games Galore
  - 9:00 Computer Lab
  - 10:00 Bible Study
  - 10:00 English w/ Jim
  - 10:00 **Summer Tech Help**
  - 10:30 Yoga
  - 11:00 Dance Fitness
  - 12:00 Lunch-RR
  - 12:30 Table Tennis
  - 1:00 BINGO DAY
  - *Last day for Summer Tech Help*
  - *English w/ Jim on this day*

#### THURSDAY
- 25.
  - 9:00 Billiards/Pool
  - 9:00 Games Galore
  - 9:00 Computer Lab
  - 10:00 Bible Study
  - 10:00 English with Jim
  - 10:30 Beginning Hula
  - 10:30 Korean Computer
  - 10:30 Mat Yoga
  - 10:30 Polynesian Dance
  - 10:30 Origami
  - 11:00 Knit & Crochet
  - 11:45-12:45 Table Tennis
  - 12:00 Lunch -RR
  - 12:00 Games Galore
  - 1:00 Intermediate Line Dance
  - 1:00 Ukulele Club
  - 1:15 Volleyball
  - 2:00 Basic Ukulele
  - 2:30 Table Tennis
  - *Casino Trip on this day*

#### FRIDAY
- 26.
  - 9:00 Billiards/Pool
  - 9:00 Games Galore
  - 9:00 Computer Lab
  - 10:00 Bible Study
  - 10:00 Beginner Line Dance
  - 10:30 Yoga
  - 11:00 Fitness & Conditioning
  - 11:00 Morning Jam Session
  - 12:00 Lunch -RR
  - 2:30 Table Tennis

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### Key:
- **V**-Virtual Program, call center for access
- **RR**-Reservations Required, at least 24 hours in advance.
- **Bolded**-Specialty Events and Programs
  - ^=Sign up at the Front Desk
  - ^^^=Sign up with Sarah
  - ^=-paid program, sign up at the Front Desk
  - **TBA**=To be announced
  - **2**=Classes on video

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### BINGO DAYS in August
- **Wednesday, Aug. 3rd** @ 1:00 p.m.
- **Wednesday, Aug. 10th** @ 1:00 p.m.
- **Saturday, Aug. 20th** @ **10:00 a.m.**
- **Wednesday, Aug. 24th** @ 1:00 p.m.

Make sure to bring bills no larger than $5, so the Bingo Hosts can divide the cash for each game, easily.

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### Scrapbooking w/ Patti
- **When:** Monday, August 8th
- **Time:** Drop in anytime between **10:00 a.m. to 3:00 p.m.**
- **Where:** Arts & Crafts room

Join Patti for the Scrapbooking Workshop and create all your pages. Whether you’re new or experienced scrapbooker, come in for either part of or stay for the whole duration.

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### Senior Services w/ Lori
- **in August**
- **Dates**
  - **Wednesday, August 3rd** @ 10:30 a.m.
  - **&**
  - **Wednesday, August 17th** @ 9:00 a.m.

**Sign up** at the **Front Desk** for an appointment
Member’s Spotlight - L.A. Wells

Leonard Wells, who goes by L.A., was born and raised in Greencastle, Indiana. During high school, his senior shop class constructed a 2-car garage as a class project. He graduated from Greencastle High School in 1952. L.A. was a member of the Poultry & Egg Judging Team of the Future Farmers of America. He was also a member of the Indiana National Guard from 1952 - 1956. L.A.’s father expected him to join their family-owned construction business, where he worked part-time. But IBM changed his mind when they built a manufacturing plant that produced 80-column punched cards, American Express checks, Income tax forms, and other products. L.A. was hired by IBM and they sent him for training to Endicott, which is located in upstate New York.

He progressed with IBM working in several Northeastern states and advanced to the role of Manufacturing Manager, working with semiconductors. L.A. worked for IBM for 38.5 years and took early retirement in 1991. He lives in South Riding and enjoys coming regularly to the senior center.

Summer Senior Cooling Program

May 1-October 31st

2022 marks the 32nd year Dominion Energy has provided fans, window air conditioners and now portable air conditioners, for eligible adults, age 60 and older, who need additional cooling in their homes. Program ends October 31st.

For information, contact Loudoun County Area Agency on Aging at 703-777-0257 or email at aaa@loudoun.gov.

Summer Tech Help

Every day this summer until 8/24 from 10:00 a.m.-12:00 p.m.

If you need help with your smartphone, tablet or computer, come on in and the teens will assist you with your tech needs.

Location: Computer Lab

Games & Fun

Every Friday until August 19th @ 10:30 a.m.

Location: Outside on the Patio Courtyard

Other fun activities will include Cornhole Toss, Can Jam, Ladder Ball, music, and more! Have fun and match your skills against other members or teen volunteers.

Meal requests

(703) 771-5874

Please order by noon the day before or Friday noon for Monday.

Lunch donation applies. $4.00 payment required for participants under 60 years old.

Bus ride requests or cancellations:

Transportation line: (571) 258-3885

Please call or cancel by 8:00 a.m. the morning of your pickup.

Please remember to sign up for your ride in the Bus Transportation book in the lobby!
<table>
<thead>
<tr>
<th>Date</th>
<th>Specialty Event</th>
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<th>Notes</th>
</tr>
</thead>
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<tr>
<td>Aug. 6th</td>
<td>Pickleball 9:00-11:00 a.m.</td>
<td>Movie Day 10:00 a.m.</td>
<td><em>No Pickleball on this day</em></td>
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<td>Bingo Day 10:00 a.m.</td>
<td><em>Rooms are open every Saturday</em></td>
<td></td>
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**Saturday Movies:**
- Aug. 6th—Dirty Dancing
- Aug. 13th—Hunt for the Wilderppl.
- Aug. 27th—Stand by Me
Details on page 4

**Open Rooms**
- Billiards
- Games Galore
- Table Tennis
- Computer Lab
- Fitness Room
8:00 a.m.-11:30 a.m.
*Rooms are open every Saturday*

**Bible Study**
9:30 a.m.-10:30 a.m.
*Every Saturday*