SEPTEMBER 9 at 11:00am - Guest Speaker
Sonia Gow - INOVA Parkinson's & Movement Disorders

YARD SALE
SATURDAY, OCTOBER 1, 2022
7:30am-12:00pm
IN THE PARKING LOT
Rectrac# 127610-08 - Rent 1 10X10 space
$5.00/members & $10.00/non-members
Price includes 1 six-foot size table.
Come into The Leesburg Senior Center or call 703-737-8039 to prepay and secure your spot for the Yard Sale event. Rain or shine!

OKTOBERFEST
sponsored by The Advisory Board
FRIDAY, SEPTEMBER 30, 2022
11:30am-1:00pm
OUTSIDE UNDER THE TENT

Ticket will go on Sale
Tuesday, SEPTEMBER 6, 2022
$5.00 Early Bird Price
$7.00 Member at the door
$8.00 Non-Member at the door

Menu: Bratwurst, sauerkraut, pretzel, near beer or soda.
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
The Senior Center of Leesburg
Advisory Board

providing financial support plus willing volunteers and program advocacy

Members of the Advisory Board

Katherine Andrefsky, President
Victoria Petty, Vice President
Kathy Silberberg, Secretary
Chuck Downey, Treasurer
Alice Forlini, Asst. Treasurer
Rita Sheehan, Sunshine Coordinator

Lynnette Smith, Director
Lois Powers, Director
Celeste Stewart, Director
Elizabeth A.H. Alageband, Director
Reba Prendergast, Director
Juan Kellar, Honorary Member

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 – Secretary
Juan Kellar – Honorary Director

Adult Coloring Class
Use the right and left side of your brain!
Tuesday Morning at 11:00am
Sign-up in the lobby.
All supplies provided.

Reading Between the Spines
Meeting on the 2nd Monday of the month. Sept 12, 2022 at 1:00pm
September Book: Poems Call Us What We Carry By Amanda Gorman

OKTOBERFEST coming
Friday, September 30
TICKETS SOLD DURING LUNCH OR AT THE FRONT DESK

Thursday, Sept. 15, 2022
10:00am-2:00pm
Free! Hearing Screening provided by Joan Ehrlich
Sign-up sheet in the lobby.

Northern Virginia Resource Center
for Deaf and Hard of Hearing Persons

SENIOR CENTER OF LEESBURG Newsletter

703-737-8039
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>9:00am Stitch n’ B</td>
<td>9:00am Texas Hold’em</td>
<td>9:00am Waterford Quilters on 2nd Wed</td>
<td>9:00am Fast Walking Club</td>
<td>OPEN 8:00am-12Noon</td>
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<tr>
<td>9:15am Yoga</td>
<td>10:00am Mexican Train Euchre Chimes</td>
<td>9:30am Quilt Makers with Gail on 1st, 3rd, 4th Wed only</td>
<td>9:00am Stitch n” B</td>
<td>Saturday Rooms OPEN: Fitness Rm. Exercise Rm. Game Rm. Computer Rm. Ceramics Rm. Club Rm.</td>
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<tr>
<td>9/19 only</td>
<td>10:30am Adult Coloring</td>
<td>10:00am Table Tennis Ping Pong</td>
<td>1:00pm Hand and Foot Card Game</td>
<td>8:30-11:45am Pickleball in the Dining Room</td>
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<td>10:15am Aerobics with Luella</td>
<td>10:30am Sit &amp; Fit with Karen</td>
<td>10:30am Sit &amp; Fit with Karen</td>
<td>10:30am Tai Chi Quan with Bill</td>
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<td>10:30am Beg. Tai Chi Quan with Zumei</td>
<td>11:15am ESL-Farsi with Mr. Abedin (FREE!)</td>
<td>10:00am Table Tennis Ping Pong</td>
<td>10:30am Tai Chi Quan with Bill</td>
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<td>12:30pm Art Studio with Carol</td>
<td>12:30pm Shopping</td>
<td>10:30am Fit &amp; Fun with Kathy</td>
<td>1:00pm Fit &amp; Fun with Kathy</td>
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<tr>
<td>12:45pm Wii Bowling</td>
<td>12:30pm 8/9 and 8/23 only Drawing with Karen</td>
<td>11:00am Bible Study with Iris</td>
<td>12:45pm Bingo with Billy</td>
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<tr>
<td>1:00pm 9/12 only Book Club</td>
<td>1:00pm Party Bridge</td>
<td>12:45pm POKENO</td>
<td>1:00pm Loudoun Bridge Buffs</td>
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<tr>
<td>2:00-4:30pm Badminton</td>
<td>2:00-4:00pm Woodburning Class</td>
<td>1:00pm Knitting &amp; Crocheting</td>
<td>1:00pm Guitar with Kurt</td>
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<td>3:00pm Intermediate Spanish with Francisco</td>
<td>2:00pm Line Dance with Minda</td>
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<td>2:00-4:45pm Pickleball</td>
<td>2:30pm Square Dancing Class</td>
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**New Mental Health Crisis Hotline**

Starting July 16, 2022, if you or someone you know needs suicide prevention or behavioral health crisis support, call or text 988.

More information at loudoun.gov/suicideprevention

Follow us on Facebook
www.facebook.com/leesburgsenior

SENIOR CENTER OF LEESBURG Newsletter 703-737-8039
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<td></td>
<td>9:00am-Noon</td>
<td>GUEST SPEAKER</td>
<td>OPEN 8:00am-12Noon</td>
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<td>LORI STAH</td>
<td>Sonia Gow Parkinson's</td>
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<td>Sign up in lobby</td>
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<tr>
<td>CLOSED</td>
<td>CLOSED HOLIDAY</td>
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<td>HOLIDAY LABOR DAY</td>
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<td>1:00-2:00pm</td>
<td>10:00am</td>
<td>12:30pm Shopping trip to Target</td>
<td>10:00am-2:00pm</td>
<td>Lunch Bunch Travinia 11:00am</td>
<td>10:30-12noon</td>
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<tr>
<td>Book Club</td>
<td>CHIMES</td>
<td>Shopping Hope’s Treasures</td>
<td>Hearing Screening Joan Ehrlich</td>
<td>9:00am-Noon</td>
<td>8:00am-12Noon</td>
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<td>with Susan and Beth plus Library Outreach</td>
<td>10:00am-2:00pm</td>
<td>9:00am-Noon</td>
<td>LORI STAHL</td>
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<tr>
<td>10:30am</td>
<td>12:30pm Shopping Trip to Target</td>
<td>12:15pm Monthly Birthday Party</td>
<td>10:30-12noon</td>
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<td>Support Group</td>
<td>12:30pm Shopping Trip to Big Lots</td>
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<td>Fitness &amp; Nutrition with Jenny and Laura</td>
<td>Photo Club 11:30</td>
<td>OPEN</td>
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<td>9:15am Yoga</td>
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<td>12:30pm Shopping Trip to Marshalls</td>
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<td>10:00am Photo Club 11:30</td>
<td>YARD SALE</td>
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LIBRARY NEWS: Soon you will see some newly donated DVDs. As I get them ready to circulate, they will be shelved in the lobby next to the Large Print books. Please remember that DVDs, Audios, and Fiction & Non-Fiction books have Checkout cards. After filling out the cards with your name and date of checkout, place this card in the pink box on my desk (or blue box in the Clubroom). Return items in the plastic box under or on my desk. Don’t forget there are audio books, DVDs, and paperbacks in the Club Room. (Paperbacks don’t have checkout cards. Just return when finished reading them.) It is a pleasure to serve you! Sara

SENIOR CENTER OF LEESBURG Newsletter 703-737-8039
NEW HAPPENINGS

#TBT
THROW BACK THURSDAY
Relive memories of days gone by....
Watch videos courtesy of Defa Tian.
Every Thursdays at 1:00pm
Board Room

FALL PREVENTION SCREENING

Wednesday, October 5, 2022
10:30am

reservation required
CALL 703-737-8039

CHIME IN! with the AAA
Rhythm Makers
Tuesday, SEPTEMBER 13, 2022
10:00am-11:00am
Call 571-233-2583 or email
aaasupport@loudoun.gov to register.
No music experience is needed, just
the joy of creating music together.

JOIN THE MONTHLY
BIRTHDAY PARTY
THURSDAY, SEPTEMBER 22, 2022
12:15pm
Lunch Reservations Required.

Steven Giononni will be providing instruction
for AARP Driving Safety Course on
Wednesday October 26, 2022
9:00am-5:00pm
Reservations are Required.
Please call 703-737-8039 to reserve.
Education & Support  September 2022

Guest Speaker: Sonia Gow, INOVA Parkinson's Disease and Other Movement Disorders.
Friday, September 9, 2022 at 11:00am

LIVING WELL WITH PARKINSON'S
Sonia will provide the basics of Parkinson's Disease. Sharing other Community Resources: Support Groups, Educational Sessions, and other ways to meet and share information.

Let's Talk
SUPPORT GROUP
- Meet over the phone
3rd Monday of each month September 19, October 17, & November 21
Time: 10:30am
CALL IN - Speak with Mary Ellen. Your call is anonymous.
Call 571-317-3122
Enter Access Code: 303 279 485 #

SENIOR CENTER OF
LEESBURG Newsletter 703-737-8039
Annette Price was born and raised in Manhattan, New York. Annette had an interesting career working as a key punch operator at an insurance agency on Wall Street, as an assistant at Toshiba in Queens, NY, and a child care provider at a daycare center. Annette loves shopping, going to restaurants with family and friends, and traveling. She has visited Italy and Thailand.

She has two daughters and three grandchildren.

For the past 10 years, Annette has worked as a volunteer in the cafe, kitchen, and front desk at the Senior Center of Leesburg. We absolutely love seeing her every day!