Guest Speaker: **STAND*FAILURE**

Friday, September 2nd at 1:00 p.m.

S.T.A.N.D., an acrostic, with a focus on Failure, provides practical instruction on the decisions, emotions, and activities each person goes through when overcoming failures. This seminar explains how having the right mindset and attitude for approaching failures shapes our lives. Speaker Anita Helm uses life stories, laughter, and honesty in sharing how to persevere in the detours of life’s journey.

**Join us for an in-person, interactive presentation to learn:**

- How to admit the truth about the issues of life
- How to recognize what is and is NOT under your control
- How to acknowledge you are not “the only one”
- Ways to avoid getting stuck in the quicksand of regret
- How to appreciate hitting rock bottom as a way up
- To understand setbacks as the seasonings for life

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**Dulles South Celebrates Hispanic Heritage**

**2 Events:**

**Hispanic Heritage Talent Show**

Thursday, September 15th @ 1:00

Enjoy Hispanic songs and dance styles performed by Dulles South members.  
**No charge for this event**

**Hispanic Heritage Month Celebration Party**

Thursday, September 29th @ 1:30 p.m.

Join us for Dulles South Senior Center’s 2nd Annual Hispanic Heritage Party.  Dance to the lively music of a **Mariachi band** and enjoy a specialty dessert and beverage.  

$6 for **members** / $9 for non-members.

RecTrac#: **129612**

*Please note this is an after lunch party!*
**Advisory Board Indoor Yard Sale**  
**Saturday, September 17th, 8:00 a.m. to 12:00 p.m. (noon)**

DSSC Advisory Board Indoor Sale will be on Saturday, September 17th from 8:00 am to 12:00 pm. Come out and find some great bargains. SALE benefits the Senior Center activities.

Donations for the sale will be accepted at the Senior Center on Friday, September 16th, from 2—5 pm. Donations can be household items, working electronics, games, toys, clothing. Items not sold that day will be donated.

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*New*  
**Fast Food Friday: Taco Bell and Chick-fil-A**  
**Friday, September 16th @ 11:30 a.m.**

New to Dulles South is Fast Food Fridays! Every month, we will go to a new Fast Food joint one Friday out of the month. This month, we will go to Taco Bell and Chick-fil-A!

Note: Both places have vegetarian and vegan options available!

Feel free to drive yourself over there or ride the bus. Cost to ride the bus is $2.

RecTrac#: 129601

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**Lunch Bunch-Chuy’s (in Sterling)**

**Friday, September 23rd @ 11:00 a.m.**

For September, Dulles South will go to Chuy’s in Sterling. Chuy’s is Texas-Mexican themed restaurant that offers a variety of Mexican based foods such as tacos, fajitas, quesadillas, burritos, nachos and more!

*Vegetarian and vegan options are available!

**Deadline** to sign up is Wednesday, September 21st.

Sign up at the Front Desk, whether you’ll be driving yourself or riding the bus. If you plan to ride the bus, transportation fee is $3 (?).

RecTrac#: 129601

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**Schedule Updates and Cancellations this month**

*Party Bridge* Mondays 10:00am to 12:00 noon  
*No* Beginner Hula on Thurs. 9/1

*No* Pickleball or Bingo on Sat. 9/17

*No* Polynesian Dance on Thurs. 9/22  
*Dance Fitness* will be the video on Mon. 9/26

*No* Volleyball on Thurs, 9/29  
*Knit & Crochet*, Uta will attend on Tuesdays only.

*No* Meditation on Tuesdays until further announcement.
Dulles Landing Shopping  
Monday, Sept. 12th & 26th @ 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# 129603

Shopping at Harris Teeter  
Monday, September 19th @ 10:15 a.m.
Sign up at the Front Desk.
Don’t forget your shopping bags!
RecTrac# 129602

AARP Smart Driver’s Course  
Friday, Oct. 7th from 9:00 a.m.-5:00 p.m.
The AARP Smart Driver’s Course returns. This class is an easy, convenient way to refresh your driving skills, so you'll be a safer, more confident driver. Note, this class is all day, be sure to sign up for lunch at the center.
*Make sure to register with Sarah

Summer Senior Cooling Program  
Now through 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.
For information, contact Loudoun County Area Agency on Aging at 703-777-0257 or email at aaa@loudoun.gov.

Gum Spring Library Book Club  
Thursday, September 1st @ 10:30 a.m.
Location: Conference Room
The group will discuss the book: The Readers of Broken Wheel Recommended by Katarina Bivald

Dave’s Book Club  
Wednesday, September 21st @ 10:30 a.m.
Dave’s Book Club reading Lord of the Rings: Fellowship of the Ring by J. R. R. Tolkien
Location: Ceramics Room
**Tuesday Movies**

**Saving Mr. Banks**  
*September 13th @ 1:00 p.m.*  
When Walt Disney sets his sights on obtaining the rights to the children’s classic “Mary Poppins,” he reaches out to the book’s author, P.L. Travers, only to find that she proves a tough nut to crack.

**No Time To Die (2021)**  
*Sept. 20th @ 1:00 p.m.*  
James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help, leading Bond onto the trail of a mysterious villain armed with dangerous new technology.  
Note: The movie is 2 hours & 45 minutes.

**The Blind Side**  
*September 27th @ 1:00 p.m.*  
In this sports drama based on a true story, affluent couple Leigh Anne and Sean Tuohy take in a homeless teenager. Leigh Anne helps him catch up academically and nurtures his growth into a football powerhouse.

**Saturday Movies**

**Clue**  
*Saturday, September 10th @ 10:00 a.m.*  
Six guests are anonymously invited to a strange mansion for dinner, but after their host is killed, they must cooperate with the staff to identify the murderer as the bodies pile up.

**You’ve Got Mail**  
*Saturday, September 24th @ 10:00 a.m.*  
Book superstore magnate, Joe Fox and independent book shop owner, Kathleen Kelly fall in love in the anonymity of the Internet both blissfully unaware that he's trying to put her out of business.
### The Dulles South Senior Center
**SEPTEMBER 2022 PROGRAM SCHEDULE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>Key:</strong></td>
<td></td>
<td></td>
<td><strong>Party Bridge</strong></td>
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<tr>
<td>V-Virtual Program, call center for access</td>
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<td></td>
<td>Mondays</td>
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<tr>
<td>RR-Reservations Required, at least 24 hours in advance.</td>
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<td></td>
<td>10 a.m.-12 p.m.</td>
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<tr>
<td><strong>Bolded</strong>-Specialty Events and Programs</td>
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<td></td>
<td>Party Bridge returns to the senior center!</td>
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<tr>
<td>^=Sign up at the Front Desk</td>
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<td></td>
<td>Come on in and play.</td>
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<tr>
<td>^^^=Sign up with Sarah</td>
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<td></td>
<td>All skill levels are welcomed!</td>
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<tr>
<td>^^=paid program, sign up at the Front Desk</td>
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<td></td>
<td><em>No Beginner Hula on this day</em></td>
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<tr>
<td>TBA=To be announced</td>
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<td><strong>-</strong> - Classes on video</td>
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#### LABOR DAY
**CLOSED**
Monday, Sept. 5th for Labor Day

| 6. | 7. | 8. | 9. | | |
| --- | --- | --- | --- | --- |
| **9:00 Blood Pressure Checks** | **9:00 Blood Pressure Checks** | **9:00 Blood Pressure Checks** | **9:00 Blood Pressure Checks** | | |
| 9:00 Billiards/Pool | 9:00 Billiards/Pool | 9:00 Billiards/Pool | 9:00 Billiards/Pool | | |
| 9:00 Computer Lab | 9:00 Games Galore | 9:00 Computer Lab | 9:00 Games Galore | | |
| 9:30 Yoga w/Jaya-V | 9:00 Computer Lab | 10:00 Bible Study | 9:00 Computer Lab | | |
| 10:00 Tai Chi w/ Susan | 10:00 Bible Study | 10:00 Yoga | 10:00 Bible Study | | |
| 10:00 English w/ Jim ^^^ | 10:30 Creative Writing | 10:30 Yoga | 10:00 Beginning Hula | | |
| 10:00 Bible Study | 10:30 Creative Writing | 10:30 Polynesian Dance | 10:00 English with Jim ^^^ | | |
| 10:30 Yoga | 10:30 Hawaiian Polynesian Dance | 11:00 Knit & Crochet | 10:30 Korean Computer | | |
| 11:00 Knit & Crochet w/Uta | 11:45-12:45 Table Tennis | 11:45-12:45 Table Tennis | 10:30 Mat Yoga | | |
| 12:00 Lunch-RR | 12:00 Lunch-RR | 12:00 Lunch-RR | 10:30 Polynesian Dance | | |
| 12:00 Games Galore | 12:00 Games Galore | 12:00 Games Galore | 11:00 Knit & Crochet | | |
| 12:30 Table Tennis | 12:30 Table Tennis | 12:30 Table Tennis | 11:45-12:45 Table Tennis | | |
| 1:00 Advisory Board | 1:00 BINGO DAY | 1:00 BINGO DAY | 12:00 Lunch-RR | | |
| 1:00 Movie Day: Saving Banks | | | 12:00 Games Galore | | |
| | | | 1:00 Intermediate Line Dance | | |
| | | | 1:00 Ukulele Club | | |
| | | | **1:00 Hispanic Heritage Talent Show** | | |

#### MEMORIAL DAY
**CLOSED**
Monday, Sept. 5th for Labor Day

<p>| 12. | 13. | 14. | 15. | 16. | | |
| --- | --- | --- | --- | --- | --- |
| <strong>9:00 Blood Pressure Checks</strong> | <strong>9:00 Blood Pressure Checks</strong> | <strong>9:00 Blood Pressure Checks</strong> | <strong>9:00 Blood Pressure Checks</strong> | <strong>9:00 Blood Pressure Checks</strong> | | |
| 9:00 Billiards/Pool | 9:00 Billiards/Pool | 9:00 Billiards/Pool | 9:00 Billiards/Pool | 9:00 Billiards/Pool | | |
| 9:00 Games Galore | 9:00 Games Galore | 9:00 Games Galore | 9:00 Games Galore | 9:00 Games Galore | | |
| 9:00 Computer Lab | 9:00 Computer Lab | 9:00 Computer Lab | 9:00 Computer Lab | 9:00 Computer Lab | | |
| 10:00 Bible Study | 10:00 Bible Study | 10:00 Bible Study | 10:00 Bible Study | 10:00 Bible Study | | |
| 10:30 Creative Writing | 10:30 Creative Writing | 10:30 Creative Writing | 10:30 Creative Writing | 10:30 Creative Writing | | |
| 10:30 Yoga | 10:30 Yoga | 10:30 Yoga | 10:30 Yoga | 10:30 Yoga | | |
| 11:00 Dance Fitness | 11:00 Dance Fitness | 11:00 Dance Fitness | 11:00 Dance Fitness | 11:00 Dance Fitness | | |
| 12:00 Lunch-RR | 12:00 Lunch-RR | 12:00 Lunch-RR | 12:00 Lunch-RR | 12:00 Lunch-RR | | |
| 12:30 Table Tennis | 12:30 Table Tennis | 12:30 Table Tennis | 12:30 Table Tennis | 12:30 Table Tennis | | |
| 1:00 BINGO DAY | | | | | |</p>
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>19. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Scrapbooking 10:00 Bible Study 10:00 Party Bridge 10:15 Harris Teeter Shopping^ 10:30 Yoga 11:00 Dance Fitness 12:00 Lunch-RR 12:30 Table Tennis 1:15 Volleyball</td>
<td>20. 9:00 Billiards/Pool 9:00 Computer Lab 9:30 Yoga w/Jaya-V 10:00 Tai Chi w/Susan 10:00 Bible Study 10:30 Yoga 11:00 Knit &amp; Crochet w/Uta 12:00 Lunch-RR 12:00 Games Galore 12:30 Table Tennis 1:00 Movie: No Time to Die</td>
<td>21. 9:00 Senior Services 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Bible Study 10:30 Dave's Book Club 10:30 Yoga 11:00 Dance Fitness 12:00 Lunch-RR 12:30 Table Tennis 1:00 Sept. Birthday Party 3:30 Creative Writing—V</td>
<td>22. 9:00 Billiards/Pool 9:00 Computer Lab 9:00 Games Galore 9:00 Bible Study 10:00 English with Jim^^ 10:00 Beginning Hula 10:00 Korean Computer 10:30 Mat Yoga 11:00 Knit &amp; 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 2:30 Table Tennis</td>
<td>23. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Bible Study 10:00 Beginner Line Dance 10:30 Yoga 10:30 Poetry &amp; Song 11:00 Lunch Bunch-Chuy's 11:00 Fitness &amp; Conditioning 11:00 Music Jam Session 12:00 Lunch-RR 2:30 Table Tennis</td>
</tr>
<tr>
<td>24. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Bible Study 10:00 English with Jim^^ 10:00 Beginning Hula 10:00 Korean Computer 10:30 Mat Yoga 11:00 Knit &amp; 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 2:30 Table Tennis</td>
<td>25. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Bible Study 10:00 English with Jim^^ 10:00 Beginning Hula 10:00 Korean Computer 10:30 Mat Yoga 11:00 Knit &amp; 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 2:30 Table Tennis</td>
<td>26. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Bible Study 10:00 Tech Help 10:00 Games &amp; Fun 10:00 Party Bridge 10:15 D.L. Shopping^ 10:30 Yoga 11:00 Dance Fitness Video 12:00 Lunch-RR 12:30 Table Tennis 1:15 Volleyball</td>
<td>27. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 9:30 Yoga w/Jaya-V 10:00 Tai Chi w/Susan 10:00 Bible Study 10:30 Yoga 11:00 Knit &amp; Crochet w/Uta 12:00 Lunch-RR 12:00 Games Galore 12:30 Table Tennis 1:00 Movie: The Blind Side</td>
<td>28. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Bible Study 10:30 Creative Writing 10:30 Yoga 11:00 Dance Fitness 12:00 Lunch-RR 12:30 Table Tennis 1:00 BINGO Day</td>
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<td>29. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Bible Study 10:00 English with Jim^^ 10:00 Beginning Hula 10:30 Korean Computer 10:00 Mat Yoga 10:30 Polynesian Dance 11:00 Knit &amp; Crochet 11:45-12:45 Table Tennis 12:00 Lunch-RR 1:00 Hispanic Heritage Celebration 1:00 Intermediate Line Dance 1:00 Ukulele Club 1:15 Volleyball 2:30 Table Tennis</td>
<td>30. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Bible Study 10:00 Beginner Line Dance 10:30 Yoga 10:30 Poetry &amp; Song 11:00 Lunch Bunch-Chuy's 11:00 Fitness &amp; Conditioning 11:00 Music Jam Session 12:00 Lunch-RR 2:30 Table Tennis</td>
<td>31. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Bible Study 10:00 English with Jim^^ 10:00 Beginning Hula 10:30 Korean Computer 10:00 Mat Yoga 10:30 Polynesian Dance 11:00 Knit &amp; Crochet 11:45-12:45 Table Tennis 12:00 Lunch-RR 1:00 Hispanic Heritage Celebration 1:00 Intermediate Line Dance 1:00 Ukulele Club 1:15 Volleyball 2:30 Table Tennis</td>
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</tbody>
</table>

*Sign up at Front Desk

^Dance Fitness will be on video

**BINGO DAYS in September**

Wednesday, Sep. 7th @ 1:00 p.m.
Wednesday, Sep. 14th @ 1:00 p.m.
Wednesday, Sep. 28th @ 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.

**Senior Services w/Lori in September Dates**

Wed., Sept. 7th @ 10:30 a.m. & Wed., Sept. 21st @ 9:00 a.m.

Sign up at the Front Desk for an appointment

**Scrapbooking w/ Patti**

When: Monday, Sept. 19th

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.
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!

Member’s Spotlight—Sue Meck
Sue was born in Hartford, CT, one of six children. Her family was “middle class,” and her childhood was a very happy one. With six children, the only traveling they did as a family was by car. Sue never expected that her future would include extensive traveling and moving from state to state as a military wife!! Her husband was an Air Force pilot and they raised two daughters and two sons. The longest they lived in the same state was five years in Massachusetts. The Vietnamese war was still raging and Sue spent many long, lonely nights alone during the 500 days when her husband served overseas. After his tour of duty was completed, they moved 13 more times! It was not easy when the children were old enough to complain about not wanting to move because they would miss their friends. Sue would chide that she would miss her friends too, but they would continue to make new ones.

Their most challenging move was to Guam in April 1976. Guam was a beautiful US territory with gorgeous plumeria bushes, banana trees, and old and majestic palm trees. Anderson Air Force base was situated at one end of the island and a Naval Station was at the other end. Their house on the base was being prepared for them to move into in mid-May. Meanwhile, they had temporary housing in Agana, the capital city. A short time after they were partially settled in, there was a typhoon warning that proved to be the worst ever! Super Typhoon Pamela was bearing down on them and all planes had to be evacuated to Okinawa. Sue’s husband was a B52 bomber pilot who was ordered to evacuate the aircraft. Sue and her kids were on their own again!! The very sound of the typhoon tearing through the house with a vengeance had them all in tears. They survived, but the devastation to Guam was massive. No electricity or water for six weeks, no TV for six months! One to two feet of water throughout their house and all windows were broken! Everything was a mess. The cleanup was extensive. 3,300 houses were destroyed, 33.7 inches of rain fell. Sue could write a book on the destruction and suffering. The beautiful island of Guam post Typhoon Pamela was left devoid of all plumeria blossoms and most of the palm trees. Its beauty had been swept away. If they learned anything as a family about what transpired, it was how strong they had become! Before the tour of duty in Guam was over, her family was able to visit Seoul, Korea, Manila, Philippines and Okinawa, Japan. Other than the typhoon, living in Guam was a great experience.

As a military wife, Sue learned that volunteering was a great way to share her talents. She loved being a Red Cross volunteer and meeting new people. Her kids grew up to be unselfish, sociable adults and all have impeccable work ethics. Sue cherishes the friends she has made at the Senior Center and continues to enjoy making new friends!! She teaches Beginning Line Dance at Dulles South—come out and join her class on Friday mornings at 10:00 where she welcomes new and returning students every week.
Saturday’s Schedule in September (Hours: 8:00 a.m. to 12:00 p.m.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Specialty Event</th>
<th>Specialty Event</th>
<th>Special Event</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 3rd</td>
<td>Special Event</td>
<td>Special Event</td>
<td>Specialty Event</td>
<td>*No Pickleball on this day</td>
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<tr>
<td></td>
<td><strong>CLOSED</strong> Saturday, September 3rd for the Labor Day Weekend.</td>
<td><strong>Specialty Event</strong></td>
<td><strong>Special Event</strong></td>
<td>*No Bingo on this day</td>
</tr>
<tr>
<td>Sept. 10th</td>
<td>Pickleball</td>
<td>Movie Day</td>
<td>Advisory Yard Sale</td>
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<td></td>
<td>9:00-11:00 a.m.</td>
<td>10:00 a.m.</td>
<td>8 a.m. to 12 p.m.</td>
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<tr>
<td>Sept. 17th</td>
<td>Specialty Event</td>
<td>Notes</td>
<td><em>Every Saturday</em></td>
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<td></td>
<td>Advisory Yard Sale</td>
<td>*No Pickleball on this day</td>
<td><em>Rooms are open every Saturday</em></td>
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<tr>
<td></td>
<td>8 a.m. to 12 p.m.</td>
<td>*No Bingo on this day</td>
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<tr>
<td>Sept. 24th</td>
<td>Pickleball</td>
<td>Movie Day</td>
<td>Bible Study</td>
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<td></td>
<td>9:00-11:00 a.m.</td>
<td>10:00 a.m.</td>
<td>9:30 a.m. to 10:30 a.m.</td>
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Saturday Movies:
- Sept. 10th — *Clue*
- Sept. 24th — *You’ve Got Mail*

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*