Happenings @ Dulles South Senior Center Newsletter
October 2022

Dulles South Senior Center
24950 Riding Center Drive
South Riding, VA 20152
571-258-3883

https://www.loudoun.gov/seniors-dulles

Part of the Area Agency on Aging, a Division of PRCS

Manager: Patricia Mock
Assistant Manager: Sarah Yates
Café Supervisor: Zhengfei Wan
Recreation Programmer: Jay LaCapra
Customer Service Assistant: Juanita Johnson
Vehicle Operators: Deborah Detwiler David Brenner

Center Hours:
Monday through Friday 9:00 a.m. to 5:00 p.m.
Saturday 8:00 a.m. to 12:00 p.m.

Available for Rentals
Call (571) 258-3883 for information

Staff Training Day—Tuesday, Nov. 1st

On Tuesday, November 1st, there will be a Parks, Recreation and Community Services departmental staff training held offsite. Dulles South Senior Center will be run by facility supervisor staff.

Hours of operation are as usual: 9:00 a.m. to 5:00 p.m.

Changes to daily operations on Tuesday, November 1st include:

• There is NO BUS TRANSPORTATION on November 1st
• No financial transactions can be done this day (Memberships, bus tickets, etc.)

LUNCH: If you want lunch, you must order Tuesday’s lunch (Pizza & Salad) by Monday, October 31st by 1:00 p.m.

• Sign up for Tuesday’s lunch at the front desk, pay your lunch donation, and get a receipt. Suggested lunch donation is at least $2.00, $4 required for under 60 years old. Bring your receipt for lunch on Tuesday.

*NO WAIT LIST WILL BE SERVED

Halloween & Fall Festival Bash!
Monday, October 31st from 10:00 to 11:30 a.m.

Cost: $5.00 or donate a bag of fun-size candy and get $1 off admission price

Play Halloween style carnival games to win prizes, enjoy theme music, wear a costume to compete for prizes during a costume parade, and enjoy a “spooky” dance performance at the end of the program. Also, we’ll have fall festive treats such as apple cider, apple cider & pumpkin donuts, and popcorn.

Sign up at the Front Desk. Wristbands for the event will be passed out to all paid participants the morning of the event.

RecTrac#: 129619-01  Non-members aged 55+: $8.00 RecTrac#: 129619-02

Other Special Programs for this upcoming Fall

• AARP Driver’s Course on Friday, October 7th—details on page 2
• Fall Prevention Talk on Tuesday, October 11th—details on page 2
• Bivalent Covid Booster Clinic on Wednesday, October 12th—details on page 7
• Saturday Bingo w/ Judy on Saturday, October 15th—details on page 2
• Diwali Celebration on Tuesday, October 18th—details on page 2
• Lunch Bunch to Glory Day’s (Stone Ridge) on Friday, Oct. 28th—details on page 3
• Halloween Bingo on Saturday, October 29th—details on page 2
• Trip to Cox Farms on Thursday, November 3rd—details on page 3

CLOSED Monday, October 10th for Indigenous People’s Day
**AARP Smart Driver’s Course**  
Friday, Oct. 7th from 9:00 a.m.-5:00 p.m.  
*Register with Sarah Yates*

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. Bring lunch or sign up for lunch at the center. If you are new to eating lunch at the center, please check in with Kitchen Supervisor, Zhengfei Wan about signing up for lunch.

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**Schedule Updates and Cancellations this month**

- **No** Yoga w/ Jaya in October, **Zoom** Yoga class will return **Tuesday, November 1st**
- **No** Beginner Hula in October. Class will return **Thursday, November 3rd**
- **No** Tai Chi Tuesdays, October 4th and 11th. Class will return **October 18th**
- **Teen Tech Help** will be held this month – **Check page 6 for details**
- **Dance Fitness w/ Judy** will be on video on 10/3 and 10/5
- **No** Yoga on Friday, October 7th
- **English w/ Naseema** returns on Monday, 10/17—details on page 6
- **No** Yoga or English w/Jim on **Tuesday, October 18th**
- **English w/ Jim will be Wednesday, October 19th @ 10:00 a.m.**
- **No** Yoga or Dance Fitness on 10/31 (Halloween)

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**Dulles South Indian Community Celebrates Diwali**

**Tuesday, October 18th from 10:00 to 11:30 a.m.**

- **Tickets:** For sale by the Indian Community

The Dulles South Senior Center Indian Community invites Dulles South members to a celebration of Diwali, the festival of lights. For those who celebrate it, Diwali is the biggest and most important holiday of the year. Enjoy a cultural program of songs, dances, snacks and more!

Questions about this event, please contact the committee leaders: Jagdish Joshi, Bharat Bhusan, Madhu Khare or Veena Gupta.

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**Fall Prevention Presentation**  
Tuesday, October 11th @ 1:00 p.m.

Join Dr. George Ibrahim for Fall Prevention: A Spine Surgeon’s guide on how to stay healthy talk.

**Brief Bio on the Doctor:** Dr. Ibrahim specializes in orthopedic surgery of the spine. By using the most up-to-date technology in spine including spinal navigation and robotics, he is able to target those areas more efficiently and safely

**Education and Training:** Georgetown University School of Medicine and Fellowship with Spine Surgery at Brown University

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**Saturday Bingo w/ Judy**  
Saturday, October 15th @ 10:30 a.m.

Join Judy and the young volunteers for Saturday Bingo. Buy 2 cards, get ONE card FREE special, enacted! Feel free to bring guests.  

$3 drop-in fee for non-members

*Note: No pickleball on this day

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**Halloween Bingo w/ Jay.**  
Saturday, October 29th @ 10:30 a.m.

We will have the usual cash prizes plus CANDY. Buy 2 cards, get ONE card FREE special, enacted! Come dressed in your favorite costume! Feel free to bring guests. $3 drop-in fee for non-members.

*Note: Pickleball will be from 9:00 to 10:15 a.m. on this day
**Dulles Landing Shopping**

**Monday, Oct. 3rd & Oct. 24th @ 10:15 a.m.**

Sign up at the Front Desk for Dulles Landing.

Space is limited so sign up by Friday before each shopping date.

Shoppes include: Walmart, Ross, HomeGoods, Subway, Dick’s Sporting Goods, Five Below.

RecTrac#: 129603

**Shopping at Aldi**

**Monday, October 17th @ 10:15 a.m.**

Sign up at the Front Desk.

Don’t forget to bring your shopping bags!

Hop on the bus and shop at the Aldi’s in Dulles!

*Note: 25 cents to use the shopping cart*

RecTrac#: 129615

**Gum Spring Library Book Club**

**Thursday, October 6th @ 10:30 a.m.**

Location: Conference Room

The group will discuss the book: *The Dutch House* by Ann Patchett

**Dave’s Book Club**

**Wednesday, October 19th @ 10:30 a.m.**

Dave’s Book Club is reading *Tom Brown’s School Days* by Thomas Hughes

Location: Ceramics Room

**Trip to Cox Farm, Fall Festival**

**Thursday, November 3rd @ 10:30 a.m.**

Coming in November, the trip to Cox Farm returns! The Cox Farm Fall Festival is a fun excursion where people can enjoy exhibitions, walk the Imaginature trail, learn to milk cows, take hayrides, and more! Also, there will be pumpkins, donuts, apple cider & other treats available for purchase.

Price: $13

Sign up at the Front Desk. RecTrac#:129609

The bus will leave at 10:30 a.m. and will leave Cox Farm at 1:00 p.m. to return to the center.

*Note: Purchase lunch there or feel free to pack your lunch and eat at the picnic tables.*

**Lunch Bunch-Glory Days**

**Friday, October 28th @ 11:00 a.m.**

We’ll be going to Glory Day’s in Stone Ridge this month. Glory Days is a casual, full service, sports-themed American grill, offering a variety of high quality, freshly prepared menu items including zesty BBQ ribs, juicy steaks, grilled chicken, delicious pasta, fresh grilled seafood and generous portions of crisp garden salads.

*Vegetarian and vegan options are available!*

**Deadline** to sign up is **Wednesday, September 26th**.

RecTrac#: 129601

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 $2.

**Volunteers Wanted!**

Dulles South is currently recruiting for the following Volunteer Positions. See a staff member for more information or if you would like to become a volunteer.

**Tour Guides**—Volunteers to give guided tours of the facility to prospective members. Secondary language skills also needed for tours & translation. (Chinese, Korean, Spanish, Hindi, Farsi, Vietnamese, and more). Volunteers provides tours as needed.

**Front Desk Volunteer**—volunteers to assist with answering the phone, checking members in, providing information to prospective members and assisting the staff as needed with administrative tasks.
Tuesday Movies

**Sweet Home Alabama**
October 18th @ 1:00 p.m.
Melanie abandons her Alabama roots and high school-sweetheart husband in favor of Manhattan's glamorous social circles, where she attracts a handsome Park Avenue boyfriend. But when she visits home, she begins to question her decision.

**October Sky**
October 8th @ 10:00 a.m.
As the Soviet satellite Sputnik streaks across the heavens in October 1957, it’s a source of inspiration for 17-year-old Homer Hickam. Drafting a few friends to help, Homer crafts a rocket to compete for a science fair scholarship.

**Spare Parts**
October 1st @ 10:00 a.m.
As part of the Hispanic Heritage Month, four Mexican high school students form a robotics club. With no experience, 800 bucks, used car parts and a dream, this rag tag team goes up against the country's reigning robotics champion, MIT.

**Young Frankenstein**
October 25th @ 1:00 p.m.
In honor of Halloween, we will show this classic movie. An American grandson of the infamous scientist, struggling to prove that his grandfather was not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body.

Saturday Movies

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**Murder on the Orient Express**
October 22nd @ 10:00 a.m.
When a murder occurs on the train on which he's travelling, celebrated detective Hercule Poirot is recruited to solve the case.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>3. 9:00 Billiards/Pool</td>
<td>4. 9:00 Blood Pressure Checks</td>
<td>5. 9:00 Billiards/Pool</td>
<td>6. 9:00 Billiards/Pool</td>
<td>7. 9:00-5:00 AARP Driver’s Course^</td>
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<td>9:00 Games Galore</td>
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<td>10:00 Bible Study</td>
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<td>10:00 Party Bridge</td>
<td>10:00 English w/Jim^</td>
<td>10:30 COVID-19 Booster Shot Clinic^</td>
<td>10:00 English w/Jim^</td>
<td>10:00 Beginner Line Dance</td>
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<td>10:15 D.L. Shopping^</td>
<td>10:00 Bible Study</td>
<td>10:30 Creative Writing</td>
<td>10:30 Mediation</td>
<td>10:30 Yoga</td>
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<tr>
<td>11:00 Dance Fitness-*</td>
<td>10:00 English w/Jim^</td>
<td>10:30 Senior Services</td>
<td>11:00 Knit &amp; Crochet</td>
<td>10:00 Yoga</td>
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<td>12:00 Lunch-RR</td>
<td>10:00 Bible Study</td>
<td>10:30 Yoga</td>
<td>11:45-12:45 Table Tennis</td>
<td>11:00 Fitness &amp; Conditioning</td>
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<td>12:30 Table Tennis</td>
<td>10:00 Bible Study</td>
<td>10:30 Yoga</td>
<td>12:00 Lunch -RR</td>
<td>11:00 Morning Jam Session</td>
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<td>1:15 Yoga</td>
<td>10:30 Yoga</td>
<td>12:00 Games Galore</td>
<td>12:00 Games Galore</td>
<td>12:00 Lunch -RR</td>
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<td>9:00 Advisory Board</td>
<td>12:30 Yoga</td>
<td>12:30 Table Tennis</td>
<td>1:00 Intermediate Line Dance</td>
<td>2:30 Table Tennis</td>
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<tr>
<td><strong>Sign up at the Front Desk</strong></td>
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<td>1:00 Bingo Day w/J&amp;F</td>
<td>1:00 Ukulele Club</td>
<td><strong>^Sign up with Sarah</strong></td>
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<tr>
<td>*No Tai Chi</td>
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<td>*Dance Fitness will be on video</td>
<td>1:15 Volleyball</td>
<td>*No Yoga on this day</td>
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<tr>
<td><strong>Dulles South Senior Center will be CLOSED</strong></td>
<td><strong>Monday, October 10th in honor of Indigenous People’s Day</strong></td>
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<td><strong>CASINO DAY TRIP</strong></td>
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<td>11. 9:00 Billiards/Pool</td>
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<td>10:00 Tai Chi w/ Susan</td>
<td>10:00 English w/Jim^</td>
<td>10:30 Creative Writing</td>
<td>11:00 Knit &amp; Crochet</td>
<td>10:30 Yoga</td>
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<td>11:00 Knit &amp; Crochet w/Uta</td>
<td>10:00 Bible Study</td>
<td>10:30 Yoga</td>
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<td><strong>Black History Committee Meeting</strong></td>
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<td>12:00 Lunch-RR</td>
<td>10:30 Yoga</td>
<td>11:00 Dance Fitness</td>
<td>11:00 Polynesian Dance</td>
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<td>1:00 Doc Talks: Falls Prevention Talk</td>
<td>1:00 Bingo Day w/J&amp;F</td>
<td>1:00 Bingo Day</td>
<td>1:15 Volleyball</td>
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<td>*No Tai Chi</td>
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<td>2:00 Beginning Ukulele</td>
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<td><strong>Sign up at the front desk</strong></td>
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<td>17. 9:00 Billiards/Pool</td>
<td>18. 9:00 Billiards/Pool</td>
<td>19. 9:00 Senior Services</td>
<td>20. 9:00 Billiards/Pool</td>
<td>21. 9:00 Billiards/Pool</td>
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<td>1:00 Movie Day: Sweet Home Alabama</td>
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<td>1:00 Intermediate Line Dance</td>
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<tr>
<td><strong>Casino Day Trip</strong></td>
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<td>2:00 Beginning Ukulele</td>
<td>1:15 Volleyball</td>
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<tr>
<td><strong>Sign up with Sarah</strong></td>
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<td>2:00 Beginning Ukulele</td>
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### OCTOBER 2022 PROGRAM SCHEDULE

<table>
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<tr>
<th>MONDAY</th>
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<td>24. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Tech Help 10:00 Bible Study 10:00 Party Bridge 10:15 D.L. Shopping 10:30 Yoga 11:00 Dance Fitness 12:00 Lunch 12:30 Table Tennis 1:00 English w/ Naseema 1:15 Volleyball</td>
<td>25. 9:00 Billiards/Pool 9:00 Computer Lab 10:00 English w/ Jim ^ ^ 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: Young Frankenstein</td>
<td>26. 9:00 Billiards/Pool 9:00 Games Galore 9:00 Computer Lab 10:00 Hearing Screening 10:00 Bible Study 10:00 Yoga 11:00 Dance Fitness 12:00 Lunch-RR 12:30 Table Tennis 1:00 Bingo Day</td>
<td>27. 9:00 Billiards/Pool 9:00 Computer Lab 10:00 Bible Study 10:00 English with Jim ^ ^ 10:30 Polynesian Dance 10:30 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>28. 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 Lunch Bunch 11:00 Fitness &amp; Conditioning 11:00 Morning Jam Session 12:00 Lunch -RR 2:30 Table Tennis</td>
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</tbody>
</table>

### 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
- **=Classes on video

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### Wednesday BINGO in October
**Wednesday, October 5th @ 1:00 p.m.**  
**Wednesday, October 12th @ 1:00 p.m.**  
**Wednesday, October 26th @ 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, October 17th  
**Time:** Drop in anytime between 10:00 a.m. to 3:00 p.m.  
**Come on in for all or part of the scrapbooking workshop!**

*Note: You can start early with building a nice Fall or Holiday themed photo project!*

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### English w/ Naseema Returns
**Mondays beginning Oct. 17th @ 1:00 p.m.**

*10 week Session*  
Cost: $10.00

This class is for intermediate English Students.

**Beginners:** Stay tuned for new Beginning English class coming soon

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### Teen Tech Help
Need help with your smartphone, tablet, computer or other tech issues? Come on in during the following dates in October:
- Wed. 10/5 @ 10 a.m.
- Mon. 10/24 @ 10 a.m.
- Mon. 10/31 @ 10 a.m.
- All Saturdays except 10/1

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### Party Bridge
**Mondays**  
10 a.m.-12 p.m.

Party Bridge is back. Come on in and play. All skill levels are welcomed!

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### Creative Writing
**Every Wednesday this month except October 19th**  
@ 10:30 a.m. in person

Use the writing prompts to jump start your writing session and then share your work with the group.
Member’s Spotlight—Tuca and Emilio

Emilio and Tuca Mendoza were both born in Oruro, Bolivia. Emilio’s profession was in business administration and he has worked in a hospital as a hospital administrator. Tuca worked as an auxiliary nurse. She was also a church volunteer involved with many activities dedicated to helping low-income families. They have been married for 53 years. They have two children, the eldest is an electronic engineer and the youngest is a business manager. Both children left Bolivia and emigrated to the United States in 2000, 22 years ago. After 8 years of living without their children nearby, Emilio and Tuca took on the challenge of coming to the United States, even though they didn’t know or speak English. They have been living in the states for 14 years and have learned to love this country very much. They enjoy coming to the senior center where they participate in various recreational activities. Tuca is a volunteer at the center and you will mostly find her working in the kitchen. Her joyous personality brings laughter and delight to everyone around her. By coming to center every day, Emilio and Tuca are learning a little more English. They have four grandchildren who are the joy of their lives.

Bivalent COVID Booster Clinic

Wednesday, October 12th @ 9:30 a.m.
- You must have received at least the first two COVID shots
- This shot serves as a booster and can be the first, second, third booster
- Must be at least 2 months since your last previous COVID vaccination
- Pfizer is the only Bivalent COVID Booster that will be available on Oct 12th
Sign up at the Front Desk. RecTrac#: 129622-01

Meal requests for Lunch
Call: (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.

Hearing Screenings w/ Joan Elrich

Wednesday, October 26th from 10:00-2:00 p.m.
Sign up at the front desk for a hearing screening appointment.

Senior Services w/Lori Stahl
Wed., October 5th @ 10:30 a.m.
&
Wed., October 19th @ 9:00 a.m.
Sign up at the Front Desk for an appointment. Lori is able to assist with any problems or issues you may be dealing with.

Black History Month Planning Committee
The Black History Committee will begin meeting over the next few months to plan programs to celebrate Black History Month in February 2023. First meeting is Friday, October 14th @ 10:30 am. Join us if you are interested in serving on this committee or have ideas about programs.

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 blue Bus Transportation book in the lobby!
# Dulles South Senior Center
24950 Riding Center Drive
South Riding, VA 20152

Saturday’s Schedule in October (Hours: 8:00 a.m. to 12:00 p.m.)

<table>
<thead>
<tr>
<th>Oct. 1st</th>
<th>Specialty Program</th>
<th>Specialty Program</th>
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<tbody>
<tr>
<td></td>
<td>Pickleball 9:00-11:00 a.m.</td>
<td>Movie Day 10:00 a.m. Details on page 4</td>
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<tr>
<td>Oct. 8th</td>
<td>Specialty Program</td>
<td>Specialty Program</td>
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<td></td>
<td>Pickleball 9:00-11:00 a.m.</td>
<td>Movie Day 10:00 a.m. Details on page 4</td>
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<tr>
<td>Oct. 15th</td>
<td>Specialty Event</td>
<td>Notes</td>
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<td></td>
<td>Saturday Bingo w/ Judy @ 10:30 a.m.</td>
<td><em>No</em> Pickleball on this day</td>
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<tr>
<td>Oct. 22nd</td>
<td>Specialty Program</td>
<td>Specialty Event</td>
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<td></td>
<td>Pickleball 9:00-11:00 a.m.</td>
<td>Movie Day 10:00 a.m. Details on page 4</td>
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<tr>
<td>Oct. 29th</td>
<td>Specialty Program</td>
<td>Specialty Event</td>
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<td></td>
<td>Pickleball 9:00 to 10:15 a.m. *Note: Pickleball time changes on this day</td>
<td>Halloween Bingo 10:30 a.m. Details on page 2</td>
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</tbody>
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**Saturday Movies:**
- Oct. 1st—*Spare Parts*
- Oct. 8th—*October Sky*
- Oct. 22nd—*Murder on the Orient Express*
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*

**Saturday Teen Tech Help**
- Every Saturday except 10/1
- 10:00-11:30 a.m.