

APRIL 2024



# SENIOR CENTER OF LEESBURG

*Newsletter*



## APRIL 8, 2024 SOLAR ECLIPSE DAY

SPECIAL GLASSES PROVIDED!

JOIN US AT 3:00pm. Bring your lawn chair.

## APRIL 19, 2024 EARTH DAY



10:30am HANDS-ON GARDENING CLASS and GAMES

11:30am LIVE CONCERT BY PARKVIEW WORLD VIEW BAND



# SENIOR CENTER OF LEESBURG

*Newsletter*

703-737-8039

# YOUR *Staff*

FIND US ON FACEBOOK  
[www.facebook.com/leesburgsenior](http://www.facebook.com/leesburgsenior)



*Erik Onate*  
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



*Frank Sperry*  
Vehicle Operator  
571-258-3437



*Vacant*



*Joe Howard*  
Substitute  
Vehicle Operator  
703-771-5014

**The Senior Center of Leesburg**  
102 North Street NW  
Leesburg, VA 20176  
**703-737-8039**

WEBSITE: [www.loudoun.gov/seniors-leesburg](http://www.loudoun.gov/seniors-leesburg)  
FACEBOOK: [www.facebook.com/leesburgsenior](http://www.facebook.com/leesburgsenior)

**Loudoun County Area Agency on Aging  
Parks, Recreation & Community Services**



# The Senior Center of Leesburg

## 2024-2025 Advisory Board

Katherine Andrefsky, President  
Victoria Petty, Vice President  
Kathy Silberberg, Secretary  
Chuck Downey, Treasurer  
Reba Prendergast, Asst. Treasurer  
Juan Kellar, Honorary Member  
Hal Vaughan - Director

Lynnette Smith, Director  
Lois Powers, Director  
Celeste Stewart, Director  
Elizabeth A.H. Alageband, Director  
Alice Forlini, Director  
Mick Else, Director

**Monthly Meeting on the First Thursday  
of the month at 1:00pm**

April Showers  
brings  
May Flowers



### NEWS FROM THE BOARD

Would you like to have a brand-new bench in the front of our Leesburg Senior Center? This is possible through YOUR recycled plastic donations. Here is the challenge; we need 1,000 pounds in the next 11 months, the Advisory Board believes our Seniors can step up and win us a beautiful bench. How you do it- collect accepted plastics and bring them to the Leesburg Senior Center. There are three bins in the building to deposit your plastics, we have posted flyers indicating what can be recycled and what cannot. Please bring produce bags, ice bags, Ziploc bags, case overwraps, bread bags, newspaper sleeves dry cleaning bags, bubble wrap and plastic e-commerce mailers. Do not bring plastic water bottles, meat wrap packaging, six-pack rings, shower curtains, shiny or crinkly plastics. If you have a question about what is accepted, you can visit [www.NexTrex.com/recycling](http://www.NexTrex.com/recycling) or ask any Advisory Board member.

The Advisory Board would like to thank Kathy Silberberg and Ellie Florance for collecting, weighing, and delivering the donated plastic to the participating retailers. If you would like to become more involved in the Senior Center, consider attending an Advisory Board meeting on the first Thursday of each month at 1:00PM in the Conference Room.

**GREAT NEWS:** The Annual Oktoberfest, hosted by the Advisory Board, has been scheduled for Friday, September 27th! There will be a 5-piece traditional German band, 50-50 raffle, popular German food, dancing, and great fun.

## Registered Dietitian Visiting Leesburg!



Anu Kaur, Registered Dietitian Nutritionist (RDN), will be coming to the Senior Center of Leesburg on Tuesday, April 16th for Teatime from 12:45pm to 1:45pm.

Anu will talk about the importance nutrition plays in our health. Please sign up for the tea in the lobby.

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# WEEKLY Activities

APRIL 2024

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

9:00am  
Stitch n' B

9:00am  
Table Tennis

10:15am  
Aerobics  
with Luella

10:30am  
Beg. Tai Chi Quan  
with Bill

12:30pm  
Art Studio  
with Carol

1:00pm  
4/8  
Book Club

2:00-4:45pm  
Pickleball

1:00pm  
Beginning Spanish  
with Francisco

3:00pm  
Conversational  
Spanish with  
Francisco

4:00pm  
Spanish Grammar  
with Francisco



9:00am  
Texas Hold'em

10:00am  
Mexican Train

9:45am  
Chimes  
3/12

9:15am  
S.A.I.L. Class  
Exercise  
Must be registered

10:30am  
Adult Coloring with  
Bob

10:30am  
Sit & Fit with Karen

11:15am  
Sketch Club

12:30pm  
Drawing with  
Karen  
4/9 & 4/23

12:30pm  
Shopping

1:00pm  
NEW! Party Bridge  
Begins 4/9

1:00pm  
S.A.I.L. Class  
Exercise  
Must be registered

2:00-4:45pm  
Pickleball

2:00pm  
Chair Yoga  
with Emme

9:00am  
Table Tennis

10:30am  
Fit & Fun with Kathy  
Intermediate/  
Advanced

New 10:30am  
Cardio Drumming

11:00am  
Bible Study

12:45pm  
POKENO

1:00pm  
BLUE BIRD CLUB

1:00pm  
Knitting & Crocheting

1:00pm  
Decluttering with  
Carolyn  
April 3 ,10, 17, & 24.

2:00-3:00pm  
Line Dancing  
with Minda

2:00pm  
BADMINTON

Beach Volleyball  
4/24

3:00pm  
Square Dancing Class

9:00am  
Texas Hold'em

9:15am  
S.A.I.L. Class  
Exercise  
Must be registered

9:30am  
Goose Creek Bridge  
Group

10:30am  
Table Tennis

10:00am  
A Few Good Men  
Men's Group

10:30am  
Sit & Fit with Karen

11:00am  
Diabetes Support  
Group  
3/7

1:00pm  
Ukulele Group

1:00pm  
S.A.I.L. Class  
Exercise  
Must be registered

2:00-4:45pm  
Pickleball

3:30pm  
Chair Yoga  
with Emme

9:00am  
Stitch n' B

9:15am  
S.A.I.L. Class  
Exercise  
Must be registered

10:00am  
Card Games  
Euchre, Phase 10,  
and  
Hand and Foot

10:30am  
Tai Chi Quan with  
Bill

10:30am  
Fit & Fun with  
Kathy  
Intermediate/  
Advanced  
Not on 4/19

11:30am  
Table Tennis

12:45pm Bingo  
with Billy

1:00pm  
Loudoun Bridge  
Buffs

1:00pm Guitar  
with Kurt

2:00-3:00pm  
Line Dancing  
with Minda

2:00-4:45pm  
for Beginner's  
Pickleball  
only.

OPEN  
8:00am-  
12Noon

**Saturday  
Rooms OPEN:**  
Fitness Rm.  
Exercise Rm.  
Game Rm.  
Computer Rm.  
Ceramics Rm.  
Club Rm.

8:00-11:45am  
Pickleball  
in the Dining  
Room

10:00am  
Cardio-  
Drumming

Note: Net  
must be put  
away.



NEW! PARTY BRIDGE is looking for Bridge Players .

Playing on Tuesday, April 9, 2024.

Please call to put your name on the list to play every Tuesdays at 1:00pm



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# MONTHLY *events*

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> BUS TO CARVER for SHOW AND LUNCH	<b>2</b> 12:30pm Shopping Target	<b>3</b> 10:00am-Noon Blood Pressure 1:00pm Decluttering with Carolyn	<b>4</b> 9:00am-Noon LORI STAHL ONE on ONE 11:00am Diabetes Support	<b>5</b>	<b>6</b> OPEN 8:00m-12Noon
<b>8</b> 1:00pm Book Club 3:15pm SOLAR ECLIPSE	<b>9</b> 9:45am CHIMES 9:45am-10:45am Teen Tech 12:30pm Shopping Big Lots 12:30pm Drawing with Karen	<b>10</b> 1:00pm Decluttering with Carolyn	<b>11</b> 9:00am-Noon Jane Bretzin Medicare Counseling	<b>12</b> 10:30am Lunch Bunch OLIVE GARDEN	<b>13</b> OPEN 8:00m-12Noon
<b>15</b> 10:30am Guest Speaker Mary Ellen Advocate to your medical professional	<b>16</b> 12:30pm Shopping Thrift Store 12:45pm Tea w/Anu	<b>17</b> 1:00pm Decluttering with Carolyn	<b>18</b> 9:00am LORI STAHL ONE on ONE 12:45pm GUEST SPEAKER Dr. Rishi Gogineni	<b>19</b> 10:30am EARTH DAY	<b>20</b> OPEN 8:00m-12Noon
<b>22</b>	<b>23</b> 10:30am NEW: Memory Cafe 12:30pm Shopping Wegmans 12:30pm Drawing with Karen	<b>24</b> 1:00pm Decluttering with Carolyn 2:00-4:45pm Beach Volleyball	<b>25</b>  11:30am Chuck & Dan BIRTHDAY BASH 12:45pm Guest Speaker Stacey Smith	<b>26</b> 10:00am Photo Club	<b>27</b> OPEN 8:00m-12Noon
<b>29</b>	<b>30</b> 12:30pm Shopping Dollar Tree				

BOOK  
CLUB

Reading Between  
the Spines

Monday, April 8, 2024 at 1:00pm  
Book: The Perks of being a Wallflower  
By: Stephen Chbosky

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# NEW Happenings



## Let's Talk - Guest Speaker Series - Mary Ellen - Counselor with Vitas

**April 15, 2024 @10:30am: Learn How to Advocate to your Medical Professional.**

Learn how to effectively listen and ask questions about your health.

### Meeting Monthly

May 20, 2024 @10:30am: Discussion on How to Reduce Stress.

June 17, 2024 @ 10:30am: Managing Conflict-Taking care of yourself.

July 15, 2024 @ 10:30am: Making the next Big Decision

August 19, 2024 @ 10:30am: The Mourner's Bill of Rights

September 16, 2024 @ 10:30am: Handling Special Days

October 21, 2024 @ 10:30am: I can't remember, I can't sleep.

November 18, 2024 @ 10:30am: When folks stop calling: "The Great American Drop-Off"

December 16, 2024 @ 10:30am: Something more complicated or is this to be expected



**SAVE THE DATE**

*Our Guest Speaker: Mary Ellen serves VITAS Healthcare and hospice, As a welcomed speaker, Mary Ellen educates individuals and the community on: support to care givers, end of life care and the grief experience. Mary Ellen heads up Bereavement Services throughout the Northern Virginia region.*



## BLUE BIRD CLUB

**MONITORING** the six bluebird houses  
on our grounds.

Walk and Learn about the growth of a  
bluebird. From nesting to fledging.

Begins 4/3  
**WEDNESDAYS**  
1:00pm Meet  
in the lobby.



## Guest Speaker

**Stacey Smith**

**Mobility Services Coordinator**  
**Loudoun County**

**Thursday April 25, 2024**  
**12:45pm-1:45pm**

**Topic: Mobility Services in Loudoun County**



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# MORE EVENTS

APRIL 2024



## LUNCH BUNCH OLIVE GARDEN April 12, 2024

Please bring money for your meal, drink,  
tax and tip. Reservations Required.

\$2.00/member

#227626-01

**BUS WILL LEAVE THE CENTER AT 10:30 AM**

## DIABETES SUPPORT GROUP

Monthly Meeting -  
April 4th at 11:00am



UNIQUE OPPORTUNITY TO SHARE IDEAS  
THAT WORK FOR YOU WITH OTHERS.

## New! HULA CLASS

Monday, April 15-May 20  
at 12:45pm

Minda will instruct this new class  
Learn hula steps and two dances,  
Pearly Shells and Lovely Hula Hands



## TEEN TECH

Phone & Computer HELP!

Thursday, April 9th  
9:45am-10:45am

High School Students from Loudoun  
County High will assist you with your  
computer or phone questions.

**BUS RIDE TO CARVER FOR LUNCH  
and a MAGIC SHOW**

**MONDAY, APRIL 1, 2024 at 11:00am**

**FEES: SHOW \$3, BUS \$1,  
plus LUNCH donation**



**April 22, at 12:45pm**



Guest Speaker: Dr. Rishi Gogineni

Joint - OrthoVirginia

Topic: Hip and Knee Arthritis:  
When to consider surgery



**LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES**

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact [adaptrec@loudoun.gov](mailto:adaptrec@loudoun.gov), 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.



# Spotlight

## Recycling Challenge



If we can collect more than 1,000 pounds of soft film plastics and packaging in an 11-month span, we will earn a Trex® furniture bench for the Senior Center of Leesburg. Bins are located in the hall in front of exercise room.

### What can be recycled?

Grocery Bags, Bread Bags, Bubble Wrap, Dry Cleaning Bags, Newspaper Sleeves, Ice Bags, Plastic Shipping Envelopes, Ziploc and other reclosable Bags, Cereal Bags, Case Overwrap, Salt Bags, Plastic Wrap and Stretch Film, Wood Pellet Bags, and Produce Bags

Thank you to Kathy Silberberg and Ellie Florance for organizing this project.

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

#### APRIL 2024

4/1 Bus to Carver  
4/8 Book Club/Solar Eclipse  
4/9 Teen Tech  
4/9 NEW! Party Bridge  
4/12 Lunch Bunch  
4/16 Tea with Anu  
4/18 Guest Speaker  
4/19 Earth Day  
4/23 Memory Cafe  
4/25 Birthday Bash  
4/25 Guest Speaker



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