



SENIOR CENTER OF LEESBURG

Newsletter

May 8 - SENIOR TRIPS Registration

May 9 - CLASS Registration

**May 10 - Lunch Bunch
Dutch's Daughter**



Our annual outing to Dutch's is famous for their crab cakes and crab soup served in a delightful atmosphere. Enjoy lunch out with friends. Bus Transportation fee \$3.00
Members pay the restaurant individually for their meal, drink, tax and tip.

May 17 - Pool Tournament



Using the official 8-ball rules,
Compete in a double elimination tournament
Trophies to the winners.
Members \$5.00 / Non-Members \$8.00
Starting at 9:30am

**May 13 - Mother's Day
International Fashion Show**

WE ARE THE WORLD!

Everyone is welcome here.

Share your part of the world.

Members dress in colorful
costumes from their country of
origin. Where are you from?

Register with Kammi by May 3.

Begins at 11:00am

May 24 - Memorial Day Program

VFW Post 1177 will post the colors.

Begins at 11:15am

Bring in photos of those who made the
ultimate sacrifice. Bring photos to Kammi by
May 10. Please sign up for lunch 1 day in
advance.

YOUR Staff

FIND US ON FACEBOOK
www.facebook.com/leesburgsenior



Erik Onate
Manager
703-737-8005



Cheryl Wheeler
Assistant Manager
703-771-5156



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Customer Service
703-777-0358



Leigh Ann Macklin
Café Supervisor
703-737-8040



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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
FACEBOOK: www.facebook.com/leesburgsenior

**Loudoun County
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

Hal Vaughan - Director
Lois Powers, Director
Celeste Stewart, Director
Elizabeth A.H. Alageband, Director
Alice Forlini, Director
Lynnette Smith, Director

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

Bluebird Update

Five bluebird eggs in the nest.
How many will hatch ?
Join us Wednesday at 1:00pm



Update on our plastic collection. We have collected 137 pounds.
Our goal is to reach 1,000 pounds by February 2025 to receive
a beautiful new bench for our Senior Center.



Trex Bench

THANK YOU!

The Advisory Board wishes to extend our thanks for your continued support of the Gift Shop and Snack Shop. Through your generosity we are able to contribute funds for entertainment at events and provide scholarships and supplies to our Senior Members at The Senior Center of Leesburg.

PAINTING WITH DON

One Day Painting Class

Saturday, June 8, 2024 at 10:00am
Ages 18 and up. Register #427627-01
\$25/member, \$28/non-member



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703-737-8039

WEEKLY Activities

MAY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9:00am- Noon
Stitch n' B

9:00-10:15am
Table Tennis

10:15am
Aerobics
with Luella

Note: 9:30am
on 5/13

10:30-11:30am
Beg. Tai Chi Quan
with Bill

12:30-2:00pm
Art Studio
with Carol

1:00pm
Book Club
5/13

2:00-4:45pm
Pickleball

1:00pm
Beginning Spanish
with Francisco

3:00pm
Conversational
Spanish with Francisco

4:00pm
Spanish Grammar
with Francisco

9:00-11:30am
Texas Hold'em

10:00am
Mexican Train

9:45am
Chimes
5/14

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
5/14 & 5/28

12:30pm
Shopping

1:00pm
Party Bridge

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

2:00-4:45pm
Pickleball

2:00pm
Chair Yoga
with Emme

9:00-10:15am
Table Tennis

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

10:30am
Cardio Drumming

11:00am
Bible Study

12:45pm
POKENO

1:00pm
BLUEBIRD CLUB

1:00pm
Knitting &
Crocheting

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

2:00pm
BADMINTON

5/29
Badminton &
Beach Volleyball

3:00pm
Square Dancing Class

9:00-11:30am
Texas Hold'em

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

9:30am
Goose Creek Bridge
Group

10:30am-12:45pm
Table Tennis

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

10:30am
Sit & Fit with Karen

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-Noon
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
No Class on
5/24

11:30am-1:30pm
Table Tennis

12:45pm Bingo
with Hal

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.



4th Thursday Drum Circle - HAND DRUMMING
May 23 and June 20
at 10:30-11:30am



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MONTHLY *events*

MAY 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|
| | | 1 10:00am-Noon Blood Pressure | 2 9:00am-Noon LORI STAHL ONE on ONE 11:00am Diabetes Support | 3 | 4 OPEN 8:00am- 12Noon |
| 6 | 7 12:30pm Shopping Target | 8 9:00am Senior Trips Registration Doors open at 8:30am | 9 9:00am-Noon Jane Bretzin Medicare Counseling 12:45pm Guest Speaker Amanda Baulig | 10 10:30am Lunch Bunch Dutch's Daughter | 11 OPEN 8:00am- 12Noon |
| 13 11:00am Mother's Day Fashion Show 1:00pm Book Club | 14 9:45am CHIMES 12:30pm Drawing with Karen 12:30pm Shopping: 5 Below | 15 | 16 9:00am LORI STAHL ONE on ONE 12:45pm GUEST SPEAKER Brandon Lee | 17 9:30am 8- Ball Pool Tournament | 18 OPEN 8:00am- 12Noon |
| 20 10:30am Guest Speaker Mary Ellen How to reduce stress | 21 12:30pm Shopping Wegmans | 22 9:45-10:45am Teen Tech 10:00am Walking Tour with Martin | 23 10:30am DRUM CIRCLE 11:30am Chuck & Dan BIRTHDAY BASH | 24 10:00am Photo Club 11:30am Memorial Day Program | 25 OPEN 8:00am- 12Noon |
| 27 Closed  | 28 10:30am NEW: Memory Cafe 12:30pm Shopping Dollar Tree 12:30pm Drawing with Karen | 29 2:00-4:45pm Beach Volleyball | 30 10:15am Harris Teeter Shopping/needed Vaccines/Lunch | 31 | |

BOOK
CLUB

Reading Between
the Spines

Monday, May 13 at 1:00pm
Book: The Ferryman
by Justin Cronin



SENIOR CENTER OF
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NEW Happenings



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



May 20 @10:30am: How to Reduce Stress.

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

Meeting Monthly

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

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.

Call in on your phone.

Dial: 571-317-3122

Enter access code: 303-279-485

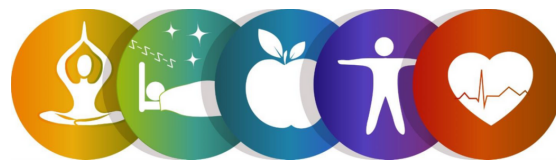


BLUEBIRD CLUB

MONITORING the six bluebird houses
on our grounds.

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

WEDNESDAYS
1:00pm Meet
in the lobby.



May 9 at 12:45pm

Guest Speaker: Amanad Baulig

Habitat for Humanity

Topic: Home Repairs and
Accessibility Repairs

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MORE EVENTS

May 2024

Spring Walking Tour of Leesburg with Martin

May 22, 10:00am-12:00pm

Register [#327631-01](#)

Tour will leave the center at 10:00am

Please sign up now! Spaces are limited.

Extensive walking, please wear comfortable shoes.

DIABETES SUPPORT GROUP

Monthly Meeting -
May 2 at 11:00am



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

New! HULA CLASS

Monday's, May 6-20
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, May 22

9:45-10:45am

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

Memory Cafe with Phoebe from Rust Library



Join us for an epic time playing games,
reminiscing, laughing, and socializing.

Win Prizes!

May 28 at 10:30am

Please sign up in the lobby.



May 16 at 12:45pm

Guest Speaker: Brandon Lee

Mobility Works

Topic: Safe Home Accessibility

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, 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 Golden Ukesters



Special thank you to the Golden Ukesters who perform at The Senior Center of Leesburg, Madison House and care facilities in Loudoun County. Listen to a toe-tapping celebration of the King of Rock 'n' Roll as The Golden Ukesters strum through Elvis Presley's greatest hits, infused with the melodic charm of the ukulele at the Rust Library on Saturday, May 11 from 2:00 - 3:30 p.m.

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

May 2024

5/1 Blood Pressure
5/8 Senior Trips Registration
5/10 Lunch Bunch
5/13 Mother's Day Fashion Show
5/14 Chimes
5/16 Guest Speaker
5/17 8-Ball Pool Tournament
5/20 Guest Speaker
5/22 Teen Tech & Walking Tour
5/23 Birthday Bash & Drum Circle
5/24 Memorial Day Program
5/28 Memory Cafe



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