

## Dulles South Senior Center

Weekly E-Newsletter August 13th

**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



**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:**  
Open from 9:00 a.m. to  
5:00 p.m.  
Monday through Friday



Thank you to **Memento Mori** for the musical performance this past Monday! You all did great! The seniors enjoyed your performance. Best of luck to you all in the new school year!



### Hawaiian Luau Party

Well, it's been a busy week at Dulles South Senior Center between our Luau party on Thursday and the Indian Independence Day program on Friday. We'll share more photos in next week's E-newsletter.

We want to say thank you to our wonderful dancers, the Aloha Ladies who put on a great show at the Luau.

### Indian Independence Day Celebration

And thank you to our Indian Community for sharing songs, dance and speeches for their celebration.



**As a friendly reminder, face masks required at Dulles South Senior Center until further notice regardless of vaccination status.**

**Face Masks Required Inside Loudoun County Facilities - Effective 8/9/21**

**Face Masks:**



- Required for employees and public in county facilities, regardless of vaccination status
- Recommended: In all public indoor settings

## **August Monthly Birthday Party**

**Wednesday, August 18th @ 12 PM**

Join us on **Wednesday, August 18th** at lunch time to enjoy cake and celebrate August birthdays. Come out and enjoy cake and celebrate August birthdays with friends.

For the birthday cake, we say Thank You to **Dulles South Senior Advisory Board** and also **Dhiru Patel** (who donated towards the cake in honor of his wife's birthday).



## **Library Outreach**

**Thursday, August 19th @ 11:30 a.m.**

Location: **Lobby Area**



Library Outreach returns on Thursday, August 19th at 11:30 a.m. For those who enjoy Library Outreach, remember, they come on the 3rd Thursday of each month (i.e. next month, it will be **September 16th**) to the Senior Center.

Come on out and check out some books for summer reading or make requests for the latest release or large print books, all without leaving the senior center!



## Senior Services with Lori Stahl

Wednesday, August 18th from 9-12 PM

Senior Services with Lori Stahl is a service that helps people 55+ and their family members to find resources and answers to questions around needs and well-being as we age. If you're interested in seeking help from Lori Stahl, please sign up at the front desk.



## Schedule Updates

**Intermediate Line Dance** on **Tuesdays** at 11:00 continues under the leadership of **Jen Wang** and **Allen Bunch**.

**No English with Sagrario** until further notice.

**Beginning Ukulele** officially begins on Thursday, August 19th @ 1:00 p.m.



## Doc Talks: Shoulder Arthritis and Rotator Cuff

Date: **Tuesday, August 31st @ 1 p.m.**



For those inquiring about information about Doc Talks in August, we have a guest speaker for our Doc Talks ! On **Tuesday, August 31st @ 1 p.m.**, Dr. Ryan Miyamoto, will talk about **rotator cuff and shoulder arthritis**. Mark your calendars! You don't want to miss.

## Tech Help at the Senior Center this week

Need assistance with your computers or phones? Dulles South Tech Volunteers are here to help.

Samaarth: **Mondays & Fridays**

Chris Taylor and Young Men's Service League Teens: **Tuesdays & Thursdays**

Young Men's Service League Teens: **Wednesday**

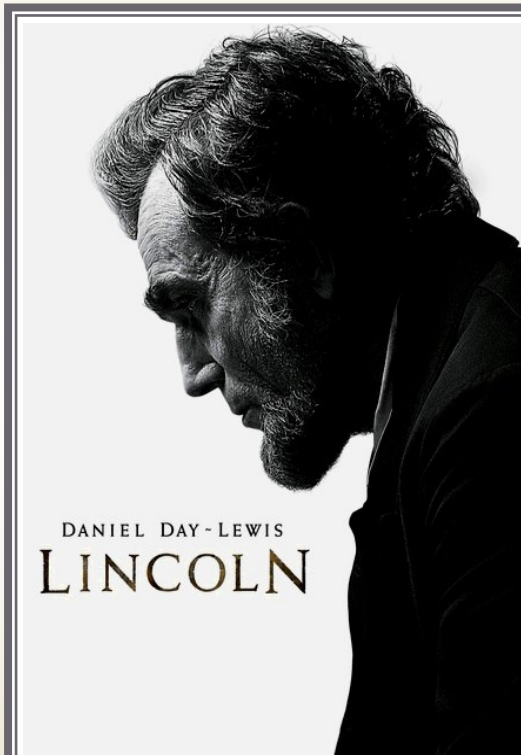
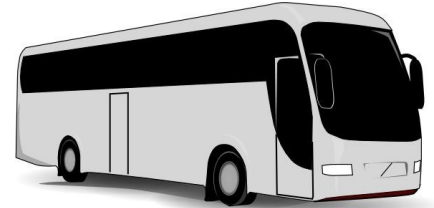




# Attention **Bus Riders** – Movie Day

We are no longer able to provide transportation home after the movie beginning Tuesday, August 17<sup>th</sup>. If you plan to stay after 2:00 PM to watch the entire movie, you will need to make other transportation arrangements.

Please see Trish or Jay if you have any questions.



## MOVIE DAY

**Tuesday, August 17th @ 1:00 p.m.**

Movie: **Lincoln**

**Description:** Director **Steven Spielberg** takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln's cabinet regarding the war and abolition.

## DSSC **Zoom/Online** Program Schedule

Monday 8/16



**Art Drawing w/  
Krisha**  
4:20 p.m

Tuesday 8/17

**Yoga with Jaya**

9:30 a.m.



Wednesday 8/18

**Creative Writing w/  
Trish**

3:30 p.m.



Thursday 8/19

**Yoga with Jaya**

9:30 a.m.





# DSSC On Site Program Schedule

Monday 8/16

**Bible Study**  
10:00 a.m.

**Yoga w/Marilyn**  
10:30 a.m.

**Tech Help w/  
Samaarth**  
11:00-1 p.m.

**Dance (DVD)**  
11:15 a.m.

**Lunch**  
12:00 p.m.

**Table Tennis**  
12:30 -4:30 p.m.

**Pickleball**  
2:30 p.m.

Tuesday 8/17

**Tai Chi**  
10:00 a.m.

**Bible Study**  
10:00 a.m.

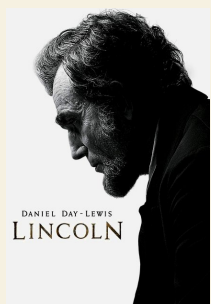
**Conversational  
English**  
10:00 a.m.

**Yoga w/  
Sudarshana**  
10:30 a.m.

**Knit & Crochet**  
11:00 a.m.

**Lunch**  
12:00 p.m.

**Table Tennis**  
12:30-4:30 p.m.



**Movie Day**  
**Lincoln**  
1:00 p.m.

\***Bus Riders**, who  
want to stay for  
**Movie Day** must  
find their own  
transportation.

Wed. 8/18



**Senior Services**  
**w/ Lori**  
9 a.m. -12 PM

**Bible Study**  
10:00 a.m.

**Yoga w/  
Sudarshana**  
10:30 a.m.

**Classic Book  
Club**  
Returns 8/25

**Dance Fitness**  
11:00 a.m.

**Tech Help w/  
Baldev**  
11:30 a.m.

**Lunch**  
12:00 p.m.



**August**  
**Birthday Party**  
12:30 p.m.

**Table Tennis**  
12:30-4:30 p.m.

Thursday 8/19

**Bible Study**  
10:00 a.m.

**Conversational  
English**  
10:00 a.m.

**Polynesian Dance**  
10:30 a.m.

**Knit & Crochet**  
**w/ Uta**  
11:00 a.m.

**Library Outreach**  
11:30 a.m.

**Lunch**  
12:00 p.m.

**Table Tennis**  
12:30 -4:30 p.m.

Friday 8/20

**Beginning Line  
Dance**  
10:00 a.m.

**Tech Help w/  
Samaarth**  
10:00-12:00 p.m.

**Yoga w/  
Sudarshana**  
10:30 a.m.

**Lunch**  
12:00 p.m.

**Jay's Fitness  
Class**  
1:00 p.m.

**Table Tennis**  
2:30-4:30 p.m.

# NEXT WEEK'S LUNCH MENU

Mon. 08/16	Tues. 08/17	Wed. 08/18	Thurs. 08/19	Fri. 08/20
<b>Chili</b> Rice Tossed Salad Fruit Cornbread Milk  <b>*Vegetarian meal option available</b>	<b>Fish Sandwich</b> Baked Potato Coleslaw Fruit Roll & Milk  <b>*Vegetarian meal option available</b>	<b>Spaghetti &amp; Meat Sauce</b> Garden Salad Fruit Roll & Milk  <b>*Vegetarian meal option available</b>	<b>Italian Sausage</b> Braised Cabbage Parslied Potatoes Fruit Roll & Milk  <b>*Vegetarian meal option available</b>	<b>Chicken Salad on Bun</b> Tortilla Chip Pasta Salad Fruit Roll & Milk  <b>*Vegetarian meal option available</b>
  	 	 	 	  

**Meal Service begins at 12:00 noon daily.**

**\*Please be on time.\***

To view **August's Lunch Menu**, click here:

<https://www.loudoun.gov/ArchiveCenter/ViewFile/Item/11202>

As always, you must call ahead to reserve your lunch:

**call (703) 771-5874 at least 24 hours in advance.**

## On this Day in History...

August 14, 1935-Franklin D. Roosevelt signs the Social Security Act, creating a government pension system for the retired.



August 15th, 1939-*The Wizard of Oz* premieres at Grauman's Chinese Theater in Los Angeles, California.

August 16th, 1930-The first color sound cartoon, *Fiddlesticks*, is released by Ub Iwerks.



August 17th, 1945-The novella *Animal Farm* by George Orwell is first published.

August 18th, 1938-The Thousand Islands Bridge, connecting New York, United States with Ontario, Canada over the Saint Lawrence River, is dedicated by U.S. President Franklin D. Roosevelt.



August 19th, 1934-The first All-American Soap Box Derby is held in Dayton, Ohio.

August 20th, 1975-Viking program: NASA launches the *Viking 1* planetary probe towards Mars.



# **AUGUST BIRTHDAY LIST**



**August 13:** Susan Day

**August 14:** Jennifer Lau and Pramila Agarwal

**August 15:** Sarang Suninda, David Lim, and Bridget Apetorgbor

**August 17:** Robert Trinh

**August 18:** Samuel Nageli

**August 19:** Kyong Ho Pak and Dale Cross

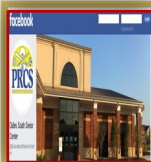
**\*Happy Birthday to everyone who's celebrating a birthday this week!\***

## **New in September!!**

**Beginning Saturday, September 11**

Dulles South Senior Center will be **open from 8:00 a.m. to 12:00 p.m. on Saturdays** for **scheduled activities**. Stay tuned for the schedule in future newsletters.

***There will be no lunch or transportation available on Saturdays.***

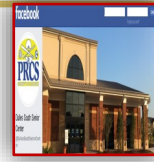


## **DSSC Facebook Page**

The Senior Center's Facebook page is a great way to keep up with updates, latest e-newsletters, special programs, specialty events, lunch menu, and many more important news.

Click the Link to the Senior page:

<http://www.facebook.com/DullesSouthSeniorCenter>



## **Online Pre-recorded DSSC Dancing and Yoga classes**

Our pre-recorded dancing and yoga classes can be found here below:

- [Judy's Dance Fitness Class](#)
- [Sue's Line Dancing Class](#)
- [Sudarshana's Yoga Class](#)
- [Rani's Yoga class](#)
- [Judy's Dance Fitness Class \(2nd Recording\)](#)

**<<— — — Click the links to view the videos**

