

The Leisure World® Connector

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February 2010

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SPOTLIGHT ON CATHY WILLIAMS

The first in a series
of articles highlighting the staff
of Leisure World of Virginia.

It is an understatement to say that our Activities Office is a beehive of activity. A typical day might include staff involvement in several fitness classes, an art lecture, folks learning a new craft, residents rehearsing for a play, a tour running to Mt. Vernon including lunch, a group playing ping-pong or scrabble, the shuttle bus running to stores and medical buildings, and ending with a gala dinner dance in the Monroe Auditorium! Sometimes out in front directing the "show," but always behind the scenes is Cathy Williams, our Director of Community Activities.

Cathy is a Fairfax native and graduate of W.T. Woodson High School and George Mason University with a degree in accounting. She was working for Ringling Brothers, Barnum and Bailey, Inc., in Washington, DC, when she and her husband Marty were blessed with their first son Chris with Peter to follow five years later. After Chris was born, Cathy left "work" to become a stay-at-home mom volunteering in the schools and doing part-time accounting work for "The Greenbriar Flyer." In 2003, Cathy started at Leisure World part-time working the front desk. With personnel changes, Cathy switched to full-time and soon became assistant to the Activities Director while continuing to work the front desk. When the Director left in September 2005, Cathy noted "in a moment of temporary insanity, I threw my hat into the ring." And the rest, as they say, is history.

Cathy is responsible for all Clubhouse activities and for the tours offered residents. This can require anything from setting up for a speaker to arranging the decorations and menu, shopping, and setup and cleanup for a gala dinner. What about those holiday decorations? We can thank Cathy. Since she has been at Leisure World, the Clubhouse and the events handled have doubled in size. Activities are usually planned several months ahead, often a year before the actual event. A yearly calendar is kept which includes all planned activities, as well as requests for Clubhouse rooms by approved clubs and groups, committees, and residents who wish to "book a space." At the same time, everyday needs and use of the Clubhouse facilities must be coordinated.

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Holiday Hours

**In observance of
Presidents' Day,
Monday, February 15,
the Clubhouse will be
open 9 a.m. to 5 p.m.
with no shuttle bus
service or scheduled
activities.**

LWVA Community Association Board Meeting

Tuesday, February 9, 1 p.m., Monroe Auditorium

All owners and residents are encouraged to attend.

Clubhouse Happenings

MISSION: IMPROMPTU

Friday, February 5, 7:30 p.m., Monroe Auditorium

Mission: Impromptu is Leesburg Theatre Company's improv comedy troop. These highly trained improvisation professionals, armed with only their wits, take suggestions from the audience and spin them into comedy gold! Come for an evening of unscripted fun with an extra helping of silliness! FREE.

SUPER BOWL PARTY

Sunday, February 7, 6 p.m., Monroe Auditorium

The Monroe Auditorium will be the site of our tailgate party as we watch the football season finale on the big screen. A buffet of game day favorites such as chili, hot dogs, nachos, soft drinks and more will be served. \$10. Please register in the Clubhouse Office no later than Thursday, February 4

LOUDOUN LYRIC OPERA'S "ROMANCE FROM BROADWAY TO LINCOLN CENTER"

Thursday, February 18, 7:30 p.m.

This is the story of two music experts who share a marriage and a love of music but not much else. It's the summer of 1966, and the couple are set to present an evening of romantic songs from Broadway to opera — a tribute to the soon-to-be-open Metropolitan Opera House at Lincoln Center. But, try as they may to rehearse the presentation with the performers, it is clear Jeanette and Nelson aren't going to be able to stay on topic. Or are they? Admission: \$12.

OPERA ON THE BIG SCREEN: "The Masked Ball"

Monday, February 22, 2 p.m., Monroe Auditorium

In this Verdi opera, Domingo sparkles as the playboy Swedish king who disguises himself as a commoner to test a fortune teller. He is in love with his secretary's wife. When the husband learns of their meetings, he plots to take his revenge at a masked ball in the palace. A Royal Opera House performance conducted by Claudio Abbado. \$2 includes light refreshments.

Movies at the Monroe Auditorium

Sunday, February 14, 2 p.m.

"Up"

Family, PG

Friday, February 19, 7 p.m.

"The Ugly Truth"

Romantic Comedy, R

Sunday, February 28, 2 p.m.

"Angels and Demons"

Thriller, PG-13

\$2 per person, includes popcorn & soft drinks.

Ongoing Activities

Band Orchestra - Mondays at 10:30 a.m., Tyler Classroom

Women of Note - Thursdays at 3:30 p.m.
Tyler Classroom

Pottery Club - Tuesdays at 10 a.m., Ceramics Studio

Library Chat Group - Tuesdays at 1 p.m., Library

Duplicate Bridge - second Saturday at
1 p.m., Jefferson Room

Scrabble - Tuesdays at 7 p.m., Jefferson Room

Fun n' Frolic Singers - Thursdays at 10 a.m.,
Tyler Classroom

Duplicate Bridge - third Sunday at 7 p.m.
Potomac Ridge Party Room

Rave Reviews

New Years' Eve Gala

Review by Charlie Pryor, Magnolias

About 60 residents and guests attended the New Year's Eve Gala at the Clubhouse to welcome 2010 with all its prospect for a better year. Getting all dressed up seemed appropriate. The ladies added glamour and some of the guys somehow fitted into tuxedos that had languished in the back of closets for oh so long.



Left to right: April Ask, Sally Brown, Ann Gratz, Ann Price, Peggy Skelton, Rose Pryor, Helen Scharf, Jeanette Bland, Louise Plaistow. Photo by Charlie Pryor

The evening kicked off with cocktails followed by a La Pergola catered three-course dinner. The appetizer of venison

stew in puff pastry was an absolute delight. Main course selections of filet mignon or stuffed halibut met with hearty approval. Dessert was an obscene chocolate concoction that defeated any New Year's diet resolution before it could get started. The food was great, the service warm and friendly.

The Moonlight Cabaret Singers provided the entertainment for the entire evening. They complimented dinner by serenading with music and songs that brought back many memories, and continued with music for dancing until the magic hour. They certainly knew our generation and had dancers on their feet all evening – oh did our feet ache the next day. Midnight brought out the champagne as the evening slowly wound down as the happy partiers headed home, relieved not to have to venture out on the public highways with other revelers.

Art Lectures are a Hit!

Review by Bruce and Nancy Johnson, Magnolias

On January 15, Nora Hamerman delivered another of her fascinating lectures on art, illustrating her talk with slides from her extensive collection. Her topic was Masaccio and his revolutionary impact on the art of the early Florentine Renaissance. As was the case in her earlier lectures, Ms. Hamerman's blend of scholarship and wit brought the work of this talented painter to life. Through carefully selected examples of his work she was able to show how Masaccio, whose career was cut short before he reached 30, depicted his subjects in a way that gave them weight, substance and indeed personality, so different from the stylized figures that were painted by his contemporaries. Ms. Hamerman placed the artist's work in historical context, explaining the circumstances that permitted and indeed encouraged him to introduce such dramatic changes in the art of his time. Once again she demonstrated the depth of her knowledge of Italian art and history and her remarkable ability to share her love of the subject with her audience.

Classes and Seminars

BOOK DISCUSSION

“Rocket Boys” by Homer H. Hickman, Jr.
Tuesday, February 2, 10:45 a.m., Tyler Classroom

LIBRARY OUTREACH

Tuesday, February 2 and 16, 10:30 a.m., Clubhouse Lobby

This free mobile program of the Loudoun County Public Library comes to the Clubhouse the first and third Tuesdays of every month. Browse through the wide selection of books, magazines and audiocassette books available on loan.

BROADWAY-STYLE JAZZ DANCE CLASS

Wednesdays, Beginning February 3, 1:30 p.m., Aerobics Studio

Dance to a variety of upbeat show tunes, learning combinations and fun routines in a supportive environment in this six-week series. Great full body workout! Any level of experience is welcome. Class structure: warm-ups, technique, combinations and cool down. Dress: Comfortable clothes you can move in and soft-soled shoes or tennis shoes. Instructor Teri Westbrook is Director and Choreographer of the Good Vibration Dancers and a member of the National Dance Teachers Association. Cost for the series is \$25. Come try the first class with no obligation.

ART LECTURE SERIES: THE ART AND LIFE OF SIENA

Thursdays, February 4, 11 and 18, 1 p.m., Monroe Auditorium

1. Siena: Chronicles of a Medieval Commune
2. The great 14th century Sienese artists: Duccio, Simone Martini, Ambrogio Lorenzetti
3. Siena in the Renaissance. Displaced by Florence as the "cutting edge" of world art, Siena in the 15th century continues to produce its own remarkable artists.

Art Historian Nora Hamerman will be our speaker. Cost for the series is \$25 or \$10 for each lecture.

CRAFTERS CORNER

Monday, February 8, 11 a.m., Art Studio

Crafter extraordinaire Melinda Russo will conduct a series of craft workshops that will cover a wide range of topics. February's project is a Mardi Gras mask.

TRADITIONAL CHINESE MEDICINAL HERBS

Wednesday, February 17, 1 p.m., Monroe Auditorium

Potomac Ridge resident Dr. Joe Ahn will discuss his book of the same title and provide samples of tonic herb teas. Dr. Ahn is an Honorary Professor of South Baylo University School of Acupuncture and Oriental Medicine, California.

REIKI SHARE

Tuesday, February 23, 2 p.m., Tyler Classroom

Reiki is a gentle method of hands-on healing that addresses both chronic and acute conditions, gently and powerfully promoting balance among all the body's systems and the regenerative processes of body and mind. Information: Liz Lewis Clark, Reiki Master at 703-431-4678.

BOOK DISCUSSION

“The Glass Castle” by Jeanette Walls
Tuesday, March 2, 10:45 a.m., Tyler Classroom

THE LWVA JEWISH COMMUNITY PRESENTS
The Golden Age of Spanish Jewry (13th – 15th Centuries)
Wednesday, February 24, 2:30 p.m., Monroe Auditorium

Dr. Carmen Ross of Potomac Ridge will give the first presentation of a series presented by the Leisure World Jewish community. Dr. Ross will discuss the rich Jewish heritage of Spain and its many contributions to the world of science, philosophy, literature, banking, diplomacy, cartography, medicine and trade. FREE.

ART CLASSES

Classes meet in the Art Studio. Sign up in the Clubhouse Office. For information on art supplies, scheduling, or private lessons, contact Mary Amberson at 703-723-6373 or Mamber@copper.net. Tuition due to instructor at first class.

THE ART OF THE PENCIL – BEGINNING DRAWING: Five two-hour classes, Tuesdays, Feb 23 – Mar 23, 10 a.m. – 12 p.m. Tuition: \$85.

PASTEL PAINTING: Five two-hour classes, Tuesdays, Feb 23 – Mar 23, 1 p.m. – 3 p.m. Tuition: \$95.

Drawing experience necessary.

CREATIVE BRUSHSTROKES ESSENTIALS: Five two-hour classes, Wednesdays, Feb 24 – Mar 24, 10 a.m. – 12 p.m. Tuition: \$95 **Painting Experience Necessary.** Create all the forms, textures, and effects you desire. You'll learn how to clean and shape your brushes for maximum control, pick up paint for specific types of effects and manipulate your strokes to get just the results you want.

PAINT LIKE THE MASTER'S SERIES #1: The Impressionists: Five two-hour classes, Wednesdays, Feb 24 - Mar 24, 1 p.m. – 3 p.m. Tuition: \$110. **Painting Experience Necessary.**

Clubs and Groups

DISCOVERY GROUP

Wednesday, February 10, 2 p.m., Monroe Auditorium

C. J. Blondin, former Deputy Assistant Secretary of Commerce for International Affairs, will reflect on his personal experiences during the Cold War.

MILITARY VETERANS CLUB

Thursday, February 11, 10:30 a.m., Monroe Auditorium

Lt. General "Bobby" Gard (USA, Ret.) will continue the dialogue on nuclear weapons. A West Point graduate and Harvard University PhD in Political Economy and Government, Dr. Gard is Chairman of the Center for Arms Control and Non-Proliferation. This discussion is especially timely and relevant as the Administration completes its review of nuclear weapons requirements and provides its conclusions in the form of the Nuclear Posture Review to Congress. All residents are invited.

BLUE RIDGE TORCH CLUB

Tuesday, February 16, 6 p.m., Washington Ballroom

The Blue Ridge Torch Club, a chapter of Torch International, has membership openings. The club meets every third Tuesday, September to May, at 6 p.m. for cocktails and dinner at the Clubhouse, catered by La Pergola (\$32). A researched paper of broad interest is presented after dinner by a club member. This month's topic is "The Hubris of Humanism" by Ann Foard. Guests /prospective members welcome. For reservations or information: Gail Stanley at 703-858-0660 or gailstanley@comcast.net.

ART CLUB'S ART GALLERY WALK

Calling all painters, sculptors, potters, photographers, fiber artists, etc. to the Art Club's "Art Gallery Walk" to be held May 15, 2010, in the Ballroom. The Club is looking for all artists to display their work. Applications will be available Tuesday, March 2, 2010 and are due to Cathy Williams, Director of Community Activities, by Friday, April 16, 2010. Information: Rose Pryor at 703-729-5459 or rmpryor@smartneighborhood.net.

March Trips

Registration begins Monday, February 1 at 9 a.m.

Potomac Mills Drop-Off – Wednesday, March 3

Potomac Mills is one of the world's largest outlet malls with more than 220 discount stores featuring designers and brand names including Nordstrom RACK, OFF 5th Saks Fifth Avenue, Polo Ralph Lauren, Brooks Brothers, Nautica, Banana Republic, Mikasa, Gymboree and much more. There are numerous dining options ranging from fast-food to the Olive Garden, Silver Diner and Ruby Tuesdays. Lunch is on your own. Depart: 8:40 a.m. Estimated return: 4:00 p.m. \$20.

Master Singers of Virginia: Frank Martin's Mass – Saturday, March 6

The Master Singers is the premiere mixed choral ensemble in Northern Virginia. Concentrating primarily in 20th- and 21st-century music, the Master Singers use their concerts to enrich, educate and entertain their audiences. The ensemble will be performing Frank Martin's *Mass*, his stunning *a cappella* masterpiece for double choir, at Our Savior's Way Lutheran Church in Ashburn. Enjoy a pre-concert lecture and a meet-the-artists complimentary reception after the concert. Eat prior to departure. Depart: 6:30 p.m. Estimated return: 10:30 p.m. \$21.

U.S. Air Force Band with Canadian Brass – Sunday, March 7

The Air Force Band's popular Guest Artist Series is a time-honored tradition in the nation's capital. Now in its fourth decade, the Series has become one of the most anticipated and well-attended yearly concert events on the Washington, D.C., cultural calendar. Come to DAR Constitution Hall to enjoy "It Might as Well be Swing!" featuring the USAF Band with the world-renowned brass quintet, Canadian Brass. Eat prior to departure. Depart: 1:00 pm. Estimated return: 6:00 pm. \$18.

Thomas Moore Festival of Ireland – Saturday, March 13

The Washington Conservatory of Music presents the music of Thomas Moore for voices and piano at the Westmoreland Congregational United Church of Christ in Bethesda, Maryland. Founded in 2008 to mark the 200th anniversary of the first publication of Thomas Moore's Irish Melodies, the award-winning Thomas Moore Festival continues to celebrate Moore's vital contribution to Irish cultural heritage, simultaneously promoting exciting young Irish vocal talents. Don't miss this opportunity to see Ireland's finest young singers performing the world famous Irish Melodies and a great start to celebrating St Patrick's Day! Eat prior to departure. Depart: 6:10 p.m. Estimated return: 11:00 p.m. \$17.

Virginia Chamber Orchestra: Celebrate Women in the Arts – Sunday, March 14

Music, poetry, and visual arts will share the spotlight in this program as part of Virginia's first statewide celebration of Women in the Arts. The concert will be led by new Music Director Emil de Cou who is well known to area audiences as Associate Conductor of the National Symphony Orchestra and NSO@Wolf Trap Festival Conductor. Maestro de Cou has invited the National Symphony's Marissa Regni to appear as violin soloist in "The Four Seasons" by Vivaldi. Claudia Emerson, winner of the 2006 Pulitzer Prize for poetry and current Poet Laureate of Virginia, will read four accompanying sonnets which were found with the original manuscript. The Cantate Chamber Singers will make their first appearance with the Virginia Chamber Orchestra in Purcell's "Welcome to All the Pleasures." The orchestra will also perform J. S. Bach's Brandenburg Concerto No. 3. The concert will take place at the Ernst Community Cultural Center in Annandale. Depart: 2:10 pm. Estimated return: 7:00 pm. \$26.

D.C. National Mall Drop-Off – Wednesday, March 24

Spend the day visiting the museums and galleries of your choice on the National Mall. The Leisure World bus will drop you off and pick you up at specified times and locations on the Mall. A map will be provided with drop-off and pick-up points and times. Lunch is on your own. **Lots of walking.** Depart: 9:00 a.m. Estimated return: 4:00 p.m. \$13.

Porgy and Bess at the Kennedy Center – Sunday, March 28

WNO's critically acclaimed production, which received rave reviews in Los Angeles and Chicago, is back! George Gershwin miraculously melded classical music, popular song, jazz, blues, and spirituals into iconic American songs like "Summertime," "I Got Plenty O'Nuttin'" and "Bess, You Is My Woman Now." This quintessential American masterpiece follows the story of a crippled beggar and the headstrong woman he loves. **Must register by 2/26.** Eat prior to departure. Depart: 12:10 p.m. Estimated return: 6:30 p.m. \$101.

Hexagon 2010: Dancing with the Czars – Wednesday, March 31

Since 1956, Hexagon, a non-profit, all-volunteer membership organization, each year performs Washington's only original, political, satirical, musical, comedy review to sold-out audiences. Each Hexagon show is completely original. Hexagon members write the show, perform in it, design and build the sets, handle all behind-the-scenes technical activities, play in the orchestra, staff the house and box office, and serve as ushers. All proceeds from every Hexagon show are donated to a Washington metropolitan area charity. Show is at the new Performing Arts Center on the campus of Montgomery College in Silver Spring, Maryland. Eat prior to departure. Depart: 6:10 p.m. Estimated return: 11:00 p.m. \$47.

You may register now for:

National Cherry Blossom Festival Parade – Saturday, April 10

We invite you to watch one of Washington's most exciting traditions from reserved grandstand bleacher seats. The Parade runs along Constitution Avenue from 7th to 17th Streets and consists of elements that the whole family can enjoy including: decorated floats, gigantic colorful helium balloons, exciting marching bands, precise military and specialty units, celebrity performances, the energetic National Cherry Blossom Festival® All-Star Youth Tap Dance Team and Choir, fun mascots, and various cultural performing groups. **The parade takes place rain or shine. Seats will be as close as possible to the bus drop-off area, however, expect lots of walking.** Lunch is on your own. **Must register by 2/18.** Depart: 7:30 a.m. Estimated return: 3:00 p.m. \$37.

Fiddler on the Roof at the National Theatre – Saturday, April 17

The Tony Award winning musical that has captured the hearts of people all over the world with its universal appeal will play at the National Theatre in Washington, DC. Film legend, Harvey Fierstein, will play the lead role of Tevye. Based on the stories of Sholom Aleichem, *Fiddler on the Roof* has been lauded by critics again and again. Filled with a rousing, heartwarming score that includes "Tradition," "Matchmaker, Matchmaker," "If I Were A Rich Man" and "Sunrise, Sunset," the play is a timeless classic. No other musical has so magically woven music, dance, poignancy and laughter into such an electrifying and unforgettable experience. **Seats are in Orchestra section.** Eat prior to departure. **Must register by 2/16.** Depart: 12:00 p.m. Estimated return: 6:00 p.m. \$104.

February Trips

Toby's Theatre in Columbia, Maryland: I Love You, You're Perfect, NOW CHANGE – Wed, Feb 3

Metropolitan Opera Live in HD: Simon Boccanegra – Saturday, February 6

Senior Citizens Tea – Sunday, February 7

Torpedo Factory Art Center – Thursday, February 11

D. C. National Mall Drop-Off – Saturday, February 13

Cabin Fever Festival in Frederick – Sunday, February 14

Tea, Lace and Roses – Wednesday, February 17

U.S. Marine Chamber Orchestra – Sunday, February 21

Shopping & Lunch in Middleburg – Wednesday, February 24

Charles Town Races Drop-Off – Sunday, February 28

Health, Sports and Fitness

LINDSAY'S FITNESS TIP FOR FEBRUARY

Exercising in the Cold

The biggest concern for exercising in the cold is hypothermia, or too much heat loss. When you exercise in a cold environment you must consider one primary factor: How much heat will your body lose during exercise?

Although many people aspire to have a lean figure, people with a little more body fat are better insulated and will lose less heat. Clothing adds to the insulation barrier and is clearly the most important element in performance and comfort while exercising in the cold. Heat loss from the head is about 50 percent at 32 degrees Fahrenheit, and by simply wearing a helmet or hat, a person can stay outside indefinitely. Clothing is generally a good insulator because it has the ability to trap air, a poor conductor of heat. If the air trapped by the clothing cannot conduct the heat away from the body, temperature will be maintained. Unlike air, however, water is a rapid conductor of heat and people will sweat and risk significant heat loss even in the coldest of temperatures. With this in mind, you want to choose clothing that can trap air but allow sweat to pass through, away from the body.

By wearing clothing in layers, you have the ability to change the amount of insulation that is needed. Avoid heavy cotton sweats or tightly woven material that will absorb and retain water. Keeping the hands and feet warm is a common concern. Lower temperatures cause blood to be shunted away from the hands and feet. Superficial warming of the hands will return blood flow to prevent tissue damage. Blood flow will not return to the feet unless the temperature of the torso is normal or slightly higher.

Rules for Exercising in the Cold

- Check the temperature and wind conditions before you go out and do not exercise if conditions are dangerous.
- Keep your head, hands and feet warm.
- Dress in layers that can provide a trapped layer of dry air near the skin (avoid cotton sweats and other similar materials).

GET SCREENED

Blood Pressure: Free blood pressure screening every Wednesday, 11 a.m. - 12 p.m. Wellness Room.

FALL PROOF CLASS TO ADD THURSDAYS

Beginning February 4, Fall Proof will meet on Tuesday and Thursday at 12:30 p.m. This class focuses on ways to improve and maintain balance. All fitness levels welcome.

NEW CLASS: Beginner Belly Dancing

Mondays, Beginning February 8, 2 p.m., Aerobics Studio

This one-hour class is designed for beginners. Julie Hairston will be the instructor. Belly dancing is a wonderful way to improve core strength, balance and flexibility while having fun. So come check it out! Remember the first class is always free. \$5 per class.

BALANCE SCREENINGS

Monday, February 22, 2 to 5 p.m., Wellness Room

Beth Novak of Loudoun Physical Therapy will conduct private screenings. Appointment required. Sign up in the Clubhouse Office.

FITNESS CENTER ORIENTATION

Tuesday, February 23, 1:30 p.m., Fitness Center

Learn how to use the equipment safely.

HIP AND KNEE REPLACEMENT

Wednesday, February 24, 1 p.m., Madison Room

Orthopedic Surgeon Dr. Gavin will discuss advancements in hip and knee replacement and treatment options. Lecture is sponsored by INOVA Loudoun.

LOUDOUN MOBILE HEALTH VAN

Wednesday, February 24, 10 a.m. – 12 p.m.

The Health Van is in the Clubhouse parking lot the fourth Wednesday of every month. Numerous screenings are offered for nominal fees. Blood pressure screenings are FREE. No appointment is required.

ON SITE FEE-FOR-APPOINTMENT HEALTH CARE

Liz Lewis Clark, BS, NCTMB, Massage Therapist, Reiki Master / Teacher, and Reflexologist. Every Thursday beginning at 10 a.m. in the Wellness Room. By appointment. 703-431-4678.

Karen Keyser, LPN, Massage Therapist. Hot stone massage, Swedish relaxation massage, sports massage, post-surgical therapy, aromatherapy wraps, and deep tissue massage. Every Wednesday, beginning at 10 a.m. in the Wellness Room. By appointment. 540-338-8126.

Lisa Carey, DPM, and Podiatrist: Sign up at the Clubhouse Office for appointments. Next visit March 12.

Kay Pless, MSW, New Directions Counseling, by appointment. 703-470-4166.

Support Groups

Essential Tremor Awareness Meeting

Wednesday, February 3, 2 p.m., Madison Room

Parkinson's

Monday, February 22, 2 p.m., Madison Room

Arthritis

Wednesday, February 17, 2 p.m., Tyler Classroom

Bereavement Support

Wednesday, March 10, Madison Room

Memory Makers

Thursday, February 18, 1 p.m., Madison Room

TOPS (take off pounds sensibly)

Tuesdays 10:30 a.m., Madison Room

NEW BEREAVEMENT SUPPORT GROUP

This support group, sponsored by EverCare Hospice and Palliative Care, is designed to help anyone who is grieving. Everyone is welcome. The meetings will be held the second Wednesday of the month from 6-7:30 p.m. in the Madison Room. The first meeting will be held March 10.

LWVA Fitness & Sports*

Classes are held in the Aerobics Studio and Pool

B—Beginner Level I—Intermediate Level H—High Intensity

First class in Fitness is always FREE—give one a try!

Monday

9:00 E-Z Does It
Aquatics
10:00 Strictly Cardio—/
10:30 Strengthen &
Stretch-/
11:30 Exercise Lite
1:00 Tap—B
2:00 Belly Dancing-B
2:30 Aqua Lite—B
4:00 Water Volleyball
6:00 Yoga—/
6:30 Pilates—/

Tuesday

8:30 Tai Chi
8:30 Clubhouse Walking
Group
10:00 Awesome Aquatics
11:45 Just Weights
12:30 Fall Proof
2:00 Table Tennis

Wednesday

9:00 E-Z Does It Aquatics
10:00 Strictly Cardio—/
10:30 Strengthen & Stretch-/
11:30 Yoga Pilates Fusion
1:30 Jazz Dance
2:30 Aqua Lite—B
3:00 Belly Dancing-/
4:00 Water Volleyball

Thursday

8:30 Tai Chi
8:30 Clubhouse Walking
Group
9:30 Competitive Tennis
10:00 Awesome
Aquatics
11:15 Exercise Lite
11:45 Just Weights
12:30 Fall Proof
2:00 Table Tennis

Friday

9:00 E-Z Does It Aquatics
10:00 Strictly Cardio—/
10:30 Strengthen &
Stretch-/
1:00 Tap Dance
3:00 Line Dance
4:00 Water Volleyball

*Tennis, Table Tennis, and Water Volleyball are considered a sport and are free. Water Volleyball will start at 3:00 p.m. instead of 4:00 p.m. if a holiday falls on a Monday, Wednesday, or Friday.

SPOTLIGHT ON CATHY WILLIAMS continued from Page 1

Achieving a variety of events is Cathy's goal. She admits it is a challenge to offer quality events (lectures, entertainment, etc.) at prices the community will support. Many may not realize it, but the community, through the budget process, expects the Activities Office to make a profit.

When asked how she finds the many different speakers and entertainers, Cathy noted that many "just fall into my lap" with calls coming in from outside and recommendations by residents, while others require more research. She tries not to repeat a particular event the following year unless it has been a "roaring success."

Cathy works closely with the Activities Committee, a group of Leisure World residents responsible for our Activities program. If you are interested in "having a voice" in Leisure World's planned activities, consider becoming a member of the committee or attend their meetings and express your views. The committee meets on the first Friday of the month at 11:00 a.m.

The position of Director of Community Activities requires tact, diplomacy and the ability to smile through thick and thin. Imagine being responsible for the fitness, cultural, and entertaining events as well as the trip schedule for a community of 1300 residents! When asked what she enjoys most about her job, without hesitation Cathy said "the great staff and many friends at Leisure World." She noted how much she appreciates those special residents who are "a ray of sunshine."

If you have compared Leisure World to the other active adult communities in the area, you surely noticed that we are leap years ahead of everyone else in the choices of things to do within our "World" and outside its borders. Our thanks to Cathy Williams and her staff for their hard work and dedication in making these choices so interesting and fun!

Al Brown, Communications Committee

La Pergola February Dinner Specials

Happy Hour Wednesday starts at 4:30 p.m. Laura Nickle plays on Wednesday, February 3 and 17
Advance reservation requested (703) 726-0100

Tuesday, February 2

PAN-FRIED CALF'S LIVER WITH CARAMELIZED ONIONS
\$ 15

Saturday, February 6

MARYLAND FIRE HOUSE CHILI WITH GREEN SALAD
(Riverview Resident Michael Bland's Recipe)
\$ 13

Thursday, February 11

OSSO BUCCO ON BED OF RICE WITH VEGETABLE RAGOÛT
\$ 21

Sunday, February 14

SPECIAL VALENTINE'S DAY BRUNCH
A la carte

Friday, February 19

SAUTEED SEA SCALLOPS WITH LOBSTER SAUCE AND JULIENNE VEGETABLES
\$ 16

Thursday, February 25

PAELLA WITH MUSSELS, CLAMS AND SAUSAGE
(Blue Ridge Resident Bob Walter's Recipe)
\$ 14

Sales Tax and 15% Gratuity will be added. The above may be subject to change at any time.

Religious and Spiritual

Weekly Services
All residents welcome

THE CHAPEL AT LEISURE WORLD® PROTESTANT SERVICES

Sundays, Monroe Auditorium

Pastor Sergent of Galilee United Methodist Church is full time pastor for this worshipping community. For pastoral care or more information, call 703-430-2203. 9:30 – Coffee; 10:00 – Worship; 11:00 – Fellowship Time; 11:30 – Sunday School.

Small Groups:

Bible Study, Invitation to Genesis, 10 a.m. each Thursday in the Madison Room

Prayer Group, 9 a.m. each Monday in the Chapel

ROSARY

Sundays, 4 p.m., Chapel

Information: Joan Gorman at 703-723-7840.

CATHOLIC BIBLE STUDY

Wednesdays, 7:30 p.m., Tyler Classroom

The group is studying Epic: A Journey through Church History in DVD format. Information: Bill Emley at 703-723-5826.

BIBLE STUDY

Thursdays, 2 p.m., Madison Room

Pastor Wiechmann of Our Savior's Way Lutheran Church will discuss the New Testament. Light refreshments are served. Information: Irene Knowles at 703-729-0523.

Religious and Spiritual

Monthly Services
All residents welcome

EPISCOPAL HOLY EUCHARIST & HEALING SERVICE

Thursday, February 18, 11:30 a.m., Chapel

Reverend Mary Kay Brown, Interim Rector of St David's, will be the Celebrant. Information: John Riley at 703-724-1274.

CATHOLIC MASS

Friday, February 19, 12 p.m., Monroe Auditorium

Father William Schmidt will be the celebrant. If you would like to have reminders of the upcoming mass placed under your door, please contact the appropriate representative from your building: Riverbend – Ann Rogin; Blue Ridge – Audrey Emley; Potomac Ridge – Maureen O'Connor; Riverview – Mary Broderick; Magnolia – Phylis Heller. Information: Bernie Terry at 703-723-7487.

JEWISH SABBATH SERVICE

Friday, February 26, 7 p.m., Chapel

Information: Mike Leavitt at 703-723-4657 or Sharon Solomon at 703-723-7450.

Board Highlights

At their January 6, 2010 meeting, the Board approved the following:

- A recommendation from the Budget and Finance and Activities committees to increase the mileage expense for gas and maintenance for bus trips from \$.60 to \$2.35 per mile.
- Recommendations from the Budget and Finance Committee to (1) to approve the FY 2009 Developer Loan Repayment; and (2) approve the Auditor's recommendation for a resolution on excess assessments.
- A recommendation from the Budget and Finance Committee to engage an engineer to provide a study to determine the equipment requirements for the dehumidification of the indoor pool was tabled for further study.
- An Architectural Modification Request from Potomac Ridge was tabled for review by all Associations.
- Approved all committee memberships for 2010 as follows
 - **Activities:** Jonni Christophersen (Chair), JoAnn Auerbach, Dolores Brush, Jackie Levdahl, Joan Loehr, Peter Stegner, and Harry Yakabe.
 - **Budget & Finance:** Kathy Stegner (Chair); Vern Allison, Mel Beck, Al Brown, Ed Burrell, Victor Middlebrook, Charlie Nelson, Tom Robinson, Arbell Thompson, and Scott Sterling.
 - **Building & Grounds:** Jincy Boerner (Chair), Chris Brown, Al Campen, Lori Keller, Phil Keller, Theresa Ruddy, and Norma Slyder.
 - **Communications:** Al Brown (Chair), Vern Allison, MiMi Altstatt, Barbara Freson, and Jack Heller,
 - **Restaurant Advisory:** Henny Hanna, (Riverbend); George Tubley, (Blue Ridge); Tom Robinson (The Magnolias) Peter Thrift, (Potomac Ridge); Phil Keller, (Riverview); Kathy Stegner, (Budget & Finance Chair); Jincy Boerner, (Buildings & Grounds Chair); Patrick Rhodes and Gabor Olah-de-Garab (residents members), with Patrick Rhodes as Chair.

INCLEMENT WEATHER POLICY

Exercise Classes: If Loudoun County Public Schools are closed, exercise classes are cancelled. If school is delayed, classes will be held at the regularly scheduled time.

Shuttle Bus: If Loudoun County Public Schools are closed, the shuttle bus will NOT run. If school is delayed, the shuttle bus will be delayed for the equivalent amount of time.

Clubhouse: If the Loudoun County Government closes, the Clubhouse will close.

Leisure World® of VA Committee Meetings

All owners and residents are encouraged to attend.

Activities – Friday, February 5, 11 a.m., Jefferson Room

Budget and Finance – Thursday, February 25, 9:30 a.m.

Building and Grounds – Monday, February 8, 2 p.m.

Communications – Thursday, February 4, 10 a.m.

Restaurant Advisory – Monday, March 22, 10 a.m.

All meetings are held in the Monroe Auditorium unless noted otherwise.

Clubhouse Staff E-Mail Addresses

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Resident Web Site: www.lwva.org

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Barbara Freson, Vice Chair

Vern Allison

MiMi Altstatt

Jack Heller

Non-Committee Copy Editors:

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The Leisure World® Connector is a publication of the Communications Committee. Please submit comments to communications@lwva.org or leave a note in the Clubhouse office at the front desk. DEADLINE for submitting articles for The Leisure World® Connector is the **5th** of the month.