

The Connector



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Online, in color, at www.LWVA.org

June 2026

A Restaurant Update

On May 1, a draft License Agreement was sent to the owners of the Fountain Grill for their review. A Business Plan was also received from the restaurant owners for review by LWVA Management and the Board of Members. On May 14, the parties met to initially review the Agreement and the Business Plan.

In the meantime, several LWVA residents, including Brenda and me, have visited the Fountain Grill. Based on reports I have heard, plus our experience, the restaurant has exceeded expectations. Their service is impeccable. The atmosphere is welcoming, friendly, and “Cheers-like”. The staff and owners are engaging, offering suggestions, and making sure the overall experience is the best it can be. The food is consistently delicious, with a varied menu, and priced reasonably with generous serving portions. The owners are experienced restaurateurs.

I am optimistic about the prospective partnership for Lansdowne Woods. While we are still in the review and negotiation phases, I am confident that if we are able to move forward, their plans for daily operations, home delivery, and Clubhouse event catering will be a wonderful asset that helps community participation thrive.

Wayne Kaiser, LWVA BOM President



Juneteenth National Independence Day, Friday, June 19. The Clubhouse Management Office is closed with no shuttle bus service or exercise classes. The Clubhouse is accessible from 5 a.m. to 11 p.m. with fob access. The pool observes holiday hours of 8 a.m. to 4 p.m.

LWVA Board of Members, Wednesday, June 3, 1 p.m., Auditorium
All residents are encouraged to attend. Zoom meeting ID: 842 5781 1800. Passcode: 754001.

Lansdowne Woods of Virginia Committee & Working Group Meetings:

Activities – Friday, June 12, 11 a.m., Theater.

Zoom meeting ID: 824 0008 6044. Passcode: 664498.

Budget and Finance – Tuesday, June 23, 10 a.m., Auditorium.

Zoom meeting ID: 829 7201 5041. Passcode: 282484.

Building and Grounds – Thursday, June 11, 10 a.m., Auditorium.

Zoom meeting ID: 897 1311 4264. Passcode: 516056.

Communications – Friday, June 12, 1:30 p.m., Theater.

Zoom meeting ID: 867 9436 3377. Passcode: 310246.

External Communications Working Group – Wednesday, June 17, 1 p.m., Theater.

Zoom meeting ID: 870 6241 3891. Passcode: 772750.

Policy Resolution Working Group - Tuesday, June 9, 2:30 p.m. In person only.

Reserve Study Committee - TBA.

Zoom meeting ID: 894 2280 7978. Passcode: 495496.



Board Highlights

Approved actions from the May 6, 2026, BOM meeting.



- Approved the composite rate structure and the Anthem \$0 deductible medical plan as the base plan for medical insurance for employees. This represents a 4.3% increase over the current rate vs. the proposed 52% increase initially quoted.
- Approved management to distribute the draft of the Snow & Ice Removal Coordination and Cost-Sharing Agreement to the Member condominium associations for their review and input.
- Changes to Policy Resolutions #3 (Rooftop Courts) & 11 (Holiday Decorations) were approved by the Board.
- New Policy Resolution #40 on the Establishment of Clubs, Groups, and Organizations was approved by the Board.
- Approved the Board of Members' official position is that all underground utilities up to the footprint of each building are considered Common Area.

Community News



Spotlight on Jeannie McDonald, Front Desk Administrator, LWVA Management Office

If you've stepped into the management office, you've undoubtedly been greeted by Jeannie McDonald's warm smile. As our Front Desk Administrator, Jeannie is the welcoming first face of LWVA, bringing a wonderful blend of friendliness and efficiency to our community every day.

Jeannie joined the LWVA team in October 2021, bringing with her an impressive professional background. Before turning her talents to community administration, she spent 18 years navigating a high-powered career in IT Software Sales. Her corporate travels took her all over the country to US Federal Government data centers, and even across the Atlantic to Germany. Seeking to step back from the frantic pace of corporate travel and focus on family, Jeannie transitioned into her current role, and we are so incredibly lucky to have her.

A native Virginian, Jeannie's journey has taken her from the Virginia suburbs, to the energy of New York City, and to the quiet beauty of a 36-acre property in Afton, Virginia, where she lived alongside her husband, cats, cows, and a horse! She ultimately returned to Northern Virginia, settling in Leesburg with her son in 2002.

Whether you need to register for an upcoming event, purchase a fitness pass, or get your clubhouse key fob programmed, Jeannie is always ready to help with a friendly word and a helping hand.

Restaurant Initiative Update

As you may have read in a recent email from Board of Members President Wayne Kaiser, the Commercial Amenities Working Group has spent many months researching and evaluating options for a potential new restaurant operation at Lansdowne Woods. Happily, the group has identified Fountain Grill as a potential restaurant operator for the community.

There are still many details to be worked out, including finalizing the terms and conditions of the agreement between LWVA and the prospective restaurant operator, evaluating potential dining room updates, addressing equipment and operational needs, and finalizing overall start-up planning. However, we are continuing to make progress.

When the Commercial Amenities Working Group began its work last fall, it identified long-term financial sustainability as one of the primary challenges faced by previous restaurant operations at LWVA. As discussions progressed, the Board of Members concluded that a successful full-service restaurant concept would likely require a combination of operational support, community participation, and a structured start-up approach.

To help support this effort, several steps have been taken:

First, the Commercial Amenities Working Group recommended retaining a restaurant consultant to evaluate the LWVA restaurant space and provide guidance regarding potential restaurant concepts and operators. The Board of Members approved that recommendation, and the consultant has been actively assisting with the process.

Second, the Board of Members approved a one-year restaurant support contribution, funded through the operating budget, to help support the initial launch of a restaurant operation at LWVA.

Third, the prospective restaurant operator is expected to develop programs and promotions intended to encourage resident participation and help establish a more stable and predictable customer base during the restaurant's early stages of operation.

There have been a series of updates and discussions at several of the condominium association buildings regarding concepts that may be explored by the prospective restaurant operator to help encourage resident participation and support the restaurant during its initial stages of operation. One concept discussed has been a gift card program that could allow residents to pre-purchase dining credits in various amounts for use at the restaurant. Potential uses discussed have included dining at the restaurant, takeout or delivery service, and hosting family or social gatherings.

Any such program will be administered and operated by the restaurant operator. Program details, participation terms, and available options have not yet been finalized and will be communicated directly by the operator at an appropriate time if the restaurant moves forward.

In addition to the direct benefits a restaurant would provide to residents, a successful restaurant operation could help Lansdowne Woods remain competitive with newer active adult communities throughout the DMV region. As one of the area's more established over-55 communities, LWVA must continue offering amenities that enhance quality of life, strengthen the community's overall appeal, and help support long-term property values. Because relatively few non-assisted living active adult communities in the region offer an on-site restaurant amenity, a restaurant could also serve as a meaningful differentiator within an increasingly competitive marketplace.

For those interested in learning more about the prospective operator's food and dining style, residents are encouraged to visit Fountain Grill and experience the restaurant firsthand. Fountain Grill is located at 44927 George Washington Highway, Suite 125, Ashburn, Virginia. Additional information can be found at fountaingrillva.com.

Leesburg Celebrates America's 250TH

Sarah Wilton

This year our nation is commemorating 250 years since the signing of the Declaration of Independence. In Loudoun County, we have an opportunity to reflect on our past through many educational events around Leesburg. Leesburg, the county seat of Loudoun County, stood at a crossroad of migration and commerce, and was by 1776 deeply engaged with the revolutionary ideals that shaped our nation. This June and July and continuing through September, is the perfect time to explore Leesburg's unique role in this revolutionary struggle.



A comprehensive list of events ongoing through September are listed at: <https://www.leesburgva.gov/visitors/leesburg-celebrates-america-250>. Events for June and July are extensive with discussions, lectures, talks, exhibits, parades, and ceremonies.

The events on July 4 deserve special attention. The parade featuring marching bands, classic cars, community leaders, cultural organizations, emergency services and more, starts at 10 a.m. and travels down King Street from Ida Lee Park to Fairfax Street. Noteworthy is the prelude performance by American Originals, an ensemble of fifers, snare drummers, and bass drummers, accompanied by a flag- and rifle-bearing Honor Guard which will travel the parade route beginning at 9:45 a.m. and stop throughout the route for short performances!

To celebrate America's birthday with a bigger bang, enjoy fire-works and live music at Ida Lee Park. Gates open at 6 p.m. and music starts at 6:30. Go Go Gadget will take the stage to deliver premium live music that fuses the infectious rhythms of dance with reimagined classics and today's hottest hits. A full food court will be onsite. The biggest bang of the evening begins at 9:30 p.m. when the largest fireworks show in the region will light up the sky. Choreographed to patriotic music, this light show is not to be missed.

Congratulations to the Warriors, LWVA Chair Volleyball Team

On April 30, 2026, the LWVA Chair Volleyball Club entered two teams in the Senior Chair Volleyball Tournament held at the Ashburn Senior Center. The teams were the Warriors and the Rebels. The Warriors won the tournament going undefeated against local teams like Waltonwood. The team was awarded a large trophy which will be engraved with the team name. The trophy will be returned at the next tournament in October to be passed on to the next champion. The team also received a smaller trophy which is ours to keep.



Chair volleyball is played in the fitness facility on Fridays and Sundays at 2:30 p.m. All residents are welcome to join the fun. The Chair Volleyball Club began in 2024 and is led by Bill Phillips. A team has 6 players but when we practice and play for fun we accommodate however many show up. At times, we have as many as 16. The game is played with a beach ball. There is a lot of laughter during club meetings and joining the club requires no real talent.

In the tournament, all of the club players played well, but the Warriors were exceptional. Team Warriors consisted of Jim Benefiel, Elizabeth Hurly, Jackie May, Charlie Fritts, Patrick Phillips, and Jack Kelly. Coach was Bill Phillips.

The second LWVA team, the Rebels, consisted of Debbie Rondeau, Cindi O'Connell, Marianne Tagge, JoAnn Niehaus, Herman Chang, and Sophie Chen. Club member and injured player Chuck Engleberger participated by leading the cheers for all LWVA players.

Clubs and Groups



Karaoke Club—Saturday, June 13, 6:30 to 8:30 p.m., Theater

Join your fellow Lansdowne Woods residents and enjoy a night of entertainment where you become the star of the show. Karaoke is fun for everyone of all levels of talent. It's all about fun in or out of the spotlight.

Informal Support Group for Stroke/Aphasia—Mondays, 11 a.m., Club Room

On Monday, June 8, Dana Rizzo, RN, will host a seminar on *Glaucoma*. For additional information contact Bob and Julie Barron, barronr001@yahoo.com. Everyone is welcome.

Dance Club Classes—Tuesday, June 2, 9, 16, 23, and 30, 6:15 – 7:15 p.m., Fitness Studio

Travis Haddock, our own dance instructor, teaches popular ballroom dances such as Rumba, Foxtrot, Cha Cha, Swing, Waltz, and some of the latest line dances. The cost is \$20 per person for the month, payable the first Tuesday class with a check or cash. Advance sign-ups are not required, just show up! Everyone is welcome. The goal is to give you confidence on the dance floor so you can have fun!

Photo Club—Thursday, June 4, 1 p.m., Theater

John Klimavicz will be the guest speaker on the topic of photo composition. Group facilitators are Ken Laursen, ken@Laursen.com, and Jarvis Smith, jsmith144@aol.com.



LWVA Golf League Season is in Swing: The league has outings scheduled for Herndon Centennial, Raspberry Falls, and Brambleton. Interested in joining the golf league? Send an email to Alan Knittel, lansdownewoodsgolfleague@gmail.com. Outings are already planned for multiple courses.



Blue Ridge Torch Club—Tuesday, June 9, 5:30 p.m., Auditorium

This month the Torch Club returns to the LWVA Auditorium for the annual June picnic for members and significant others. The picnic dinner will be catered by Fountain Grill, which could be the next LWVA restaurant. The menu will be hot dogs, hamburgers, and impossible burgers which is the delicious non-meat version of a hamburger. There will be a variety of salads including potato, macaroni, green bean, and garden salads. Soft drinks will be served. Alcohol drinks are BYOB.

Doors open at 5:30 p.m., dinner is at 6. Only Torch Club members and their significant others are invited to this annual event. The price is \$40 per person. Make reservations at <http://blueridgetorchclub.org/>. Deadline for RSVP or cancelation is Thursday, June 4.

Any non-member who wishes to join and attend the picnic with his or her significant other can join the Torch Club for the standard annual rate of \$80 for the first household member and just \$40 for your significant other. By joining now, you will be a member until the end of June 2027, which will mean 13 months of membership for the regular annual rate. Additional information about the club and the picnic will be in the June Torch Club newsletter. Email Crash Konwin at kkonwin@aol.com with questions.

New Group! Caregivers-Only Support Group for Parkinson's—Wednesday, June 10, 2 p.m., Theater

Parkinson's is a multi-faceted, degenerative disease that impacts caregivers as deeply as those suffering with the condition. A support group for caregivers to come alone* and speak freely about their concerns, hopes, frustrations, and complicated feelings is coming to LWVA on the second Wednesday, monthly. Each month we share about a common topic related to the Parkinson's journey. *Please do not bring your person with Parkinsons. This is time for caregivers to care for ourselves!

The group is facilitated by Rev. Peg Nugent, retired professional chaplain and caregiver to her spouse for 15 years. For more information, to notify Peg of your interest in receiving reminders, please contact peg.nugent84@gmail.com.

Republican Club—Tuesday, June 16, 4 p.m., Theater

The club will be hosting two candidates for the Republican primary on August 4: Kim Farington for U. S. Senate and Dave Beckwith for the 10th Congressional District.



Hiking Club, Cool Spring Battlefield

Saturday, June 20, 8 a.m., Depart Lower-Level Clubhouse Parking Lot

In 2013, Shenandoah University embarked on the preservation and protection of land along the Shenandoah River integral to the July 18, 1864, Battle of Cool Spring. These 195 acres of land, now known as the Shenandoah River Campus at Cool

Spring Battlefield, were acquired by the Civil War Trust in 2012. Under the stewardship of the university, the land has been transformed from a former golf course into an outdoor classroom for the university community and the general public. Plant and animal life abound at the Shenandoah River Campus. Visitors can spot bald eagle nests, a great blue heron rookery and many other species of wildlife and plants. On a clear day, you can even gaze across the storied Shenandoah Valley all the way to West Virginia's Allegheny Mountains. For additional information on the campus, go to <https://www.su.edu/cool-spring/>.

We will be conducting a medium level hike of 4.6 miles on a paved trail with elevation of about 300 feet. Please note our start time for this hike is 8 a.m. Please notify one of us listed below ahead of the hiking date. Include your email address, number of hikers, if you prefer to ride or drive and if you plan to join us afterwards for lunch. Hiking Club Coordinators: Jo Ann Niehaus, 703-981-8147, joann.niehaus1@gmail.com; Art Altstatt, 703-926-4791, artaltstatt44@gmail.com; Peggy King, 540-454-0325, Stoneleighpeg@aol.com; Martin Kenny, 703-687-4029, mtkenny@hotmail.com.

New Group! Board Game Club—Thursdays, 1:30 p.m., Club Room

The club will play board games of all types. You are welcome to bring your favorite game to share or just show up to participate. This new club will meet every Thursday. Note: on Thursday, June 4, the club will meet in the Rotunda. For additional information or to join, reach out to club facilitator, Richard May at richxmay@gmail.com.

Democratic Club—Monday, June 22, 4 p.m., Theater

Join us for our monthly LWDC meeting. Find out what you can do to help. All are welcome.

New Group! Garden Keepers Club—Tuesday, June 23, 2 p.m., Theater

With the number of shade plots we now have in the gardens, we decided to invite a master gardener for guidance in suitable plants for these areas. Our speaker will be Pamela McGraw from VCE (Virginia Cooperative Extension). She is described as a Master Gardener who provides research-based horticultural information to community groups. She has expertise in gardening techniques and is an active speaker for community education programs. Pamela worked in the LWVA marketing center for many years, so she is well acquainted with LWVA. She also is involved in LIRA (Loudoun Invasive Removal Alliance) and worked on a program to eliminate invasive bamboo in the Countryside area.



The club's first garden tour to Meadowlark Gardens was well attended, and we are looking forward to another off-campus tour mid-July to Ida Lee Demonstration Garden. More information to follow. For questions or concerns, contact Pat Dunham: LWVA.gardenclub@gmail.com

Electric Vehicle Club—Do you own an all-electric or hybrid vehicle? Join the EV Club where we connect owners and enthusiasts to promote, educate, and share experiences about driving electric. Our EV Club promotes, educates, and supports the adoption of EVs and hybrid vehicles, fosters community among owners, shares advice, industry information, vehicle maintenance tips, etc. Contact Alex Machina at alex.machina@gmail.com or Lucy Keller at lucyrk@comcast.net to be included in the Club's list.

Regular Ongoing Club & Group Meetings:

Beekeepers Club—This group gathers to harvest honey and tend the hives. Contact Wes Henderson for additional information: LWVAbeekeeper@gmail.com

Bocce Ball Organized Play—Mondays, Wednesdays, Fridays, 4 p.m. until dark, Rooftop Sports Court. Contact Andrea Cantone, Suzanne.cantone@gmail.com, or Tuck Williams, tuckbecky@gmail.com.

Bowling Group—Thursdays, 9:30 a.m., Lucky Strike. Contact Nancy Knauer, neknauer@aol.com

Chair Volleyball Club—Fridays, 2:30 p.m., Fitness Studio. Contact Bill Phillips, 540-972-3649.

Board Games—Thursdays, 1:30 p.m., Club Room. Contact Richard May, richxmay@gmail.com.

Democratic Club—Donna Machina, donna.machina@gmail.com

Discovery Group—Thursdays, 10:30 a.m., Theater

Drama Troupe—Contact Jack Hoke, jackshoke@hotmail.com, or Sally Hoke, smhokey@gmail.com

Duplicate Bridge, PR—Third Sunday, 6:30 p.m., Potomac Ridge Party Room. Emily Lipson, eklipson@live.com or 703-729-3736

Electric Vehicle Club—Club meets as announced, virtual and in-person. Email Alex.Machina@gmail.com or LucyRK@comcast.net.

Garden Keepers Club—Fourth Tuesday, 2 p.m., Theater. All those interested in gardening are invited to attend. Garden Keepers Club: LWVAgardenclub@gmail.com.

Great Science and Engineering Courses—Mondays, 10:30 a.m., Theater. Class format is two 30-minute Great Courses video followed by a moderated discussion.

Hiking Club—Third Saturday, 9 a.m., various locations. Contact Jo Ann Niehaus, 703-981-8147.

Instrumental Ensemble—Mondays, 1 p.m., Music Studio. Contact Marianne Tagge, Marianne.tagge@gmail.com.

Instrumental Quartet—Wednesdays, 2 p.m., Music Studio. Contact M. McGrosky, menamouse@gmail.com.

Karaoke Club—Saturday night dates announced monthly. Mark Parker, maparke66@gmail.com.

Lansdowne Woods Writers Workshop—Meets second and fourth Thursday, 10:30 a.m., Club Room.

Library Chat Group—Tuesdays, 1 p.m., Library Study. Contact Memory Porter, memoport@aol.com.

Library Volunteer Group—Monday through Friday, 9 a.m. to 3 p.m. Contact person is Nancy Knauer, 571-233-5867 or neknauer@aol.com.

LWVA Book Club—Fourth Monday, 1 p.m., Library Study. Contact Karen Sturtevant, 413-768-7669

LWVA Golf League—Various dates. Contact Alan Knittel, lansdownewoodsgolflleague@gmail.com.

Notables—Thursdays, 1 p.m., Auditorium. Contact Marianne Tagge, Marianne.tagge@gmail.com.

Open String Jam—Tuesdays, 3:30 p.m., Music Studio. Contact Joe Dockery, joedockery13@gmail.com.

Photo Club—First Thursday, 1 p.m., Theater. Group is facilitated by Jarvis Smith, jsmith144@aol.com, and Ken Laursen, ken@Laursen.com.

Pottery Club—Pottery studio is open daily to Pottery Club members during Clubhouse hours. Contact Kathy Redel, 571-423-9077.

Racquet Club—For additional information, contact group leader, Noel Montesa at nmontesa@comcast.net.

Republican Club—Bill Heffelfinger, heffelmb@gmail.com, and Rick Buck, richard1382@erols.com

LWVA Sewing Guild—Third Thursday, 1 p.m., Potomac Ridge Party Room. Group is facilitated by Anne A. Thomas, anneathomas@gmail.com.

Sewing Guild—Third Thursday, 1 p.m., Potomac Ridge Party Room. We are part of the national American Sewing Guild for people of all skill levels who love to sew! Group facilitator is Anne Thomas, anneathomas@gmail.com, 703-909-6425.

Stroke/Aphasia Informal Support Group—Mondays, 11 a.m., Club Room. Monthly speakers. Contact Bob and Julie Barron, barronr001@yahoo.com, for additional information.

Table Tennis Club—Tuesdays, Thursdays, and Saturdays, 2 p.m., Fitness Studio. All skill levels welcome. Contact Donna Machina, donna.machina@gmail.com.

Tappers—Wednesdays and Fridays, 1 p.m., Fitness Studio. Contact Sharon Schuble, sharbil@aol.com

Torch Club—Second Tuesday, September through May. Contact Crash Konwin at kkonwin@aol.com.

Water Volleyball—Mondays, Wednesdays, and Fridays, 4 to 6:30 p.m., Pool. Contact Jackie May, jackiemight@yahoo.com. Guests that are 16+ are welcome to join you to play.

Woodworking Club—Workshop is open daily to Woodworking Club members during Clubhouse hours. Contact Wes Henderson, woodshop@LWVA.org

Clubhouse Happenings

Most events in the Clubhouse are FREE and you only need to show up to attend. If a price is listed with the event, please register so we know how many will attend; however, if you decide to come at the last minute, you are welcome to pay at the door. **For all activities and events, you are welcome to BYOB.** Call or stop by the Clubhouse office to register: 703-723-1501.

Refund policy for activities, events, trips, and fitness passes: Clubhouse activity and event registrations are nonrefundable a week prior to the event date. Trip registrations are nonrefundable unless your seat is resold. Fitness passes are nonrefundable. All cancellations are subject to a \$5 administration fee.

Regular Ongoing Clubhouse Activities

Painting for a Cause with Ligia Inra—Tuesday, June 2, and 9, 11 a.m., Art Studio

Join us for an artistic journey—\$20 for two classes. In addition to nurturing your creative spirit, your participation supports a noble cause. 100% of the proceeds each month will be donated to LAWS, a charity combating domestic violence and sexual abuse. Registration required. Call 703-723-1501. Bring your own supplies. Ask for a supply list in the Clubhouse Management Office.

Laura Nickle plays in the Fireside Lounge—Wednesday, June 3, 10, and 17, 5:30 to 6:30 p.m.

Sing-along fun in the Fireside Lounge. BYOB.

New Resident Clubhouse Tour—Monday, June 8, 1 p.m., Meet in the Clubhouse Library

A Lansdowne Woods volunteer will give you a quick tour of the Clubhouse and share information about community life at LWVA. This tour will help you gain a greater understanding of the social and volunteer opportunities on the LWVA campus.

Tech Help with Nikitha Karthik—Saturday, June 6, and 13, 10 a.m. to 12 p.m., Club Room

Nikitha Karthik, Activities Assistant Intern, organizes one-on-one Tech Help events for Lansdowne Woods residents. Attend for help with device setup and management, social media, apps, and more. Gather your questions and bring your device. First come, first served.

Loudoun County Library Outreach

Tuesday, June 2, and 16, 10 a.m., Fireside Lounge

The library brings materials for onsite browsing. Residents are also able to place requests for books and audio/visual supplies in advance for the library to deliver. To place items on hold, go to library.loudoun.gov, or call 703-771-5621 or send an email to libraryoutreach@loudoun.gov.

Community Dinner catered by Fountain Grill

The Weekend Kickoff (TWK) for Thursday, June 4, 5 p.m. Pre-Dinner Social, Dinner 6 p.m., Auditorium

Although this event sold out soon after being announced, this is a reminder to always add your name to the waitlist in case seats do open up. It does not cost anything to add your name to the waitlist.



Annual Health & Wellness Fair

Friday, June 5, 10 a.m. to 1 p.m., Auditorium

Today's active adults are living longer, healthier, and more fulfilling lives. More than any other generation before, they are searching for new and different ways to get the most out of life. Join us at our 2026 Health & Wellness Fair, as we seek to educate, equip, and empower the LWVA community with ways to proactively maintain a healthy lifestyle. Our quest is to showcase ALL dimensions of health and wellness through diverse exhibitor tables. Multiple vendors attending the fair have signed up to present to the LWVA community in a classroom environment during June and July. Vendors pay to participate in the fair and they pay for the opportunity to speak with you in the classroom. All proceeds from this event

support the activities, fitness, and wellness programs designed to boost healthy aging for the residents of Lansdowne Woods of Virginia. Show your support by attending the H&W Fair.



Movie: *Driving Miss Daisy*—Monday, June 8, 2 p.m., Theater

Join us for a movie, popcorn, candy, and soda. Sponsored by The Chapel at Lansdowne Woods, A Worshipping Community of Galilee UMC. FREE.



**Dance Party with The Pop Chicks
TWK for Thursday, June 11, 7 p.m., Auditorium**

The Pop Chicks will sing pop songs from the 60s to today. Girl power and fun vibes all 'round! Each of The Pop Chicks have their own singing career, but these three powerhouse singers (Linda Andersen, Darcy Cooke, and Kathy Farmer) have combined their love of a great party, pop music, and enduring friendship to create The Pop Chicks. This act brings audiences to their feet. They sing as many of the fun, fab, female pop tunes from the 60s, 70s, 80s (and a bit of now) as they can squeeze into a performance. It's all about group participation so expect to spend the evening out on the dance floor. You just can't sit still when you are grooving down memory lane! \$10 in advance, \$20 at the door.



**World's Okayest Trivia
Wednesday, June 17, 4 p.m., Auditorium**

Winning teams from May can expect a special delivery to the table at the start of play—1st prize goes to Maybe Mensa, 2nd to Riverbend Rocks, and 3rd to Vistas Haven't a Clue. Gather your team of up to eight players and put your brains to the test while you are challenged on a variety of topics. Chris Drummond is our expert trivia host. \$5 in advance. Bring \$ for the 50/50 raffle—\$1 per chance or 6 chances for \$5. BYOB.



**The Greek and The Freak
TWK for Thursday, June 18, 4 p.m., Community Room**

Musicians Suzanne Tsacoumis (The Greek) and Steve Houk (The Freak) started their acoustic duo as the pandemic began in early 2020. They are widely known for playing high-energy, crowd-pleasing acoustic sets at local breweries, wineries, and restaurants. The duo leans heavily into crowd interaction, humor, and taking requests on the fly. It's less of a rigid, passive concert and more of an upbeat, communal musical party. This event is sponsored by the LWVA Activities Committee and is FREE. Friends and family are always welcome to join you at LWVA events. BYOB. Please register so there is ample seating: 703-723-1501.

Use the Lansdowne Woods Facebook page to help promote your club, group or activity!



The LWVA Communications Committee welcomes club, group, and association submissions to post on the Lansdowne Woods Facebook page. Next time you have a few good pictures and a story to tell, send your submission to communications@lwva.org. Remember, the Lansdowne Woods Facebook page is a public page which means that anyone can view our page.

Stay connected virtually. Follow the Lansdowne Woods Facebook page.



Made in the USA:

**A Lansdowne Woods Tribute to American-made Music
Wednesday, June 24, 7 p.m., Auditorium**

Our summer cabaret, *Made in America*, will light up the Auditorium with an exciting lineup of performances that celebrate the music, voices, and creative spirit that define American culture. This one-night event brings together talented performers from across our community for an evening filled with classic favorites, fresh interpretations, and the vibrant energy that makes live performance unforgettable. Mark your calendar and join us for a lively showcase that captures the heart and rhythm of American artistry.

The Auditorium will be set theater-style. \$10 in advance. \$20 at the door.



Come Celebrate Books! Fifth Annual Literary Festival

Saturday, June 27, 1 to 5 p.m., Auditorium

Get ready to meet and greet more than 40 writers and authors from Lansdowne Woods and the region. They will all be on hand from 1 to 5 p.m. with books to sign and sell and lots to talk about. Leesburg's independent bookstore, Birch Tree Books, is partnering with the LWVA Writers Group this year, along with the Loudoun County Public Library. If you like books, you'll be happy at this event and it's FREE.

From 2 to 4 p.m. in the Music Studio, the Writers Group will be presenting four inspirational workshops for all the other would-be writers in our community.

"We know there are many in Lansdowne Woods who want to write or are already working on their own memoirs, so the first of the workshops at 2 p.m. will be 'How to Write Your Memoir', says Tom Hennessey, who is coordinating all the workshops. That will be followed at 2:30 p.m. by "How to Write Poetry" with writer residents Marla Carr and Bob Korte. "My poems come out of my memories," says Marla, who just began writing poetry last November. Her poems are beginning to form a memoir, she says. Bob has been writing poems since his early teens and has just now teamed up with resident illustrator Peggy King to publish his first book which will be available at the festival. The third workshop, beginning at 3 p.m. will be "How to Publish Your Book," led by resident writer Kathleen Hughes, who spent 40 years in book publishing. And, the last workshop at 3:30 p.m., led by resident writers Steve Winter and Jack Kelly will delve into the art of "Writing a Spy/Crime Thriller."

Come join us at this FREE event and celebration of everything about books and writing. Pile up your summer reading or be inspired to start writing ... or both!



In the tapestry of life, health and wellness are the vibrant threads that weave strength, joy, and resilience into our being. Nurturing them is not a luxury, but the very essence of living fully and vibrantly.

Empowering Your Well-Being: The Annual Health & Wellness Fair

At Lansdowne Woods, we fiercely protect the peace and privacy of our residents, maintaining a strict policy against unsolicited marketing and sales within our neighborhood. However, we also recognize the value of connecting with local professionals who can help us thrive. That is why our annual Health & Wellness Fair is so unique: it is a forum where vendors are invited to share their services with our community, and they do so strictly on *your* terms.

Rather than standard sales pitches, participating vendors are offered the opportunity to discuss their expertise in-depth within a structured, educational classroom environment. This puts the power in your hands, allowing you to research, ask questions, and explore vital resources at your own pace.

Your attendance directly supports the Lansdowne Woods wellness program, reinforcing the spokes of our wellness wheel: physical, emotional, social, financial, intellectual, environmental, and spiritual. Every spoke is essential to our vitality, and by coming out to the Fair, you help support the very programming that makes Lansdowne Woods a strong, informed, and robust community.

Health & Wellness Classroom Presentations:

PT Solutions

Thursday, June 11, 2 p.m., Theater

PT Solutions will offer an educational and interactive talk on balance and vertigo designed specifically for older adults. Learn common causes of dizziness and balance problems, strategies to reduce fall risk, and simple exercises to improve stability, confidence, and safety with daily activities.

Bankers Life

Tuesday, June 16, 10 a.m., Theater

As a 147-year-old financial institution, Bankers Life has built its reputation by specializing in the health, life, and retirement needs of seniors and by providing its policyholders with personalized, responsive service and timely payment of claims and benefits. Please join us, for a special presentation and frank discussion on health, and the financial and social issues we all may have to face.

Empower Mobility

Thursday, June 18, 2 p.m., Theater

Empower Mobility believes everyone deserves the freedom to move and the confidence to live independently. They specialize in high-quality mobility aides and equipment. Their mission is to support you in your personal recovery or aging journey. This classroom experience will focus on staying independent, and staying active, and how to choose the right rollator for you.

Must Love Travel

Thursday, June 25, 2 p.m., Theater

In a relaxed and informative environment, learn about guided journeys with Collette. Learn about the value, easy and convenient booking, and expert tour managers backed by over a century of guided travel experience. Presented by Silvia Hannah of Adventures by Silvia and Paul Julia with Collette. This session will highlight exciting destinations and answer your travel questions about upcoming group offers.

LWVA Trips

Reminders: If you require assistance, you must bring an assistant. Trip tickets are nonrefundable unless your seat is resold. Trip tickets are priced with a minimum number of participants in mind. If the minimum number of seats are not sold, the trip will be cancelled and you will receive a full refund. If you will be bringing a motorized scooter or wheel chair, you must inform us when registering.



Revolutionary Row (Middleburg) Winery Tour and visit to The Boxwood Winery and Green Hill Vinyard, \$79 Wednesday, June 10,

Spend a leisurely day exploring Virginia's renowned wine country with a bus tour through the picturesque countryside of Middleburg, VA. This experience will take us to two distinctive local wineries, each offering its own expression of the region's terroir, history, and winemaking style. We will travel along winding roads framed by rolling hills, stone fences, and horse farms, and we will enjoy tastings that showcase a range of Virginia varietals—from crisp whites and elegant rosés to expressive reds.

Our first stop will be at Boxwood Winery where a tasting experience with Cheese & Charcuterie is included. In addition, Boxwood's full menu choices consisting of baguette sandwiches, soup of the day, and appetizers will be available for you to purchase. After our visit to Boxwood we will head over to Green Hill Vinyard to enjoy their facility, wine (if you choose) and scenic views.

Our bus will pick you up in front of your building at 10:30 a.m. Estimated return to LWVA is 4 p.m. Extensive walking is involved.



Guys and Dolls at Shenandoah University Theatre, Winchester, Virginia, \$92

Wednesday, June 24, 2:30 p.m. Showtime

Guys & Dolls is a musical romantic comedy, a timeless musical jackpot, a rollicking romp through the streets of New York packed with gambling gangsters, glamorous gals, and some of Broadway's most iconic tunes — including "Luck Be a Lady" and "Sit Down, You're Rockin' the Boat." This show is a sure bet!

Lunch is not included, but please feel free to bring a snack and beverage on the bus. Shenandoah University Theatre does have concessions of snacks and beverages for purchase one hour prior to the performance and at intermission.

Our bus will pick you up in front of your building at 12:30 p.m. Estimated return to LWVA is 6:30 p.m. Moderate walking is

involved.



**United States Capitol Tour,
Washington DC**

Wednesday, July 8, \$52.50

As we celebrate 250 years of our Nation, let's tour the United States Capitol. A professional tour guide will lead our tour. The tour will take us to the Crypt, the Rotunda and National Statuary Hall. The tour does not include the Senate and House Galleries. The tour route is subject to change.

After our tour feel free to grab some lunch at the Capitol Restaurant. After lunch we can browse the Exhibition Hall and the gift shop before we board the bus back to LWVA.

Visitors will enter through the Capitol Visitor Center, which is located underground on the east side of the

Capitol. Every visitor will need to go through security and please go online to review the U.S. Capitol's prohibited items list before our visit. Extensive Walking is involved.

The bus will pick you up from the lobby of your building beginning at 8:30 a.m. Please be ready. Estimated return is 4:15 p.m.



**Beetlejuice, National Theater,
Washington DC**

Sunday, July 19, 2 p.m. Showtime, \$152

He earned his stripes on Broadway, now the ghost-with-the-most is coming back to Washington, D.C. by popular demand! It's showtime! A musical comedy about making the most of every day-o!

Based on Tim Burton's dearly beloved film, this hilarious musical tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes. With an irreverent

book, an astonishing set, and a score that's out of this Netherworld, *Beetlejuice* is "screamingly good fun!" (*Variety*). And under its uproarious surface (six feet under, to be exact), it's a remarkably touching show about family, love, and making the most of every Day-O!

The bus will pick you up in front of your building beginning at 12 p.m. Please be ready. Moderate walking. Estimated Return time is 6 p.m.

Fitness

Get your Unlimited Fitness Pass Today! Pass is only \$25 for in-studio and Zoom fitness classes. An email with the weekly class schedule and Zoom codes will be sent to all participants. You must register for the pass to attend classes in person or on Zoom. You can purchase multiple months at a time.

Juneteenth, Friday, June 19: No classes on Friday, June 19, or Saturday, June 20.

Gym Orientation: June 2 at 3 p.m., in the Gym.

Fitness Classes:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 Water Aqua	10 Mash-up	9 Aquacise	8:15 Gentle Yoga Video	9 Water Aqua	9:30 Zumba
9 Slow Flow Yoga	11 Gentle Hatha Yoga	10 Cardio Mix S&S	9 Tai Chi Video	9 Slow Flow Yoga	10:30 Balance S&S
10 Cardio, S&S	12:15 Qigong Video	11:15 Chair Yoga	10 Mash-up	10 Cardio S&S	11:30 Qigong Video
11:15 Mat Pilates	1 Chair Core	12:15 Beg. Tap	11:15 Mat Pilates	11:15 Chair Yoga	
1 Chair Pilates	4 Power Up	1 Tap Dance	12:15 Qigong Video	1 Tap Dance	
		2:15 Balance S&S	1 Chair Core	2 Beginner Tap	
			4 Sticks 'n Stones		

FREE! A fitness pass is not required to participate in person for Zumba, Tai Chi or Gentle Yoga video classes.

Club Sports are FREE:

Water Volleyball Club: M, W, F, 4 - 6:30 p.m. Bring your friends and meet new ones. For more information, contact Jackie May: jackiemight@yahoo.com, or Diane Furst: dianemarie1957@hotmail.com.

Table Tennis Club: Tu, Th, Sa, 2 - 4 p.m.

Table Tennis Open Play: Sa, 4 - 11 p.m., Su, 5 a.m. - 11 p.m.

Chair Volleyball: F, 2:30 p.m.

Chair Volleyball Open Play: Sa, 4-11p.m., Su, 5a.m.-11p.m. They are meeting on Sundays at 2:30.

Support the Lansdowne Woods Health & Wellness Program! Please show your support and attend the Health & Wellness Fair. Vendors pay to participate in the fair and the funds raised support the H&W Program. Additionally, vendors are required to provide a door prize valued at \$75 or better. Raffle tickets are handed out as you enter. You do not need to be present to win, but you must attend to enter the raffle. Please read *The Connector* and attend the presentations from the vendors you found of interest at the fair. Not all vendors pay to participate in the presentations.

If you have any questions about the health and fitness program, please reach out to Patty Simoneau at Patricia.simoneau@lwva.org or call the Clubhouse Management office , (703) 723-1501, ext. 103.

Religious and Spiritual Services - All residents and their guests are welcome.
For additional information, religious and spiritual contacts are listed in the Lansdowne Woods directory.



Catholic Mass, Second Friday, 1 p.m., Auditorium
Confessions in the Chapel beginning at 12:30 p.m.

- St. Theresa's, bus pick up begins at 8 a.m., Sundays, for the 8:45 a.m. Mass.
- Rosary, Sundays, 4 p.m., Chapel
- Support after Loss, first and third Monday, 3 p.m., Club Room
- Bible Study, Wednesdays, 3:30 p.m., Theater

The Chapel at Lansdowne Woods, A Worshipping Community of Galilee UMC

Sunday, 11 a.m., Auditorium. Worshipping community led by Pastor Steven Carr. The service includes a sermon, readings and group prayers, hymns, and music by Laura Nickle.

- Prayer Service, Mondays, 9 a.m., Chapel
- Bible Study, Tuesdays, 1:30 p.m., Chapel
- Chime Choir Practice, Wednesdays, 5:45 p.m., Music Studio
- Choir Practice, Fridays, 10 a.m., Music Studio
- Men's Fellowship, Second Friday, 8 a.m., Panera Bread in Lansdowne Town Center. Contact is Larry Petz, 703-401-7718.
- Women's Fellowship, First Wednesday, 11 a.m. Prayer and Devotion in the Music Studio. Contact is Rachel Emery, 703-939-5576.

Christian Bible Study

Tuesdays, 1:30 p.m., Club Room

Currently studying Thessalonians. Pastor David Labuhn of Our Savior's Way Lutheran Church will be leading the study. Contact Elaine Senft, 703-726-0965 or esenft@mac.com.

New Group: Humanism Discussion Group
Third Sunday, 11 a.m. Theater

Are you looking for a place to go on Sunday morning and feel left out because you are not religious? A new group is forming to discuss a progressive philosophy of life as reflected in Humanism. Among the many topics to be discussed will be: The Ten Commitments of Living, ethical and moral issues, empathy, compassion, along with the separation of church and state. This is not a lecture series. It is a participatory discussion group. Everyone is welcome!

For more information, contact Sheila Cramer at sheilacramer@icloud.com.

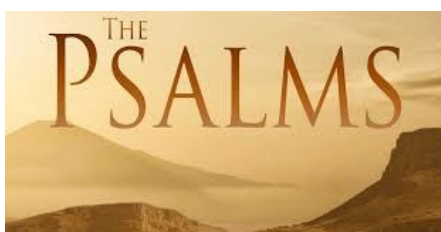
Potomac Ridge Bible Study

Wednesdays, 10:30 a.m., Potomac Room

All residents are welcome!

The Unitarian Universalist Meetup, Support, and Discussion Group, First Sunday, 1 p.m., Theater

We share joys and concerns, discuss topics on spiritual growth, the search for truth and meaning, world peace, community, social justice, and more. You do not need to be a UU to attend. For more information, contact Richard May at richxmay@gmail.com.



The Psalms: Have you ever thought about reading the Psalms? Mike Leavitt from Potomac Ridge is leading a small interfaith Zoom group that reads and studies one or two Psalms at each meeting. The group gets together from 3 to 4 p.m. on the first and third Fridays of the month. For more information, please contact Mike at michael.leavitt@gmail.com or 703-598-2666.

Clubhouse Businesses

Any advertising of products or services by third-party vendors does not constitute or imply endorsement, recommendation, or favoritism by Lansdowne Woods of Virginia Community Association, L.L.C. (LWVA). LWVA does not edit, confirm, or approve the content of any advertising. LWVA is not liable and is held harmless from any claims made against independent contractors/businesses providing products or services at LWVA.

Massage Therapy: Reina Nunez, 703-774-4507, esmeralda1_200@yahoo.com. Booking link: <https://RelaxationTime.as.me/>

Reiki/Full Spectrum Healing: Michele Turner, 301-633-9549

The Model Home Look

Mike Ford, 703-378-8181
www.themodelhomelook.com

The Salon at Lansdowne Woods
Call stylist/nail technician directly.

Salon services:

Denise, 571-271-2813

Eileen, 540-454-2649

Marlys, 703-727-4779

Mani/Pedi: Kristal, 703-598-5745

Clubhouse and Pool Hours

Clubhouse business hours are 9 a.m. to 4:30 p.m., Monday through Friday.

Clubhouse extended hours are 5 a.m. to 11 p.m. daily.

You will need a programmed fob to enter the Clubhouse outside of business hours.

Pool hours are Monday through Friday, 8 a.m. to 7 p.m.; Saturday, Sunday, and holidays, 8 a.m. to 4 p.m.

The Management Office and pool close daily from 12:30 p.m. to 1 p.m.

Clubhouse Contacts 703-723-1501

General Manager, Audra Reed: ext. 101, Audra.Reed@lwva.org

Assistant Manager, Susie Pfefferkorn: ext. 106, Susie.Pfefferkorn@lwva.org

Activities Director, Donaliece Carey: ext. 108, Donaliece.Carey@lwva.org

Activities Assistant and Trips Coordinator, Mary Brennan: ext. 107, Mary.Brennan@lwva.org

Chief Engineer, Dondi Searfoss: ext. 105, Dondi.Searfoss@lwva.org

Fitness Instructor, Patty Simoneau: ext. 103, Patty.Simoneau@lwva.org

LWVA Gatehouse: 703-724-0900, gatehouse@lwva.org

Lansdowne Conservancy

To report issues or concerns on Lansdowne Conservancy property (downed trees, path, landscaping, pond issues, etc.) please contact the Lansdowne Conservancy manager directly: Kathryn Edwards at 703-631-7200 or kedwards@cmc-management.com.

The Connector is for the exclusive use of our residents and may not be used by any other organization for any private or commercial purposes without express, written permission. We publish news and information about people, events, and places in our community and about local issues that may affect it in the Lansdowne area. Articles are written, selected, and edited by members of the LWVA Communications Committee and the LWVA Activities staff. We welcome comments, photographs, and articles by our readers. All are subject to editing. Please submit electronically, written material of no more than 300-500 words to communications@lwva.org by the 10th of the month. **LWVA Communications Committee:** Kathleen Hughes, chair, Sarah Wilton, Magnolias; Brenda Coker, Blue Ridge; Don Budd and Audrey Tennant, Potomac Ridge; Maria Kelly, Riverbend; Oritta Essien and David Kennelly, Riverview. **LWVA Activities Staff:** Donaliece Carey, Director of Community Activities; Mary Brennan, Activities Assistant and Trips Coordinator. To learn more about the LWVA Community and Association, visit our website LWVA.org.