

## Mark Your Calendars

Preparedness for Seniors- Monday, July 2, 11-12pm

Guardianship vs. Power of Attorney - Tuesday, July 10 1-pm

Fall Prevention- Monday, July,16, 1-2pm

Continuum of Care – Thursday, July 19, 11:15-12:45pm

Argentine Tango Demonstration – Friday, July 20, 3:15-3:45pm

Contra Dance – Monday July,23 2:45-4:45pm

Ice Cream Social Friday, 1-3pm

**Sultanas Troupe Show- [Saturday, July 28](#)**—Kennedy Center National Dance Day

Street Smart Senior-Tuesday, July 31, 1:30-12:3pm

### Notable Quotable

“We’re fascinated by robots because they are reflections of ourselves.”

~ Ken Goldberg, professor of robotics, engineer, and artist

### Become Street Smart About Scammers *continued from pg. 1*

You may already have encountered some the scams mentioned earlier in this article or know of someone who has. The important thing to remember is that scammers are always changing the ways they steal so it’s important to learn about new ways you can protect yourself, your loved ones, friends and neighbors.

On Tuesday July 31<sup>st</sup> Michele Leith will also talk about safeguards you can use to protect yourself online via social media or email.

Street Smart Seniors will be from 11:30-12:30. Be sure to register early so we know you are coming or are interested in learning more about this topic. Call 703-228-0555.

### Monthly Fun Fact: Fried, but Not French

July 13 is French Fries Day, but are these delicious fried potatoes actually French? Potatoes did not originate in Europe, but in South America. Spanish explorers brought them back to Europe, where they became beloved for their versatility, especially in France. Fried potatoes became a common street food in Paris—sold not as long fries but in chunks. It is said that Thomas Jefferson grew so fond of the food while acting as ambassador to France that he introduced fries to America via his kitchen in Monticello. It is in Belgium, however, that the history of *frites*

began a century before France’s fried potatoes. Frites (pronounced *FREETS*) are so dear a food to Belgium that in 2014 the country petitioned UNESCO to make the frite the official symbol of its cultural heritage. So when did Belgian frites become French fries? The story goes that American soldiers marching through French-speaking Belgium during World War I discovered the tasty fried potatoes. In the Americans’ confusion, or perhaps in their gastronomic ecstasy, they dubbed the delicious newfound food *French fries*.



# Lee Senior Center

July 2018



5722 Lee Highway, Arlington, Va. 22207  
Hours of Operation: M thru F 10-3  
Tel (703-228-0555)  
Office of Senior Adult Program Department of Parks and Recreation

Center Staff  
Adriana Carr  
Director

Myrna Manolis  
Recreation Assistant

Front Desk  
Volunteers  
Roberta Thibodaux

Susie Bachtel

Judy Engebritson

Lee/Madis on  
Advisory  
Committee

Tom Sipusic  
Chair

Tom Curtis  
Vice-Chair

Eileen Bogdanoff  
Treasurer

Penny Curtis  
Secretary

Caral Bennett  
Ira Birnbaum  
Fran Field  
Inge Ercolano  
Eileen Kenna  
Roberta Thibodaux  
Mary Wingo

## Become Street Smart About Scammers

According to the Virginia Department on Aging, by the 2025, over two million of Virginia’s residents will be over the age of 60. That is certainly a number to pay attention to. One group of individuals hoping to benefit from the increase in older adults are the criminals who target seniors through a variety of frauds and schemes.

The Department of Justice Office of Crime Victimization claims that 30% of people over 65 will fall prey to financial fraud. For scammers and thieves, older adults as a demographic have several characteristics that make them an easy mark.

The stereotypes of older adults as people who are more trusting, have slower reaction times, have trouble with memory; are lonely or have a large amount of savings are what makes this demographic a favorite target for these individuals. The scams of choice include Medicare Card frauds, tax schemes, home repair, paving and the Grandparent scam to name a few.

However, Michele Leith from the Virginia Attorney General’s Office knows how you can thwart these crooks and she will be here on July 31<sup>st</sup> to tell you how to become a Street-Smart Senior.

*continued on pg. 4*

## The Lee Quilt

Do you know about the quilt that lives in the Senior room here? In 2001, a young intern from George Mason University. At that time there were a variety of clubs and some of the groups that still exist today such as the Lee Woodcarvers and Just Play’n Country.

Each group was given a 12x12 piece of white muslin and asked to create a representation of their group’s interest. The quilt is hung along the back wall next to the book shelves.

Look it over one day. It’s fascinating

## Are You a Believer?

July 2 is World UFO Day. Whether you celebrate by watching reruns of *Star Trek* or hosting a sky-watching party in hopes of identifying an unidentified flying object, be sure to keep an open mind when considering that humans might not be alone in the universe.



*The Canadian National Research Council has recorded 750 sightings of UFOs in Canada.*

There have been many recorded observations of strange flying objects throughout history, but it wasn't until 1947 that a UFO sighting captured the public imagination. Businessman Kenneth Arnold was flying a small plane near Mount Rainier in Washington when he spied nine objects flying together. He described them as looking "saucer like." From his experience, the term *flying saucer* was born.

Did Arnold actually see an alien spaceship? The United States Air Force determined that Arnold saw a mirage. Yet in mid-1947, UFOs again captured the public's attention

## The Ice Cream Social: An American Tradition

In 1744 Thomas Bladen, the then Governor of Maryland, made ice cream the center piece of his dinner party. When he was President, Thomas Jefferson held the first official ice cream social on the grounds of the White House.

Soon ice cream socials became the go to event for political fundraisers, church socials and local government events. Can ice cream be the best way to build community? Possibly yes!



when a mysterious craft crash-landed at a ranch near Roswell, New Mexico. Representatives from the Roswell Army Air Field reported that the object was a high-altitude weather balloon, but the government has been accused of an alien cover-up ever since.

Is it just coincidence that the U.S. government began Project Sign in 1948? This project was an investigation into UFO encounters. The program lasted for 20 years and concluded that an alien UFO had never been observed. The public had to wait until 2017 before a Navy pilot, Retired Commander David Fravor, came forward with his firsthand account of what he believes was an alien UFO. Fravor was on a training mission in November of 2004 when a 40-foot-long wingless object, like a giant Tic Tac, sped past him. When asked to recall his experience, Fravor said, "I think it was not from this world."

The best way to test this theory is to come to the Lee/Madison Advisory Committee Ice Cream Social. In addition to serving up this cold creamy delight, there will be music from the Just Play'n Country group and the Blues Kats.

We do need to know you are coming because Eileen Bogdanoff wants to make sure there's enough ice cream. RSVP by July 23. The events is Friday July 27 from 1-3

## Additional Day for ContraDance

By popular demand contra dancing is breaking out of the fifth Friday mold. In July, which doesn't have a fifth Friday, there will be a contra dance Monday July 23 at 2:45 p.m. Contra dancing shares a number of features with square dancing: a caller, traditional fiddle music, and dance figures like swinging-your-partner, promenades, and do-si-dos. If you have never done contra dancing before, not to worry. Just

come at 2:45, and, we will show you everything you need to know.

Contra dancing is danced to folk music. It has a caller who might ask the dancers to do a do-si-do or allemande. Come join in the fun.

## Westover Library Corner

**Have you heard?** Westover Library will be hosting a monthly adult game night all summer long. Come and join us for laughs, stress relief and friendly competition! Classic board games like Life, Win, Lose or Draw, Taboo, Pictionary, and more. No registration necessary. We hope to see you there!

Monday, June 25<sup>th</sup> 6pm-8pm  
Tuesday July 17<sup>th</sup> 6pm-8pm  
Tuesday August 21<sup>st</sup> 6pm-8pm

For more information, please visit our events page at <https://library.arlingtonva.us> or call the Westover branch at (703) 228-5260.

**Coming soon:** Reel Page Turners Movie Book Club! Westover Library and the Lee Senior Center will be partnering to launch a movie-themed book club! The selected books will focus on novels that have later been made into a feature film. After reading the book and having a book talk,

we'll meet to enjoy the movie and discuss. Peg Owen from Westover Library will be here on August 13 between 11-2 to sign people up and answer questions. Of course you can also ask the senior center staff. Stay tuned for details!

