

Educational Scholarships

The Windy Hill **Nest to Wings** and **Horizon Scholarships** are ongoing programs for pre-k Montessori attendance, college or technical school bound seniors, or adults pursuing educational opportunities.

To request an application, contact resident services:
540-687-3997 or michelle@windyhillfoundation.com

Middleburg Library Scholarships

The Middleburg Library advisory board is offering two different scholarship opportunities.

The Charles Plante Book Scholarship is designated for supplemental education-related expenses for students recognized in academic achievement, community service and their love of literature.

The Eura Lewis Memorial Scholarship is to be used for tuition and supplemental education-related expenses at an accredited post-secondary school.

Completed applications & supporting documents are due by April 15, 2024
Please call the library at 540-687-5730 for more information.

TPCL Summer Camp

The Plains Community League Free summer camp
for children of workforce families

Ages 6- 12

June 17th August 9th from 9am- 5pm

- FREE lunch & snacks
- Outdoor games
- Special guests
- Field trips
- Computer games
- Cooking, Arts & Crafts



REGISTRATION REQUIRED

Contact Erica at 540-253-2119

or PCL20198@gmail.com for more information

March
2024

Community Event

Join Oak springs Garden Foundation for a FREE workshop! Create a spring door hanger by decorating an umbrella with dried flowers at The Plains Community League.



OAK SPRING
GARDEN FOUNDATION

Wednesday, March 20th at 4pm
6473 Main St, The Plains, VA 20198

Home Buying Information Session



Tuesday, 26 March 2024

5:30 - 6:30 PM

1000 W Washington St,
Middleburg, VA 20117

FREE DINNER !

Join Northwest Federal Credit Union for a FREE workshop! Learn mortgage basics, benefits of using realtor & when to buy!

Please RSVP to resident services:
540-687-3997 or
michelle@windyhillfoundation.com

Free Tax Assistance

Federal and Virginia tax return preparation
BY APPOINTMENT ONLY

HealthWorks for Northern VA, 163 Fort Evans Road NE,
Leesburg, VA: Saturday 9:45 am – 1:30 pm, Tuesday 6:00
pm – 8:00 pm, In-person service Info: 703-829-0394

Cascades Library, 21030 Whitfield Place, Sterling, VA:
Tuesday 10:00 am – 3:00 pm, Thursday 10:00 am – 3:00
pm, In-person service Info: 240-812-9783

Gum Spring Library, 24600 Millstream Drive, Stone Ridge,
VA: Monday 9:30 am – 3:00 pm, Tuesday 12:30 pm – 5:00
pm, In-person service Info: 240-812-9154

Purcellville Library, 220 East Main Street, Purcellville, VA:
Tuesday 10:00 am – 2:00 pm, Thursday 10:00 am – 2:00
pm, In-person service Info: 443-530-7871

Falcons Landing Retirement Community, 20522 Falcons
Landing Circle, Potomac Falls, VA: Monday 12:45 to 5:00
pm, Thursday 12:45 to 5:00 pm, Saturday 12:45 to 5:00 pm
In-person service Info, 703-404-5179

Sterling Library 22330 S. Sterling Blvd, Suite A117, Sterling,
VA: Saturday 10:00 am – 3:00 pm, Beginning Feb 10F, In-
person service Info: 703-651-6410

Appointments:

<http://www.taxaideloudoun.org/>
or scan QR code



Appointments are required for all tax services. Please do not visit tax sites if you do not have an appointment.

Please come to your appointment with all tax documents, photo id, social security cards and completed forms.

See Taxpayer Checklist on the website.

Tax Relief for the Elderly & Disabled Renewal Forms Mailed

People 65 & older and/or permanently & totally disabled & who meet eligibility requirements may benefit from a property tax reduction.

Renewals Due April 1



For more information, visit:
loudoun.gov/TaxRelief

8 Strategies for a

Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 8 healthy habits for spring.

Move More, Sit Less: Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.



Eat Healthy Foods: Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Choose Your Drinks Wisely: Substitute water for sugary or alcoholic drinks to reduce calories and stay safe



Get Enough Sleep: Adults need at least 7 hours of sleep per night. Children aged 6 to 12 need 9–12 hours of sleep per night. Teens 13 to 18 need 8–10 hours of sleep per night.

Be Sun Safe: Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.



Brush Your Teeth: Brush twice a day with fluoride toothpaste.

Don't Use Tobacco:

Call 1-800-QUIT-NOW for free support to quit smoking.



Learn Your Health History: Talk to your family and your doctor about your family health history.

Source: National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)