



The Senior Center of Leesburg September 4, 2020

Closed Monday, September 7th Labor Day

Senior Center
of Leesburg
102 North Street
NW
Leesburg, VA
20176
703.737.8039

[www.loudoun.gov/
seniors-leesburg](http://www.loudoun.gov/seniors-leesburg)
Part of the Area
Agency on Aging,
a Division of



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The Senior Center of Leesburg will be closed, Monday, September 7th, 2020, in observance of Labor Day.








2020 Summary of the Blue Bird Trail

- ✚ First Egg was spotted on May 13.
- ✚ First Egg hatched on May 27.
- ✚ Fledge is when the young bird leaves the nest. The last fledge was on August 12.
- ✚ There were 10 bluebird eggs that hatched and fledged this year.
- ✚ There were 25 House Wren eggs that hatched and fledged this year.
- ✚ Please join us next spring for the weekly monitoring of our blue bird trail.
- ✚ Special Thanks to Carolyn and Eli who have led our volunteer efforts this year.



If you do not already receive email from us, please contact the center at 703.737.8039 to add your email address to the distribution list so that you can receive the e-newsletters and stay connected. You may visit our website (to view the e-newsletter) at: <https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg>

**This Week's Menu for Dine-In or Pick-Up
9/7-9/11**

Monday 9/7	Tuesday 9/8	Wednesday 9/9	Thursday 9/10	Friday 9/11
<p>COUNTY HOLIDAY</p>  <p>Center Closed Today</p>	<p>Oven Baked Chicken Strips Corn / Lima beans Collard Greens Fruit Roll Milk</p> 	<p>Meatloaf Mashed Potato Mixed Vegetable Fruit Roll Milk</p> 	<p>Pork Chops Fettuccini Spinach Fruit Roll Milk</p> 	<p>Roast Beef Parslied Potato Kale Fruit Roll Milk</p> 

Spanish with Francisco
Tuesday, September 8, 2020
4:00 PM - 5:00 PM (EDT)



Please join my meeting from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/534571317>

You can also dial in using your phone.
United States: [+1 \(224\) 501-3412](tel:+12245013412)

Access Code: 534-571-317

New to GoToMeeting? Get the app now and be ready when your first meeting starts: <https://global.gotomeeting.com/install/337799061>



Guitar Class with Kurt

Friday, September 11, 2020 at 1:00pm

Enjoy the live music and sing along.

Call Cheryl Wheeler at 703.771.5156 Thursday afternoon for a computer link or phone # to join the group.



The Senior Center of Leesburg now has a Facebook Page.

Copy the link below into your browser and check it out and please make sure to like our page!

<https://www.facebook.com/leesburgsenior>



COFFEE CHAT WITH LORI

If you are a caregiver for a loved one or if you are an older adult (60+) in need of support during this difficult time, connect virtually (FaceTime or by phone) over coffee with Lori.

To be connected with Area Agency on Aging programs and services, and other community resources, please call 703-777-0257 to speak with an Aging Program Specialist.

To sign-up, send an email to aaasupport@loudoun.gov or call 571-233-2583.



E-Recipe Corner:

Martha Stewart

Chicken Salad Sandwich



Servings: 6

Ingredients:

- 2 cups chopped or shredded cooked **chicken**.
- 1/2 cup chopped celery.
- 1 tablespoon chopped fresh parsley leaves.
- 1/2 teaspoon coarse salt.
- 1/4 teaspoon freshly ground black pepper.
- 1 tablespoon fresh lemon juice.
- 1/3 cup mayonnaise, or to taste.
- 3 teaspoons unsalted butter, softened.

Directions:

1. In a medium bowl, stir together the chicken, celery, parsley, salt, pepper, and lemon juice. Stir in the mayonnaise, little by little, to achieve the desired consistency. The chicken salad can be kept, refrigerated, for 1 day.
2. Spread butter on each slice of bread. Sandwich with chicken salad and a leaf of lettuce. Serve with salty potato chips.

Trivia

What is the metal part of a pencil that holds the eraser called?

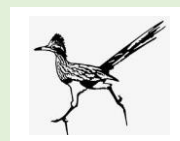
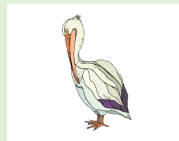
- Ferrule
- Tipper
- Fibber
- Collywobbles



Answer: The ferrule is a vital component of a modern pencil. The ferrule is the metal band that attaches the pencil body with its eraser. It was originally made with brass which had the appropriate strength to hold the pencil with its eraser. Metal shortages during World War II, saw ferrules made from plastic and cardboard. It wasn't until 1964, that J.B. Ostrowski patented the aluminum ferrule. He designed it to have two horizontal bands and lots of vertical ridges to keep the soft aluminum from disfiguring. His exact ferrule design is still used today.

What is the only bird in the world with just 2 toes on each foot?

- Flamingo
- Pelican
- Roadrunner
- Ostrich



Answer: Ostriches only have two toes on each foot, a feature that sets them apart from every other bird. Most birds have four toes, three that face forward and one that points backward. The ostrich has one very large toe that is roughly 7 inches in length, and one that is smaller, about 4 inches long. The larger, inner toe has a nail resembling a hoof, the outer toe has no nail. Despite only having two toes, the ostrich is a skilled runner, moving at up to 43 miles per hour. This allows them to escape predators since they cannot fly.

What was the first Life Saver flavor?

- Cherry
- Pineapple
- Lemon
- Peppermint



Answer: Originally, Life Savers only came in peppermint flavor. They were first created in 1912 by Clarence Crane, a Cleveland, Ohio resident, and candy maker. Just one year after creating the product, Crane sold the rights to his Pep-O-Mint peppermint candy to Edward John Noble for \$2,900. Noble started his own candy company and began producing and selling the mints known as Pep-O-Mint Life Savers. The original fruity flavors—lemon, lime, orange, cherry, and pineapple—were introduced in 1935 and remained untouched for almost 70 years.

September 2020 Daily Holidays, Special and Wacky Days:

September 5

Be Late for Something Day

Cheese Pizza Day

International Bacon Day - Saturday before Labor Day

National Tailgating Day - first Saturday of September

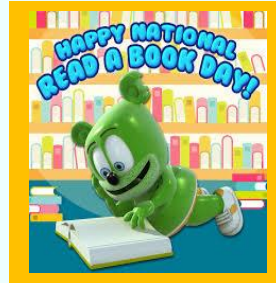
World Beard Day - first Saturday of September



September 6

Fight Procrastination Day

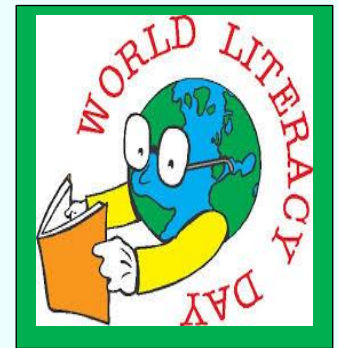
Read a Book Day



September 7

Labor Day First Monday of month

National Salami Day



September 8

International Literacy Day

National Ampersand Day

Pardon Day



September 9

Teddy Bear Day

September 10

Sewing Machine Day

Swap Ideas Day

You may visit our website (to view the e-newsletter) at:

<https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg>.

If you would like to see the other Senior Center's newsletters, please check out their websites as well for a copy of their center's e-newsletter.

Please stay informed, Stay Safe, Take Care of Yourself and check in on each other. We miss you and we care about you, Erik, Cheryl, Sue, Joanna, Diane & Dave