COMING SOON AT THE SENIOR CENTER OF LEESBURG
OUTDOOR ACTIVITIES!

Join your friends at The Senior Center of Leesburg for our new Outdoor Programming beginning the week of September 21st!

Below is a list of programs we plan to have available and you can join us for lunch when you are done if you would like, just remember to sign-up the day before your activity you are participating in.

All COVID safety measures apply to outdoor programming. All Outdoor Programs will be held weather permitting – please call first to find out if it is a go!

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEANGO</td>
<td>BEAN BAG BOWLING</td>
<td>WALKING CLUB</td>
<td>BEAN BAG BOWLING</td>
<td>BEANGO</td>
</tr>
<tr>
<td>10:30am</td>
<td>10:30am</td>
<td>10:30am</td>
<td>10:30am</td>
<td>10:30am</td>
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<tr>
<td>Played with</td>
<td>Bean Bag toss</td>
<td>Walk the</td>
<td>Bean Bag toss</td>
<td>Played with</td>
</tr>
<tr>
<td>large cards and</td>
<td>into six</td>
<td>Bluebird Trail</td>
<td>into six</td>
<td>large cards and</td>
</tr>
<tr>
<td>a cup of beans</td>
<td>containers that</td>
<td>and Leesburg Park</td>
<td>containers that</td>
<td>a cup of beans</td>
</tr>
<tr>
<td>for markers.</td>
<td>form a triangle</td>
<td>beside the Rust</td>
<td>form a triangle</td>
<td>for markers.</td>
</tr>
<tr>
<td></td>
<td>shape.</td>
<td>Library.</td>
<td>shape.</td>
<td></td>
</tr>
<tr>
<td>Cards are</td>
<td>Bags are handled</td>
<td>Wear sturdy</td>
<td>Bags are handled</td>
<td>Cards are</td>
</tr>
<tr>
<td>sanitized daily.</td>
<td>with grippers and</td>
<td>walking shoes and</td>
<td>with grippers and</td>
<td>sanitized daily.</td>
</tr>
<tr>
<td></td>
<td>placed on a tray</td>
<td>bring your own</td>
<td>placed on a tray</td>
<td></td>
</tr>
<tr>
<td></td>
<td>for players to</td>
<td>water bottle</td>
<td>for players to</td>
<td></td>
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<tr>
<td></td>
<td>retrieve. Bean</td>
<td></td>
<td>retrieve. Bean</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bags are</td>
<td></td>
<td>Bags are</td>
<td></td>
</tr>
<tr>
<td></td>
<td>sanitized daily</td>
<td></td>
<td>sanitized daily.</td>
<td></td>
</tr>
<tr>
<td>Bingo with</td>
<td>Bean Bag toss</td>
<td>Walk at your own</td>
<td>Bean Bag toss</td>
<td>Bingo with</td>
</tr>
<tr>
<td>Beans</td>
<td>Game</td>
<td>speed.</td>
<td>Game</td>
<td>Beans</td>
</tr>
</tbody>
</table>

Physical Distancing of six feet is required for all staff, volunteers and participants.

Daily Outdoor Activities are in our parking lot beside the Ballfield at 10:30am

Reservations are Required to Participate call 703-737-8039

Lunch is served daily in our Dining Room at 11:45am Reservations Required Call 703-737-8039

Masks are required for all staff and volunteers.
Loudoun County Area Agency on Aging Senior Trips Program is offering a limited number of trips ages 55 and older. Online and phone registration starts **Wednesday, Sept. 16, at 9 a.m. No in person registration will be permitted.**

Passengers travel by 28-passenger bus or motor coach. The first price listed is for current senior center members; the second price is for nonmembers.

There are no refunds, although a refund minus an administrative fee (30% for day trips, 20% for overnight trips) may be issued if your seat is resold. If you need a forward seat for medical reasons, call 571-258-3050 at least one week before the trip.

**Safety protocols in response to COVID-19:**
- Reduced capacity on both county bus and motor coaches.
- Buses cleaned thoroughly prior to each trip.
- Buses will load back to front and unload front to back.
- Hand sanitizer will be available for use when boarding the bus.
- Face coverings are required on the bus and inside venues.
- Bus driver and staff will wear face coverings.

**Registration Process:**

Register online at [http://www.Loudoun.gov/webtrac](http://www.Loudoun.gov/webtrac) or register by phone using one of the following numbers:

**Senior Trips Staff:** 571-258-3050 or 571-258-3051  
**Carver Senior Center:** 571-258-3400  
**Cascades Senior Center:** 571-258-3280  
**Dulles South Senior Center:** 571-258-3883  
**Leesburg Senior Center:** 703-737-8039  
**Daisy Robles** 703-777-0582  
**PRCS Administrative Office:** 703-777-0343
# Trips Registration Summary Sheet

**Fall 2020**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Trip #</th>
<th>Trip Title</th>
<th>Cost</th>
<th># Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>9/25</td>
<td>446610-01</td>
<td>Smithsonian National Zoo - DC</td>
<td>$12</td>
<td>$16</td>
</tr>
<tr>
<td>Tue</td>
<td>9/29</td>
<td>446611-01</td>
<td>Museum of the Bible - DC</td>
<td>$21</td>
<td>$25</td>
</tr>
<tr>
<td>Tue</td>
<td>10/6</td>
<td>446612-01</td>
<td>Hillwood Museum &amp; Gardens - DC</td>
<td>$27</td>
<td>$31</td>
</tr>
<tr>
<td>Fri</td>
<td>10/30</td>
<td>446613-01</td>
<td>&quot;Esther&quot; - Sight &amp; Sound Theatre, Lancaster PA</td>
<td>$145</td>
<td>$149</td>
</tr>
<tr>
<td>Mon</td>
<td>11/16</td>
<td>446614-01</td>
<td>International Spy Museum - DC</td>
<td>$24</td>
<td>$28</td>
</tr>
</tbody>
</table>

## OVERNIGHT TRIPS

| Wed - Sun | 946640-01 | A Biltmore Christmas - Asheville North Carolina | $414D | $429D | 30 |
| 12/9-12/13 | | | $498S | $513S | |

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## This Week’s Menu for Dine-In or Pick-Up

### 9/7-9/11/2020

**Monday 9/14**
- Stuffed Cabbage
- Mashed Potato
- Rivera Blend
- Vegetable Fruit
- Cornbread
- Milk

**Tuesday 9/15**
- Hot Dog
- Baked Beans
- Caribbean Blend
- Vegetable
- Hot dog bun
- Fruit
- Milk

**Wednesday 9/16**
- Baked Chicken
- Fillet Brown Rice
- Sliced Carrots
- Vegetable
- Fruit
- Roll
- Milk

**Thursday 9/17**
- Spaghetti with Meat sauce
- Malibu Blend
- Vegetables
- Fruit
- Roll
- Milk

**Friday 9/18**
- BBQ Chicken
- Baked Potato
- Mixed Vegetables
- Fruit
- Roll
- Milk
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

Guitar Class with Kurt

Friday, September 18, 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.

Spanish with Francisco
Monday, September 14, 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) 501-3112

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

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.
**LOW-CARB ZUCCHINI ENCHILADAS**

**Servings:** 8

**Prep:** 20 MIN

**Cook:** 55 MIN

**Total:** 1 HR 15 MIN

**Ingredients:**

**Zucchini:**
- 8 zucchini, halved lengthwise
- 3 tablespoons kosher salt

**Filling:**
- 1 tablespoon vegetable oil
- 1 bunch (90g) scallions, white and light green parts only, thinly sliced
- 2 medium (91g) poblano peppers, deseeded and finely chopped
- 1 cup (195g) cooked black beans
- 1 cup (175g) canned corn, drained
- 1 rotisserie chicken, skin removed and meat shredded
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- Kosher salt and freshly ground black pepper
- ½ cup (130g) enchilada sauce
- Hot sauce, as needed

**Assembly:**
- 2½ cups (650g) enchilada sauce
- 1 cup (113g) shredded cheddar or Monterey Jack cheese
- Sour cream and chopped fresh cilantro, for serving

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**Directions:**

1. **Prepare the Zucchini:** Preheat the oven to 375°F. Use a metal spoon to scrape out the seeds from the zucchini; discard the seeds and place the flesh in a colander. Be generous when scooping, making as much room as possible for the filling without breaking the zucchini. Season the zucchini with the kosher salt and toss gently to combine. Place the colander in the sink and let sit for 20 to 25 minutes.

2. Remove the zucchini from the colander, pat it dry with paper towels and place in a single layer on a baking sheet. Transfer the baking sheet to the oven and roast until the zucchini are just tender, 10 to 15 minutes.

3. **Make the Filling:** In a medium skillet, heat the oil over medium heat. Add the scallions and poblano peppers and sauté until the peppers are tender, about 5 minutes.

4. Stir in the black beans and use the back of a spoon to mash and break them up slightly. Stir in the corn and chicken, and toss to combine.

5. Season the filling with the cumin, garlic powder, salt and pepper. Stir in the 1 cup enchilada sauce and hot sauce, to taste, and continue to cook for about 2 minutes. Set the filling aside.

6. **Assemble the Enchiladas:** Pour ½ cup of the remaining enchilada sauce in the bottom of a 9-by-13-inch pan, spreading evenly. Arrange the roasted zucchini boats in an even layer on top of the sauce. Using tongs, fill each piece of zucchini generously with the filling, repeating until you’ve used it all up.

7. Pour the remaining 2 cups enchilada sauce evenly over the zucchini and filling, and top with the shredded cheese. Transfer to the oven and bake until the cheese is melted and the sauce is bubbly, 25 to 30 minutes. Garnish with sour cream and cilantro.
Something to think about

The average person over 50 years of age cannot do it!

Check for Alzheimer's - Pretty Amazing
The following was developed as a mental age assessment by the School of Psychiatry at Harvard University.
Take your time and see if you can read each line aloud without a mistake.

1. This is this cat. 7. This is old cat.
2. This is is cat. 8. This is fart cat.
3. This is how cat. 9. This is busy cat.
4. This is to cat. 10. This is for cat.
5. This is keep cat. 11. This is forty cat.
6. This is an cat. 12. This is seconds cat.

Now go back and read the third word in each line from the top down.

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.
If you have an idea for an outdoor activity you would like to see at The Senior Center of Leesburg, while applying all COVID safety measures, please let one of the staff at the center know and we will take your recommendation under consideration. Please email any of us at the following addresses:

Erik Onate:  Erik.Onate@loudoun.gov

Cheryl Wheeler:  Cheryl.Wheeler@loudoun.gov

Sue Depoy:  Sue.Depoy@loudoun.gov

Joanna Poston:  Joanna.Poston@loudoun.gov

Food Donations Continue Volunteers Make a Difference

August total weight for Leesburg Senior Center is 2,603 lbs. Donations continue for The Senior Center of Leesburg to Tree of Life!

Thank you Jim, Joanne, Katherine, Eli, Pat and Kathy, for providing this service on a daily basis.
### September 2020 Daily Holidays, Special and Wacky Days:

<table>
<thead>
<tr>
<th>September 11</th>
<th>September 12</th>
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</thead>
<tbody>
<tr>
<td>911 Remembrance</td>
<td>Chocolate Milk Shake Day</td>
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<tr>
<td>Make Your Bed Day</td>
<td>National Video Games Day</td>
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<tr>
<td>No News is Good News Day</td>
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<table>
<thead>
<tr>
<th>September 13</th>
<th>September 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fortune Cookie Day</td>
<td>International Crab Fest Day</td>
</tr>
<tr>
<td>Grandparent's Day</td>
<td>National Cream-Filled Donut Day</td>
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<tr>
<td>National Peanut Day</td>
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<tr>
<td>National Pet Memorial Day</td>
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<tr>
<td>Positive Thinking Day</td>
<td></td>
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<tr>
<td>Uncle Sam Day - his image was first used in 1813</td>
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<table>
<thead>
<tr>
<th>September 15</th>
<th>September 17</th>
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<tbody>
<tr>
<td>Make a Hat Day</td>
<td>Citizenship Day</td>
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<tr>
<td>Felt Hat Day</td>
<td>Constitution Day</td>
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<table>
<thead>
<tr>
<th>September 16</th>
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<tbody>
<tr>
<td>American Legion Day</td>
<td>National Apple Dumpling Day</td>
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<tr>
<td>Collect Rocks Day</td>
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<tr>
<td>Step Family Day</td>
<td></td>
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<tr>
<td>Working Parents Day</td>
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