OUTDOOR ACTIVITIES

Monday
10:30 am
BEANGO

Tuesday
10:30 am
BEANBAG TOSS

Wednesday
10:30 am
WALKING CLUB

Thursday
10:30 am
BEANBAG TOSS
1:00 pm
TAIJUQUAN WITH BILL

Friday
10:30 am
BEANGO

- Reservations are required to participate, call 703-737-8039.
- Lunch is served daily in our Dining Room at 11:45am.
  Reservations Required. Call before noon the day before.
- Masks are required for all staff and volunteers.
On September 29, 2020, a FLU SHOT CLINIC was held at the center. We want to extend a very special thanks to the Loudoun County Health Department for providing Free Flu Shots to our members. This fine-tuned operation of Health Department Staff and Medical Corp Volunteers provided superior service with a smile, located under their mask of course! Many of our Senior Center members took advantage of this free service. Here is the view of the space after set-up:
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

**COVID-19 GUIDELINES**

We know you like being at the center and we like having you here, in order to make that happen we need your help. We have COVID-19 guidelines that must be followed when you are riding the bus and while you are at the Senior Center.

Please review the guidelines and make sure you are familiar with them, they must be adhered to daily.

- Staff will use a contactless thermometer to take your temperature and review health question each day, prior to boarding the bus or entering the Senior Center.
- You must wear your face covering while riding the bus and while in the center, the face covering must cover your mouth and your nose.
- You must practice social distancing.
- You must stay home if you feel sick.
- Wash your hands frequently with soap and water or use available hand sanitizer, when soap and water is not available.
- Equipment is to be wiped down with provided cleaning solution before and after you use it.

Our goal is for all of us to stay healthy. When each person does their part, collectively we all stay healthy and can quickly get back to doing the things we enjoy doing, together!!!!
### Menu for Dine-In or Pick-Up
**10/5-10/9/2020**

<table>
<thead>
<tr>
<th>Monday 10/5</th>
<th>Tuesday 10/6</th>
<th>Wednesday 10/7</th>
<th>Thursday 10/8</th>
<th>Friday 10/9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lasagna</td>
<td>Oven Baked</td>
<td>Meatloaf Mashed</td>
<td>Pork Chops</td>
<td>Roast Beef</td>
</tr>
<tr>
<td>Malibu Blend</td>
<td>Chicken Strips</td>
<td>Potato Mixed</td>
<td>Fettuccini</td>
<td>Parsleyed</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Corn / Lima</td>
<td>Vegetable</td>
<td>Spinach</td>
<td>Potato</td>
</tr>
<tr>
<td>Fruit</td>
<td>Beans</td>
<td>Fruit</td>
<td>Fruit</td>
<td>Kale</td>
</tr>
<tr>
<td>Roll</td>
<td>Collard Greens</td>
<td>Roll</td>
<td>Roll</td>
<td>Fruit</td>
</tr>
<tr>
<td>Milk</td>
<td>Fruit</td>
<td>Roll</td>
<td>Milk</td>
<td>Roll</td>
</tr>
</tbody>
</table>

### Menu for Dine-In or Pick-Up
**10/12-10/16/2020**

<table>
<thead>
<tr>
<th>Monday 10/12</th>
<th>Tuesday 10/13</th>
<th>Wednesday 10/14</th>
<th>Thursday 10/15</th>
<th>Friday 10/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>County</td>
<td>Hot Dog</td>
<td>Baked Chicken</td>
<td>Meat sauce</td>
<td>BBQ Chicken</td>
</tr>
<tr>
<td>Holiday</td>
<td>Baked Beans</td>
<td>Fillet Brown</td>
<td>Spaghetti</td>
<td>Baked Potato</td>
</tr>
<tr>
<td>Center Closed</td>
<td>Caribbean Blend</td>
<td>Rice</td>
<td>Malibu Blend</td>
<td>Potato</td>
</tr>
<tr>
<td>Center Closed</td>
<td>Vegetables</td>
<td>Sliced Carrots</td>
<td>Veggies</td>
<td>Mixed Vegetables</td>
</tr>
<tr>
<td>Today</td>
<td>Fruit</td>
<td>Fruit</td>
<td>Fruit</td>
<td>Fruit</td>
</tr>
<tr>
<td></td>
<td>Roll</td>
<td>Roll</td>
<td>Roll</td>
<td>Roll</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>

**County Holiday Center Closed Today**

- *County Holiday Center Closed Today*
Moments from our Outdoor Activity

Walking Tour of the Blue Bird Trail at the Senior Center of Leesburg

A glorious autumn day. Big blue skies with temperatures in the 70’s. Louise, Dallas and Eli walked the trail. No bluebird activity this time of year. Eli shared stories of this year’s activity. Weekly monitoring will begin in April of 2021. Please join us next Wednesday for another 10:30am Walk with Eli.

While on our walk we ran into an old friend who was walking the graveyard trail. It was Carroll Howard.

We chatted across the fence with him to catch up.
E-Recipe Corner: Lemony Apple Muffins

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ¼ cups</td>
<td>all-purpose flour</td>
</tr>
<tr>
<td>1 tsp</td>
<td>baking soda</td>
</tr>
<tr>
<td>½ tsp</td>
<td>cinnamon ground</td>
</tr>
<tr>
<td>½ tsp</td>
<td>salt</td>
</tr>
<tr>
<td>1 cup</td>
<td>sugar</td>
</tr>
<tr>
<td>½ cup</td>
<td>vegetable oil</td>
</tr>
<tr>
<td>1 large</td>
<td>eggs</td>
</tr>
<tr>
<td>2 tbsps</td>
<td>lemon juice fresh</td>
</tr>
<tr>
<td>1 ½ tbsps</td>
<td>vanilla extract</td>
</tr>
<tr>
<td>¾ tsp</td>
<td>lemon zest grated</td>
</tr>
<tr>
<td>2 cups</td>
<td>apples green, peeled, coarsely grated</td>
</tr>
<tr>
<td>½ cup</td>
<td>pecans chopped toasted, optional</td>
</tr>
</tbody>
</table>

Directions:

1. Preheat oven to 350°F (180°C).
2. Grease ½-cup muffin cups.
3. Sift all purpose flour, baking soda, ground cinnamon and salt into medium bowl.
4. Combine sugar, oil, egg, lemon juice, vanilla and lemon peel in large bowl; whisk to blend.
5. Mix in dry ingredients, then apples and pecans if using.
6. Spoon ⅓ cup batter into each prepared muffin cup.
7. Bake until tester inserted into centers comes out clean, about 35 minutes.
8. Turn muffins out onto rack; cool slightly. Serve warm.

Guest Speaker:
Jane Bretzin,
Medicare Program,
Loudoun County Area Agency on Aging

Thursday,
October 15, 2020
2:00pm

As you know, the Medicare Open Enrollment Period for Medicare Part D starts on October 15. Please call in or join us for a live meeting to talk with an expert who will answer your questions.

Medicare Questions and Answers with Jane Bretzin
Thu, Oct 15, 2020 2:00 PM - 3:00 PM (EDT)

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/114657893

You can also dial in using your phone.
United States: +1 (571) 317-3112

Access Code: 114-657-893
This Week’s Daily Holidays, Special and Wacky Days

**October 9**
- Curious Events Day
- Fire Prevention Day
- Leif Erikson Day
- Moldy Cheese Day
- World Egg Day - second Friday of month

**October 10**
- International Newspaper Carrier Day
- National Angel Food Cake Day
- National Motorcycle Ride Day - second Saturday in October

**October 11**
- It's My Party Day

**October 12**
- Columbus Day - second Monday of month
- Cookbook Launch Day
- Indigenous People Day - second Monday in October
- Old Farmer's Day
- Moment of Frustration Day
- National Gumbo Day

**October 13**
- International Skeptics Day

**October 14**
- Be Bald and Free Day
- Emergency Nurses Day - second Wednesday of month
- National Dessert Day - take an extra helping, or two
- National Fossil Day - date varies
- National Take Your Parents to Lunch Day - date varies
- Take Your Teddy Bear to Work Day - Second Wednesday of month

**October 15**
- White Cane Safety Day

**October 16**
- Bosses Day
- Dictionary Day
12 Random Acts of Kindness to Think of Doing this week

1. Leave money on a vending machine for someone

2. Bake cookies for the elderly

3. Serve at a homeless shelter

4. Do a 5k for a good cause

5. Help at a veterinarian office

6. Pick up litter

7. Let someone go in front of you in line

8. Give a stranger a compliment

9. Make dinner for a family in need

10. Insert coins into someone’s parking meter

11. Buy flowers to hand out on the street

12. Leave letters of encouragement on people’s cars

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