The Senior Center of Leesburg
November 6, 2020

The Senior Center of Leesburg

Closed Wednesday, November 11, 2020
Veteran’s Day

Hours of Operation
Monday – Friday
9:00AM – 3:00PM

Lunch Dine-In 12:00PM-1:00PM
Curbside 11:00AM-11:30AM

MEMBERSHIP RENEWAL

Members have been asking about renewing their membership. Due to the closure, all memberships have been extended through December 31, 2020. No new membership are accepted until after December 31, 2020.

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

www.loudoun.gov/seniors-leesburg
Part of the Area Agency on Aging, a Division of PRCS

Staff:
Manager: Erik Oñate
703.737.8005

Assistant Manager: Cheryl Wheeler
703.771.5156

Recreation Programmer: Sue Depoy
703.771.5675

Café Supervisor: Leigh Ann Macklin
703.737.8040

Customer Service: Joanna Poston
703.777.0358

Vehicle Operator: Diane Simmons
703.771.5014

Vehicle Operator: Dave Keyes
571.258.3437
Week of November 9, 2020
INDOOR ACTIVITIES BEGIN

Monday
9:00 AM
Aerobics with Luella

10:00 AM
Aerobics with Luella

10:30 AM
Wii Bowling

1:00 PM
Dance with Minda I

Tuesday
10:30 AM
Sit N Fit 2

10:30 AM
Adult Coloring with Bob

1:00 PM
Belly Dancing

Wednesday
CLOSED
VETERANS DAY

Thursday
10:00 AM
Movie: Forever Amber

10:30 AM
Sit N Fit 2

1:00 PM
Ukulele Group

Outdoor
1:00 PM
Taijiquan

Friday
10:30 AM
Bingo

1:00 PM
Dance with Minda III

DAILY DROP-IN ACTIVITIES
- 2 EXERCISE EQUIPMENT ROOMS
- COMPUTER LAB
- CERAMICS LAB

Call the front desk, 703.737.8039, to pre-register for these activities.
Please call The Senior Center of Leesburg and make your bus reservations 24 hours in advance or by 8:15 am the day of service, by calling:

**Diane Simmons**, at **703.771.5014**

**David Keyes**, at **571.258.3437**

You may also call the main number at **703.737.8039**.

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### Limited Bus Service Provided

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#### Senior Center Bus Service Protocols

<table>
<thead>
<tr>
<th><strong>Boarding and Exiting</strong></th>
<th><strong>Payment</strong></th>
<th><strong>Disinfection</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus occupancy will be restricted to 50% capacity.</td>
<td>Riders will hold out punch-card to driver, who will punch it contact-free. Hand sanitizer can be used before and after process if contact is made.</td>
<td>Buses will be wiped down every day between runs and at the end of the day. Hand sanitizer and disinfecting wipes will be kept on the bus for use as needed.</td>
</tr>
<tr>
<td>Riders will remain six-feet apart while waiting to board.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riders will wear face coverings.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boarding will be dependent on satisfactory results from a verbal screening process and a no-touch temperature check (completed off bus).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drivers will wear face coverings and face shields while screening riders, and face coverings while driving.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riders will fill bus from back to front.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riders will exit bus from front to back.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Additional staff member may accompany driver for first couple of weeks in order to observe and assess for potential gaps in process.

Protocols subject to revision as needed.
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!!!!

Thursday
November 12, 2020
2:00 PM-3:00 PM (EST)

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/892011645

You can also dial in using your phone.
United States: +1 (408) 650-3123
Access Code: 892-011-645

Guest Speaker:
Lisa Braun
Loudoun County
Fire and Rescue
Are you living in a hazard house?

Are you living in a hazard house?
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
- Leigh Macklin: Leigh.Macklin@loudoun.gov

**Menu for Dine-In or Pick-Up**

11/9-11/13/2020

<table>
<thead>
<tr>
<th>Monday 11/9</th>
<th>Tuesday 11/10</th>
<th>Wednesday 11/11</th>
<th>Thursday 11/12</th>
<th>Friday 11/13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lasagna</td>
<td>Oven Baked</td>
<td>CLOSED</td>
<td>Pork Chop</td>
<td>Salisbury Steaks</td>
</tr>
<tr>
<td>Malibu Blend</td>
<td>Chicken Strips</td>
<td>Veterans Day</td>
<td>Fettuccini</td>
<td>Parslied Potato</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Corn &amp; Lima beans</td>
<td></td>
<td>Spinach</td>
<td>Mixed Vegetable</td>
</tr>
<tr>
<td>Fruit</td>
<td>Collard Greens</td>
<td></td>
<td>Fruit</td>
<td>Fruit</td>
</tr>
<tr>
<td>Milk</td>
<td>Fruit Roll</td>
<td></td>
<td>Roll</td>
<td>Roll</td>
</tr>
<tr>
<td>Roll</td>
<td>Milk</td>
<td></td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>

Lunch donations apply! Thank you.

We have donated (pastries and baked breads) available during lunch, both curbside and dining room for members of the center.
Spanish with Francisco
Monday, November 9, 2020
4:00 PM - 5:00 PM (EDT)

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/346617709

You can also dial in using your phone.
United States: +1 (646) 749-3112
Access Code: 346-617-709

Bible Study with Iris

Wednesday
November 18, 2020
11:00 AM-12:00 PM (EST)

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/321062021

You can also dial in using your phone.
United States: +1 (872) 240-3311
Access Code: 321-062-021
UNMET HOUSING NEEDS STRATEGIC PLAN

To assist in the development of Loudoun County’s Unmet Housing Needs Strategic Plan (UHNSP), members of the public are invited to take part in an online survey on housing, community development needs and fair housing issues.

The Loudoun County Office of Housing is seeking public input through the survey, which is open until November 10, 2020, and can be taken at: metroquestsurvey.com/645v.

Public input from the survey, and from two public meetings held in late October, will help identify housing needs, gaps and opportunities, so that the strategic plan can help the county and its partners improve housing access, quality and affordability for all families. Survey results will help the county better understand the type, locations and prices of needed future housing.

The purpose of the UHNSP is to identify goals and strategies that address unmet housing needs in a systematic and comprehensive way with integrated programs. The plan will also aim to create housing targets over the short term (the next five years) and the long term.

More information about the plan, including a link to sign up for updates and a link to the survey, is available at loudoun.gov/housingneeds. To learn more about the county’s existing housing programs, visit loudoun.gov/housing.
Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/242684325

You can also dial in using your phone.
United States: +1 (786) 535-3211

Access Code: 242-684-325

Guest Speaker:
Lindsey Vajpeyi

Normal Aging vs Dementia

Excellent Speaker!

Tuesday
November 17, 2020
1:00 PM - 2:00 PM (EST)
This Week’s Daily Holidays, Special and Wacky Days

**November 9**
- Chaos Never Dies Day
- World Freedom Day

**November 10**
- Forget-Me-Not Day
- USMC Day
- Young Readers Day

**November 11**
- Veteran's Day
- World Origami Day

**November 12**
- Chicken Soup for the Soul Day
- World Pneumonia Day

**November 13**
- Caregiver Appreciation Day
- Friday the 13th
- National Indian Pudding Day
- Sadie Hawkins Day
- World Kindness Day

**November 14**
- Hindu Diwali Day - date varies
- Operating Room Nurse Day
- World Diabetes Day

**November 15**
- America Recycles Day
- Clean Your Refrigerator Day
- National Philanthropy Day

Random Acts of Kindness Challenge of the Week
Please try to perform at least 3 random acts of kindness this week.

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

https://www.facebook.com/leesburgsenior