The Senior Center of Leesburg

Closed (in observance of Thanksgiving Holiday)
No lunches will be served on the following days as we are closed

Wednesday,
November 25, 2020
(at noon)
November 26 & 27, 2020
(all day)

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

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

Open with Limited Indoor Programs

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.
Week of November 16-20, 2020
INDOOR ACTIVITIES BEGIN

Monday 11/16
9:15 AM  
Aerobics with Luella

10:15 AM  
Aerobics with Luella

10:30 AM  
Wii Bowling

1:00 PM  
Dance with Minda I

Tuesday 11/17
10:30 AM  
Sit N Fit 2

10:30 AM  
Adult Coloring with Bob

Wednesday 11/18
10:30 AM  
Pokeno

1:00 PM  
Knitting with Kathy

Thursday 11/19
10:00 AM  
Movie: A Beautiful Day in the Neighborhood

10:30 AM  
Sit N Fit 2

1:00 PM  
Ukulele Group

Friday 11/20
10:30 AM  
Bingo

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.
Week of November 23-27, 2020
INDOOR ACTIVITIES BEGIN

Monday 11/23
9:15 AM
Aerobics with Luella

10:15 AM
Aerobics with Luella

10:30 AM
Wii Bowling

Tuesday 11/24
10:30 AM
Sit N Fit 2

10:30 AM
Adult Coloring with Bob

Wednesday 11/25
10:30 AM
Pokeno

CLOSED
At
NOON
No lunch served today

Thursday 11/26
CLOSED

HAPPY THANKSGIVING
No lunch served today

Friday 11/27
CLOSED
No lunch served today

No Meals Will be Served On the Days the Center is Closed

We are Thankful for YOU!
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.

### Senior Center Bus Service Protocols

| Boarding and Exiting | Bus occupancy will be restricted to 50% capacity.  
|                       | Riders will remain six-feet apart while waiting to board.  
|                       | Riders will wear face coverings.  
|                       | Boarding will be dependent on satisfactory results from a verbal screening process and a no-touch temperature check (completed off bus).  
|                       | Drivers will wear face coverings and face shields while screening riders, and face coverings while driving.  
|                       | Riders will fill bus from back to front.  
|                       | Riders will exit bus from front to back.  |
| **Payment** | Fees for Bus Rides. There will be no fees for bus rides until January 2021. In January 2021, membership renewals and bus fees will be reinstated. Hand sanitizer can be used before and after process if contact is made. |
| **Disinfection** | 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.  

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.
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!!!!

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:
### Menu for Dine-In or Pick-Up
11/16-11/20/2020

<table>
<thead>
<tr>
<th>Monday 11/16</th>
<th>Tuesday 11/17</th>
<th>Wednesday 11/18</th>
<th>Thursday 11/19</th>
<th>Friday 11/20</th>
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<tbody>
<tr>
<td>Stuffed Cabbage Corn Vegetable Blend Fruit Milk Roll</td>
<td>Hot dog on Bun Caribbean Blend Baked Beans Fruit Roll Milk</td>
<td>Broccoli Quiche Vegetable Blend Glazed Apples Fruit Roll Milk</td>
<td>Thanksgiving Dinner Turkey Stuffing w/gravy Mashed Potato Green Peas Fruit Roll Milk</td>
<td>Oven Fried Chicken Mac &amp; Cheese Mixed Vegetables Fruit Roll Milk</td>
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</tbody>
</table>

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<th>Monday 11/23</th>
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<th>Friday 11/27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili with rice Broccoli Fruit Milk Roll</td>
<td>Baked Chicken Sweet Potato Collard Greens Fruit Roll Milk</td>
<td>CLOSED AT NOON No lunch served today</td>
<td>CLOSED HAPPY THANKSGIVING</td>
<td>CLOSED AT NOON</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 16, 2020
4:00 PM - 5:00 PM (EDT)

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/444590981

You can also dial in using your phone.
United States: +1 (646) 749-3122

Access Code: 444-590-981

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

https://www.loudoun.gov/prscreatingcommunity
Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/588918837

You can also dial in using your phone.
United States: +1 (872) 240-3311

Access Code: 588-918-837

Guest Speaker
Emily with Giant Food
Reducing Inflammation Naturally
Tuesday
November 24, 2020
11:00 AM - 12:00 PM (EST)

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
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)

NEW ACTIVITIES!

AEROBICS WITH LUELLEA
Luella is returning to offer two classes beginning on Monday,
November 16, 2020
Aerobics 1 at 9:15-10:00am
Aerobics 2 at 10:15-11:00am
Both classes are limited to 12 persons each.
Please call and sign up ahead.

NEW ACTIVITIES!

KNITTING WITH KATHY
Join the knitting group in our Dining Room at a social distance and face covering on Wednesday,
November 18, 2020
at 1:00pm
Please call and sign up.
Bring in your project and have fun!
### This Week’s Daily Holidays, Special and Wacky Days

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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| November 16 | Button Day  
Have a Party With Your Bear Day  
International Tolerance Day  
National Fast Food Day |
| November 17 | Electronic Greeting Card Day  
Homemade Bread Day  
Take A Hike Day  
World Peace Day |
| November 18 | Occult Day |
| November 19 | Great American Smokeout  
Have a Bad Day Day |
| November 20 | Absurdity Day  
Beautiful Day  
Universal Children’s Day |
| November 21 | False Confession Day  
National Adoption Day  
World Hello Day |
| November 22 | Go For a Ride Day |
|           | Random Acts of Kindness |

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

[https://www.facebook.com/leesburgsenior](https://www.facebook.com/leesburgsenior)