The Senior Center of Leesburg
November 20-27, 2020

Happy Thanksgiving from Erik, Cheryl, Sue, Joanna, Leigh, Diane and Dave to you and your families. We hope you have a safe and enjoyable holiday and we are thankful to have each and every one of you in our lives!

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

PRCS
INLEMENT WEATHER POLICY
The Senior Center of Leesburg
(703)737-8039

Inclement Weather Policy

Programs held at Loudoun County Government Facilities
* When Loudoun County Government is closed, all facilities are closed and all programs, activities and classes are cancelled.

* When Loudoun County Government is on Unscheduled Leave, facilities are open and operational at regular times and programs run with minimal staff with the following exceptions:

  - Senior Centers are open and operational at regular times; however no HDM or transportation services are provided.

  - Lunch will be provided.

The Senior Center is not affected by school closings or delays. Inclement Weather Line (703)771-5678
**Week of November 23-27, 2020-INDOOR ACTIVITIES**

**Monday 11/23**
- 10:15 AM Aerobics with Luella
- 10:30 AM Wii Bowling
- 1:00 PM Dance with Minda I

**Tuesday 11/24**
- 10:30 AM Sit N Fit 2
- 10:00 AM Movie “Legally blonde”

**Wednesday 11/25**
- 10:30 AM Pokeno

**Thursday 11/26**
CLOSED

**Friday 11/27**
CLOSED

**Week of November 30-December 4, 2020-INDOOR ACTIVITIES**

**Monday 11/30**
- 10:15 AM Aerobics with Luella
- 10:30 AM Wii Bowling
- 1:00 PM Dance with Minda I

**Tuesday 12/1**
- 10:30 AM Sit N Fit 2
- 10:30 AM Adult Coloring with Bob

**Wednesday 12/2**
- 10:30 AM Pokeno
- 1:00 PM Knitting with Kathy

**Thursday 12/3**
- 10:00 AM Movie: “It’s A Wonderful Life”
- 10:30AM Sit N Fit 2
- 1:00 PM Ukulele Group
  - Outdoor
  - 1:00 PM Taijiquan

**Friday 12/4**
- 10:30 AM Bingo
- 1:00 PM Dance with Minda III

**Call the front desk, 703.737.8039, To pre-register For these activities.**

**Curbside pick-up is between 11:00-11:30AM**

**HAPPY THANKSGIVING**
No lunch served today

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

**Thank 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**.

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### 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.**

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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 questions 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 indoor 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 – 11/23-11/27/2020

<table>
<thead>
<tr>
<th>Monday 11/23</th>
<th>Tuesday 11/24</th>
<th>Wednesday 11/25</th>
<th>Thursday 11/26</th>
<th>Friday 11/27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili with rice</td>
<td>Baked Chicken</td>
<td>CLOSED AT NOON</td>
<td>CLOSED HAPPY</td>
<td>CLOSED</td>
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<tr>
<td>Broccoli</td>
<td>Sweet Potato</td>
<td></td>
<td>THANKSGIVING</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>Collard Greens</td>
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<td>No lunch served today</td>
<td>No lunch served today</td>
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<tr>
<td>Milk</td>
<td>Fruit</td>
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<td>Roll</td>
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<td>Milk</td>
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<td>Closed at noon</td>
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<td></td>
<td></td>
<td>No lunch served today</td>
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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.

VIRTUAL ACTIVITY – SPANISH WITH FRANCISCO – MONDAYS 4:00-5:00PM

Spanish with Francisco
Mon, Nov. 23, 2020
4:00 PM - 5:00 PM (EST)
You can also dial in using your phone.
United States: +1 (872) 240-3412
Access Code: 710-334-485
Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/710334485

Spanish with Francisco
Mon, Nov. 30, 2020
4:00 PM - 5:00 PM (EST)
You can also dial in using your phone.
United States: +1 (872) 240-3212
Access Code: 881-237-885
Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/881237885

Spanish with Francisco
Mon, Dec. 7, 2020
4:00 PM - 5:00 PM (EST)
You can also dial in using your phone.
United States: +1 (786) 535-3211
Access Code: 220-253-069
Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/220253069

VIRTUAL ACTIVITY – FALL PREVENTION – THURSDAY 10:00AM

You can also dial in using your phone. United States: +1 (872) 240-3311
Access Code: 345-056-837

Guest Speaker: Lisa Braun
Thursday, December 10, 2020
10:00 AM
Loudoun County Fire and Rescue
Fall Prevention

Please join my meeting from your computer.
https://global.gotomeeting.com/join/345056837
Medicare Part D Prescription Drug Plan Open Enrollment Ends December 7, 2020

Loudoun residents who are on Medicare have until December 7 to change their prescription drug plans. The Loudoun County Area Agency on Aging VICAP (Virginia Insurance Counseling & Assistance) program can help you to review your existing plan to determine whether a change to a different plan for 2021 might be less expensive for you. VICAP offers free, unbiased, confidential counseling and assistance for Medicare beneficiaries.

This year all analyses are done using email and telephones for communications with clients. Beneficiaries can fill out a worksheet, either mail it to our office or send the completed worksheet attached to an email and our counselors will help you to determine the best course for you in 2021. To protect our clients from the coronavirus, we have the capability to complete the analysis and consultation with you electronically so that you don’t have to leave your home.

With the possibility of your saving hundreds of dollars on prescription drugs, please complete the worksheet at the link below and submit it to the VICAP program no later than November 26, 2020.

https://www.loudoun.gov/DocumentCenter/View/32246/Medicare-Part-D-Worksheet-PDF
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)

NEW ACTIVITY! AEROBICS WITH LUELLA

Aerobics
Monday’s
10:15-11:00am

Class is limited to 12 persons.
Please call and sign up ahead.
703.737.8039

Doors open in the dining room for fresh air circulation.

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 memberships are accepted until after December 31, 2020.

Copy the link below into our browser and check out our facebook page and make sure to like it!
https://www.facebook.com/leesburgsenior
Congratulations! We want to recognize our members Lois Stephens, and Minda Iwankovitsch, as well as Area Agency on Aging, Lori Stahl for making the PRCS Winter 2020 Activity Guide Front and Back Cover. What a great way to end 2020!

Wishing all of our November and December members a very “Happy Birthday” from everyone here at The Senior Center of Leesburg and many more!

Hope you have a blessed day!

The Senior Center of Leesburg
102 North Street NW, Suite B
Leesburg, VA 20176

Address Correction Requested

NOVEMBER 2020