Manager’s Note

The winter season has arrived, even though the calendar says it is still fall. Temperatures are dropping and that means we could see some inclement weather. Please note the following information regarding our operations during inclement weather:

If Loudoun County Government is CLOSED, the senior center is also CLOSED.

If Loudoun County Government issues “Unscheduled Leave” for staff, the senior center is OPEN, but no transportation, call for possible program changes.

If Loudoun County Public Schools are closed, the senior center is OPEN, lunch & transportation is available, call for possible program changes.

Stay safe and warm!

Hello December!
**ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON 12/7</th>
<th>TUES 12/8</th>
<th>WED 12/9</th>
<th>THURS 12/10</th>
<th>FRI 12/11</th>
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<tbody>
<tr>
<td>10:30am-11:30am ESL Class (Virtual Activity)</td>
<td>10:00am-11:00am Aerobics Video (Indoor Activity)</td>
<td>10:30am-11:30am Yoga Class (Virtual Activity)</td>
<td>10:30am-11:30am Learn Mandarin (Virtual Activity)</td>
<td>10:00am-12:00pm Knit &amp; Crochet (Indoor Activity &amp; Outdoor Activity)</td>
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<tr>
<td>1:00pm-2:00pm Yoga Class (Virtual Activity)</td>
<td>10:30am-11:30am Conversational Spanish (Virtual Activity)</td>
<td>12:00pm-2:00pm Movie Day: “Pride &amp; Prejudice” 2005 (PG) (Indoor Activity)</td>
<td>1:00pm-2:00pm Current Events (Indoor Activity &amp; Outdoor Activity)</td>
<td>1:00pm-2:00pm Safe Bingo (Indoor Activity)</td>
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<td>1:00pm-2:00pm Book Club 3rd Mondays Only (Indoor Activity)</td>
<td>1:00pm-2:30pm Intermediate Spanish I (Virtual Activity)</td>
<td>1:00pm-2:00pm Ukulele Jam Session (Indoor Activity)</td>
<td>1:00pm-2:00pm Yoga Class (Virtual Activity)</td>
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<tr>
<td><em>New Time</em></td>
<td>2:30pm-3:30pm Teen Tech (Virtual Activity)</td>
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Activity Key

Green=Outdoor (weather permitting)

Blue=Virtual

Red=Indoor

Registration required for all indoor activities. Registration also required for Teen Tech, Tai Chi and Walking Group. Call 571-258-3280 to register.
Monday 12/7

10:30am ESL Class *(Virtual Activity)* – English as a second language class. Instructor: Judy Villedrouin

1:00pm Yoga *(Virtual Activity)*—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

1:00pm Book Club *(Indoor Activity, 3rd Monday's only)*—Monthly discussions, new members welcome. Leader: Mary Rudiak

*NEW TIME* 2:00pm Walking Group *(Outdoor Activity)*—Expect a 25-30 minute walk approximately ¾ of a mile to 1 mile in distance. Please bring water.

2:30pm Teen Tech *(Virtual Activity)*—Knowledgeable teens give pointers and instruction on how to use smartphones, computers and other technology. Instructor: Aidan Comie

Tuesday 12/8

10:00am Aerobics Video *(Indoor Activity)*—light exercise featuring Richard Simmons and the Silver Foxes DVD

10:30am Conversational Spanish *(Virtual Activity)*—Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney

1:00pm Intermediate Spanish *(Virtual Activity)*—Class runs from October 6- December 15. Prerequisite: Beginners Spanish. Textbook is $20. Instructor: Lea Nigon

1:00pm Ukulele Jam Session *(Indoor Activity)*—Must bring your own ukulele. Designed for the advanced player. Prerequisite: Beginners Ukulele Class. Instructor: Joanie Hall

Wednesday 12/9

10:30am Yoga *(Virtual Activity)*—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

12:00pm- Movie Day *(Indoor Activity)*—Free movie presentation. Bring your own snacks. This week’s film, “Pride & Prejudice” 2005 (PG)

Thursday 12/10

10:30am Learn Mandarin Chinese *(Virtual Activity)*—This class is for all levels and is Informal. Instructor: Susan Xiaoping

1:00pm Current Events *(Indoor Activity)*- Current local and global events discussions. Come join in, new members always welcome. Leader: Steven Creskoff

Friday 12/11

10:00am Knit & Crochet *(Indoor & Outdoor Activity)*—Group activity. No instruction provided. Outdoor participants bring your own chair. Knit and crochet products donated to local charities. Leader: Velinda Sutton

1:00pm Safe Bingo *(Indoor Activity)*—Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen

1:00pm Yoga *(Virtual Activity)*--Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev
50+ Walking Club
at Claude Moore Park

Wednesdays
9:45am-11am
Ages 50 and up
$15 for 4 sessions

★ Meet with a Naturalist Instructor for a weekly walk through the abundance of nature at Claude Moore Park
★ Try different trails every Wednesday per 4 week session
★ Walks will be about 1-2 miles each week

Sign up at loudoun.gov/webtrac
261743-01 December 2-23
261743-02 January 6-27
261743-03 February 3-24

Claude Moore Park, 21544 Old Vestal’s Gap Road, Sterling, Virginia 20164 571-258-3700
www.loudoun.gov/claudemoorepark www.facebook.com/ClaudeMoorePark

ADA Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, call the Park 571-258-3700 at least one week prior to the activity.
Beware Coronavirus Scams spreading as fraudsters follow the headlines

Coronavirus scams are spreading nearly as fast as the virus itself. As of Nov. 24th, the Federal Trade Commission (FTC) had logged nearly 258,000 consumer complaints related to COVID-19 and stimulus payments, more than two-thirds of them involving fraud or identity theft. Victims have reported losing $190 million. Click below and read how you can defend yourself against the latest fraud:

Scams/Fraud

Movies for Grownups: The 12 best concert movies to stream right now!

The Rolling Stones, Aretha Franklin, Talking Heads, Bob Dylan, Woodstock, and the infamous Altamont Festival are featured. Click the link below to view your choices of concert films:

Movies for Grown-ups
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<tbody>
<tr>
<td>Lasagna</td>
<td>Oven Baked</td>
<td>Turkey Casserole</td>
<td>Pork Chops</td>
<td>Salisbury Steaks</td>
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<tr>
<td>Malibu Blend</td>
<td>Chicken Strips</td>
<td>Broccoli</td>
<td>Fettuccini</td>
<td>Parsled Potato</td>
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<tr>
<td>Vegetables</td>
<td>Succotash Collard</td>
<td>Parslied Potato</td>
<td>Spinach</td>
<td>Mixed Vegetable</td>
</tr>
<tr>
<td>Fruit, Roll &amp; Milk</td>
<td>Greens</td>
<td>Fruit, Roll &amp; Milk</td>
<td>Fruit, Roll &amp; Milk</td>
<td>Fruit, Roll &amp; Milk</td>
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<tr>
<td>Vegetarian meal</td>
<td>Vegetarian meal</td>
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<td>Available</td>
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Dine-in Lunch from 11:45am-12:30pm
DRIVE-THRU PICKUP (11:00am-11:30am)

Judith and Carrie working hard at the lunch drive-thru pickup.

Felix getting home delivered meals ready.
Parking lot work in progress.
Movie day is Wednesday December 9th at 12:00pm
Come and enjoy a free presentation of “Pride & Prejudice” 2005 Rated PG (Bring your own snacks)

In this adaptation of Jane Austen’s beloved novel, Elizabeth Bennet (Keira Knightley) lives with her mother, father, and sisters in the English countryside. As the eldest, she faces mounting pressure from her parents to marry. When the outspoken Elizabeth is introduced to the handsome and upper-class Mr. Darcy (Matthew MacFadyen), sparks fly. Although there is obvious chemistry between the two, Darcy’s overly reserved nature threatens the fledgling relationship.
Understand Your COVID-19 Risks

You need answers about staying safe in this pandemic.
We’re here to help.

Take the Nationwide COVID Check-Up Survey. It’s Free, confidential, easy to use, and designed to help keep you safer and healthier during the COVID-19 pandemic.

Take just 5 to 10 minutes to answer some questions and you will immediately receive a custom report showing your risks of getting or spreading COVID-19 plus steps you can take to reduce those risks.

Your report will provide guidance based on research, science, and recommendations from the U.S. Centers for Disease Control and Prevention and the World Health Organization. CV19 CheckUp may help save your life and the lives of others.
Get ready for the holidays with this fun and festive virtual event featuring local author Libby Klein and a host of other best-selling authors. There will be book discussions, Christmas book releases and virtual wine tasting too! Join the fun Monday, December 7th at 4:00pm.

To Join this Zoom call, click on the link below on Monday, December 7th at 4:00pm

CLICK HERE
Loudoun County Electronics Recycling Event
December 5th
Click here for details

Loudoun County Fire & Rescue Blood Drive December 11th
Click here for details

Loudoun County Sheriff’s Office Annual Toy Drive
Click here for details
FREE COVID-19 TESTING EVENTS
For All Ages

- Open to everyone; no age or residency requirements.
- No prescriptions or appointments necessary.
- Drive-thru only.
- Be prepared to complete a registration form that asks for general information including name, date of birth, address, phone number and current symptoms, if any. Your information will be kept PRIVATE.

Tuesday, December 8, 2020
10:00 a.m. - 1:00 p.m.
Philip A. Bolen Memorial Park
42405 Claudia Drive, Leesburg

Sunday, December 13, 2020
10:00 a.m. - 1:00 p.m.
Potomac Falls High School
46400 Algonkian Parkway, Potomac Falls

Visit https://www.loudoun.gov/covid19testing to complete the registration form in advance.

All events will occur rain or shine.
Testing will end when the site reaches capacity or by 1 p.m.
As many tests as possible will be administered during each event.
**LIBRARY PROGRAM CALENDAR**

**Weekly PROGRAM SCHEDULE**

**MONDAY (12/7)**

11:00 AM — Online Storytime: Ms. Laura from Sterling Library reads *Red House, Tree House, Little Bitty Brown Mouse* by Jane Godwin.

7:00 PM — Paint a Watercolor Wreath: Paint leaves and stems to assemble into a festive wreath shape. Perfect for gifts, decorations and cards.

**TUESDAY (12/8)**

4:00 PM — Journaling: Put thoughts to paper in this mindful practice that can be especially helpful during these stressful COVID times.

6:30 PM — Online Adult Book Club: Discussing *The Readers of Broken Wheel Recommend* by Katarina Bivald.

**WEDNESDAY (12/9)**

11:00 AM — Online Storytime: Ms. Heather from Ashburn Library reads *Please, Puppy, Please* by Spike Lee.

1:00 PM — Salt Painting: Enhance your painting with this easy and pretty technique.

6:00 PM — Effective Communication Strategies: Explore how communication changes when someone has Alzheimer’s disease.

**THURSDAY (12/10)**

2:00 PM — Recycling Yes or No?: Make the most of your efforts with this “lightning round review” of the most questionable items. Led by Loudoun recycling specialist Tony Hayes.

7:00 PM — HACKiversity: Kyle Winiey talks about getting into and finding success in college.

**FRIDAY (12/11)**

11:00 AM — Baby Storytime: Join Ms. Karen from Brambleton Library for rhymes, songs, tickles and bounces for you to enjoy together with your child sitting in your lap.

**SATURDAY (12/12)**

11:00 AM — A Dickens Tale: Bright Star Touring Theatre brings *A Christmas Carol* to life.

7:00 PM — 1book 1community Author Kelly Yang: Join us as we chat with Kelly Yang, author of *FRONT DESK*, the 2020 Loudoun County 1book 1community selection.

Links for these online programs are available from the Event Calendar at library.loudoun.gov.
**RECIPE CORNER**

Tuna Patties

**INGREDIENTS:**
- 2 cans tuna (5 to 6 ounce cans)
- 2 teaspoons Dijon mustard
- 1/2 cup white bread torn into small pieces
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon water (or liquid from the cans of tuna)
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh chives, green onions, or shallots
- Salt and freshly ground black pepper
- A couple squirts of Crystal hot sauce or tabasco
- 1 raw egg
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon butter

**DIRECTIONS:**
- **Drain** tuna: Drain the liquid from the tuna cans. If you are using tuna packed in water, reserve a tablespoon of the tuna water, and add a teaspoon of olive oil to the tuna mixture in the next step.
- Mix tuna with mustard, bread, zest, lemon juice, water, parsley, chives, hot sauce, salt, pepper, egg: In a medium bowl, mix together the tuna, mustard, torn white bread, lemon zest, lemon juice, water, parsley, chives, and hot sauce. Sprinkle on salt and freshly ground black pepper. Taste the mixture before adding the egg to see if it needs more seasoning to your taste. Mix in the egg.
  - Form into patties, chill: Divide the mixture into 4 parts. With each part, form into a ball and then flatten into a patty. Place onto a wax paper lined tray and chill for an hour. (You can skip the chilling if you want, chilling just helps the patties stay together when you cook them.)
  - Sauté in skillet: Heat the olive oil and a little butter (for taste) in a cast iron or stick-free skillet on medium high. Gently place the patties in the pan, and cook until nicely browned, 3-4 minutes on each side.

**NOTE:** Serve with wedges of lemon. You can also serve with tartar sauce on slider buns for a tuna burger.

**REMINDER:**
*If you are in need of a lunch meal or food in general, please call the center at 571-258-3280 so that we can assess the situation and figure out the best way to meet your needs.*
Hanukkah begins at Sundown December 10th

Hanukkah celebrates the rededication of the Second Temple of Jerusalem during the second century B.C., following the triumph of a small group of Jewish rebels, known as the Maccabees, against their oppressors, the Greek-Syrians, who had defiled the temple by erecting an altar to Zeus. In order to rededicate the temple, the Maccabees had to light a menorah that would burn within the temple at all times. However, they only had enough pure olive oil to last for one day. Miraculously, the oil burned for eight days, leaving time to find a fresh supply of oil.

The miracle of the oil lasting eight days is not only celebrated through the lighting of the menorah, but also in the traditional foods that are eaten. Two of the most popular dishes, latkes (potato pancakes) and jelly donuts, are both deep-fried in oil. While the tastiness of these foods are reason enough to eat them, it's the oil used to cook them that make them a staple for most Hanukkah celebrations.

Dreidels (four-sided spinning tops used to play a gambling game) were originally used as a type of decoy after the Greek-Syrian armies of King Antiochus IV Epiphanes enacted a series of laws outlawing many Jewish religious practices. The Jewish people simply moved their studies of the Torah underground, pulling out their dreidels and pretending to play games to confuse soldiers. Since then, dreidel has been resurrected as a fun game played during Hanukkah for chocolate coins to commemorate this time.
Day of the Virgin of Guadalupe is Saturday December 12th

On December 12th, people from all parts of Mexico make their way to Mexico's chief religious center at the Basilica of the Virgin of Guadalupe, located in Villa de Guadalupe Hidalgo, Mexico City. There, they will celebrate "Our Lady of Guadalupe" with a mass ceremony and a traditional fair in her honor. Mary became the patron saint of Mexico in 1746.

History-
Juan Diego was a young indigenous Indian walking toward the Hill of Tepeyac on December 12th 1531, when he was stopped by the appearance of the Virgin Mary. She appeared as a young woman with black hair and dark skin which looked more like an indigenous person. She ordered Juan Diego to go to the Bishop and ask him to build a church at the Hill of Tepeyac. Juan Diego then ran to the Bishop to tell him what the Virgin Mary had told him. The Bishop didn't believe what this young men was telling him and decided to ignore the petition.

The Virgin Mary appeared again in front of Juan Diego and told him to collect flowers from the top of the hill, but because it was December, Juan Diego knew that there was not going to be any flowers at the rocky hill. Upon reaching the top of the hill, Juan Diego was surprised to see that it was covered with colorful and beautiful flowers. Juan Diego, as he was asked to, collected the flowers using his overcoat and ran again to see the Bishop.

Juan Diego gave the coat full of flowers to the bishop, and here the bishop discovered the image of Virgin Mary's picture was miraculously traced on the coat. Seeing both the unseasonal flowers and the image of the Virgin, the Bishop realized Juan Diego had told him the truth and The Basilica of the Virgin of Guadalupe was built on the hill of Tepeyac in Mexico City.
“December 7th, 1941—a date which will live in infamy.”

On November 29, 1994, President Bill Clinton issued a proclamation declaring December 7, 1994, the first “National Pearl Harbor Remembrance Day.” The American flag should be flown at half-staff until sunset to honor those who died as a result of the attack on U.S. military forces in Hawaii. Pearl Harbor Day is not a federal holiday—government offices, schools, and businesses do not close. Some organizations may hold special events in memory of those killed or injured at Pearl Harbor.

December 10th is International Human Rights Day

Human Rights Day is observed each year to commemorate the adoption of the Universal Declaration of Human Rights by the United Nations General Assembly on December 10, 1948. The day is normally marked both by high-level political conferences and by cultural exhibitions dealing with human rights issues. Also, it is traditionally on December 10th that the five-yearly United Nations Prize in the Field of Human Rights and Nobel Peace Prize are awarded. Many governmental and non-governmental organizations active in the human rights field also schedule special events to commemorate the day, as do many civil and social organizations.
December 2020 Monthly Observances

  Bingo's Birthday Month
  National Impaired Driving Prevention Month
  National Stress-Free Family Holiday's Month
  National Tie Month
  National Write a Business Plan Month
  Safe Toys and Gifts Month
  Spiritual Literacy Month
  Worldwide Food Service Safety Month

December 2020 Weekly Observances

  National Cookie Cutter Week (December 1-7)
  Clerc-Gallaudet Week, honoring the two men who pioneered deaf education in America (December 6-12)
  National Older Driver Safety Awareness Week (December 7-11)
  Hanukkah, Jewish holiday of the Feast of Lights (December 11-18; begins at sundown on December 10)
  Kwanzaa, a weeklong celebration of African heritage in African-American culture (December 26 - January 1, 2020)
**WINDSURFER MAZE**