The Senior Center of Leesburg

December 4, 2020

The Senior Center of Leesburg

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

2021 MEMBERSHIP
KEEP READING FOR MORE INFORMATION!

Inclement Weather Policy

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

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

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

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

NOTICE
PROTECTIVE FACE COVERING REQUIRED

PRCS

Inclement Weather Policy

Inclement Weather Policy
Week of December 7-11, 2020—INDOOR ACTIVITIES

**Monday 12/7**
10:15 AM  
Aerobics with Luella

10:30 AM  
Wii Bowling

1:00 PM  
Dance with Minda I

**Tuesday 12/8**
10:30 AM  
Sit N Fit 2

10:30 AM  
Adult Coloring with Bob

**Wednesday 12/9**
10:30 AM  
Pokeno

1:00 PM  
Knitting with Kathy

**Thursday 12/10**
10:00 AM  
Movie:  
“Call of the Wild”

10:30AM  
Sit N Fit 2

1:00 PM  
Ukulele Group

Outdoor  
1:00 PM  
Taijiquan

**Friday 12/11**
10:30 AM  
Bingo

1:00 PM  
Dance with Minda III

Curbside pick-up is between  
11:00-11:30AM  
Please try to be on time as we need time to prepare for the dine-in lunch.

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

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

<table>
<thead>
<tr>
<th>Boarding and Exiting</th>
<th>Payment</th>
<th>Disinfection</th>
</tr>
</thead>
</table>
| 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. |
| 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. |
| 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.
Wearing Your Mask, the Right Way

We can each help slow the spread of the coronavirus by covering our mouth and nose with a mask when around others. **CDC recommends wearing a mask** in public settings and when around people who don’t live in your household, especially when it is difficult to maintain physical distance with others.
**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!!!!

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 – WEEK OF 12/7-12/11/2020**

<table>
<thead>
<tr>
<th>Monday 12/7</th>
<th>Tuesday 12/8</th>
<th>Wednesday 12/9</th>
<th>Thursday 12/10</th>
<th>Friday 12/11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lasagna</td>
<td>Oven Baked Chicken</td>
<td>Turkey Casserole</td>
<td>Pork Chops Fettuccini</td>
<td>Salisbury Steak</td>
</tr>
<tr>
<td>Malibu Blend Veg.</td>
<td>Strips</td>
<td>Broccoli Baby</td>
<td>Spinach</td>
<td>Parsley Potato</td>
</tr>
<tr>
<td>Fruit</td>
<td>Succotash</td>
<td>Baked Potato Fruit</td>
<td>Fruit</td>
<td>Mixed Vegetable</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>Milk</td>
<td>Milk</td>
<td>Roll</td>
</tr>
</tbody>
</table>

![Lasagna](image1.png)  ![Oven Baked Chicken Strips](image2.png)  ![Turkey Casserole Broccoli Baby Baked Potato Fruit Roll Milk](image3.png)  ![Pork Chops Fettuccini Spinach Fruit Roll Milk](image4.png)  ![Salisbury Steak Parsley Potato Mixed Vegetable Fruit Roll Milk](image5.png)
**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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Phone Access Information</th>
</tr>
</thead>
</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.
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

Please join my meeting from your computer.
https://global.gotomeeting.com/join/345056837

Guest Speaker:
Lisa Braun
Thursday, December 10, 2020
10:00 AM

Loudoun County
Fire and Rescue
Fall Prevention

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.
It’s time to renew your membership or sign-up to become a new member. Beginning January 1st, 2021, you may bring in, or return by mail, your application and fee to sign up. There are new forms this year, be sure to get the new one! Application prices have changed.

Below are the new prices:

**Residents:** $32.00 per year

**Non-Residents:** $48.00 per year

Checks are to be made payable to “County of Loudoun”, cash or credit cards will also be accepted.

You can stop by anytime Monday thru Friday from 9:00 am to 3:00 pm to pick-up an application.
This Week’s Daily Holiday Special and Wacky Days

December 4
Santa's List Day
Wear Brown Shoes Day

December 5
Bathtub Party Day
Repeal Day

December 6
Musical Instrument Gift Day
Mitten Tree Day
Put on your own Shoes Day

December 7
Letter Writing Day
National Cotton Candy Day
Pearl Harbor Day

December 8
National Brownie Day
Take it in the Ear Day

December 9
Christmas Card Day
National Pastry Day

December 10
Human Rights Day
Nobel Prize Day
4 INGREDIENT CHRISTMAS COOKIES

Ingredients

- 1 box devil's food cake mix I prefer Pillsbury
- 2 eggs
- 1/3 C. oil
- 30-40 Hershey Kisses I used the Candy Cane ones but the mint would be great too!

Instructions

1. Preheat oven to 350 degrees and line cookies sheets with parchment paper.

2. Combine cake mix, eggs and oil until smooth.

3. Scoop small dough balls a little smaller than a Tablespoon onto cookies sheets and bake for 5-7 minutes. (Cake mix cookies will bake up tall and not spread too much so if you want a flatter cookie, pat the dough balls down a little before baking.)

4. Let cool for 2 minutes and then gently press an unwrapped Hershey Kiss into each cookie.