The Senior Center of Leesburg
December 18, 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

Staff:
Manager: Erik Ofiate
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

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 FEES

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.
Coca-Cola played a part in Santa's image

Before Coca-Cola got in on it, Santa used to look a lot less jolly — even spooky. It wasn't until 1931, when the beverage company hired an illustrator named Haddon Sundblom for magazine ads that we got the jolly old elf. Now, kids won't get nightmares when they dream of Christmas eve.

Christmas wreaths are Christ symbols

The Christmas wreath originated as a symbol of Christ. The holly represents the crown of thorns Jesus wore at his crucifixion, and the red berries symbolize the blood he shed. So when you see a wreath this season, you'll remember the reason for the season.

UNDERSTAND YOUR COVID-19 RISKS

Understand your COVID-19 related risks, make safe choices, and connect to helpful resources.

This service is free and completely confidential.

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.

Go to:

https://usa.cv19checkup.org/
Week of December 21-25, 2020-INDOOR ACTIVITIES

Monday 12/21
10:15 AM  
Aerobics with Luella

10:30 AM  
Wii Bowling

1:00 PM  
Dance with Minda I

Tuesday 12/22
10:30 AM  
Sit N Fit 2

10:30 AM  
Adult Coloring with Bob

Wednesday 12/23
10:30 AM  
Pokeno

1:00 PM  
Knitting with Kathy

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.

Thursday 12/24
County Holiday
No Meals Served
County Closed

Friday 12/25
County Holiday
No Meals Served
County Closed

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

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.

Please make sure to say a very special “thank you” to Katherine, Eli, Joanne and Jim, Pat, Kathy, Carolyn and Joyce, who continue to collect the food donations and now bring them to The Senior Center of Leesburg for distribution during curbside and dine-in lunch. The staff thanks them for all of their hard work and dedication to the center and helping the members wherever they can! Nice job! It
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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**Cheesy Artichoke Dip**

**PREP TIME** 5 mins  
**COOK TIME** 40 mins  
**TOTAL TIME** 45 mins

**INGREDIENTS**
- 3 tablespoons unsalted butter
- 1 yellow onion finely chopped
- 4 medium garlic cloves finely chopped
- 1/4 cup all-purpose flour
- 1 cup finely grated Parmesan cheese
- 1 cup heavy cream
- 2 14-ounce cans artichoke hearts, drained and coarsely chopped
- 1/4 cup sour cream
- 1/2 cup shredded Gruyère cheese
- 1/2 cup shredded Fontina cheese
- 1/2 cup panko breadcrumbs
- Toasted Stonefire Naan Bread for serving

**INSTRUCTIONS**
Preheat oven to 375°F.

1. Heat butter in a medium skillet over medium heat. When it foams, add onion and garlic, season with salt and freshly ground black pepper, and cook until onion and garlic are beginning to turn brown in color, about 6 minutes. Stir in flour and cook stirring constantly until no longer raw tasting, about 1 minute.

2. Sprinkle in 3/4 cup of the Parmesan, pour in cream, and stir to incorporate. Add artichoke hearts, sour cream, and 1/2 cup of the Gruyère and fontina and stir until cheese begins to melt.

3. Evenly spread the mixture in the skillet so it’s in a uniform layer and top with remaining Parmesan, Gruyère, Fontina, and the panko. Bake until heated through, bubbling on the edges, and the cheese is melted, about 30 to 35 minutes. Let rest 5 minutes. Serve with Stonefire Naan for dunking.
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.

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**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

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

https://www.facebook.com/leesburgsenior
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 12/14-12/18/2020

<table>
<thead>
<tr>
<th>Monday 12/21</th>
<th>Tuesday 12/22</th>
<th>Wednesday 12/23</th>
<th>Thursday 12/24</th>
<th>Friday 12/25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili Rice Broccoli florets Fruit Roll/Milk</td>
<td>Baked Chicken Sweet Potato Collard Greens Fruit Roll/Milk</td>
<td>Meatloaf Mashed Potato Green Peas Fruit Roll/Milk</td>
<td>County Holiday No Meals Served County Closed</td>
<td>County Holiday No Meals Served County Closed</td>
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EARLY STAGE DEMENTIA VIRTUAL SUPPORT GROUP
2ND WEDNESDAY OF EVERY MONTH | 10 AM – 11 AM

Internet link to be sent to registered participants.
If you have a diagnosis of early stage dementia and would like to meet others who understand, accept and support your experience, please join us.

TO REGISTER FOR THIS FREE SUPPORT GROUP, PLEASE SEND AN EMAIL AAASUPPORT@LOUDOUN.GOV OR CALL 703-737-8741

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

You can also dial in using your phone.
United States: +1 (571) 317-3122
Access Code: 509-171-269

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/509171269

Spanish with Francisco
Mon, Dec. 21, 2020
4:00 PM - 5:00 PM (EST)

Spanish with Francisco
Mon, Dec. 28, 2020
4:00 PM - 5:00 PM (EST)

You can also dial in using your phone.
United States: +1 (786) 535-3211
Access Code: 135-734-597

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/135734597
The safest way to celebrate winter holidays is to celebrate at home with the people who live with you. Staying home is the best way to protect yourself and others. Travel and gatherings with family and friends who do not live with you can increase your chances of getting or spreading COVID-19 or the flu.

Holiday Travel
Travel may increase your chance of spreading and getting COVID-19. CDC continues to recommend postponing travel and staying home, as this is the best way to protect yourself and others this year.

If you are considering traveling for the winter holidays, here are some important questions to ask yourself and your loved ones beforehand. These questions can help you decide what is best for you and your family.

- Are you, someone in your household, or someone you will be visiting at increased risk for getting very sick from COVID-19?
- Are cases high or increasing in your community or at your destination? The more cases in your community or at your destination, the more likely you are to get and spread COVID-19 as a result of your door-to-door travel. Check CDC’s COVID Data Tracker for the latest number of cases in each area.
- Are hospitals in your community or at your destination overwhelmed with patients who have COVID-19? To find out, check state and local public health department websites.
- Does your home or destination have requirements or restrictions for travelers? Check state and local requirements before you travel.
- During the 14 days before your travel, have you or those you are visiting had close contact with people they don’t live with?
- Do your plans include traveling by bus, train, or airplane, which might make staying 6 feet apart difficult?
- Are you traveling with people who don’t live with you?

If the answer to any of these questions is “yes,” you should consider making other plans, such as hosting a virtual gathering or delaying your travel.

If your answers are “no” and you do decide to travel, be sure to take these steps during your trip to protect yourself and others from COVID-19:

- Check travel restrictions before you go.
- Check CDC’s Domestic Travel Guidance and consider testing before and after you travel.
- Get your flu shot before you travel.
- Always wear a mask in public settings, when using public transportation, and when around people who you don’t live with.
- Wear your mask correctly over your nose and mouth, secure it under your chin, and make sure it fits snugly against the sides of your face.
- Stay at least 6 feet apart from anyone who does not live with you.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Avoid touching your mask, eyes, nose, and mouth.
- Bring extra supplies, such as masks and hand sanitizer.
- If driving, pack your food and limit stops.
- Know when to delay your travel.
Everyone Can Make Winter Holiday Celebrations Safer

Wear a mask
- Wear a mask with two or more layers to stop the spread of COVID-19 to protect others and yourself.
- Wear your mask over your nose and mouth, secure it under your chin, and make sure it fits snugly against the sides of your face.
- Wear a mask indoors and outdoors.
- In cold weather, wear your mask under your scarf, ski mask, or balaclava.
- Keep a spare mask in case your mask becomes wet from moisture in your breath or from snow or rain.

Stay at least 6 feet away from others who do not live with you
- Indoors or outdoors, you are more likely to get or spread COVID-19 when you are in close contact with others for a total of 15 minutes or more over a 24-hour period.
- Remember that people without symptoms or with a recent negative test result can still spread COVID-19 to others.

Avoid crowded, poorly ventilated indoor spaces
- As much as possible, avoid crowds and indoors spaces that do not offer fresh air from the outdoors as much as possible. If indoors, bring in fresh air by opening windows and doors, if possible.

Wash your hands
- Wash hands often with soap and water for at least 20 seconds, especially after you have been in a public place, after blowing your nose, coughing, or sneezing and before eating.
- Make sure to dry your hands completely using a clean towel or by air drying.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your mask, eyes, nose, and mouth.

Get a flu shot as soon as possible
- The flu shot can help protect you and your family, friends, and community from getting and spreading flu.
- By getting a flu shot, you can also help lower hospital visits and serious health problems from flu.

Safer Celebrations
Celebrating virtually or with the people you live with is the safest choice this winter.
If you do gather with people who don’t live with you, gatherings and activities held outdoors are safer than indoor gatherings.

Attending a Winter Holiday Celebration
In addition to following the steps that everyone can take to make the holidays safer, take these additional steps if attending a gathering to make your celebration safer:
- Have conversations with the host ahead of time to understand expectations for celebrating together.
- Bring your own food, drinks, plates, cups, utensils, and condiment packets.
- Wear a mask indoors and outdoors.
- Avoid shouting or singing.
- Stay home if you are sick or have been near someone who thinks they may have or have been exposed to COVID-19.
- It’s okay if you decide to stay home and remain apart from others. Do what’s best for you.
Food and Drink at Holiday Celebrations

When it comes to winter holidays, food traditions are often an important part of celebrations. There is no evidence that handling or eating food spreads COVID-19, but it is always important to follow food safety practices. Also make sure to:

- Bring your own food, drinks, plates, cups, and utensils.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.
- Use a touchless garbage can, if available.

Consider Other Winter Holiday Activities

The safest way to celebrate winter holidays is to celebrate at home with the people you live with. Here are some ideas for celebrating the winter holidays safely.

Host a virtual celebration with friends and family

- Schedule a time to eat a meal together virtually and have people show their main dish, vegetable, or dessert.
- Host a virtual “ugly” holiday sweater contest.

Gather virtually for a gift exchange or activity

- Schedule a time to meet virtually to open gifts together.
- Build gingerbread houses, decorate cookies, or make holiday crafts and decorations.

Decorate for the season

- Decorate or create a winter holiday scene and take family photos at home.
- Drive or walk around your community to look at decorations from a safe distance or drive through a local holiday light display.
- Make holiday crafts, cards, or cookies to send or deliver to family, friends, and neighbors in a way that does not involve contact with others, such as leaving them at the door.

Volunteer and help others in need

- Reach out to your local community service organizations to get involved and give back. Make sure to ask about their safety precautions in advance.
- Find virtual opportunities to contribute.

Attend a religious ceremony

- CDC offers considerations to help communities of faith decide how best to practice their beliefs while keeping their staff and congregations safe.
- Attending virtual services is the safest way to worship.
Loudoun County will hold another free drive-thru COVID-19 testing event Tuesday, December 29, 2020, from 10:00 a.m. – 1:00 p.m. at:

- **Franklin Park, 17501, Franklin Park Drive, Purcellville**

The testing event is open to all. There are no age or residency requirements. No prescriptions or appointments are necessary. A person does not have to exhibit symptoms of COVID-19 in order to be tested. A PCR test (nasal swab) will be administered, which tests for the novel coronavirus. No antibody or rapid tests will be offered.

**Registration Form**

To help reduce wait times, people who plan to attend the testing event are strongly encouraged to complete a registration form for each person who will be receiving a test prior to arriving at the testing site. The registration form is required and asks for general demographics and contact information, including name, date of birth, address, phone number and current symptoms, if any.

- Registration Form:  [English](https://www.loudoun.gov/COVID19testing) and [Spanish](https://www.loudoun.gov/COVID19testing) (available on the website)

The fillable form may be downloaded, filled out, printed and completed forms should be brought with you to the testing site. Forms will also be available at the testing site for individuals who do not have access to a printer or otherwise are unable to complete the forms in advance. The forms are available at [loudoun.gov/COVID19testing](https://www.loudoun.gov/COVID19testing)

- View, print or download a flyer about the COVID-19 testing event (English) ([website](https://www.loudoun.gov/COVID19testing))
- View, print or download a flyer about the COVID-19 testing event (Spanish) ([website](https://www.loudoun.gov/COVID19testing))

Loudoun County encourages residents to stay informed about COVID-19.

- Visit [loudoun.gov/coronavirus](https://www.loudoun.gov/coronavirus) for more information about how to protect yourself and your family and to sign up for email and text updates on COVID-19.
- Opt in to receive text messages:
  - English: Text LCCOVID19 to 888777
  - Spanish: Text LCCOVIDESP to 888777

Residents with questions about COVID-19 may call the Loudoun County Health Department’s information line, 703-737-8300, or send an [email](mailto:).
The staff at The Senior Center of Leesburg wishes you a Safe and Festive Holiday Season

Twas the Night Before Christmas At The Senior Center of Leesburg

Twas the night before Christmas, when all through the center Not a senior was stirring, not even a member; The stockings were hung by the chimney with care, In hopes that St. Nicholas soon would be there; The Vintage Potters were nestled all snug in their beds, While visions of ceramics danced in their heads; And Cheryl in her ‘kerchief, and Erik in his cap, Had just settled there brains for a long winter’s nap; When out on the lawn there arose such a clatter, Sue sprang from the bed to see what was the matter. Away to the window Joanna flew like a flash, Leigh Ann tore open the shutters and threw up the sash. The moon on the breast of the new-fallen snow, Gave the lustre of midday to objects below, When, what to my wondering eyes should appear, But a miniature sleigh, and eight tiny reindeer, With a little old driver, so lively and quick, I knew in a moment it must be Dave and Diane to punch your bus ticket. More rapid than eagles his coursers they came, And they whistled, and shouted, and called them by name; “Now Aerobics with Luella! Now, Dance with Minda! Now, Sit N Fit with Karen and Golden Ukesters! “On, Adult Coloring with Bob! On Knitting with Kathy! On, Wii Bowling, Taijiquan and Bingo! “To the top of the dining room! To the top of the wall! “Now dash away! Dash away! Dash away all!” As I drew in my head, and was turning around, Down the chimney Santa Senior came with a bound. He was dressed all in fur, from his head to his foot, And his clothes were all tarnished with ashes and soot; A bundle of lunches he had flung on his back, And he looked like a peddler just opening his bag of donated treats; Which are collected daily by the sweetest of volunteer sweets. His eyes — how they twinkled! His dimples how merry! His cheeks were like roses, his nose like a cherry! His droll little mouth was drawn up in a bow, And the beard of his chin was as white as the snow; The stump of a pipe he held tight in his teeth, And the smoke it encircled his head like a wreath; He had a broad face and a little round belly That shook when he laughed, like a bowl full of jelly. He was chubby and plump, a right jolly old soul, And I laughed when I saw him, in spite of myself; A wink of his eye and a twist of his head, Soon gave me to know I had nothing to dread; He spoke not a word, but went straight to his work, And served all the tables; then turned with a jerk, And laying his finger aside of his nose, And giving a nod, up the chimney he rose; He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle. But I heard him exclaim, ere he drove out of sight, “Happy Christmas to all, and to all a good night.”