The Senior Center of Leesburg

BI-WEEKLY E-NEWS MARCH 26, 2021

The Senior Center of Leesburg
Open with Limited Indoor Programs

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

New Time!!!
Curbside Lunch
Pick-Up:
11:15AM-11:45AM

Lunch Dine-In:
12:00PM-1:00PM

https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg

“STAYING MENTALLY HEALTHY”

Alicea Ardito, MSW, LCSW
Loudoun Adult Counseling

WEDNESDAY
APRIL 14, 2021
1:00PM

Alicea Ardito is a Licensed Clinical Social Worker (LCSW) in private practice with Loudoun Adult Counseling and Northern Virginia Older Adult Counseling. She is a seasoned speaker and educator on topics relating to aging and mental health.

Alicea has more than ten years of experience working with older adults and their families in various settings including a community based treatment program for older adults with severe mental illness, hospice, long-term care and skilled nursing, geriatric care management and as a therapist/counselor.

In addition to working with older adults, she is passionate in supporting the “sandwich generation”, adults who are concurrently caring for children and aging parents, to help restore balance, alleviate stress and fatigue, explore role and identity issues, and reduce caregiver burnout.

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/955267173

You can also dial in using your phone.
United States: +1 (872) 240-3212

Access Code: 955-267-173
## BI-WEEKLY ACTIVITIES SCHEDULE

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<tbody>
<tr>
<td>10:15 AM Aerobics with Luella</td>
<td>10:30 AM Wii Bowling</td>
<td>10:30 AM Sit N Fit 2</td>
<td>10:00 AM Movies: 4/1 My Sister’s Keeper</td>
<td>10:30 AM Bingo</td>
</tr>
<tr>
<td>10:30 AM Adult Coloring with Bob</td>
<td>10:30 AM Pokeno</td>
<td>1:00 PM Knitting with Kathy</td>
<td>4/8 Twister</td>
<td>New Time! Curbside pick-up 11:15-11:45AM</td>
</tr>
<tr>
<td>No meals will be served on the days the center is closed.</td>
<td>1:00 PM Blue Bird Monitoring</td>
<td></td>
<td>10:30 AM Sit N Fit 2</td>
<td>Please be on time as we need time to prepare for the dine-in lunch.</td>
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<td></td>
<td>1:00 PM Ukulele Group</td>
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Call the front desk, 703.737.8039 to pre-register, as activity space is limited.

**COVID-19 UPDATE/INFORMATION**

For more information about COVID-19 updates visit www.loudoun.gov/Coronavirus
Loudoun County has scheduled more free, drive thru COVID-19 testing events through April. Beginning March 30, 2021, testing events will be held on Tuesdays only, and end one hour earlier than the testing events held over the past two months. The new COVID-19 testing schedule is now Tuesdays, 10:00 a.m. – 1:00 p.m. at the following locations:

- **March 30**: Franklin Park, 17501 Franklin Park Drive, Purcellville
- **April 6**: Philip A. Bolen Memorial Park, 42405 Claudia Drive, Leesburg (Enter the park on Crosstrail Boulevard from Sycolin Road.)
- **April 13**: Cascades Library, 21030 Whitfield Place, Potomac Falls (Access the testing location in the back parking lot, near the senior center.)
- **April 20**: Dulles South Recreation & Community Center, 24950 Riding Center Drive, South Riding
- **April 27**: Ray Muth Sr. Memorial Park, 20971 Marblehead Drive, Ashburn

In addition, the county is holding the previously scheduled COVID-19 testing events Tuesday, March 23, and Thursday, March 25, 2021, 10:00 a.m. – 2:00 p.m. at the Dulles South Recreation & Community Center, 24950 Riding Center Drive, South Riding.

The testing events are free and 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 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. **No COVID-19 vaccine will be available at these events.**

### Registration Form
To help reduce wait times, people who plan to attend the testing events 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/DocumentCenter/View/163058/Loudoun-Community-Testing-Form---English)
- [Spanish](https://www.loudoun.gov/DocumentCenter/View/163057/Loudoun-Community-Testing-Form---Spanish)

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**How to Sign Up for COVID-19 Vaccine**

**Complete a Pre-Registration Form**

**Online:** Sign up for a COVID-19 vaccine by submitting a Statewide Vaccine Pre-Registration System online form at: [https://vaccinate.virginia.gov/preregister.html](https://vaccinate.virginia.gov/preregister.html)

**OR**

**Phone:** If you do not have access to the internet, you may call the Virginia Department of Health’s COVID-19 hotline at 877-VAX-IN-VA (877-829-4682) every day from 8:00 a.m. - 8:00 p.m.
Loudoun County Commissioner of the Revenue Robert S. Wertz Jr. announces that participants in Loudoun’s tax relief program for the elderly and disabled should soon begin receiving renewal forms. Applications and certifications for tax year 2021 were recently mailed to applicants already in the program and residents who have requested an application for the program.

The filing deadline for participants already in the program is April 1, 2021. First-time applicants for vehicle personal property tax relief have until September 1, 2021, and first-time applicants for real property tax relief have until January 3, 2022, to file their applications.

Applicants are encouraged to mail in their forms in the preaddressed envelope that was included with the renewal forms.

Applications for first-time applicants and details about the program are available online at loudoun.gov/taxreleif. Residents may also call 703-737-8557 to have a form mailed to them.
Commentary from the Café  
Leigh Ann Macklin

Dinners to Go
Did you know that St. James Episcopal Church serves free dinners to go every Monday night at 5PM? Dinners are served on a first come, first-served basis. No questions asked.

St. James is located at 14 Cornwall Street NW • Leesburg, VA. For more information, please call (703) 777-1124 or email at info@stjamesleesburg.org

Virtual Programs
Please contact Cheryl Wheeler  
703.737.8039  
Cheryl.Wheeler@loudoun.gov  
if you would like to join in.

Intermediate Spanish with Francisco  
Mondays at 4:00pm

Guitar with Kurt  
Fridays at 1:00pm

NOTARY SERVICE AVAILABLE

BY APPOINTMENT

Contact Sue Depoy at 703.737.8039 or sue.depoy@loudoun.gov and set-up an appointment if you have documents that you need notarized as she is a notary and will offer her services to members of The Senior Center of Leesburg.
Intermediate Spanish with Francisco

Continue speaking, writing, and learning more about Spanish language.

Spring Class begins Monday, April 5, 2021 at 4:00pm
Class dates are April 5-June 14, 2021
Ten classes for $100.00

This class will meet virtually using the Go To Meeting platform.
This link will be sent to you via email weekly.

To Register: Call the Senior Center of Leesburg at 703-737-8039 and sign up.
Activity: 327600 Section: 427602-12

Questions call Cheryl Wheeler: 703-737-8039.

On the road again with Senior Trips

As we move further into 2021, we are doing so in hopeful anticipation that the current health situation will begin to improve, and we can get back “on the road again” with both day and overnight trips. Day trips will resume in June with registration beginning in early May. (date to be announced).

For those who are ready to travel now, we are offering two spring overnight trips. Southern Porches.

- (April 25 to May 1), a unique tour featuring Beaufort SC & Savannah GA, and Seaside Gems
- (May 24 to May 27) featuring Cape May NJ, Historic Lewes and Rehoboth DE.

The number of participants will be limited to no more than 25. We will be following CDC guidelines and all travelers will be required to wear a facemask and practice social distancing. Temperature and symptom checks will be done daily and all hotels, motorcoach companies and restaurants will follow CDC guidelines. Registration is open now for both trips. If you would like more information, please contact Terry Fleming (571) 258-3050 terry.fleming@loudoun.gov or Sonya Haynes (571) 258-3051, or sonya.haynes@loudoun.gov

Please remember, in a pandemic, flexibility is key and trips are subject to change.

GUEST SPEAKER

Guest Speaker: Helen Flynn
“Selling your home during the Pandemic.”

Wednesday, April 7, 2021
11:00AM-12:00PM (EDT)

Call 703-737-8039 to reserve your space. This program is held virtually using the Go To Meeting platform. See the link below to join.

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/747083325

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

Access Code: 747-083-325
**KITCHEN CORNER**

REMINDER:
If you are in need of a lunch meal or food in general, please call the center at 703.737.8039 so that we can assess the situation and figure out the best way to meet your needs. Please call 24 hours in advance to make your reservation.

**MENU 3/29-4/2/2021**

<table>
<thead>
<tr>
<th>MON. 3/29</th>
<th>TUES. 3/30</th>
<th>WED. 3/31</th>
<th>THURS. 4/1</th>
<th>FRI. 4/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italian Sausage</td>
<td>Oven Fried Chicken</td>
<td>Spaghetti &amp; Meat Sauce</td>
<td>Swedish Meatballs</td>
<td>Baked Fish</td>
</tr>
<tr>
<td>Steamed Cabbage</td>
<td>Yellow Rice</td>
<td>Veg. Medley Fruit</td>
<td>Noodles Mixed Veg.</td>
<td>Baked Potato</td>
</tr>
<tr>
<td>Whole Round</td>
<td>Mixed Veg.</td>
<td>Fruit Roll</td>
<td>Fruit Roll/Milk</td>
<td>Veg. Blend</td>
</tr>
<tr>
<td>Potato</td>
<td>Fruit</td>
<td>Milk</td>
<td>Milk</td>
<td>Fruit Roll/Milk</td>
</tr>
<tr>
<td>Fruit/Roll Milk</td>
<td>Roll</td>
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**MENU 4/5-4/9/2021**

<table>
<thead>
<tr>
<th>MON. 4/5</th>
<th>TUES. 4/6</th>
<th>WED. 4/7</th>
<th>THURS. 4/8</th>
<th>FRI. 4/9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lasagna Malibu Blend Vegetables</td>
<td>Baked Chicken Delmonico Potatoes</td>
<td>Turkey Pot Pie w/biscuit</td>
<td>Pork Chops Fettuccini Alfredo</td>
<td>Seafood Casserole Malibu Blend Veg.</td>
</tr>
<tr>
<td>Fruit Roll Milk</td>
<td>Collard Greens Bread</td>
<td>Broccoli Sweet Potato</td>
<td>Spiced Applesauce Roll/Milk</td>
<td>Fruit Roll/Milk</td>
</tr>
<tr>
<td>Roll Milk</td>
<td>Fruit</td>
<td>Fruit/Bread Milk</td>
<td>Milk</td>
<td>Milk</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.
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 connect 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**

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

Address Correction Requested

MARCH 26, 2021