The Senior Center of Leesburg

BI-WEEKLY E-NEWS MAY 21, 2021

The Senior Center of Leesburg
Open with Limited Indoor Programs

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

Curbside Lunch
Pick-Up:
11:15AM-11:45AM

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

Closed Monday, May 31, 2021
County Holiday

In observance of Memorial Day

Our satisfaction survey is out this month. We welcome your feedback, and any suggestions you may have. Please take a moment and complete the survey on-line at the following link:

https://www.surveymonkey.com/r/LX9BZ3T

or copy the link into your browser to complete the survey. If you do not have access to a computer, please stop by the center and you can use the computer lab to complete the survey on-line, or you may pick-up a copy at the center to complete. Please see a staff member so that we can assist you with your needs if you require any further assistance. Thank you so much!

With Honor & Gratitude
We Remember

2021 ANNUAL SURVEY
THE SENIOR CENTER OF LEESBURG
**BI-WEEKLY ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10:15 AM</strong></td>
<td><strong>10:30 AM</strong></td>
<td><strong>10:30AM</strong></td>
<td><strong>10:00 AM</strong></td>
<td><strong>10:00</strong></td>
</tr>
<tr>
<td>Aerobics w/Luella</td>
<td>Sit N Fit w/Karen</td>
<td>Fit &amp; Fun w/ Kathy</td>
<td>Movies: 5/27 The Intern</td>
<td>Tai Chi Quan w/ Zumei</td>
</tr>
<tr>
<td><strong>10:30 AM</strong></td>
<td></td>
<td><strong>12:30PM</strong></td>
<td><strong>6/3</strong></td>
<td></td>
</tr>
<tr>
<td>Wii Bowling</td>
<td>Adult Coloring w/Bob</td>
<td>Word Puzzles w/Cheryl</td>
<td>Trouble w/the Curve</td>
<td></td>
</tr>
<tr>
<td><strong>12:30PM</strong></td>
<td></td>
<td><strong>1:00 PM</strong></td>
<td><strong>10:30AM</strong></td>
<td></td>
</tr>
<tr>
<td>Nutrition w/Cheryl</td>
<td></td>
<td>Knitting with Kathy</td>
<td>Sit N Fit w/Karen</td>
<td></td>
</tr>
<tr>
<td><strong>2:00PM</strong></td>
<td></td>
<td><strong>12:30PM</strong></td>
<td><strong>12:30PM</strong></td>
<td></td>
</tr>
<tr>
<td>Dance w/Minda</td>
<td></td>
<td>Technology w/Leigh</td>
<td>Learn to Draw w/ Erik</td>
<td></td>
</tr>
<tr>
<td><strong>6/1</strong></td>
<td><strong>1:00 PM</strong></td>
<td></td>
<td><strong>1:00PM</strong></td>
<td><strong>1:00PM</strong></td>
</tr>
<tr>
<td>NEW Singles 2:00-3:00 PM</td>
<td></td>
<td></td>
<td>Guitar w/Kurt</td>
<td></td>
</tr>
<tr>
<td><strong>6/2</strong></td>
<td><strong>6/3</strong></td>
<td><strong>2:00PM</strong></td>
<td><strong>2:00PM</strong></td>
<td></td>
</tr>
<tr>
<td>NEW Singles 2:00-3:00 PM</td>
<td></td>
<td>Fit &amp; Fun w/ Kathy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5/31 CENTER CLOSED MEMORIAL DAY HOLIDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No meals will be served on the days the center is closed.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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

**Call the front desk, 703.737.8039 to pre-register, as activity space is limited.**
Are you ready to come back as a volunteer to The Senior Center of Leesburg? If so, please contact the following staff for the area you are interested in volunteering your services at the center. Things have changed over the past year since COVID-19, so what you used to do as a volunteer may not be an available position anymore due to no policies and procedures. Please feel free to discuss this with the service area you are interested in volunteering in as we look forward to working with you in the future as soon as we have the “green light” that volunteers can come back to the center. As always, we appreciate each and everyone of our volunteers and could not make our center what it is without you!

**COVID-19 UPDATE/INFORMATION **

For more information about COVID-19 updates visit www.loudoun.gov/Coronavirus

**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.
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 spring overnight trips. **Southern Porches.**

- **(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](mailto:terry.fleming@loudoun.gov) or Sonya Haynes (571) 258-3051, or [sonya.haynes@loudoun.gov](mailto:sonya.haynes@loudoun.gov)

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

**MAGNIFICENT MICHIGAN featuring MACKINAC ISLAND, THE GRAND HOTEL, THE HENRY FORD AND LAKE HURON**
September 8 - 17

If breathtaking landscapes, unique attractions, quaint villages, historic hotels, rich culture, and delicious meals interest you, you do not want to miss this very special trip to Michigan. Although highlights include a stay at the Grand Hotel on Mackinac Island and a day and a half at the Henry Ford, we’ve also planned a Detroit Music City Tour, an Elk viewing Journey, a Shipwreck Cruise, and a Scenic Railroad Trip. There truly is too much to list here so please get a flyer and see all this fantastic tour offers. Includes, motor coach transportation, hotel accommodations for 9 nights, 9 breakfasts, 4 lunches and 8 dinners all admissions and tours. Optional driver and tour guide gratuity not included. Extensive walking. Limited to 25.

10 Days, 9 Nights
Trip Cost: For Double Occupancy $3285/member $3330/non-member
Single Occupancy $4305/ member $4350/non-member.
Trip # 946645-01

**LANDMARKS OF EUROPE & THE PASSION PLAY in OBERAMMERGAU**
August 22- September 3, 2022

Originally scheduled for 2020 and cancelled due to the Covid Pandemic, this once in a Lifetime Journey has been rescheduled for 2022. Performed only once each decade the famed Oberammergau Passion Play began as a promise to God for help during a pandemic. In 1633, the residents of Oberammergau, Bavaria, Germany vowed that if God spared them from the bubonic plague ravaging the region, they would produce a play thereafter for all time every ten years depicting the life and death of Jesus. The death rate among adults slowly subsided and the villagers believed they had been spared and they kept their vow when the play was first performed in1634. The play continues to be staged every ten years, in the first year of each decade. This 13-day tour will take you to Germany, Austria, and the Czech Republic. See a flier for info on all the beautiful sights you will see along the way. Your price includes, airfare, admission for all attractions and city tours, 1st class tickets for Passion Play, 12 breakfasts, 1 lunch and 10 dinners, transportation to and from airport. Optional driver and guide gratuity not included. Extensive walking. 22 Spaces available.

Trip Cost: For Double Occupancy $6088/member $6133/non-member
Single Occupancy $7112/ member $7157/non-member.
Trip # 946650-01
VOLUNTEERS WANTED

Deliver a few smiles within a few miles! Drivers are needed to deliver noontime meals to homebound seniors in Leesburg. Contact Debra Bressler at 703-777-0257 or by email at Debra.Bressler@Loudoun.gov.

Volunteer opportunities for the Home-Delivered Meals Program are available at numerous locations throughout the county. Meals are prepared, packaged, and delivered to local communities and county sites for distribution by volunteers.

Individuals may volunteer for as little as one hour per month, week, or day. A Home-Delivered Meals volunteer provides more than a daily meal to older residents, they provide the gift of friendship.

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

Daily at 12:30pm-1:00pm

DINING ROOM ACTIVITIES:

- Monday Nutrition with Cheryl
- Technology Tuesday with Leigh
- Wednesday Word Puzzles with Cheryl
- Thursday Trivia with Erik
- Friday Learn to Draw with Erik

RECENTLY ADDED ACTIVITIES STARTING JUNE 1ST!

SINGLES PLAY (2 people)

- Billiards/Pool
- Table Tennis
- Ping-Pong
- Badminton-Wednesday
- Pickleball –Tuesday&Thursday

2:00-3:00PM (1/2 hour slots)
Questions about Medicare?

We can help!

Loudoun County VICAP
State Health Insurance and Assistance Program
Free, Unbiased Medicare Counseling

703-737-8036
www.loudoun.gov/aaa
THANK YOU FROM THE SENIOR CENTER OF LEESBURG

CENTRAL KITCHEN
Ron Garvin; Jerry Lewis; Arun Rupakhetee; Bisnu Shrestha; Maria Sandoval; Maribel Rodriguez; Badri Adhikari; Francisco Castro and Mario Portillo

CENTRAL KITCHEN CREW AND THE COVID-19 CHALLENGE

by Sue Depoy and Leigh Ann Macklin

The Senior Center of Leesburg would like to spotlight the staff at the Central Kitchen. What a year this crew has had. During the COVID-19 Pandemic, they prepared 650 daily meals for the senior community congregate meal sites, HDM Program, senior centers, adult day care centers and the Vaccination POD at The Dulles Town Center (lunch for volunteers working the POD) and the Emergency Operations Centee. The staff packaged each of the meals individually to ensure safety during these challenging times. Even though the procedures changed on how the lunches were delivered, what did not change was the quality of the food and the service in which the staff delivered the meals. We would like to extend a heartfelt “thank you” to each and everyone involved in the food service delivery. You are the best!
I have been a volunteer for about a year. I learned about this opportunity from my neighbor Polly Harrison who was a volunteer for many years. I also work as an election official as a technology assistant setting up the polling equipment. I highly recommend this program, there are so many wonderful people contributing to this effort!

Bill and Dianne Babics have been married for 54 years. They have two children and five grandchildren. Dianne is a “Jersey Girl” who attended St. Peter’s College, earning a B.S. 1969, and later earning an M.Ed from Rutgers University. She taught school for 17 years and later became a District Administrator.

For 16 years the Babics have served as HDM Volunteers. Dianne wanted to give back to the community upon retirement. Bill transferred from the HDM in New Jersey and jokes that if you get caught for doing something bad, the judge may lessen your sentence if you mention you are doing HDM.

The Babics are both Docents at Dodona Manor, the George C. Marshall Museum. Dianne also volunteers at Blossom and Bloom Thrift Shop. Side note: Blossom and Bloom is in downtown Leesburg and currently looking for volunteers; please call 703-777-3286 for more information about volunteer opportunities.

When asked if they have any advice for anyone becoming a volunteer, Dianne says, “Reward yourself by assisting those less abled.” Bill says, “Look within, you will know one way or the other.”
**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 5/24-5/28/2021

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili Rice</td>
<td>BBQ Chicken</td>
<td>Meatloaf</td>
<td>Escalloped</td>
<td>Baked Fish</td>
</tr>
<tr>
<td>Mixed Veg.</td>
<td>Corn Corn</td>
<td>Mashed Potato</td>
<td>Chicken Corn</td>
<td>Macaroni &amp;</td>
</tr>
<tr>
<td>Fruit</td>
<td>Collard Greens</td>
<td>Green Peas</td>
<td>Green Beans</td>
<td>Cheese</td>
</tr>
<tr>
<td>Roll</td>
<td>Fruit</td>
<td>Roll</td>
<td>Lima Beans</td>
<td>Veg. Medley</td>
</tr>
<tr>
<td>Milk</td>
<td>Roll</td>
<td>Milk</td>
<td>Fruit</td>
<td>Fruit Roll/Milk</td>
</tr>
</tbody>
</table>

### MENU 5/31-6/4/2021

<table>
<thead>
<tr>
<th>MON. 5/31</th>
<th>TUES. 6/1</th>
<th>WED. 6/2</th>
<th>THURS. 6/3</th>
<th>FRI. 6/4</th>
</tr>
</thead>
<tbody>
<tr>
<td>County Closed</td>
<td>Sliced Turkey</td>
<td>Ham/Noodle</td>
<td>Swedish Meatballs</td>
<td>Baked Fish</td>
</tr>
<tr>
<td>In Observance</td>
<td>w/Gravy &amp;</td>
<td>Casserole Rice</td>
<td>Rice</td>
<td>Baked Fish</td>
</tr>
<tr>
<td>of Memorial</td>
<td>Stuffing</td>
<td>Malibu Veg.</td>
<td>Mixed Veg.</td>
<td>Baked Potato</td>
</tr>
<tr>
<td>Day</td>
<td>Mashed Potato</td>
<td>Blend</td>
<td>Bread</td>
<td>Veg. Blend</td>
</tr>
<tr>
<td>No Meals</td>
<td>Green Peas</td>
<td>Fruit/Roll</td>
<td>Fruit</td>
<td>Fruit Roll/Milk</td>
</tr>
<tr>
<td>Served</td>
<td>Fruit</td>
<td>Milk</td>
<td>Roll /Milk</td>
<td>Roll/Milk</td>
</tr>
</tbody>
</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.
CONGRATULATIONS TO OUR VOLUNTEERS FOR BEING NAMED LOUDOUN CARES 2021 OUTSTANDING SENIOR VOLUNTEER TEAM

Katherine Andrefsky  Eli Florance  Jim Suit  Joanne Suit
Carolyn Snyder  Pat Schneider  Kathy Silberberg  Joyce Fields
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.

LOUDOUN COUNTY AREA AGENCY ON AGING PRESENTS COFFEE CHAT WITH LORI

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.
Please call the Senior Center if you need a ride. Our busses are running and available to pick you up and bring you to our Senior Center.

Changes to our process:

- Call your driver and arrange a bus ride the day before.
- Diane: 703-771-5014 or David: 703-258-3437
- Each rider must wear a mask or face covering over their nose and mouth.
- The bus loads from the back to the front of the bus so that 6 ft. distancing is maintained. Each rider will sit in every other seat diagonally across the center aisle.
- Limited number of riders to 7 per bus route.
- Return ride home on the bus will have each rider sitting in order from front to back of the take home route. Back of the bus is the last rider dropped off. The front of the bus is the first rider taken home.
- Bus Tickets may be purchased in the Senior Center office. 10 rides for $10.00 The driver will punch your bus ticket each day.
In an effort to increase access to COVID-19 vaccinations, Loudoun County has launched a free shuttle service between the Loudoun County Transit bus stop at Dulles Town Center and the county’s vaccination site located at the other end of the shopping mall.

The shuttle, operated by the Department of Parks, Recreation and Community Services, is running continuously from 9:00 a.m. to 5:00 p.m. each day the vaccination site is open. Anyone who has an appointment scheduled at the Health Department’s vaccination clinic and arrives via Loudoun County Transit is encouraged to ride the shuttle.

To get to the vaccination site on a Loudoun County Transit Local Bus, riders may choose from Routes 62, 70, 81, 82 or 84, which serve the Dulles Town Center. Fares for the local bus are $1 each way.

Officials say the shuttle service will help eliminate mobility barriers to vaccination for people who rely on public transportation and may have difficulty walking long distances.

As a reminder, anyone who has not yet registered for a free vaccination appointment with the Loudoun County Health Department may do so online. Anyone who does not have access to the internet may call the COVID-19 Information Line at 703-737-8300 every day from 9:00 a.m. - 5:00 p.m. to be scheduled by phone.

Stay Informed

Loudoun County encourages residents to stay informed about COVID-19. Sign up for email and text updates about Loudoun’s response to COVID-19 at loudoun.gov/coronavirus.

- Opt in to receive text message updates regarding the COVID-19 pandemic:
  - English: Text LCCOVID19 to 888777
  - Spanish: Text LCCOVIDESP to 888777

Follow the Loudoun County Government Facebook page and @LoudounCoGovt on Twitter.
Mother’s Day Lunch In the Dining Room
May 7, 2021
The Senior Center of Leesburg Advisory Board

President: Katherine Andrefsky
Vice President: Open
Treasurer: Chuck Downey
Assistant Treasurer: Juan Kellar
Secretary: Kathy Silberberg

Please support The Senior Center of Leesburg and join the Advisory Board. Prospective members are invited to our next meeting on June 10, 2021 at 1:00PM, at The Senior Center of Leesburg, 102 North Street NW, Suite B, Leesburg, VA.
Research Your Ancestry

Guest Speaker:
Laura Christiansen
Thomas Balch Library

Tuesday, June 29, 2021
12:30pm-1:30pm

Take a virtual tour
of the library.
Learn how to use these
resources for your ancestry research.

For the link or questions
call 703-737-8039
The Senior Center of Leesburg
102 North Street, N.W.
Leesburg, VA 20176
Super Senior Discount for Loudoun County Recreation Centers

What is a Super Senior Discount?

- It’s a discount pass that is good at any Loudoun County Recreation Center (currently two in Loudoun - Dulles South and Claude Moore)
- A third Recreation Center is being planned for Ashburn
- Discount pass is good for full use of the Recreation Center during the same hours the senior center is open:
  ◊ Monday through Friday from 9:00 to 5:00pm.
  ◊ No evenings or weekends

Who qualifies for a Super Senior Discount?

- Anyone 55 years of age and over who is currently a member at any Loudoun County Senior Center

How much does it cost?

- Super Senior discounted annual membership:
  ◦ $245 for a single senior (non-member of a senior center $350)
  ◦ $420 for 2 seniors who live in the same household (non-member of a senior center $600)

Where can I purchase a Super Senior Discount?

- Passes can be purchased in person at any senior center or recreation center
- The passes cannot be purchased on-line
It isn’t everyday that you have someone turn 91 when you come to the dining room to eat lunch. Ray Cheronis celebrated his birthday with the members on May 20, 2021. Everyone wished Ray a Happy Birthday in the dining room during lunch.

*Happy Birthday Ray!*

**HOPE PROJECT**

Leesburg Senior Center Members and Staff participated in the Hope Art Project which is displayed at Rust Library.