The Senior Center of Leesburg

June 3, 2020

The Senior Center of Leesburg
Enjoys “Food for Thought”!

In the beginning of April, during the COVID-19 Pandemic, The Senior Center of Leesburg partnered with Loudoun County Public Libraries, Rust Library, to bring to the seniors in Leesburg, “Food for Thought”. This program allowed book deliveries to be brought to seniors during the “stay-at-home” recommendation by the Governor of Virginia. Books were separated into genres and placed in bags and dropped off at the senior’s front porch/door. The books were all donated, therefore, no returns were necessary. The seniors just notified the center of their interest in the book delivery and the only thing they had to do was to just start reading and enjoy!

This drop off program is no longer in service and has been replaced by the Curb Side Book Pick-Up Service from Loudoun County Public Library.

Thank you so much to everyone who helped make this service possible. If you are still interested in books from the Library, please visit the LCPL website at https://library.loudou.gov/ for details and information. Please enjoy some of the comments below from our members who received this service.

“Better to have the books show up at my doorstep this morning. Many thanks, this is what makes the senior center so special!”

“I was so happy to have the books show up at my doorstep this morning. Many thanks, this is what makes the senior center so special!”

“This is such a lovely idea. Many thanks to the senior center and the LCPL at Rust. A huge thank you!”

“The books arrived this morning. In the bag was also a puzzle. Thank you so much. This is a great service and you guys made my day!”

“What an awesome program! Thank you so much for the books and the DVDs. You have made me very happy. Very thoughtful!”

Ellen Murphy, receiving one of the book deliveries!
Ingredients

- 1-29 ounce can Sliced Peaches in heavy syrup, undrained
- 1 box yellow cake mix
- 3/4 cup butter sliced into 24 cuts

Directions

1. Preheat oven to 350 degrees.
2. Spread peaches, with liquid, into a 9x13 baking dish.
3. Sprinkle cake mix evenly over peaches.
4. Place butter evenly over cake mix.
5. Bake for 40 - 45 minutes, until golden and bubbly. Serve warm or at room temperature.

Suggestions:
* sprinkle peaches with cinnamon before adding cake mix
* Add pecans to the cake mix before covering peaches
* After baking, add a scoop of vanilla ice cream while still warm!
Senior Cool Care Summer Program

Fans and limited summer cooling assistance is available for persons aged 60 years and older who are income eligible June 1-September 30.

Please call:
Loudoun County Area Agency on Aging
703-777-0257
Email: aaa@loudoun.gov

The Area Agency on Aging is a Division of Loudoun County Parks, Recreation and Community Services

If you do not already receive email from us, please contact the center at 703.737.8039 to add your email address to the distribution list so that you can receive the e-newsletters and stay connected. You may visit our website (to view the e-newsletter) at: https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg

FOOD: 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.

Loudoun County Department of Family Services-Emergency Food Delivery-Information and Referral Line: 703.777.0420 (for Loudoun County Residents)
Fire Safety for Adults
Thursday, June 11, 2020
10:00 AM - 10:45 AM (EDT)

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/720077205

You can also dial in using your phone.
United States: +1 (872) 240-3412
Access Code: 720-077-205

New to GoToMeeting? Get the app now and be ready when your first meeting starts:
https://global.gotomeeting.com/install/720077205

Seaver Miller
Loudoun County
Fire & Rescue

Senior Center Scavenger Hunt

This activity is a fun action that you can join-in with other members while staying safe at home. Each item is a photo that is taken and emailed to Cheryl Wheeler to publish in our newsletter. Send Email to:
Cheryl.Wheeler@loudoun.gov

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<td><strong>Monday, June 1, 2020 send in your answer.</strong></td>
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<td>Photograph an item around the house that you could not live without.</td>
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<td><strong>Monday, June 8, 2020 send in your answer.</strong></td>
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<td>Photograph anything around your home that makes you happy!</td>
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<td>Photograph your smiling face and send it in so we can all see each other again.</td>
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<td>Photograph a memory or an item that you reminisce about.</td>
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<td><strong>Monday, June 29, 2020 send in your answer.</strong></td>
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<td>Photograph something that you want to do in the Senior Center once we reopen.</td>
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**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 connected 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

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**BLUEBIRD TRAIL NEWS**

*Bluebird Beakon*

In the beginning, Part I

Once Upon a time, while I was walking along the Senior Center parking lot, I saw a bluebird drinking water from a puddle. I approached Cheryl Wheeler, about obtaining Bluebird Boxes on Parks & Recreation property. I had monitored twelve bluebird boxes at Banshee Reeks for thirteen years, previously. I was able to obtain four bluebird boxes and worked with County maintenance in installing these boxes. We were successful in attracting bluebirds two years later. Later on, we were able to acquire two more boxes, for a total of six! Yes!

To be continued…, next month, on *Bluebird Beakon*, Part II

-by Eli Florence

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**Box #5**

6 Bluebird eggs

**Box #2**

6 House Wren eggs
The Senior Center of Leesburg now has a Facebook Page. Copy the link below into your browser and check it out and please make sure to like our page!
https://www.facebook.com/leesburgsenior

Guitar Class with Kurt Cannon
Friday Afternoons

Pictured are: Kurt, Chuck, Zojas and Penny

Senior Moments
Guitar Class

Eating for Pre-Diabetes and Diabetes
Emily Massi, Giant Food Nutritionist
Tue, June 9, 2020
1:00 PM - 1:45 PM (EDT)

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/549966165

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

Access Code: 549-966-165

New to GoToMeeting? Get the app now and be ready when your first meeting starts:
https://global.gotomeeting.com/install/549966165

Six Steps to a Healthier You
Emily Massi, Giant Food Nutritionist
Wed, June 17, 2020
11:00 AM - 11:45 AM (EDT)

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/783844997

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

Access Code: 783-844-997

New to GoToMeeting? Get the app now and be ready when your first meeting starts:
https://global.gotomeeting.com/install/783844997
Please stay informed, Stay Safe, Take Care of Yourself and check in on each other.

We miss you and we care about you, Erik, Cheryl, Sue, Joanna, Diane & Dave

**Line Dance with Vinny**

Below is a video I put together for our class in hope that you’ get motivated to move around, dance a little and hopefully have some fun. Please copy the link below and paste in your browser if you would like to enjoy.

Leesburg Friday AM beginner class, level 2:

[https://youtu.be/SD0vDRovcMc](https://youtu.be/SD0vDRovcMc)

Vinny

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**COVID-19 INFORMATION**

More information about COVID-19 update can be found online by going to:

[www.loudoun.gov/coronavirus](http://www.loudoun.gov/coronavirus)

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**Go to Meeting - Spanish with Francisco**

Smiling faces are Francisco, Marlene, Mary, Jeanne, Barbara, and Bruce

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*Please stay informed, Stay Safe, Take Care of Yourself and check in on each other.*

*We miss you and we care about you, Erik, Cheryl, Sue, Joanna, Diane & Dave*