Loudoun County Senior Centers will begin the gradual process of re-opening with drive through Congregate Meal pick-up starting on Monday, June 22, 2020, between 11:00a and 1:00pm. If you are a current member of the center and would like to pick up a lunch, please contact the center 24-hours in advance 703.737.8039. When you call to reserve, you will be given further details about picking up your meal. We look forward to seeing you at the center!

Please be patient as we are testing this process out for the first time. We will do our BEST to accommodate you! Following the steps below will make this program go more smoothly. Again, Welcome Back! We have missed you!

- Call to reserve your lunch at 703.737.8039, 24 hours in advance of the day you want to eat (i.e. call Friday by noon for Monday’s meal; call Tuesday by noon, for Wednesday’s meal, etc.).

- You must currently be a member of the Senior Center to be eligible for this service. Lunch donation applies. Please indicate if you will need a regular or vegetarian meal when calling to make your lunch reservation.

- Drive-thru to pick up your lunch. Please bring a kitchen towel or oven mitt to receive your lunch, as the meals are very hot. Pull to the front main entrance of the Senior Center, and staff will check you in when you arrive, please remain in your vehicle as lunch will be delivered to you in your vehicle.

- Lunch Donations-if you would like to make a donation for the meal, we prefer a check but we will accept cash. Please put your donation in an envelope marked “donation for lunch” on the front of the envelope. We will have a box at the main entrance to collect them.
Show & Tell - Let’s talk about your ‘Stuff’ - How to honor and cherish them!

Thursday, June 18, 2020
11:00am

The first seven people to sign-up will have 3-5 minutes to tell the story of ONE item they do not use and cannot part with. When you speak answer these questions: Where did you get it? "What makes it special to you?" The group will then examine how to honor and cherish these items and/or pass them on to family or friends.

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/343002981

You can also dial in using your phone.
United States: +1 (224) 501-3412
Access Code: 343-002-981

COVID-19 Frauds & Scams

Thursday, June 18, 2020
1:30pm

COVID-19 has caused more fraud and scams. Learn how to protect yourself. Find out what are contact tracing and Robocalls?

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/590606093

You can also dial in using your phone.
United States: +1 (224) 501-3412
Access Code: 590-606-093

Social Distancing & Staying Connected

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
Please join for a free legal webinar to discuss Estate Planning 101. This webinar is perfect for anyone just starting the process or wanting to update old documents and is especially relevant during the current pandemic. This lecture is designed to highlight the main parts to an estate plan and the critical importance of each document. Topics include wills and why you need one, revocable living trusts, advance medical directives (living wills, healthcare proxy and DNR’s), power of attorney for financial transactions and probate. Estate planning helps protect your family and loved ones by allowing them to know and execute your wishes in a simple manner in the event of your incapacity or death. Doing this now while you are healthy and have capacity can provide huge savings down the road and eliminate unnecessary costs, time and fees later.

Estate Planning 101 Webinar
Monday, June 22, 2020
11:00am

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/922-728-933

You can also dial in using your phone.
United States: +1 (872) 240-3412
Access Code: 922-728-933

Guest Speaker:
Alison Mathey
Lambeth
Trust and Estate Attorney

Guest Speaker: Jamie Kent,
Capital Caring. Support

Join Jamie Kent, MSW, LCSW,
Grief Counselor with Capital Caring

Sharing our Grief, Living with Loss

Grief and loss are part of our universal human life experience yet each encounter with grief is uniquely individual. After a loss our world is changed in many ways both large and small. Coping with the death of a loved one can be one of the most challenging events in anyone’s life but also a very sacred time of learning, healing and growth.

Let’s talk about what hurts, what helps and what can give us hope. The old saying goes that a burden shared is a burden halved; when we allow our heart to speak, the burdens it carries diminish and we can feel the strength and relief of not being alone.

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/510-293-653

You can also dial in using your phone.
United States: +1 (571) 317-3112
Access Code: 510-293-653

Join Jamie Kent, MSW, LCSW,
Grief Counselor with Capital Caring

Sharing our Grief, Living with Loss

Grief and loss are part of our universal human life experience yet each encounter with grief is uniquely individual. After a loss our world is changed in many ways both large and small. Coping with the death of a loved one can be one of the most challenging events in anyone’s life but also a very sacred time of learning, healing and growth.

Let’s talk about what hurts, what helps and what can give us hope. The old saying goes that a burden shared is a burden halved; when we allow our heart to speak, the burdens it carries diminish and we can feel the strength and relief of not being alone.
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

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

Guest Speaker:
Helen Flynn
"Selling Your Home in Uncertain Times"
Tuesday, June 23, 2020
1:00 PM - 1:45 PM

Helen Flynn, Med and MSW, Realtor with Eric Stewart Group of Long and Foster Real Estate

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/551435365
You can also dial in using your phone.
United States: +1 (872) 240-3311
Access Code: 551-435-365

Guest Speaker:
Mary Ellen Sherburne, Vitas
Thursday, June 25, 2020
9:30 AM - 10:30 AM (EDT)

Reach out and touch to get a little Bounce back into your Bounce Back!

Discussion with Mary Ellen-
“Is there No Bounce left in Your Bounce Back”
Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/216602917
You can also dial in using your phone.
United States: +1 (224) 501-3412
Access Code: 216-602-917
Fire Safety for Adults
Thursday, June 25, 2020
2:00 PM - 2:45 PM (EDT)

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/861649093

You can also dial in using your phone.
United States: +1 (646) 749-3122
Access Code: 861-649-093

New to GoToMeeting? Get the app now and be ready when your first meeting starts:
https://global.gotomeeting.com/install/861649093

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

<table>
<thead>
<tr>
<th><strong>H</strong></th>
<th>Monday, June 1, 2020 send in your answer.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>U</strong></td>
<td>Photograph an item around the house that you could not live without.</td>
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<tr>
<td><strong>N</strong></td>
<td>Monday, June 8, 2020 send in your answer.</td>
</tr>
<tr>
<td><strong>T</strong></td>
<td>Photograph anything around your home that makes you happy!</td>
</tr>
<tr>
<td><strong>S</strong></td>
<td>Monday, June 15, 2020 send in your answer.</td>
</tr>
<tr>
<td><strong>H</strong></td>
<td>Photograph your smiling face and send it in so we can all see each other again.</td>
</tr>
<tr>
<td><strong>N</strong></td>
<td>Monday, June 22, 2020 send in your answer.</td>
</tr>
<tr>
<td><strong>T</strong></td>
<td>Photograph a memory or an item that you reminisce about.</td>
</tr>
<tr>
<td><strong>S</strong></td>
<td>Monday, June 29, 2020 send in your answer.</td>
</tr>
<tr>
<td><strong>H</strong></td>
<td>Photograph something that you want to do in the Senior Center once we reopen.</td>
</tr>
</tbody>
</table>
Ceramics at Home During COVID-19

Linda Kreingold

Billy Collins

Cici Palme

Cici Palme

Unglazed bowls for Empty Bowl Project
By Louise Gross

Scavenger Hunt Week Three Photos:

Joni Rose
Dear Volunteers,

As we prepare reopening plans for our center, including the front desk and kitchen, we are exploring a potential plan to bring back all of our original volunteers in phases. In order to plan for the reopening, we need to know if you will be returning to your original volunteer position as it becomes available, that you held prior to the center being closed due to the COVID-19 pandemic. We sincerely hope you will return and want you to know that the center will be following Loudoun County safety protocols such as wearing masks, using hand sanitizer, and maintaining 6-foot social distancing.

Due to COVID-19, and new center guidelines and activities, some duties may have to be adjusted from what you were previously doing. This can be discussed with Sue or Joanna in further detail when you notify them of your interest in returning as a volunteer. Please let Sue Depoy (Kitchen) or Joanna Poston (Front Desk) know if you are planning to return to your volunteer position.

We will keep you posted with more specifics as we receive them, but for now, we would just like to know who will be coming back as volunteers to these duties.

Thank you, as always for your service (and patience) as we navigate these uncertain times. We appreciate you and look forward to working with you again soon.

Sue & Joanna
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

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