



# The Senior Center of Leesburg

## July 31, 2020

Senior Center  
of Leesburg  
102 North Street  
NW  
Leesburg, VA  
20176  
703.737.8039

[www.loudoun.gov/  
seniors-leesburg](http://www.loudoun.gov/seniors-leesburg)  
Part of the Area  
Agency on Aging,  
a Division of



**Staff:**

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## The Senior Center of Leesburg

### Starting August 3, 2020

### Drive-Thru Pick-Up & In-House Lunch

### Monday thru Friday



**NEW TIME for Drive-Thru  
Lunch Pick-Up**  
will be available only from  
**11:00-11:30am**

**In-House Lunch** will be served  
from **11:45am-12:30pm**

### **Important Information:**

- Masks must be worn in the building at all times, except while at your table eating.
- Detailed instructions for entering the building will be available through a video which will be posted on The Senior Center of Leesburg Facebook Page at <https://www.facebook.com/leesburgsenior> or you can copy the link below into your browser and watch the video using this link: <https://youtu.be/f1ZuPQ4DudM>
- Further instructions will be given to you as you arrive at the center for lunch

As always, you must call by noon the day before you would like to receive lunch, to reserve your meal at 703.737.8039.

We look forward to seeing you at the center!



You are also welcome to listen to our Guitar Class and sing along. Fridays at 1:00pm.

Kurt will provide a link to Zoom so that you can hear and see what this class is doing.

Please send an email to [Cheryl.Wheeler@loudoun.gov](mailto:Cheryl.Wheeler@loudoun.gov) by Friday Morning July 31, 2020, if you would like to listen in and sing along.



**Guest Speaker: Stacy Whitehouse with 2020 Census Bureau**  
**Tuesday, August 4, 2020 10:00 AM - 11:00 AM (EDT)**

**Please join my meeting from your computer, tablet or smartphone.**

<https://global.gotomeeting.com/join/850299149>

**You can also dial in using your phone.**

United States: [+1 \(408\) 650-3123](tel:+14086503123)

**Access Code:** 850-299-149



The 2020 Census impacts almost every aspect of life in Loudoun County. Learn more about demographic changes in Loudoun County since 2000, how the Census impacts daily life, and what is new for 2020.

**Spanish Class with Francisco** on Monday at 4:00pm using the Go To Meeting platform on your home computer or you can also call in

Please click on this link to listen along on **Monday, August 3, 2020 at 4:00pm**

**Spanish Class with Francisco**  
**Mon, August 3, 2020 4:00 PM - 5:00 PM (EDT)**

**Please join my meeting from your computer, tablet or smartphone.**

<https://global.gotomeeting.com/join/728620701>

**You can also dial in using your phone.**

United States: [+1 \(872\) 240-3212](tel:+18722403212); **Access Code:** 728-620-701

New to GoToMeeting? Get the app now and be ready when your first meeting starts: <https://global.gotomeeting.com/install/331128805>

The logo for "HOLA amigos!" featuring the word "HOLA" in a large, stylized font with a sun-like symbol in the letter 'O', and "amigos!" in a smaller, cursive font below it.

**HOLA**  
*amigos!*

## Line Dance With Vinny

Below is a video that Celeste did for her Thursday AM Intro class last week. Too late to send you to get in last week's newsletter. There's a partial block of the video, which means that when Celeste is dancing her last dance to Bad, Bad, Leroy Brown, the music has been silenced. You can see her dancing but can't hear any music.



[https://urldefense.proofpoint.com/v2/url?u=https-3A\\_youtu.be\\_dt1UpSHiyvg&d=DwIFaQ&c=S4vs0LCp2JGKvqxyKfsbIA&r=J2AnloUmOQaPIYGbTer2vFIFIHblj\\_kkxf9OejAYp5I&m=1Cf5bc9J5phQVmE565s4iq3U-WxbvNI7jxPcXRRBdJg&s=btXnoBRPnFbULRm4uto6rX\\_PFRcv8EBr-BG1ZL5LUBc&e](https://urldefense.proofpoint.com/v2/url?u=https-3A_youtu.be_dt1UpSHiyvg&d=DwIFaQ&c=S4vs0LCp2JGKvqxyKfsbIA&r=J2AnloUmOQaPIYGbTer2vFIFIHblj_kkxf9OejAYp5I&m=1Cf5bc9J5phQVmE565s4iq3U-WxbvNI7jxPcXRRBdJg&s=btXnoBRPnFbULRm4uto6rX_PFRcv8EBr-BG1ZL5LUBc&e)

Vinny



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>



## Senior Cool Care Summer Program



Fans and limited summer cooling assistance is available for persons aged 60 years and older who are income eligible.

Please call:

Loudoun County Area Agency on Aging

703-777-0257

Email: [aaa@loudoun.gov](mailto:aaa@loudoun.gov)



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



## E-Recipe Corner:

## Lemon Blueberry Buttermilk Cake Recipe



### Ingredients:

#### Lemon Blueberry Cake Ingredients

- 8 oz buttermilk Or regular milk with 1 Tbsp white vinegar added
- 3 oz vegetable oil
- 3 large eggs
- 2 Tbsp lemon zest
- 2 Tbsp fresh lemon juice
- 2 tsp lemon extract
- 13 oz cake flour
- 12 oz granulated sugar
- 1/2 tsp salt
- 2 tsp baking powder
- 1/2 tsp baking soda
- 8 oz unsalted butter
- 2 Tbsp AP Flour for dusting blueberries
- 2 cups blueberries You can use frozen but don't thaw them

#### Cream Cheese Frosting

- 16 oz cream cheese room temperature
- 8 oz unsalted butter room temperature
- 1 tsp lemon extract
- 1/2 tsp salt
- 32 oz powdered sugar sifted

#### Cake Instructions:

1. Heat oven to 350° F/177° C. Prepare two 8" round cake pans with cake goop or another pan release that you prefer.
2. Measure out buttermilk. Place 4 oz in separate measuring cup. Add the oil to the 4oz of buttermilk and set aside.
3. To the remaining milk, add your eggs, lemon extract, lemon juice and lemon zest and gently whisk to combine. Set aside.
4. Place the flour, sugar, baking powder, baking soda, and salt into the bowl of your stand mixer with the paddle attachment.
5. Turn the mixer onto the slowest speed (setting 1 on Kitchen Aid mixers). Slowly add chunks of your softened butter until it is all added then let everything mix until it looks like coarse sand.
6. Add your milk/oil mixture all at once to the dry ingredients and mix on medium (speed 4 on kitchen-aid) for 2 full minutes to develop the structure. Don't worry, this will not over-mix the cake.
7. Scrape the bowl. This is an important step. If you skip it, you will have hard lumps of flour and unmixed ingredients in your batter. If you do it later, they will not mix in fully.
8. Slowly add in the rest of your liquid ingredients in 3 parts, stopping to scrape the bowl one more time halfway through. Your batter should be thick and not too runny.
9. Fill your pans 1/2 full with cake batter. Give the pan a little tap on each side to level out the batter and get rid of any air bubbles.
10. Wash your berries (if they are fresh) and toss in flour. If berries are frozen skip washing and just toss in flour. Sprinkle half the blueberries on top of your batter. Do not stir them in.
11. Bake for 15-20 minutes then sprinkle in the second half of your blueberries on top of the cake. Bake for another 10-15 minutes then check for doneness. If the cakes are still really jiggly, I add another 5 minutes. I check every 3 minutes after that until I'm close and then it's every 1 min. Cakes are done when a toothpick inserted in the center comes out with a few crumbs.
12. Remove cakes from the oven and give them a tap on the countertop to release air and prevent too much shrinking. Let them cool on a cooling rack until they are barely warm.
13. After cooling, place the cooling rack on top of the cake, placing one hand on top of the cooling rack and one hand under the pan and flip the pan and the cooling rack over so the pan is now upside down on the cooling rack. Remove the pan carefully. Repeat with the other pan.
14. After the cakes are fully cooled, carefully wrap them in plastic wrap and place them into the freezer or fridge for about 30 minutes to firm up the cakes and make them easier to handle for stacking.
15. After your cakes are chilled, fill them with your cream cheese frosting and frost the outside. I finished my cake with some more fresh blueberries and organic pansies (edible). If you're not familiar with decorating cakes, check out my how to make your first cake blog post!

#### Cream Cheese Frosting Instructions:

1. Place softened butter in the bowl of your stand mixer with paddle attachment and cream on low until smooth
2. Place softened cream cheese in the bowl with butter in small chunks and cream on low until smooth and combined
3. Add in sifted powdered sugar one cup at a time until combined
4. Add your extract and salt and combine until smooth. Don't over-mix or your frosting could separate



## BLUEBIRD TRAIL NEWS

Great news from the Bluebird boxes! We have 4 new eggs in Box # 5, which resulted in four baby birds!

-Carolyn & Eli



### Trivia

Which of the following is the most common birthday?

July 9

January 21

September 9

March 26

If you were born on September 9, you are far from alone. According to data from the National Center for Health Statistics and the Social Security Administration, September 9th is the most common birthday in the United States, followed closely by September 19th. Of the top 10 most common birthdays, nine of them happen to be in September — with all of them falling between Sept. 9 and Sept. 20. The data was collected by looking at the average number of births per day from 1994 to 2014 — for Sept. 9, that came out to 12,301 births. That's a lot of Virgos.

Answer:

## July 2020 Daily Holidays, Special and Wacky Days:

### July 29

International Tiger Day  
National Chicken Wing Day  
National Lasagna Day



### July 30

National Cheesecake Day  
Father-in-Law Day  
International Day of Friendship

### July 31

Eid-UI-Adha - date varies  
Mutt's Day  
National Avocado Day  
System Administrator Appreciation Day



### August 1

Campfire Day - First Saturday in August  
International Hangover Day - First Saturday in August  
National Girlfriends Day  
National Mahjong Day  
National Mountain Climbing Day  
National Mustard Day first Saturday  
National Raspberry Cream Pie Day



### August 2

Friendship Day - First Sunday in August  
International Forgiveness Day - First Sunday in August  
National Ice Cream Sandwich Day  
Sisters Day - First Sunday in August

### August 3

Grab Some Nuts Day  
National Watermelon Day



### August 4

National Chocolate Chip Cookie Day  
U.S. Coast Guard Day

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