

Loudoun County Senior  
Center at Cascades  
21060 Whitfield Place  
Sterling, VA 20165

571-258-3280

[www.loudoun.gov/seniors-  
cascades](http://www.loudoun.gov/seniors-cascades)

Part of the Area Agency  
on Aging a Division of



**Staff:**

**Manager:**  
*Brenda Davis*

**Assistant Manager:**  
*Judith Mangilin*

**Café Supervisor:**  
*Carrie Randolph*

**Recreation  
Programmer:**  
*Paul Torrible*

**Customer Service:**  
*Haley Moore*

**Vehicle Operator:**  
*Felix Duran*

**Vehicle Operator:**  
*Satish Sharma*



# SENIOR CENTER

## WEEKLY E-NEWS May 1, 2020

### Manager's Note

I learned last week from a friend that her family in Ireland is using the term "Cocooning" instead of quarantining. I like Cocooning much better because it has a life affirming connotation and outcome. Staying positive, hopeful and looking at this as a time of cocooning certainly helps me to keep my eye on the goal of remaining safe and healthy.

### **COCOON**

*verb*

*envelop or surround in a protective or comforting way*



***"What you do makes a difference, and you have to decide what kind of difference you want to make." Jane Goodall***

While we do not have a date to reopen the centers (and it could be a little while), we are currently in the process of planning for how to best roll out our programs, activities and classes while mindful of everyone's safety and well-being.

When we do reopen, we will likely be incorporating safety measures such as social distancing (6 feet apart), and limiting numbers of people allowed in certain rooms at one time. Our ultimate goal is to offer as many services as possible with the most sensible safety measures.

You are an important part of this planning process, so we would like your input and/or suggestions as we plan. If you have suggestions and/or ideas on how we can best maintain everyone's safety while offering your favorite activity, please share those suggestions via email to Brenda Davis at [brenda.davis@loudoun.gov](mailto:brenda.davis@loudoun.gov).

This is your center, so we want you to have as much input as possible in the changes that will be taking place as we plan to reopen. The staff will make our plans based on state, county and department guidelines we must follow while incorporating as many of your ideas and input as possible.

Thank you. We look forward to hearing from you.

## **\*\*ZOOM CLASSES/ACTIVITIES\*\***

In order to participate in a Zoom video conference, all you need is a computer or laptop - preferably with a camera - or a smartphone with the Zoom app uploaded. You can click on this link: [Zoom User Guide](#) for first time users.

All registered or regular participants in Conversational , Beginner's Spanish and Knit & Corchet will receive an email invitation with a link to join the Zoom call. If you are a part of this group and haven't received an invite, please call the center to request information.

Any senior center member who would like to participate in the **ESL, Teen Tech, Yoga, Mandarin or Current Events** Zoom calls should **call the center to register**.

## **\*\*ZOOM CLASSES/ACTIVITIES SCHEDULE\*\***

<b>MON. 5/4</b>	<b>TUES. 5/5</b>	<b>WED. 5/6</b>	<b>THURS. 5/7</b>	<b>FRI. 5/8</b>
<b>10:30am-11:30am</b> <b>ESL</b> <i>(open to senior center members)</i>	<b>10:30am-11:30am</b> <b>Conversational Spanish</b> <i>(only open to registered participants)</i>	<b>10:30am-11:30am</b> <b>Yoga/Breathing Class</b> <i>(open to senior center members)</i>	<b>10:30am-11:30am</b> <b>Learn Mandarin</b> <i>(open to senior center members)</i>	<b>10:30am-11:30am</b> <b>Knit &amp; Crochet</b> <i>(only open to members of the group)</i>
<b>1:00pm-2:00pm</b> <b>Teen Tech</b> <i>(open to senior center members)</i>	<b>1:00pm-2:00pm</b> <b>Beginning Spanish II</b> <i>(only open to registered participants)</i>	<b>1:00pm-2:00pm</b> <b>Current Events</b> <i>(open to senior center members)</i>	<b>1:00pm-2:00pm</b> <b>Special Guest Presenter</b> <b>Priscilla Godfrey: "The Suffragette Movement"</b> <i>(open to senior center members)</i>	<b>1:00pm-2:00pm</b> <b>Special Guest Presenter</b> <b>Steve Creskoff: "My Two Years in Moscow"</b> <i>(open to senior center members)</i>

## **\*\*GUEST PRESENTERS VIA ZOOM\*\***



**History of the Women's Suffragette Movement,  
both in England and in the United States  
Thursday, May 7 at 1:00 p.m. via Zoom (call to register)**

Priscilla Godfrey has been a member of the League of Women Voters Loudoun County since 2013. She served as President of the organization from 2015-2019. She is also a member of the National Capital Area League and the Virginia state League of Women Voters. Last fall she ran a forum for Lucketts/Catoctin District candidates for the 2019 local election for the Board of Supervisors. She served as the Blue Ridge District representative to the Loudoun County School Board from 2004 to 2012.

**“My Two Years in Moscow”  
Friday, May 8 at 1:00 p.m. via Zoom  
(call to register)**

Steve Creskoff, a Senior Center member and Loudoun resident, is an international trade lawyer and college professor who has worked in more than 50 countries around the world helping them to implement World Trade Organization agreements.



## **\*\*VIDEOS\*\***

**Vinny's Friday PM class, Improver/Low  
Intermediate Line Dancing (level 3)**

[https://youtu.be/gDA1\\_P-091g](https://youtu.be/gDA1_P-091g)

**Gardening Tips with Arlene**

<https://mycascadescenter.org/category/how-to/>

**(new)**



**WSPR stands for WE'RE STERLING PLAYMAKERS RADIO!** WSPR specializes in recreating The Golden Age of Radio and all the memories that go with it! Using original scripts, WSPR offers hour-long presentations including: Westerns, Detectives, Children Shows, or full length titles from such series as The Mercury Theater On the Air, The Lux Radio Theatre, Escape, Suspense, and many others. All programs are generally appropriate for all ages. Sit back and enjoy The Golden Age of Radio! Click on the link to watch WSPR presents

“Chocolate Covered Mystery” on youtube: <https://youtu.be/SHx1UDfdo9U>

**\*\*OTHER ONLINE ACTIVITIES FOR YOU\*\***

Zumba Gold instructor, Vivian Monroe, will be offering a virtual Zumba Gold class on Zoom every Tuesday at 11:00am. **Please note that this is not a Cascades Senior Center sponsored class.** If you are interested and would like to register, go to [Zumba Gold with Viv](#) for more information.

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**\*\*CENSUS 2020\*\***

We are 3rd in the state for response rate and others are catching up to us. As of the end of April roughly 70% of Loudoun household has responded but we want to reach a response rate of at least 80%. So it's really important that we do all we can to reach those that can respond at home right now. You can share updated resources and three easy ways to help with Census response.

Click on these how-to videos links below from Loudoun County Board of Supervisors Chair Phyllis J. Randall. It is very easy and your voice matters!

**English**[Short](#)[Long](#) (goes through whole form- 13 minutes)**Spanish**[Short](#)[Long](#) (2 separate videos)



## \*\*KITCHEN/RECIPE CORNER\*\*

### No Crust Pepperoni Pizza

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Total Time:** 15 minutes

**Servings:** 2

**Ingredients**

2 cups mozzarella, shredded

8 slices pepperoni

1 pinch oregano

1/2 cup pizza sauce, warm (any kind here, you can get low sugar, low carb, etc.)

#### Directions:

Sprinkle the cheese into a small pan, top with the pepperoni and cook over medium heat until the cheese is bubbling and the edges are golden brown before letting it cool a bit to allow the cheese to set.

*Option: Use your favorite pizza toppings.*

#### REMINDER:

*If you are in need of a lunch meal or food in general, please call the center at 571-258-3280 so that we can assess the situation and figure out the best way to meet your needs.*



## \*\*SUDOKU CHALLENGE\*\*

1			2	3	4			12		6				7	
		8				7			3			9	10	6	11
	12			10			1		13		11			14	
3			15	2			14				9			12	
13				8			10		12	2		1	15		
	11	7	6				16				15			5	13
			10		5	15			4		8			11	
16			5	9	12			1						8	
	2						13			12	5	8			3
	13			15		3			14	8		16			
5	8			1				2				13	9	15	
		12	4		6	16		13			7				5
	3			12				6			4	11			16
	7			16		5		14			1			2	
11	1	15	9			13			2				14		
	14				11		2			13	3	5			12

## **\*\*SENIOR CENTER HIGHLIGHTS\*\***

### **Lea Nigon's Beginning Spanish II Zoom class**



### **Aidan Comi with Teen Tech Tuesdays**



**\*\*COVID-19 UPDATE/INFORMATION SECTION\*\***

For more information about COVID-19 updates visit

<https://www.loudoun.gov/5307/Coronavirus>

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*Resilience is accepting your new reality, even if it's less good than the one you had before.*

*You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.*

*-Elizabeth Edwards*

Read about responding to life's challenges with resilience and strength. Click on the link below:

<https://www.carenotes.com/responding-to-lifes-challenges-with-resilience-and-strength/>



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To all our members who are celebrating their Birthday in May:



Birthstone: Emerald

Flower: Lily of the Valley

Colors: Yellow, Red and Green