

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**

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**Vehicle Operator:**

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# SENIOR CENTER

## WEEKLY E-NEWS April 24, 2020



### Manager's Note



(Top L-R: Shannon Wiercioch, Brandon Wood and Courtney Malloy)



Terry Ellis

Staff members from the Area Agency on Aging (AAA) and Parks, Recreation & Community Services (PRCS) have been coming to the Senior Center at Cascades every day to help with delivering Home Delivered Meals. They are true team players and know the value of giving back at a time when it is really needed.

Sending you a Virtual



*Group Hug!*

## **\*\*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.<br/>4/27</b>  | <b>TUES.<br/>4/28</b>   | <b>WED.<br/>4/29</b>  | <b>THURS.<br/>4/30</b>   | <b>FRI.<br/>5/1</b>  |
|---|---|---|--|--|
| <b>10:30am-<br/>11:30am</b><br><b>ESL</b><br><i>(open to senior<br/>center<br/>members)</i>     | <b>10:30am-<br/>11:30am</b><br><b>Conversational<br/>Spanish</b><br><i>(only open to<br/>registered<br/>participants)</i> | <b>10:30am-<br/>11:30am</b><br><b>Yoga/<br/>Breathing<br/>Class</b><br><i>(open to senior<br/>center<br/>members)</i> | <b>10:30am-<br/>11:30am</b><br><b>Learn<br/>Mandarin</b><br><i>(open to senior<br/>center<br/>members)</i> | <b>10:30am-<br/>11:30am</b><br><b>Knit &amp;<br/>Crochet</b><br><i>(only open to<br/>members of the<br/>group)</i> |
| <b>1:00pm-<br/>2:00pm</b><br><b>Teen Tech</b><br><i>(open to senior<br/>center<br/>members)</i> | <b>1:00pm-<br/>2:00pm</b><br><b>Beginning<br/>Spanish II</b><br><i>(only open to<br/>registered<br/>participants)</i>     | <b>1:00pm-<br/>2:00pm</b><br><b>Current<br/>Events</b><br><i>(open to senior<br/>center<br/>members)</i>              |  |  |

## **\*\*LIBRARY SERVICES\*\***



Visit the library page:

<https://library.loudoun.gov/>

Loudoun County Public Library is continuing to expand digital services to aid customers during its closure due to the COVID-19 virus. Customers can now access the [Consumer's Checkbook](#) database at home, which provides unbiased reviews of local services like doctors, auto repair shops, contractors and more.

### **Food for Thought!**

Are you interested in some reading materials or movies? Loudoun County Public Library is providing front door/DVD book delivery!

Over the past few months LCPL's Rust Library in Leesburg has collected many book/DVD movie donations and would like to share those with you. Books and DVD's will be separated into genres and placed in bags. As a precaution, LCPL staff separating books/DVD's will wear gloves when handling. Book/DVD drop offs will be left at your front door/porch and since these are donated books and DVD's, no returns are necessary! Please let us know what genres you are interested in by sending an email to [paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov). Book/DVD deliveries will be once a week.



As we continue to look for ways to connect, we would love to hear your ideas for interesting topics! Please send any creative ideas for a presentation topic (and whether you would like to present), like music, cooking, gardening, home to [paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov). We'll be happy to take a look at your ideas to see if it will work as a virtual learning opportunity or perhaps a video from you that we could post on the Advisory Board webpage or Facebook page.

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

### Basic Chicken Salad

#### Ingredients:

½ cup mayonnaise  
 1 tablespoon lemon juice  
 ¼ teaspoon ground black pepper  
 2 cups chopped, cooked chicken meat (or leftover turkey)  
 ½ cup sliced almonds or crushed pecans (not necessary if you don't like/ cannot have nuts)  
 1 stalk celery, chopped

#### Directions:

Step 1: If you like the idea of the nuts: Place almonds in a frying pan. Toast over medium-high heat, shaking frequently. Watch carefully, as they burn easily OR toast the almonds in the oven for about 15 minutes at 350 which gives them a lot more flavor.

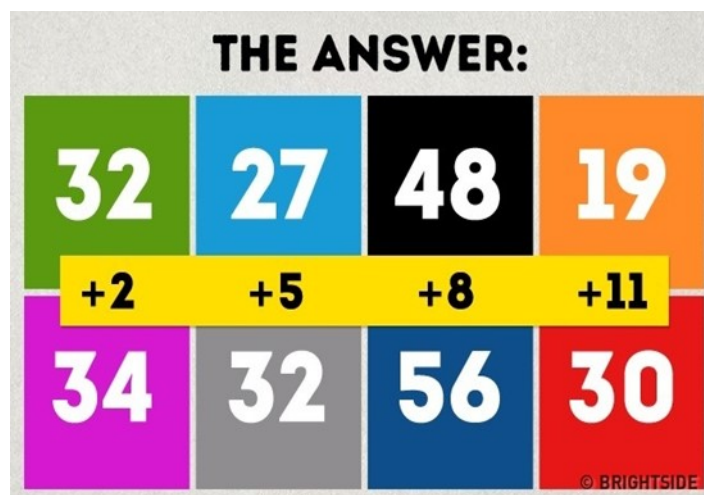
Step 2: In a medium bowl, mix together mayonnaise, lemon juice, and pepper. Toss with chicken, almonds, and celery. For added flavor add **ANY** of these: 1 cup sliced seedless grapes; 2 tablespoons chopped fresh parsley; a sprinkle of garlic powder; onion powder; a little Dijon mustard; 1 Tbsp. sweet pickle relish; bacon bits; ½ cup red onion.

#### 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.*

## \*\*MIND PUZZLE\*\*

Answer to last week's mind puzzle:



**\*\*LINE DANCING VIDEOS\*\*****NEW!**

Wednesday AM class, Beginner (level 2)

<https://youtu.be/tGYs23gdtC4> (Cascades class)

<https://youtu.be/Vp9hWqP87Eo> (Leesburg class)

Thursday AM class, Intro. (level 1)

<https://youtu.be/FEgr1PIj-vo>

Friday PM class, Improver/Low Intermediate (level 3)

<https://youtu.be/O3CKVaS026c>

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

**Arts  
& Crafts**



Made by Patti Brouillard (senior center member/volunteer) out of top part of a plastic water bottle

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

### **How Drinking More Water Can Keep You Healthy During Coronavirus Outbreak**

By Spectrum News Staff North Carolina  
PUBLISHED 10:56 AM ET Mar. 19, 2020

NATIONAL -- Recently, posts have circulated Facebook about how drinking water can prevent the coronavirus by keeping your mouth and throat moist. According to the Associated Press, this is **not true**. But, while the simple act of drinking water won't prevent contracting COVID-19, there are other ways drinking more water can help you during this outbreak.



- For starters, your body needs water to function. Increasing water intake can make your body process more efficiently, which is important for the immune system.
- Drinking water can also improve cognitive function, which will make you more aware of your behaviors, potentially leading to healthier and safer decisions.

Lastly, and arguably most obviously, drinking more water will make you need to go to the restroom more often. Assuming you abide by socially-accepted hygiene protocols, this will mean an increase in hand-washing which, as you've now probably heard a million times, is important to preventing the spread of COVID-19.

Now, it is important to point out there are ways drinking too much water can actually be harmful to your health. Over hydration can lead to the sodium levels in your body being diminished due to oversaturation. While there isn't an exact science to figuring out how much water you need to consume during the day, the important thing is to make sure you *are* drinking water.

Health & Wellness

*It is recommended that adults drink at least eight glasses of water per day.*

*For more information, visit [Mayo Clinic](https://www.mayoclinic.org)*

**Alert Loudoun: Loudoun County Launches Spanish-Language Text Messages on COVID-19: <https://bit.ly/2Vv6k6K>**

**\*\*SPECIAL ANNOUNCEMENT\*\***

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](mailto:aaasupport@loudoun.gov) or call 571-233-2583.

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**\*\*MESSAGE FROM SENIOR TRIPS\*\***

We hope this finds you well and staying safe. We are living in very uncertain times with many things we do and enjoy cancelled and or postponed. This is true of our trips program as well. We wanted to share a little update about Trips and let you know we are thinking about all of you. Beginning March 16<sup>th</sup> all day trips with the exception of the trip to The National Symphony on May 29<sup>th</sup> have been cancelled. Everyone registered has been notified and all refunds processed. If you have not yet received yours, it is on the way! If you are registered for the 5/29 trip we will notify you within the next week or so about the status of this trip. We will notify all registered participants as to the status of all upcoming overnight trips.

Registration for Summer Trips is scheduled to begin on May 20<sup>th</sup>. A list of trips will come out by the second week of May and information on registration will be provided as we draw closer to the 20<sup>th</sup>.

In the meantime, please take care of yourselves. We miss you and look forward to traveling with you again in the future.

Terry Fleming and Sonya Haynes

## APRIL IS POETRY MONTH!

### *They are retired !*

*I passed by their vanilla Ice cream colored  
house  
with a light touch of pineapple  
In the windows  
they were sitting under the wild pink cherry  
tree  
a heaven bloom just for them!  
pretty grandma with her angel smile  
Looking at grandpa, her prince  
Holding hands while  
the sound of the pine trees  
filling this moment, wrapping them  
in a soft, sweet caress  
Yes, love was in the air!  
it was a moment of their own  
just, grandma and grandpa,  
retired and happy, for eternity...!*

**Michaële Aubry**  
(member of Cascades Senior Center)

### *The Young Dandelion*

I am a bold fellow  
As ever was seen,  
With my shield of yellow,  
And my blade of green.

You may uproot me  
From field and from lane;  
Trample me, cut me,  
I spring up again.

I never flinch, sir,  
Wherever I dwell;  
Give me an inch, sir,  
I'll soon take an ell.

Drive me from garden  
In anger and pride,  
I'll thrive and harden  
By the roadside.

Not a bit fearful,  
Showing my face,  
Always so cheerful,  
In every place.

**Dinah Mulock Craik**

## **\*\*SPECIAL THANKS\*\***



Zoraida Tarifa-Pardo for  
donating these beautiful homemade masks.  
With deepest thanks from the Cascades Senior  
Center staff.

## \*\*CASCADES WORD SEARCH\*\*

### Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | A | S | E | B | A | L | L | S | P | I | Y | V | M | S |
| R | E | T | S | A | E | Z | E | G | H | I | A | T | Z | U |
| P | A | K | B | R | J | I | X | H | G | T | D | C | W | R |
| E | H | E | D | B | R | Y | J | J | H | P | R | N | Q | U |
| T | H | R | H | A | R | V | B | H | Y | I | O | U | W | A |
| Y | A | D | S | L | O | O | F | L | L | A | B | D | O | T |
| M | D | X | Y | W | D | A | I | S | Y | F | R | I | F | F |
| Y | P | G | E | H | E | B | R | F | L | V | A | A | D | S |
| V | A | A | G | S | Y | E | O | R | B | K | W | M | H | B |
| B | F | D | E | A | V | M | T | Q | E | Q | A | O | W | U |
| D | T | V | H | O | H | T | T | P | S | D | W | N | Q | L |
| W | C | F | S | T | C | U | W | O | E | E | L | D | Q | L |
| U | O | S | I | Z | R | H | Z | Q | R | A | G | X | W | E |
| O | A | R | X | F | G | A | I | S | S | N | K | Y | Z | N |
| P | Y | R | B | W | L | W | E | R | Y | Z | K | W | X | F |

ALL FOOLS' DAY  
 ARBOR DAY  
 DIAMOND  
 ARIES  
 EARTH DAY  
 EASTER  
 FOURTH  
 ARIES  
 BASEBALL  
 BULL (Taurus)  
 DAISY  
 PASSOVER  
 RAM (Aries)  
 SHOWERS  
 SWEET PEA  
 TAURUS  
 TAXES