

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)



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Brenda Davis

Assistant Manager:

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Café Supervisor:

Carrie Randolph

Recreation

Programmer:

Paul Torrible

Customer Service:

Haley Moore

Vehicle Operator:

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Vehicle Operator:

Satish Sharma



SENIOR CENTER

WEEKLY E-NEWS JUNE 5, 2020

Manager's Note

Face Coverings Required
in Loudoun County
Government Buildings



Beginning Friday, May 29, 2020, anyone who is entering, exiting, traveling through, and spending time in a Loudoun County government facility will be required to wear a face covering to help slow the spread of the novel coronavirus. Earlier this week, Governor Ralph Northam issued [Executive Order Sixty-Three](#), which requires Virginians to wear face coverings in public indoor settings, including local government buildings, as described by the Centers for Disease Control and Prevention.



**Tuesday, June 9, 2020
10 a.m.**

The Franklin Park Arts Center is offering a live, interactive, virtual performance from one of its favorite Traveling Theatre groups, Bright Star Touring Theatre.

All Viewers MUST register to join the show. You must click on the link to register as a guest and have access to the "Performance Room."

<https://us02web.zoom.us/meeting/register/tZlvc-GrrD8qGtAdKa9QWjN4ZOqeBJ8xCbuu>

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 and Guest Presenter** Zoom calls should **call the center to register**.

ZOOM CLASSES/ACTIVITIES SCHEDULE

MON. 6/8	TUES. 6/9	WED. 6/10	THURS. 6/11	FRI. 6/12
<p>10:30am-11:30am <i>ESL</i> <i>Instructor:</i> <i>Judy Villedrouin</i></p> <p><i>(open to senior center members)</i></p> <p>1:00pm-2:00pm <i>Yoga/ Breathing Class</i> <i>Instructors:</i> <i>Jagdish and Kailash Sachdev</i></p> <p><i>(open to senior center members)</i></p>	<p>10:30am-11:30am <i>Conversational Spanish</i> <i>(only open to registered participants)</i></p> <p>12:00pm-1:00pm <i>Teen Tech</i> <i>(open to senior center members)</i></p>	<p>10:30am-11:30am <i>Yoga/ Breathing Class</i> <i>Instructors:</i> <i>Jagdish and Kailash Sachdev</i></p> <p><i>(open to senior center members)</i></p> <p>1:00pm-2:00pm <i>Current Events</i> <i>Instructor:</i> <i>Steve Creskoff</i> <i>(open to senior center members)</i></p>	<p>10:30am-11:30am <i>Learn Mandarin</i> <i>Instructor:</i> <i>Susan Xiaoping</i></p> <p><i>(open to senior center members)</i></p> <p>1:00pm-2:00pm <i>Special Guest Presenter:</i> <i>Martin Bailey:</i> <i>"Decluttering and Downsizing: You Can't Take it With You"</i> <i>(open to senior center members)</i></p>	<p>10:30am-11:30am <i>Knit & Crochet</i> <i>Velinda Sutton</i> <i>(only open to members of the group)</i></p>

****GUEST PRESENTERS VIA ZOOM****

Friday, June 12th at 1:00 pm

Decluttering and Downsizing: You Can't Take it With You

Having too much stuff can impede people from relocating or getting health care into their homes. This fun interactive presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Cleaning out your house while you can is a gift and inheritance you can leave your children. Learn how to get started!



****VIDEOS****

[Cascades Wednesday AM beginner level 2 with Vinny](#)

[Cascades Thursday AM Intro to Line Dancing level 1 with Celeste](#)

[Leesburg Friday AM beginner class, level 2 with Vinny](#)

[Cascades Friday PM Improver/Low Intermediate, level 3 with Vinny](#)



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

For more information about COVID-19 updates visit

www.loudoun.gov/Coronavirus

your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS



Customers will begin to receive notices that they can pick up holds outside at Loudoun County Public Library locations. This contactless service is available **Monday through Thursday, from 10 a.m. to 8 p.m., and Friday and Saturday, from 10 a.m. to 5 p.m.**

Here's how Curbside Pickup works

- Place items on hold through the [online catalog](#) or by calling your [branch](#).
- Wait for notification by either phone, email or text that your items are ready.
- [Call your branch](#) to arrange a pickup time.
- Once you arrive, call the phone number posted outside.
- We'll give you directions on how to retrieve your items while following social distancing protocols.

Please note

- **Library buildings remain closed to the public** at this time due to the COVID-19 pandemic.
- Wait times for holds may be longer than usual.
- The setup will be a little different at each branch. Please follow the posted signage.
- Curbside Pickup is not available at the Law Library in Leesburg.

What about returns?

Any items you have checked out from the library may be returned during Curbside Pickup hours only. There will be outdoor receptacles at each location during the times listed above to help us ensure that items are safely quarantined for a minimum of 72 hours. Staff cannot take returns directly from customers.

****KITCHEN/RECIPE CORNER****

MEDITERRANEAN CHICKPEA SALAD

CANNED BEANS ARE THE REAL MVP:

Canned beans are a real lifesaver when it comes to our favorite pantry staples. Each standard 15-oz. can comes packed with fiber and protein, providing a 1-2 punch of real affordable nutrition in the 30 seconds it takes to crack open a can, drain, and rinse. They can be eaten straight from the can, making this a very summer-friendly recipe on those hot days when you just can't be bothered to turn on the heat. We know that this is a "chickpea salad", but you can switch out chickpeas for your favorite canned beans: creamy cannellini beans, black beans, kidney beans are all great options.

MAKE IT YOUR OWN: Our lemon-parsley vinaigrette is perfectly tart and fresh with a hint of spice and you can put it on everything. This means that if you want to switch out any of the salad ingredients for your preferred addition, you have our blessings. Not a fan of olives or bell peppers? Cherry tomatoes and diced ripe avocado will fill that flavor gap. Want to keep it dairy free? Sub in another form of protein in place of the feta, like a couple of hard-boiled eggs or a can of tuna, or a handful of chopped toasted nuts. If you have any extra dressing left over, store it in an airtight container in the fridge for up to 10 days.

INGREDIENTS:

FOR THE SALAD

2 (15-oz.) can chickpeas, drained and rinsed
1 medium cucumber, chopped
1 bell pepper, chopped
1/2 red onion, thinly sliced
1/2 c. chopped kalamata olives
1/2 c. crumbled feta
Kosher salt /ground black pepper

FOR THE LEMON-PARSLEY VINAIGRETTE

1/2 c. extra-virgin olive oil
1/4 c. white wine vinegar
1 tbsp. lemon juice
1 tbsp. freshly chopped parsley
1/4 tsp. red pepper flakes
Kosher salt/ ground black pepper

DIRECTIONS

Make salad: In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives, and feta. Season with salt and pepper.

Make vinaigrette: In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley, and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.

Dress salad with vinaigrette just before serving.

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.



****BRAIN EXERCISE****

In this fun new word puzzle, you must face two challenges:

- 1) Spell 4-letter words that use **one letter from each row**. You may use the letters in any order. Score 1 point for each 4-letter word you form.
- 2) Spell one 10-letter word that begins with **the top letter** in the triangle and uses every letter in the triangle. Score 5 points for this word.

In this example, you can form these 4-letter words, for 7 points:

gait, gnat, lint, rant, tail, tang, tarn

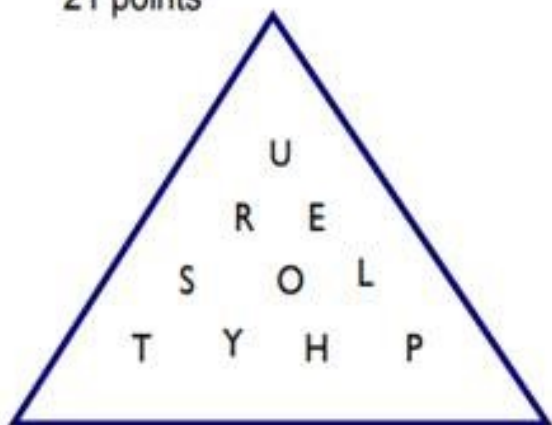
The 10-letter word beginning with T is TRIANGULAR, for 5 points.

Total score: 12 points

Now try these! Our totals are shown.



1. 21 points



If you would like to have puzzles, riddles, word searches, jokes, etc. with answers emailed on Mondays and Fridays to you, please send Carrie a message! You can email her at Carrie.Randolph@Loudoun.gov



Stop Unwanted Robocalls and Texts

Unwanted calls – including illegal and spoofed robocalls - are the FCC's top consumer complaint and our top consumer protection priority. These include complaints from consumers whose numbers are being spoofed or whose calls are being mistakenly blocked or labeled as a possible scam call by a robocall blocking app or service. The FCC is committed to doing what we can to protect you from these unwelcome situations and is cracking down on illegal calls.

[File a complaint with the FCC](#) if you believe you have received an illegal call or text, or if you think you're the victim of a spoofing scam.

Consumer Tips to Stop Unwanted Robocalls and Avoid Phone Scams

- Don't answer calls from unknown numbers. If you answer such a call, hang up immediately. You may not be able to tell right away if an incoming call is spoofed. Be aware: Caller ID showing a "local" number does not necessarily mean it is a local caller.
- If you answer the phone and the caller - or a recording - asks you to hit a button to stop getting the calls, you should just hang up. Scammers often use this trick to identify potential targets.
- Do not respond to any questions, especially those that can be answered with "Yes."
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information in response to unexpected calls or if you are at all suspicious.
- If you get an inquiry from someone who says they represent a company or a government agency, hang up and call the phone number on your account statement, in the phone book, or on the company's or government agency's website to verify the authenticity of the request. You will usually get a written statement in the mail before you get a phone call from a legitimate source, particularly if the caller is asking for a payment.
- Use caution if you are being pressured for information immediately.
- If you have a voice mail account with your phone service, be sure to set a password for it. Some voicemail services are preset to allow access if you call in from your own phone number. A hacker could spoof your home phone number and gain access to your voice mail if you do not set a password.

- Talk to your phone company about call blocking tools they may have and check into apps that you can download to your mobile device to block unwanted calls.
- If you use robocall-blocking technology already, it often helps to let that company know which numbers are producing unwanted calls so they can help block those calls for you and others.

To block telemarketing calls, register your number on the [Do Not Call List](#). Legitimate telemarketers consult the list to avoid calling both landline and wireless phone numbers on the list.

The National Do Not Call List

The national Do Not Call list protects landline and wireless phone numbers. You can register your numbers on the national Do Not Call list at no cost by calling 1-888-382-1222 (voice) or 1-866-290-4236 (TTY). You must call from the phone number you wish to register. You can also register at donotcall.gov.

- Telemarketers must remove your numbers from their call lists and stop calling you within 31 days from the date you register. Your numbers will remain on the list until you remove them or discontinue service – there is no need to re-register numbers.
- Under FCC rules, telemarketers calling your home must provide their name along with the name, telephone number, and address where their employer or contractor can be contacted. Telemarketing calls to your home are prohibited before 8 am or after 9 pm, and telemarketers are required to comply immediately with any do-not-call request you make during a call.

Whether you are on the National Do Not Call Registry or not, tell unwanted callers that you do not consent to the call and to put you on their internal do not call list. Make a record of the caller's number and when you made your request not to be called, and [file a complaint with the FCC](#) if the caller does not comply with your request.



NATIONAL
DO NOT CALL
REGISTRY

Have a nice weekend!