

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)

# SENIOR CENTER

WEEKLY E-NEWS JULY 10, 2020



## DRIVE-IN MOVIE

The Loudoun County Department of Parks, Recreation and Community Services (PRCS) will host three drive-in movies during the month of July. The July 17 show is already sold out, but two new dates will be announced soon. Movies will be shown in the parking lot at Segra Field, 42095 Loudoun United Drive, Leesburg, Virginia 20175. Gates open at 8 p.m.

Please note that tickets are limited in order to allow appropriate distancing between vehicles. Movie titles and tickets will be available one to two weeks before each event. Ticket are \$20 per car. For details or ticket sales, visit [loudoun.gov/driveinmovies](http://loudoun.gov/driveinmovies) or at [facebook.com/loudounprcs](https://facebook.com/loudounprcs). If you have questions, email [prcs@loudoun.gov](mailto:prcs@loudoun.gov).

## DRIVE-THRU LUNCH PICKUP

Drive-thru Congregate Meal pick-up available **Monday-Friday between 11:00am - 12:00pm**. Please see attachment (flyer) for more information. If you are having trouble opening the attachment, you can click on the link below:

[Drive-Thru Lunch Pickup Details](#)



**DON'T  
FORGET  
TO HAVE  
A GOOD  
TIME**

## \*\*VIRTUAL CLASSES/ACTIVITIES SCHEDULE\*\*

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**.

<b>MON.</b> 7/13	<b>TUES.</b> 7/14	<b>WED.</b> 7/15	<b>THURS.</b> 7/16	<b>FRI.</b> 7/17
<b>10:30am-11:30am</b> <b>ESL</b> <b>Instructor:</b> <b>Judy Villedrouin</b> <i>(open to senior center members)</i>	<b>10:30am-11:30am</b> <b>Conversational Spanish</b> <b>Instructor:</b> <b>Ana Mahoney</b> <i>(only open to registered participants)</i>	<b>10:30am-11:30am</b> <b>Yoga/ Breathing Class</b> <b>Instructors:</b> <b>Jagdish and Kailash Sachdev</b> <i>(open to senior center members)</i>	<b>10:30am-11:30am</b> <b>Learn Mandarin</b> <b>Instructor:</b> <b>Susan Xiaoping</b> <i>(open to senior center members)</i>	<b>10:30am-11:30am</b> <b>Knit &amp; Crochet</b> <b>Velinda Sutton</b> <i>(open to senior center members)</i>
<b>1:00pm-2:00pm</b> <b>Yoga/ Breathing Class</b> <b>Instructors:</b> <b>Jagdish and Kailash Sachdev</b> <i>(open to senior center members)</i>	<b>12:00pm-1:00pm</b> <b>Teen Tech</b> <i>(open to senior center members)</i>	<b>1:00pm-2:00pm</b> <b>Current Events</b> <b>Instructor:</b> <b>Steve Creskoff</b> <i>(open to senior center members)</i>	<b>1:00pm-2:00pm</b> <b>Special Event:</b> <b>Cascades Senior Center Ultimate Trivia Challenge!!</b> <b>Hosted by Paul Torrible</b> <i>(open to senior center members)</i>	
	<b>1:00pm-2:30pm</b> <b>Beginners Spanish III</b> <b>Instructor:</b> <b>Lea Nigon</b> <i>(only open to registered participants)</i>			

**\*\*VIRTUAL SPECIAL EVENT\*\***

# **The Cascades Senior Center Ultimate Trivia Challenge!!**

Do you like trivia? Join us for our first ever virtual Zoom Trivia Challenge Game!  
Spin the wheel and play for points! Choose from your favorite categories:  
Entertainment, Geography, Science, History, General Knowledge or The Arts!



***Your Host***

## **Who Will Win?!**

Join us Thursday, July 16<sup>th</sup> at 1:00pm on Zoom

Limited to 6 players. Register by  
emailing [paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov) or  
call the Cascades Senior Center  
571-258-3280



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

**For more information about  
COVID-19 updates visit  
[www.loudoun.gov/Coronavirus](http://www.loudoun.gov/Coronavirus)**

## **\*\*HEALTH & WELLNESS\*\***



### **New AARP Report Shows Power of Music on the Brain**

If you want to do something good for your brain, turn on your music player and sing along to a few songs. Better yet, sing and dance at the same time. Music even gets different parts of the brain working together simultaneously. And all that brain activation translates into some serious health benefits.

Researchers have found that music can improve sleep and sharpen memory, as well as reduce stress and stimulate thinking skills — all of which are good for maintaining brain health as we age.

#### **Music boosts mood, inspires movement**

When music hits your ears, the sound waves are translated into nerve impulses that travel to several areas of the brain, including those that release dopamine, a neurotransmitter that plays a role in pleasure. In other words, when you hear music, “it makes you feel better,” says Burdette, who emphasizes that one type of music isn't superior to others when it comes to its mood-boosting benefits.

A 2020 AARP survey of more than 3,100 adults found that a higher percentage of people who engage in music self-rate aspects of their quality of life and happiness as excellent or very good. They also report lower average levels of anxiety and depression.

Along with improving mood, music promotes movement — another key component to brain health. Emerging research shows that one of the best ways to protect the health of your brain as you age is to embrace healthy lifestyle habits, including regular physical activity. Music can even make exercise seem easier and help speed up recovery after a hard workout.

“Music enables this balance between creativity and predictability, and I think that helps the brain learn, and it feels rewarding,”

#### **Music has healing powers, too**

Experts are harnessing the power of music to help adults recover from brain injuries and diseases and to ease the symptoms they cause.

Music can improve brain health now

The best news from the report is that it takes very little time, money and effort to reap the brain benefits that music provides. Recommendations from the report include singing and dancing more, listening to new and familiar tunes, and engaging in music with others.

#### **Looking to the future**

Studies exploring music's impact on health and well-being have come a long way in recent years. Last September the National Institutes of Health announced a \$20 million investment to support research into music's benefits for a wide range of medical disorders. Even so, experts say more needs to be done to fully understand the protective and healing benefits music can have on brain health.

TO SEE THE FULL ARTICLE, GO TO [AARP.ORG](https://www.aarp.org)



## **\*\*KITCHEN CORNER\*\***

### **FREEZER OATMEAL CUPS – MAKE AHEAD BREAKFAST RECIPE**

#### **What can you put on oatmeal?**

**Fresh fruit (or frozen and thawed)** – bananas, chopped apples or pears, berries like strawberries or blueberries, peaches, pineapple

**Dried fruit** – raisins, dried cranberries, chopped dates or figs, dried cherries, etc.

**Nuts** – peanuts, pecans, walnuts, pistachios, almonds, etc.

**Nut butter** – peanut butter, almond butter, cashew butter, etc., or sunflower seed butter for a nut-free alternative

**Seeds** – pumpkin, chia, hemp, flax, etc.

**Other toppings** – coconut, chocolate chips, cacao nibs, etc

#### **What do you need for make-ahead oatmeal cups?**

**Quick-cooking oats** – use certified gluten free, if necessary. If you prefer to use old-fashioned or steel cut oats, they will work just be sure to cook according to the package instructions instead of following the recipe here.

**Brown sugar** – you can use coconut sugar, honey, maple syrup, or a low carb sweetener like [Swerve Brown Sugar Substitute](#).

#### **Water**

**Milk** – use your favorite dairy or nondairy milk. Everything from skim to whole will work, as will almond milk, cashew milk, etc.

#### **Salt**

**Toppings** – fresh fruit, nuts, chocolate chips, etc.

**Cook the oatmeal.** Combine the oats, brown sugar, water, milk, and salt in a saucepan and bring to a boil. Cook several minutes to the desired consistency.

**Choose your toppings.** Set out bowls of chopped fresh fruit, frozen fruit, nuts,

**Customize the oatmeal cups.** Divide the oatmeal between the muffin tins and sprinkle on the toppings in whatever combination you like.

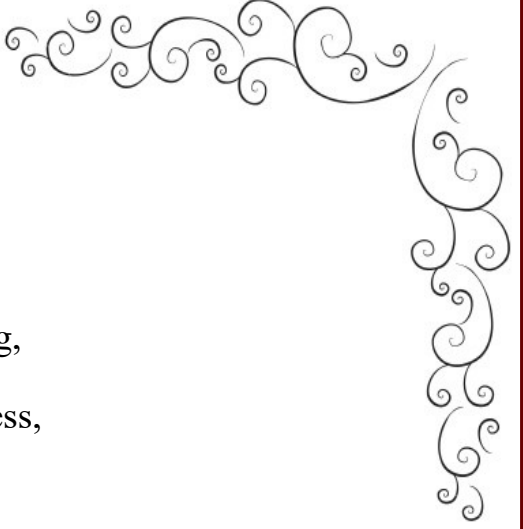
**Freeze.** Slide the muffin pans into the freezer. Once the oatmeal cups are frozen, pop them out of the tins and wrap them up in plastic wrap and place them in an airtight container or freezer storage bag. Store the oatmeal cups in the freezer.

### **REMINDER:**

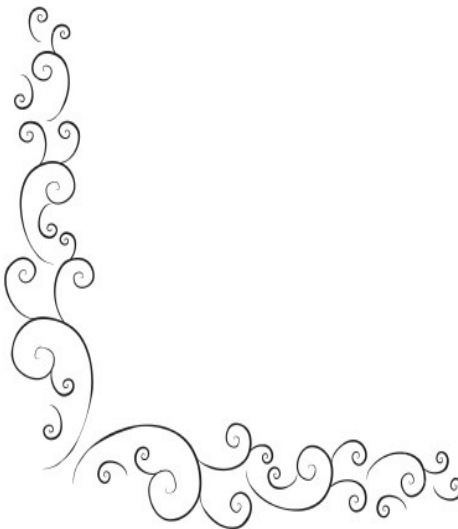
*If you are in need of a lunch meal or food in general, please call the center at 571-258-3280 so that we can assess the situation and figure out the best way to meet your needs.*



## A CORONA LAMENT CHAPTER 4



Some say it's all over,  
Three months of quarantine,  
Has successfully defeated,  
The evil COVID-19.  
Now like drowsy bears in spring,  
We emerge from hibernation,  
To leave behind the unpleasantness,  
Of our COVID isolation.  
But life is not that easy,  
For we the huddled masses.  
Seems like such unpleasantness,  
Is a lot like death and taxes.  
Yes, when you go shopping,  
You still must cover your face,  
And maintain all around you,  
Six feet of private space.  
And if you shop in some stores,  
Management says be sure,  
To walk within the foot prints,  
Stenciled neatly on the floor.  
True, ladies can get their hair done,  
Stylings most flamboyant,  
But only if a month before,  
They've made a prior appointment.  
And through it all we must maintain,  
Social distance quite unvaried,  
(Just like my wife declared to me,  
Before we two got married.)  
Yes, COVID has played havoc,  
Made our lives an awful plight,  
Work at home, school on line,  
And no movies Friday night.  
Such changes can be wrenching,  
Yet challenges we must meet,  
Lest COVID wreak its fatal ways,  
Upon the aged and the weak.  
I heartily applaud such action,  
It's courage good and true,  
And I hope that it continues,  
Because I'm 82!



*Jim Kelly (Senior Center Member)*

# your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

Coming Up  
This Week



## Events Calendar

### **\*\*TRIVIA SECTION\*\***



**And now for something really cute--  
Puppies!**

These pups were featured in Puppy Bowl 16. It was a great game, but only one team took home the coveted "Lombarky" Trophy. The winner of this year's Puppy Bowl XVI was "Team Fluff." As Super Bowl fans got their wings and pizza ready, the adorable pups of "Team Fluff" and "Team Ruff" battled it out to see which team scored more "touchdowns" with doggy toys. With a score of 63-59, Team Fluff (blue sashes) beat Team Ruff (red sashes) in a close game.



## \*\*BRAIN EXERCISE\*\*

**ComParrot**

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Spot on parachute is missing. 2. Sign on tanker truck is missing. 3. Bush appears below man. 4. Extra string on man's parachute. 5. Tree beside house is colored in. 6. Roof on house is colored in. 7. Buoy in lake is colored in. 8. Tail on plane is colored in. 9. Car has moved. 10. Parachute in background has moved. 11. Truck is facing opposite direction. 12. Bird's wing is different.

**ComParrot**

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Part of flower is missing. 2. Giraffe's horn is hidden. 3. Spot on giraffe's neck is missing. 4. Inside of giraffe's ear is hidden. 5. Curtain tie is colored in. 6. Flower is colored in. 7. Heart pattern on flower box is colored in. 8. Spot on giraffe's neck has moved. 9. Cloud has moved. 10. Pull on blind has moved. 11. Opening in tree leaves has moved. 12. Giraffe's ear is different.