

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)



**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*

AUGUST

# SENIOR CENTER

## WEEKLY E-NEWS JULY 31, 2020

### Manager's Note

Beginning **Monday, August 3, 2020**, members are invited to come to the café for In-House lunch between 11:45 am-12:30 pm. Drive-thru will be available only from 11:00-11:30 am. Please read instructions below if you plan on coming in for lunch.

### IMPORTANT:

- **You must call at least 24-hours in advance to reserve your spot for lunch – 571-258-3280**
- **Face masks must be worn in the building at all times, except while at your table eating**

### Before Entering the Building

Pull up car to main entrance

- While remaining in your car, a staff member will ask you a few screening questions and take your temperature using a touch-free thermometer
- If the questions are answered satisfactorily and your temperature is within an acceptable range, you may then go park your car and proceed to the first table outside the main entrance doors
- Hand sanitizer will be provided for you to use before entering the building and face masks will be provided if you do not have one

### Entering the Building

- You will notice some new signs around the building reminding you to wear a face mask in the building and to observe 6 feet social distance whenever possible
- There are also floor stickers that remind everyone to stay a safe distance from one another
- The floor stickers are where you stand and wait for the next available spot to move forward
- At the floor sticker inside the second set of sliding doors, staff will check your name off the lunch list
- Donations are requested and may be placed in the donation box at the check-in table
- Continue following the floor stickers until you reach the entrance to the café

### While in the Cafe

- You will be greeted by a staff member when it is your turn to enter the café
- The tables and chairs will be set up so everyone can remain 6 feet apart while eating. People in the same household can eat beside one another at their table
- You will be given your lunch and then shown to your seat where you may eat your lunch
- Once you are done eating, grab your trash and tray and take it to the trashcan by the side exit
- The trash goes in the trashcan and the tray gets placed on the counter
- Exit the building by the side exit where your trash was thrown away
- Please refrain from stopping at other tables to chat with other members

Detailed instructions for entering the building is also available in a video on YouTube <https://youtu.be/fc1W2hnbGBk> . A flyer and the video are also available on the Advisory Board website [www.mycascadescenter.org](http://www.mycascadescenter.org).

## \*\*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> 8/3	<b>TUES.</b> 8/4	<b>WED.</b> 8/5	<b>THURS.</b> 8/6	<b>FRI.</b> 8/7
<p><b>NO ESL TODAY</b></p> <p><b>1:00pm-2:00pm</b> Yoga/ Breathing Class Instructors: Jagdish and Kailash Sachdev <i>(open to senior center members)</i></p>	<p><b>10:30am-11:30am</b> Conversational Spanish Instructor: Ana Mahoney <i>(only open to registered participants)</i></p> <p><b>12:00pm-1:00pm</b> Teen Tech <i>(open to senior center members)</i></p> <p><b>1:00pm-2:30pm</b> Beginners Spanish III Instructor: Lea Nigon <i>(only open to registered participants)</i></p>	<p><b>10:30am-11:30am</b> Yoga/ Breathing Class Instructors: Jagdish and Kailash Sachdev <i>(open to senior center members)</i></p> <p><b>1:00pm-2:00pm</b> Current Events Instructor: Steve Creskoff <i>(open to senior center members)</i></p>	<p><b>10:30am-11:30am</b> Learn Mandarin Instructor: Susan Xiaoping <i>(open to senior center members)</i></p> <p><b>1:00pm-2:00pm</b> Special Presentation: Trivia Challenge Contest <i>(open to senior center members)</i></p>	<p><b>10:30am-11:30am</b> Knit &amp; Crochet Velinda Sutton <i>(open to senior center members)</i></p>

## **\*\*SPECIAL PRESENTATION\*\***



Join us Thursday  
August 6<sup>th</sup> at 1:00pm on  
Zoom for another Trivia  
Challenge Contest!



Answer questions like, “What time did Cinderella have to leave the ball?” and “What’s the capital of Maryland? It’s fun for everyone; hope to see you there! Limited to 6 players. Must register to participate. First come, first served.

### **Congratulations to Terry O. for winning our last Trivia Challenge Contest!**

Terry got to take home a free puzzle from our prize closet. It was a fun and friendly game. One member joined us as spectator, but after she saw how much fun we were having, she wanted to play too!

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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)

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## **\*\*ADVISORY BOARD SECTION \*\***



[https://www.facebook.com/groups/  
CascadesSeniorCenterAB](https://www.facebook.com/groups/CascadesSeniorCenterAB)

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

### **How Does Nature Impact Our Wellbeing?**

Research reveals environments can increase or reduce our stress, which in turn impacts our bodies. What you are seeing, hearing, experiencing at any moment is changing not only your mood, but how your nervous, endocrine, and immune systems are working.

The stress of an unpleasant environment can cause you to feel anxious, or sad, or helpless. This in turn elevates your blood pressure, heart rate, and muscle tension and suppresses your immune system. A pleasing environment reverses that.

And regardless of age or culture, humans find nature pleasing. Researchers found that more than two-thirds of people choose a natural setting to retreat to when stressed.



**Nature heals** - Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

Research done in hospitals, offices, and schools has found that even a simple plant in a room can have a significant impact on stress and anxiety.

**Nature soothes** - In addition, nature helps us cope with pain. Because we are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort.

**Nature restores** - One of the most intriguing areas of current research is the impact of nature on general wellbeing. In one study in Mind, 95% of those interviewed said their mood improved after spending time outside, changing from depressed, stressed, and anxious to more calm and balanced. Other studies show that time in nature or scenes of nature are associated with a positive mood, and psychological wellbeing, meaningfulness, and vitality.

Furthermore, time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature. This also provides a respite for our overactive minds, refreshing us for new tasks.

### **Too much time in front of screens is deadly**

“Nature deprivation,” a lack of time in the natural world, largely due to hours spent in front of TV or computer screens, has been associated, unsurprisingly, with depression. More unexpected are studies by Weinstein and others that associate screen time with loss of empathy and lack of altruism.

Source: [University of Minnesota](#)



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

### **FRUITY ICE CUBE RECIPE**

There's absolutely nothing more simple than slicing fruit and freezing it in an ice cube tray! The best part of this recipe is that the ingredients are totally up to you. Like mango and blueberries? Go for it! Prefer cucumber and cilantro? Hey – it's your world... have at it!

This version gets a citrus kick from red grapefruit, lemon and lime – and sweetness from sliced strawberries and blueberries. Add mint leaves to the fruity ice cubes because of the naturally cooling essence they impart. Served in a glass of water, you can really taste what each element brings to the table without being overwhelmed by any one taste.

Another great aspect about the loose structure of this recipe is that you can use the fruity ice cubes however you'd like. They make a great addition to everything from plain water to seltzer, iced tea, lemonade or even a cocktail.

You can even eat these fruity ice cubes directly from the freezer if you're so inclined. Icy, slushy fruit is a favorite to munch on as the cubes melt. You have to love it when a 'recipe' can be loosely interpreted and made up on the spot with the ingredients you have on hand.

### **INGREDIENTS**

red grapefruit (sliced), strawberries (sliced),  
blueberries, lemon (sliced), lime (sliced),  
mint leaves or any YOU like!

### **INSTRUCTIONS**

Load your sliced fruit into dry ice cube trays.  
Fill the trays with water and freeze.

Once frozen, serve with your favorite summer beverage.

**NOTES:** These Fruity Ice Cubes will last in the freezer a long time!

### **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.*



# your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

## Coming Up This Week



- [Online Storytime with Washington Nationals Pitcher Sean Doolittle](#): Tune in for a special storytime with the 2019 World Series Champion reliever as he reads [Max the Brave](#). Make the most of storytime by downloading Doolittle's Reading Activity Book in [English](#) or [Spanish](#). **Friday, July 31, 11 a.m.**
- [Ace the Video Call \(Live\)](#): Video conferencing rules the business world these days, so do it like a pro! Jobs expert Sheila Murphy of [Flex Professionals](#) reveals the secrets to virtual interviews, maintaining your networking efforts and making sure your environment is camera-ready. **Friday, July 31, 2 p.m.**
- [How to Make Oobleck](#): It's a liquid. It's a solid. It's ... oobleck!! Heather from Ashburn Library shows you how to mix up this ooey, gooey, sciencey experiment that kids will love. **Saturday, Aug. 1, 11 a.m.**

CLICK  
HERE

[ONLINE EVENTS  
CALENDAR](#)

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

