

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

CASCADES SENIOR CENTER

WEEKLY E-NEWS NOVEMBER 25, 2020

Manager's Note

Wishing all of our members a very Happy, Healthy, Safe Thanksgiving filled with blessings and moments of gratitude.

We are grateful for many things, including you – our dear members - for your generosity of spirit, talents, resources and ideas.

What are you *grateful* for?

Family would be what I'm MOST grateful for - Carrie Randolph

I am grateful to the persons who are serving the needed persons/ seniors during this pandemic period - Satish Sharma

*I am grateful for the simple things
in life- my health, my family and
my work* - Paul Torrible

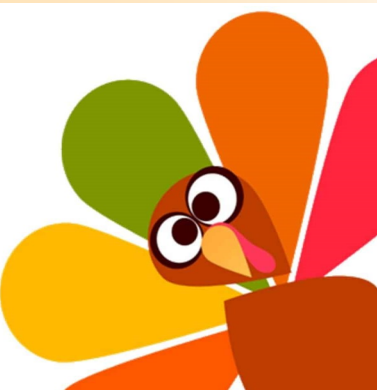
*I'm grateful for the changing
seasons* - Haley Moore

grateful to be healthy with no illness - Felix Duran

grateful for the cool fall weather - Brenda Davis

*grateful for technology (virtual), especially during this time, that
I am able to connect with family and friends across the world*
- Judith Mangilin

grateful that I am alive! - Laura Audi



ACTIVITIES SCHEDULE

MON 11/30	TUES 12/1	WED 12/2	THURS 12/3	FRI 12/4
<p>10:30am-11:30am ESL Class (Virtual Activity)</p> <p>1:00pm-2:00pm Yoga Class (Virtual Activity)</p> <p>1:00pm-2:00pm Book Club 3rd Mondays Only (Indoor Activity)</p> <p>*New Time* 2:00pm-2:30pm Walking Group (Outdoor Activity)</p> <p>2:30pm-3:30pm Teen Tech (Virtual Activity)</p>	<p>10:00am-11:00am Aerobics Video (Indoor Activity)</p> <p>10:30am-11:30am Conversational Spanish (Virtual Activity)</p> <p>1:00pm-2:30pm Intermediate Spanish I (Virtual Activity)</p> <p>1:00pm-2:00pm Ukulele Jam Session (Indoor Activity)</p>	<p>10:30am-11:30am Yoga Class (Virtual Activity)</p> <p>12:00pm-2:00pm Movie Day: "The Trip to Italy" 2014 (NR) (Indoor Activity)</p>	<p>10:30am-11:30am Learn Mandarin (Virtual Activity)</p> <p>1:00pm-2:00pm Current Events (Indoor Activity & Outdoor Activity)</p>	<p>10:00am-12:00pm Knit & Crochet (Indoor Activity & Outdoor Activity)</p> <p>1:00pm-2:00pm Safe Bingo (Indoor Activity)</p> <p>1:00pm-2:00pm Yoga Class (Virtual Activity)</p>

Activity Key

Green=Outdoor (weather permitting)

Blue=Virtual

Red=Indoor



Registration required for all indoor activities. Registration also required for Teen Tech, Tai Chi and Walking Group. Call 571-258-3280 to register.



ACTIVITY DESCRIPTION

Monday 11/30

10:30am ESL Class (Virtual Activity) – English as a second language class. Instructor: Judy Villedrouin

1:00pm Yoga (Virtual Activity)—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

1:00pm Book Club (Indoor Activity, 3rd Monday's only)—Monthly discussions, new members welcome. *“The Little Paris Bookshop”* by Nina George. Leader: Mary Rudiak

***NEW TIME* 2:00pm Walking Group (Outdoor Activity)**—Expect a 25-30 minute walk approximately $\frac{3}{4}$ of a mile to 1 mile in distance. Please bring water.

2:30pm Teen Tech (Virtual Activity)— Knowledgeable teens give pointers and instruction on how to use smartphones, computers and other technology. Instructor: Aidan Comie

Tuesday 12/1

10:00am Aerobics Video (Indoor Activity)—light exercise featuring Richard Simmons and the Silver Foxes DVD

10:30am Conversational Spanish (Virtual Activity)— Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney

1:00pm Intermediate Spanish (Virtual Activity)— Class runs from October 6- December 15. Prerequisite: Beginners Spanish. Textbook is \$20. Instructor: Lea Nigon

1:00pm Ukulele Jam Session (Indoor Activity)— Must bring your own ukulele. Designed for the advanced player. Prerequisite: Beginners Ukulele Class. Instructor: Joanie Hall

Wednesday 12/2

10:30am Yoga (Virtual Activity)—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

12:00pm- Movie Day (Indoor Activity)—Free movie presentation. Bring your own snacks. This week's film, *“The Trip to Italy” 2014 (NR)*

Thursday 12/3

10:30am Learn Mandarin Chinese (Virtual Activity)—This class is for all levels and is Informal. Instructor: Susan Xiaoping

1:00pm Current Events (Indoor Activity and Outdoor Activity)—Current local and global events discussions. Come join in, new members always welcome. Leader: Steven Creskoff

Friday 12/4

10:00am Knit & Crochet (Indoor & Outdoor Activity)— Group activity. No instruction provided. Outdoor participants bring your own chair. Knit and crochet products donated to local charities. Leader: Velinda Sutton

1:00pm Safe Bingo (Indoor Activity)—Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen

1:00pm Yoga (Virtual Activity)—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

What's for lunch at Cascades?

MON 11/30	TUES 12/1	WED 12/2	THURS 12/3	FRI 12/4
Italian Sausage Steamed Cabbage Whole Round Potato Roll & Milk Vegetarian meal Available	Beef Ravioli Yellow Squash Spiced Applesauce Fruit, Roll & Milk Vegetarian meal Available	Baked Fish Delmonico Potato Stewed Tomato Fruit, Roll & Milk Vegetarian meal Available	Swedish Meatballs Noodles Key West Vegetable Fruit, Roll & Milk Vegetarian meal Available	Chicken Pot Pie Rice Spinach Fruit, Roll & Milk Vegetarian meal Available



DRIVE-THRU PICKUP (11:00am-11:30am)

DINE-IN LUNCH (11:45am-12:30pm)

Lunches are packaged individually under very safe protocol at the central kitchen and the food is as delicious as ever! The center is cleaned and disinfected regularly and masks must be worn in the building at all times (except while at your table eating 😊).

Check out this video on the Advisory Board website www.mycascadescenter.org for more information about coming to the café for lunch.

Call us to reserve your place for lunch – we can't wait to see you! 😊

Senior Center Bus Service Protocols

Boarding and Exiting



Bus occupancy will be restricted to 50% capacity.

Riders will remain six-feet apart while waiting to board.

Riders will wear face coverings.

Boarding will be dependent on satisfactory results from a verbal screening process and a no-touch temperature check (completed off bus).

Drivers will wear face coverings and face shields while screening riders, and face coverings while driving.

Riders will fill bus from back to front.

Riders will exit bus from front to back.

Payment



Riders will hold out punch-card to driver, who will punch it contact-free. Hand sanitizer can be used before and after process if contact is made.

Disinfection



Buses will be wiped down every day between runs and at the end of the day.

Hand sanitizer and disinfecting wipes will be kept on the bus for use as needed.

*Additional staff member may accompany driver for first couple of weeks in order to observe and assess for potential gaps in process.
Protocols subject to revision as needed.*

The TRIP *to* ITALY



Movie day is
Wednesday
December 2nd
at 12:00pm

Come enjoy a free
presentation of
"The Trip to Italy"
2014, NR

The Trip to Italy is an entertaining and ultimately unengaging comic travelogue of Italy. During the trip, two friends (Steve Coogan, Rob Brydon) enjoy sumptuous meals and lively conversations about such eclectic topics as Batman's vocal range and the artistic merits of "Jagged Little pill."

Trailer:

[Trip to Italy trailer](#)



The Tin Man made his debut just months after the release of "The Wizard of Oz" (1939)

A Look back at the humble origins of the Macy's Thanksgiving Day Parade

To showcase the opening of the "World's Largest Store" and its one million square feet of retail space at the start of the busy holiday shopping season, Macy's decided to throw New York a parade on Thanksgiving morning, November 27th 1924. Click on the link below to read about the beginnings of the parade and to view a gallery of historical parade pictures.



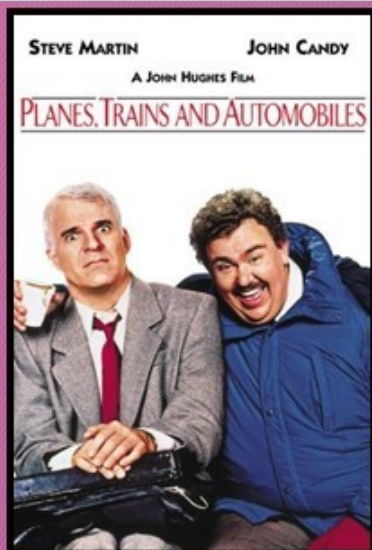
[Macy's First Thanksgiving Parade](#)

“Best of” Internet Memes

(Meme: a humorous image, video, or piece of text that is copied and spread rapidly by Internet users.)



Thanksgiving Movies to Watch

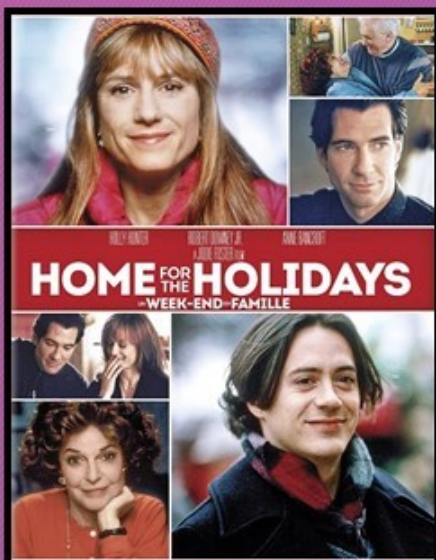


PLANES TRAINS AND AUTOMOBILES (1987)

Easily excitable Neal Page (Steve Martin) is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife (Laila Robins) and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm, and his sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith (John Candy), whom he finds extremely annoying. Together they must overcome the insanity of holiday travel to reach their intended destination. *On Amazon, Apple TV, Fandango Now, iTunes, YouTube, Google Play, Netflix, Vudu.*

FUNNY PEOPLE (2009)

George Simmons (Adam Sandler) is a stand-up comedian with a billion dollars, countless meaningless flings with gorgeous women, and not a single true friend to his name. So when he gets a fatal illness with one year to live, he hires a neurotic young comedian (Seth Rogen) to be his joke-writing caregiver of sorts. Whom else is he going to invite to Thanksgiving dinner? *On Amazon, iTunes, GooglePlay, Vudu, Fandango Now, Apple TV.*



HOME FOR THE HOLIDAYS (1995)

When her teenage daughter opts out of Thanksgiving, single mother Claudia Larson (Holly Hunter) travels alone to her childhood home for an explosive holiday dinner with her dysfunctional family. Claudia quickly tires of her parents, her long-suffering sister (Cynthia Stevenson), her snobby brother-in-law (Steve Guttenberg) and her nutty aunt (Geraldine Chaplin). But the evening gets interesting when sparks fly between Claudia and her brother's handsome friend Leo Fish (Dylan McDermott). *On Amazon, Fandango Now, Apple TV, YouTube, Hulu, GooglePlay, Vudu.*

You'll never look at these
logos the same way again!



*Do you see the arrow between
the "E" and "X" (in white)?*



*The arrow means Amazon has
everything from A to Z*



*See the gorilla and lioness (in
white) facing each other?*



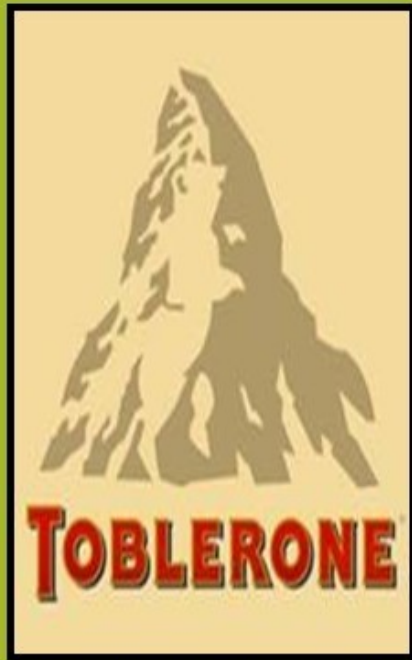
*The 2nd and 3rd "T's" are two
people sharing (or fighting over)
a tortilla and a bowl of salsa.*



*See the "31" embedded in the "BR"?
Thirty-one-derful flavors!*



*The smiley half face is
also a 'g'*



There is a dancing bear above the "BLE". Toblerone chocolate bars originated in Berne, Switzerland, whose symbol is the bear.



*The world's most famous bike race.
The "R" in "Tour" is a cyclist.
The yellow circle is the front wheel of a bicycle, the "O" is the back wheel*

THINGS WE KNOW ABOUT YOU

- 1) You are reading this.
- 2) You are human.
- 3) You can't say the letter "P" without separating your lips.
- 4) You just attempted to do it.
- 6) You are laughing at yourself.
- 7) You have a smile on your face and you skipped No. 5.
- 8) You just checked to see if there is a No. 5.
- 9) You laugh at this because you are a fun loving person & everyone does it too.

Have a great Day. Laugh, and then Laugh and sing "It's a Beautiful Night" even when it's not.
Do not regret growing older. It is a privilege denied to many.

****RECIPE CORNER****

BUNDT PAN ROAST CHICKEN

(If you don't want to buy a whole turkey!)

1 onion, quartered
1/2 lb. yukon gold potatoes, quartered
extra-virgin olive oil
kosher salt
Freshly ground black pepper
1 large bunch fresh thyme
1 large bunch fresh rosemary
1 3-4 lb. chicken, gizzards removed
1 lemon, sliced

This ingredient shopping module is created and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site.

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.

DIRECTIONS:

Preheat oven to 425° and cover the hole of the Bundt pan with foil.

In the bowl of a large Bundt pan, combine garlic, carrots, onion, and potatoes. Toss with olive oil and season with salt and pepper. Scatter sprigs of fresh thyme and rosemary on top of the vegetables.

Pat chicken dry with paper towels. Season the inside of the cavity generously with salt and pepper, then stuff it with the lemon halves, a few sprigs of thyme, and a few sprigs of rosemary. Rub olive oil all over the skin of the chicken, then season generously with salt and pepper.

Place the chicken in the middle of the Bundt pan, breast side up. Bake until the chicken is cooked through and skin is golden, 1 hour to 1 hour 10 minutes. Let chicken rest for at least 15 minutes before slicing. Serve with roasted vegetables and extra pan juices.



HONEY BALSAMIC ROASTED CARROTS

You'll look like a chef but you'll secretly know this is the EASIEST side dish EVER! Perfect healthy side for Thanksgiving! This carrot side dish is a favorite on the site and you'll be sure to love it too!



Ingredients:

- 1.5 lbs baby carrots rinsed
- 2 tablespoons good quality balsamic vinegar
- 1 tablespoon honey plus more for garnish
- 2 tablespoons olive oil
- salt, pepper, and fresh parsley to taste

Instructions:

Preheat oven to 400F. Spray a small/medium baking dish with nonstick spray.

In a medium sized bowl, whisk together the honey, balsamic vinegar, and olive oil.

Toss the carrots in the balsamic mixture and coat well.

Place carrots in baking dish and pour any remaining sauce over the carrots.

Bake for 40 minutes, stirring once, until tender and caramelized.

Remove from oven and drizzle with more honey.

Garnish with salt, pepper, and parsley to taste

HAPPY Thanksgiving

Secret Message

DIRECTIONS: Here is a quote about Thanksgiving. Each distinct letter in the original phrase has been substituted with another letter from the alphabet. We've given you one of the letters to help get you started.

^H
F W L O ^H
E W L ^H
O D T W E F D O Y I

^H
F W D I E C L ^H
E W Z S N T W ^H
E W L E Z L L I

R O Y U C S F ^H
E W L X Z D I V U Z S F O

C L R J L I R - X Z R X M C D O T Y S F O ,

^H
F W L O ^H
E W L R N E N B O B S S O D I

U D T R O Y Q L C C S F - S Z R O T L R O Y

Z S N O Y ,

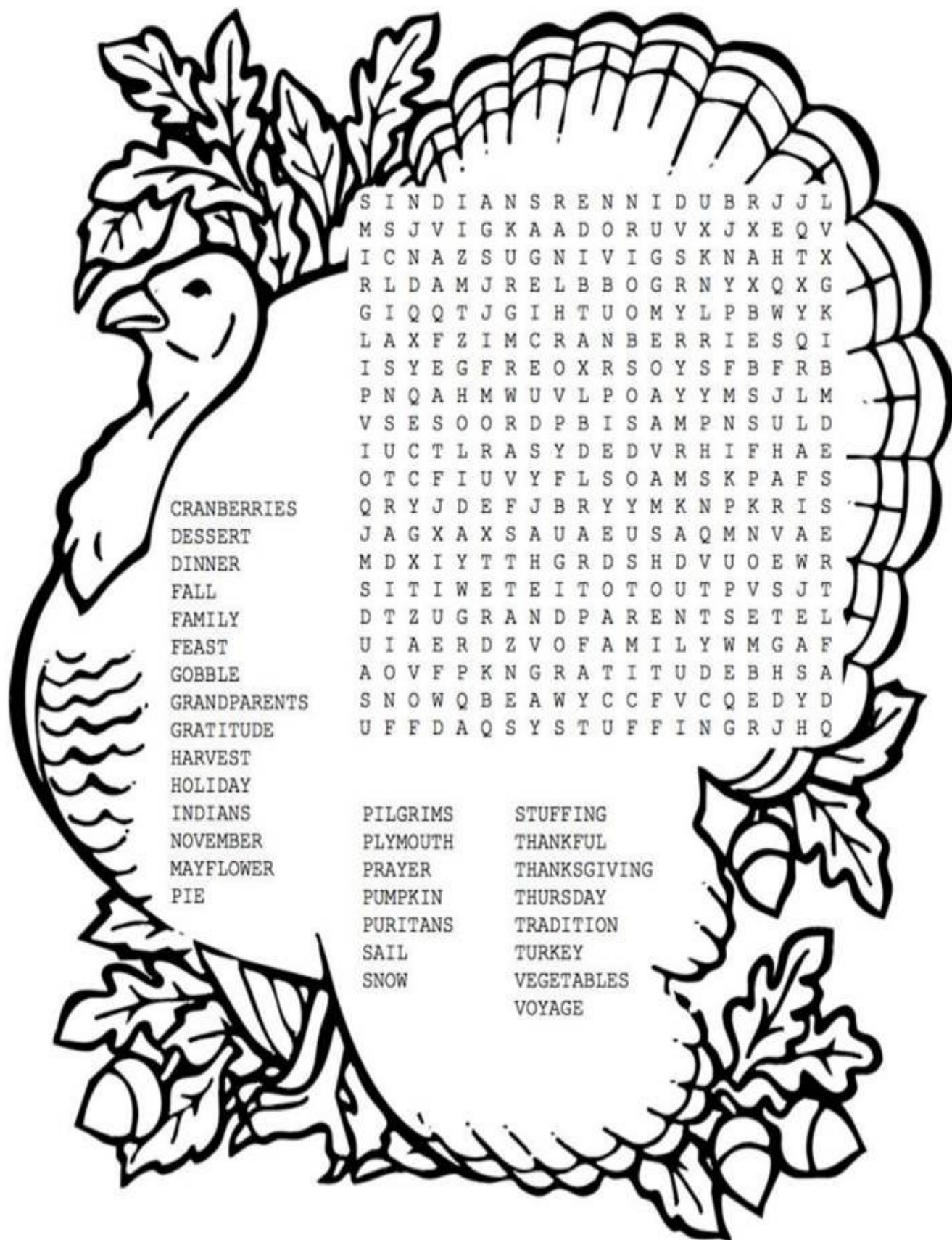
^H
F W L O S C Y G R X M H Z S I E D I

I V R Z M C D O T S O ^H
E W L T Z S N O Y ,

D E ' I ^H
E W R O M I T D J D O T E D B L !



Thanksgiving Word Search



CRANBERRIES
DESSERT
DINNER
FALL
FAMILY
FEAST
GOBBLE
GRANDPARENTS
GRATITUDE
HARVEST
HOLIDAY
INDIANS
NOVEMBER
MAYFLOWER
PIE

PILGRIMS	STUFFING
PLYMOUTH	THANKFUL
PRAYER	THANKSGIVING
PUMPKIN	THURSDAY
PURITANS	TRADITION
SAIL	TURKEY
SNOW	VEGETABLES
	VOYAGE

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

Gratitude

turns what we have into
enough, and more.

It turns denial into
acceptance, chaos into
order, confusion into
clarity... it makes sense of
our past, brings peace for
today, and creates a vision
for tomorrow.

~ Melody Beattie



When Giving Is All We Have

[Alberto Ríos](#)

One river gives
Its journey to the next.

We give because someone gave to us.
We give because nobody gave to us.

We give because giving has changed us.
We give because giving could have changed us.

We have been better for it,
We have been wounded by it –

Giving has many faces: It is loud and quiet,
Big, though small, diamond in wood-nails.

Its story is old, the plot worn and the pages too,
But we read this book, anyway, over and again:

Giving is, first and every time, hand to hand,
Mine to yours, yours to mine.

You gave me blue and I gave you yellow.
Together we are simple green. You gave me

What you did not have, and I gave you
What I had to give – together, we made
Something greater from the difference.

HAPPY Thanksgiving

Secret Message

SOLUTION

WHEN THE NIGHT WINDS
FWLO EWL ODTWE FDOYI

WHISTLE THROUGH THE TREES
FWDIECL EWZSNTW EWL EZLLI

AND BLOW THE CRISP BROWN
ROY UCSF EWL XZDIV UZSFO

LEAVES A-CRACKLING DOWN,
CLRJLI R-XZRXMCDOT YSFO,

WHEN THE AUTUMN MOON IS
FWLO EWL RNENBO BSSO DI

BIG AND YELLOW-ORANGE AND
UDT ROY QLC CSF-SZROTL ROY

ROUND,
ZSNOY,

WHEN OLD JACK FROST IS
FWLO SCY GRXM HZSIE DI

SPARKLING ON THE GROUND,
IVRZMCDOT SO EWL TZSNOY,

IT'S THANKSGIVING TIME!
DE'I EWROMITDJDOT EDBL!

CASCADES PARKING LOT RE-PAVING November 30 – December 4



Both the Farmer's Market Lot and the main parking lot behind the Senior Center at Cascades will be re-paved during the week of November 30 - December 4. The work will be done alternately so that we can use at least one of the lots to provide the Drive-Thru Lunches and HDM pick-ups and allow people in the building for activities.

Please click [here](#) to take a look at the flyers posted on the Advisory Board website for information about where to pick up lunches and HDM's during this time.

For those of you who drive to the center, please enter the center through the Farmer's Market Lot on the days we have the main lot closed and vice versa.

If you have any questions, please contact the center at 571-258-3280. Thank you for your patience! While this is a bit of an inconvenience, we look forward to the finished product and enjoying freshly paved parking lots.

