

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)

CASCADES SENIOR CENTER

WEEKLY E-NEWS NOVEMBER 6, 2020

Manager's Note

Finding Gratitude in Challenging Times

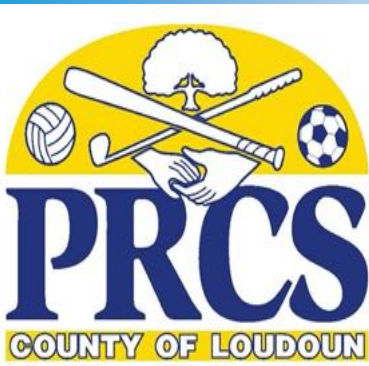
My favorite meditation group was led by a fascinating woman from India. She had a wonderful way of guiding meditation with her gentle voice and captivating narration. During one of our group discussions, she asked each of us to describe our day with one word. It was a rainy day, so most of us used words like, "soggy" and "traffic" to describe the challenges of the day. When everyone had shared, she said her word for the day was "joy." She told a story of her childhood in India where they experienced long periods of draught and when it finally rained, she and her siblings would run outside and dance in the street to celebrate the rain.

Over the last several months, during this pandemic and a tumultuous election year, I've thought about that story often. It can feel sad and even hopeless when we are missing milestone celebrations with family and friends and facing limitations on our regular activities. One thing I've found very helpful is the practice of finding three things I'm grateful for every day. This practice of daily gratitude helps me to re-focus my energy to appreciate the little things we tend to miss when we feel inundated with challenges. Today, I am grateful for a steaming hot cup of dandelion tea, the bright yellow mums on my front porch, and yes – the rain watering them.

What are you grateful for? I invite you to share one thing you are grateful for and we will feature these in the Thanksgiving edition of the E-Newsletter. Please limit your submission to three words and email to me no later than Friday, November 13, brenda.davis@loudoun.gov.



Gratitude
is the open door
to abundance



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



THANK YOU !

ACTIVITIES SCHEDULE

MON 11/9	TUES 11/10	WED 11/11	THURS 11/12	FRI 11/13
<p>9:30am-10:00am Walking Group (Outdoor Activity)</p> <p>1:00pm-2:00pm Yoga Class (Virtual Activity)</p> <p>1:00pm-2:00pm Book Club 3rd Monday's Only (Indoor 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>Senior Center Closed</p> <p>No Activities Today</p> 	<p>10:00am-11:00am Tai Chi (Outdoor Activity)</p> <p>10:30am-11:30am Learn Mandarin (Virtual Activity)</p> <p>1:00pm-2:00pm Current Events (Indoor 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>
<div style="border: 1px solid black; padding: 10px; text-align: center;"> Activity Key Green=Outdoor Blue=Virtual Red=Indoor </div>				
<p>Registration required for all indoor activities. Registration also required for Tai Chi and Walking Group. Call 571-258-3280 to register.</p>				

Monday 11/9

9:30am 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.

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)— For November 16th, they are discussing "Cellist of Sarajevo" by Steven Galloway. Come join in, new members always welcome. Leader: Mary Rudiak.

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 11/10

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 11/11

**Veterans Day. Senior Center Closed.
No activities Scheduled**

ACTIVITY DESCRIPTION

Thursday 11/12

10:00am Tai Chi (Outdoor Activity) - Gentle physical exercises embracing the mind, body and spirit. Instructor: Mabel Chin.

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)—Current local and global events discussions. Come join in, new members always welcome. Leader: Steven Creskoff.

Friday 11/13

10:00am Knit & Crochet (Indoor & Outdoor Activity)— Group activity. No instruction provided. Knit and crochet donates much of their creation 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.

SENIOR TRIPS REGISTRATION

Thursday,
November 12, 2020 at 9am
(online or by phone only)

What's for lunch at Cascades?

MON 11/9	TUES 11/10	WED 11/11	THURS 11/12	FRI 11/13
Lasagna Malibu Blend Vegetables Fruit, Roll & Milk Vegetarian meal Available	Oven Baked Chicken Corn & Lima beans Collard Greens Fruit, Roll & Milk	County Holiday No Meal Program Today	Pork Chop Fettuccini Spinach Fruit, Roll & Milk Vegetarian meal Available	Salisbury Steaks Parslied Potato Mixed Vegetable 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.*

****INDOOR ACTIVITIES****



BINGO

KNIT & CROCHET



UKULELE JAM SESSION



Loudoun County Area Agency on Aging
VIRTUAL FAMILY CAREGIVER EDUCATION SERIES

COPING THROUGH THE TINSEL AND TEARS

Thursday, November 19, 2020 1 pm – 2 pm

Presented by Lori Stahl, Elder Case Manager, Loudoun County Area Agency on Aging

Learn strategies on how to cope through the holiday season as many are experiencing grief-related losses during the Covid-19 pandemic or grieving the loss of a loved during this holiday season. Dealing with the pandemic has changed how traditions and holidays are being celebrated, and a message of hope will be presented.

QUICK START TO THE LOUDOUN COUNTY AREA AGENCY ON AGING

Thursday, December 3, 2020 1 pm – 2 pm

Join AAA staff for an overview of the programs and services available to older adults and family caregivers in Loudoun County.

Hosted by the Loudoun County Area Agency on Aging

TO REGISTER FOR THESE FREE, VIRTUAL PROGRAMS,

please send an email to aaasupport@loudoun.gov

To view activities and programs going on at the other senior centers you can click on each link below:

[The Senior Center of Leesburg E-Newsletter](#)

[Dulles South Senior Center E-Newsletter](#)

[Carver Senior Center E-Newsletter](#)



Wednesday November 11th is Veterans Day

On November 11, 1919, U.S. president Woodrow Wilson issued a message to his countrymen on the first Armistice Day, in which he expressed what he felt the day meant to Americans:

A year ago today our enemies laid down their arms in accordance with an armistice which rendered them impotent to renew hostilities, and gave to the world an assured opportunity to reconstruct its shattered order and to work out in peace a new and juster set of international relations. The soldiers and people of the European Allies had fought and endured for more than four years to uphold the barrier of civilization against the aggressions of armed force. We ourselves had been in the conflict something more than a year and a half.

With splendid forgetfulness of mere personal concerns, we remodeled our industries, concentrated our financial resources, increased our agricultural output, and assembled a great army, so that at the last our power was a decisive factor in the victory. We were able to bring the vast resources, material and moral, of a great and free people to the assistance of our associates in Europe who had suffered and sacrificed without limit in the cause for which we fought.

Out of this victory there arose new possibilities of political freedom and economic concert. The war showed us the strength of great nations acting together for high purposes, and the victory of arms foretells the enduring conquests which can be made in peace when nations act justly and in furtherance of the common interests of men.

To us in America the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service, and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of nations.





Loudoun County

VIRGINIA

WHERE TRADITION MEETS INNOVATION

FREE COVID-19 DRIVE-THRU TESTING

Loudoun County will host two free drive-thru testing events for COVID-19 on
Tuesday, November 10, 2020, from 10:00 a.m. to 1:00 p.m.
The testing events will take place at two locations simultaneously:

[Brambleton Community Park-West, 22377 Belmont Ridge Rd. in Ashburn](#)

[Philip A. Bolen Memorial Park, 42405 Claudia Drive in Leesburg](#)
(enter the park from Sycolin Road onto Crosstrail Boulevard)

To help reduce wait times, people who plan to attend the testing event are strongly encouraged to complete a registration form for each person who will be receiving a test prior to arriving at the testing site. The fillable form is posted online in [English](#) and in [Spanish](#) and may be filled out and printed in advance of the testing event. Forms will also be available at the testing site. The registration form is required and asks for general demographics and contact information, including name, date of birth, address, phone numbers and current symptoms, if any. The forms are also available at [COVID testing](#).

The testing events are open to all. There are no age or residency requirements. No prescriptions or appointments are necessary. A person does not have to exhibit symptoms of COVID-19 in order to be tested. A PCR test (nasal swab) will be administered, which tests for the novel coronavirus. Results will be available within a week. No antibody testing will be offered.

For general COVID-19 information visit <http://www.loudoun.gov/coronavirus>.



Loudoun County

VIRGINIA

WHERE TRADITION MEETS INNOVATION

VETERANS SERVICES PROGRAM

Veteran Services in Loudoun County is designed to coordinate a one-stop information, outreach, and referral hub for veterans, and to establish a collaborative network of partners who serve veterans in the county. Click on the link below for information about services for veterans, including immediate assistance, help with benefits, assistance with employment and training, and more.

[Veterans Services Program](#)



Veterans give advice to friends and family

Veterans served their nation selflessly, but service sometimes weighs heavily on their mental health, and stigma can be a barrier to seeking help. This video features a diverse group of veterans sharing their personal messages about how friends and family can show their support.

Click [here](#) to watch video.



Tips to help Vets and their families find work.

Adapting to the civilian workforce can be a challenge. Join AARP for a free webinar designed to help veterans and military families find new jobs or manage their careers. Click below to find out more.

[Tips to help Vets and their families](#)



M*A*S*H

MASH is coming up on it's 50th anniversary. If you'd like to watch an episode of MASH, click on the link below:

[MASH Episode](#)

LOUDOUN COUNTY AREA AGENCY ON AGING PRESENTS

COFFEE CHAT

with Lori

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 or call 571-233-2583***



<https://www.loudoun.gov/prcscreatingcommunity>

****RECIPE CORNER****

Army SOS Creamed Ground Beef

Ingredients

1 pound ground beef
¼ cup all-purpose flour
1 cube beef bouillon
¾ teaspoon salt
1 pinch ground black pepper
2 ¼ cups milk
¼ teaspoon Worcestershire sauce

Directions

Step 1: Brown beef in a large skillet over medium high heat. Stir in flour, bouillon, salt and pepper. Saute all together for about 5 minutes or until flour is absorbed. Gradually stir in milk and Worcestershire sauce. Bring all to a simmer, stirring constantly. Cook until thickened, about 5 to 10 minutes. Serve hot!

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.

Navy Potatoes



Ingredients

6 large potatoes, peeled and quartered lengthwise
1 cup butter, divided, or more as needed
2 cups all-purpose flour
salt and ground black pepper to taste

Directions

- Step 1: Place the potato wedges in a bowl of water, and refrigerate for at least 1 hour.
- Step 2: Preheat oven to 450 degrees F (230 degrees C). Spray a baking sheet with cooking spray. Melt ½ cup of butter in a small saucepan over low heat; pour it into a shallow dish. Mix flour, salt, and pepper in a second shallow dish. Roll potato wedges in the seasoned flour, then dip into the butter. Arrange potato wedges on the baking sheet. Melt and add more butter for dipping as you go along (the flour makes it thick).

Step 3: Bake the wedges in the preheated oven until tender and golden brown, 35 to 40 minutes.

your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

Weekly PROGRAM SCHEDULE

TUESDAY (11/10)

4:00 PM — Four-Hole Japanese Bookbinding: A step-by-step demonstration of stab bookbinding using basic materials and a simple stitching method.

7:00 PM — Evening Meditation: End the day with meditation to help you relax and get a good night's sleep. Led by yoga and meditation teacher Gretchen Schutte.

THURSDAY (11/12)

2:00 PM — Gratitude for Our Common Humanity: Connecting with others and appreciating their contributions can give us strength, comfort and courage. Led by compassion expert Laura Banks.

6:30 PM — Photography: Mastering Buttons and Menus: Professional photographer Chas Sumser reviews how to use different features on your digital camera. Q&A to follow.

SATURDAY (11/14)

11:00 AM — Readers' Advisory: Spooky Books: Chilling, thrilling book recommendations. For Grades 4-8.

2:00 PM — Internet Safety and Security Tips: Erik Huggler from Brambleton Library's Makerspace addresses authentication methods to protect your accounts, as well as payment and password security.

MONDAY (11/9)

11:00 AM — Online Storytime: Ms. Kelly from Rust Library reads *A Bird is a Bird* by Lizzy Rockwell.

2:00 PM — Intermediate ESOL English Practice: An interactive session about fall.

3:00 PM — Let's Talk About Immigration: Topics: permanent residency, visa applications and fraud.

7:00 PM — HACKiversity: Kyle Winey talks about getting into and finding success in college.

WEDNESDAY (11/11)

Library Closed for Veterans Day.

FRIDAY (11/13)

11:00 AM — Baby Storytime: Ms. Clara from Gum Spring Library reads *Big Fat Hen* by Keith Baker.

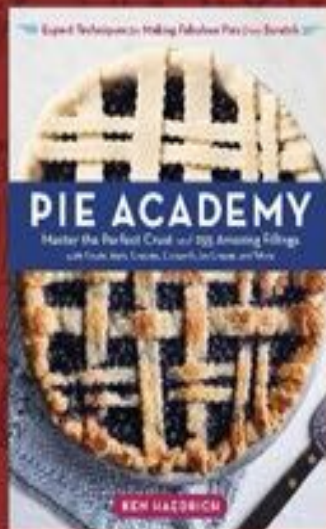
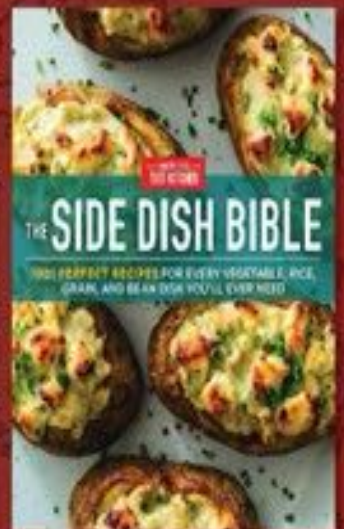
4:00 PM — Watercolor Workshop: Paint using a loose, fluid style with instructor Jyotsna Umesh.

Links for these
online programs are
available from the
Calendar at
library.loudoun.gov

STAFF ePICKS

Giving thanks for food

LOUDOUN COUNTY
PUBLIC LIBRARY
library.loudoun.gov



Prepping for Thanksgiving dinner can be daunting — perhaps especially so in a year like no other. One way to get ahead of that stress is to start your meal-planning early so you can make the most of the holiday. With that in mind, we're serving up some of our favorite [holiday eCookbooks](#) to help pull your menu together: from foolproof sides and pies, to vegan mains and everything in between. It's also the time of year that cooking magazines put out their [holiday issues](#). Library card-holders can download the digital editions for free — and keep them forever!

THROWBACK

Veterans Day 2017





Veterans Day

Word Scramble

On November 11th of each year, Americans honor their citizens that have served in the armed forces. Can you unscramble the Veterans Day vocabulary words? Watch out! One of them is made up of two words.

ADEML _____

CEEVIRS _____

EERANVT _____

RTEITUB _____

AGOUECR _____

OREH _____

PADRAE _____

OOHRN _____

RPEID _____

MILMEARO _____

RMLYIITA _____

YTUD _____

OPTIART _____

AYODLHI _____

SHATKN _____

IACFRERO _____

STYHIOR _____

IEMANR _____

RAVBE _____

ACEEP _____

VYAN _____

SELORIDS _____

MERVONEB _____

TCOMBA _____

“Best of” Internet Memes

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



HAVE A NICE WEEKEND!