

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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CASCADES SENIOR CENTER

WEEKLY E-NEWS JANUARY 1, 2021

What's New In 2021?

We are excited to begin processing membership renewals effective January 1, 2021! The new membership form can be accessed at the link below. Please print it out (double-sided if you are able), complete it and sign it then send with your check to the center. Please be sure to include all of the information requested before you mail it in, including your email address, home phone, mobile phone, emergency contacts, etc. If you prefer to pay by credit card, please call the center to process payment. Click [here](#) to access the membership form.

So many of you have given us positive feedback on the expanded format of the E-Newsletter that we've decided to continue producing it. As we open up more programming at the center, we will be adjusting the frequency of the E-Newsletters so we can focus our attention on re-building our in-person programming. Starting in January, we will publish the E-Newsletter twice a month and we will eventually go to a monthly E-Newsletter. It will still have all the great features you've come to love – links to important articles, fun facts, recipes, puzzles, etc.

Speaking of in-person programming, we've decided to put the Outdoor Walking Program on hold during the months of January & February. We'll bring it back again in March or April – weather permitting.

We look forward to expanding our indoor programming during 2021 and seeing more of you at the center!!



INCLEMENT WEATHER

Please note the following information regarding our operations during inclement weather:

If Loudoun County Government is CLOSED, the senior center is also CLOSED

If Loudoun County Government issues “Unscheduled Leave” for staff, the senior center is OPEN, but no transportation, call for possible program changes

If Loudoun County Public Schools are closed, the senior center is OPEN, lunch & transportation is available, call for possible program changes

Stay safe and warm!



ACTIVITIES SCHEDULE

MON 1/4	TUES 1/5	WED 1/6	THURS 1/7	FRI 1/8
<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>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>10:30am-11:30am Yoga Class (Virtual Activity)</p> <p>12:00pm-2:00pm Movie Day: "Unbroken" <i>Rated PG-13 (2014)</i> (Indoor Activity)</p>	<p>10:30am-11:30am Learn Mandarin (Virtual Activity)</p> <p>1:00pm-2:00pm Current Events (Indoor & 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>
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Activity Key</p> <p>Green=Outdoor (weather permitting)</p> <p>Blue=Virtual</p> <p>Red=Indoor</p> </div>				
<p>Registration required for all indoor activities. Registration also required for Teen Tech, Tai Chi and Walking Group. Call 571-258-3280 to register.</p>				

ACTIVITY DESCRIPTION

Monday 1/4

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. This month—"The Little Paris Bookshop" by Nina George. 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

Wednesday 1/6

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, **"Unbroken" Rated PG-13 (2014)**

Thursday 1/7

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

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

Tuesday 1/5

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



Friday 1/8

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 1/4	TUES 1/5	WED 1/6	THURS 1/7	FRI 1/8
Lasagna Malibu Blend Vegetables Fruit, Roll & Milk Vegetarian meal Available	Oven Baked Chicken Strips Succotash Collard Greens Fruit, Roll & Milk Vegetarian meal Available	Turkey Casserole Broccoli Sweet Potato Fruit, Roll & Milk Vegetarian meal Available	Pork Chops Fettuccini Alfredo Spiced Applesauce Fruit, Roll & Milk Vegetarian meal Available	Baked Fish Baked Potato Vegetable Blend Fruit, Roll & Milk Vegetarian meal Available



Dine-in Lunch
from
11:45am-
12:30pm



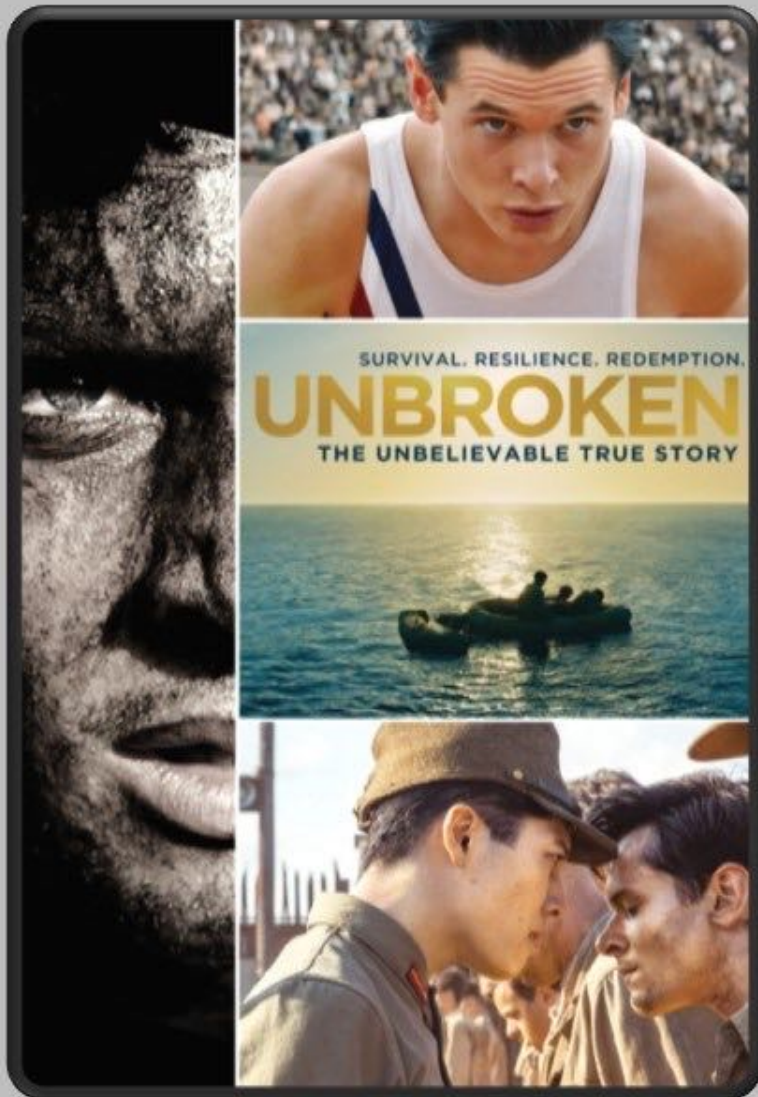
DRIVE-THRU PICKUP (11:00am-11:30am)

SUGGESTED LUNCH DONATION



HOW MUCH SHOULD I DONATE?
UNDER 60 YEARS OLD MUST PAY \$4.00 FOR THEIR
LUNCH
PERSONS 60 YEARS AND OLDER, WE ENCOURAGE YOU
TO MAKE A DONATION
BELOW ARE SOME GUIDELINES
AS TO WHAT IS APPROPRIATE TO PAY

Monthly Income	Suggested Donation
\$0.00-\$250	\$0.50 /meal
\$251-\$400	\$1.00 /meal
\$401-\$600	\$1.50 /meal
\$601-\$800	\$2.00 /meal
\$801-\$1,000	\$3.00 /meal
\$1001 & above	\$4.00 /meal



Movie day is
Wednesday
January 6th at
12:00pm

Come and enjoy a free
presentation of
"Unbroken"
(Directed by
Angelina Jolie)
2014 Rated PG-13
Bring your own snacks

As a boy, Louis "Louie" Zamperini is always in trouble, but with the help of his older brother, he turns his life around and channels his energy into running, later qualifying for the 1936 Olympics. When World War II breaks out, Louie enlists in the military. After his plane crashes in the Pacific, he survives an incredible 47 days adrift in a raft, until his capture by the Japanese navy. Sent to a POW camp, Louie becomes the favorite target of a particularly cruel prison commander.



Loudoun County Area Agency on Aging
VIRTUAL FAMILY CAREGIVER EDUCATION SERIES

PHARMACOLOGY IN THE TREATMENT OF DEMENTIA AND ALZHEIMER'S DISEASE

Thursday, January 14, 2021 at 1 pm - 2:30 pm
Presented by Dr. Steve Simmons, MD and Dana Rizzo, RN BSN ACMA

Hosted by the Loudoun County Area Agency on Aging

TO REGISTER FOR THIS FREE, VIRTUAL PROGRAM,
please send an email to aaasupport@loudoun.gov



If you require an accommodation for any type of disability in order to participate, please contact Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.

Virtual Programming Announcement: Intermediate Spanish II

**Starts Tuesday, February 2nd on Zoom
(Classes will be Tuesdays 1:00pm-2:30pm)**

This 10-session course is for the intermediate student who wishes to further his/her Spanish studies through reading, writing, conversation and cultural exploration. Prerequisites: Intermediate Spanish I or its equivalent in coursework or experience. New students will need to purchase an all-levels textbook (\$20).

Contact paul.torrible@loudoun.gov if you have any questions or wish to participate.




Epiphany/Three Kings Day is January 6th

January 6th is a Christian feast day that celebrates the revelation of God embodied as Jesus Christ. The day is known as "Epiphany" or "Three Kings Day."



In Western Christianity, the feast commemorates principally (but not solely) the visit of the three wise men to the Christ Child, and thus Jesus' physical manifestation to the Gentiles. In some traditions it is celebrated as Little Christmas. Moreover, the feast of the Epiphany, in some denominations, also initiates the period following the Christmas season.

Popular Epiphany customs include Epiphany singing, chalking the door, having one's house blessed, consuming Three Kings Cake, winter swimming, as well as attending church services. It is customary for Christians in many localities to remove their Christmas decorations on Epiphany Eve (Twelfth Night), although those in other Christian countries historically remove them on Candlemas, the conclusion of Epiphany tide. According to the first tradition, those who fail to remember to remove their Christmas decorations on Epiphany Eve must leave them untouched until Candlemas, the second opportunity to remove them; failure to observe this custom is considered unfavorable.



Elvis Presley's birthday is January 8th. Celebrate with Elvis' favorite treat: A Peanut butter, banana and bacon sandwich!

1. Preheat a pan over medium heat. Spread butter on one side of each slice of bread. Spread peanut butter on other side of each slice of bread. Place banana slices on top of peanut butter. Top with bacon slices and drizzle with honey. Top with the remaining slice of bread, buttered side up.
2. Place on pan. Cook until golden brown and crispy, about 3 minutes per side. Remove to cutting board, slice in half, and serve immediately. Enjoy!

Entertainment: Movies and TV shows for Grownups

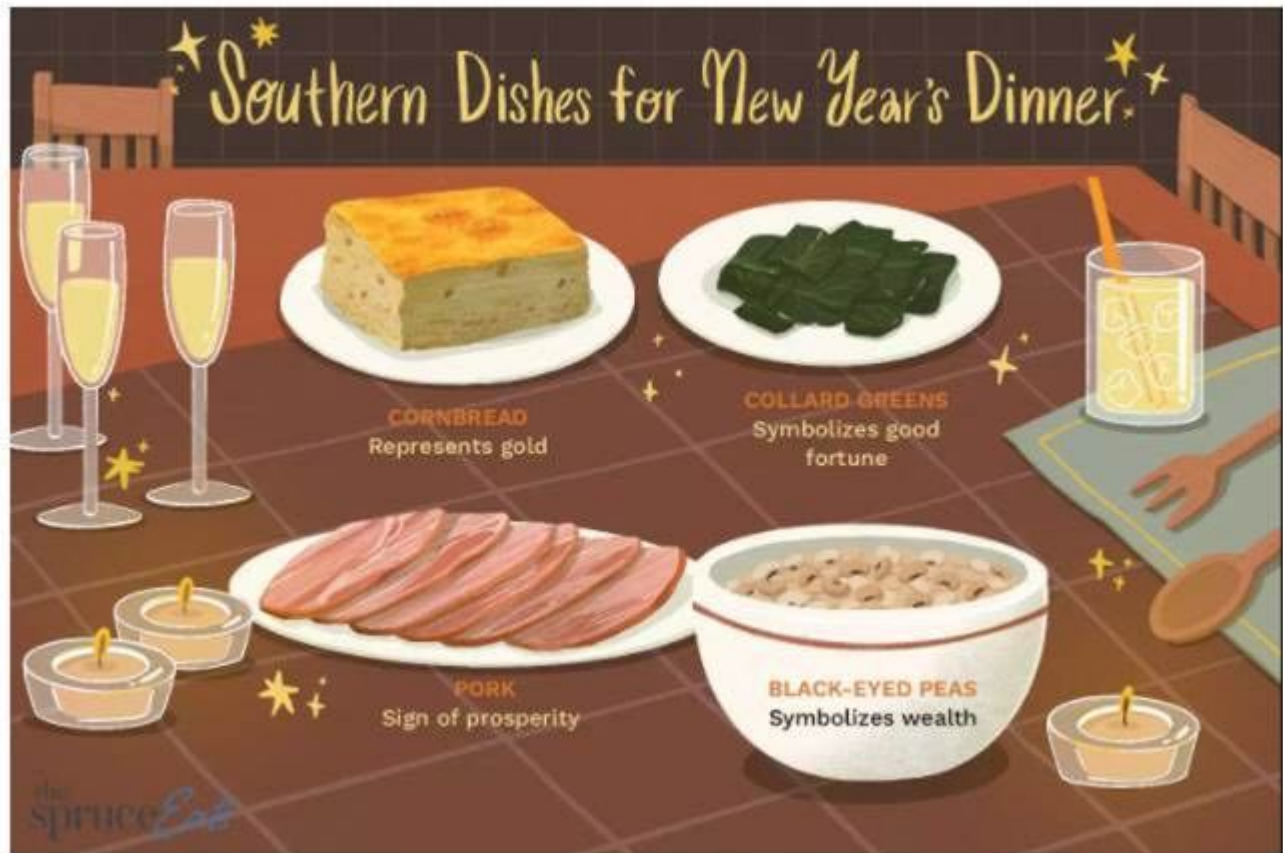


Click the link below to find out what new movies and TV shows are coming out!

[Movies for Grownups](#)



****RECIPE CORNER****



A Traditional Southern New Year's Day Dinner:

Many cultures and countries have particular ["lucky" foods](#), and the Southern United States is no exception. Greens, pork, and cornbread, as well as black-eyed peas, cowpeas, or beans, are some of the typical symbolic foods served on New Year's Day. When planning your dinner menu, add the Southern foods that some say bring good luck and avoid those that may do just the opposite in the new year.

What to Eat on New Year's Day

According to popular folklore, if these foods are eaten on New Year's Day, you're guaranteed good luck throughout the year:

- Peas and beans symbolize coins or wealth. Choose traditional black-eyed peas, lentils, or beans to make a dish seasoned with pork, ham, or sausage.
- Greens resemble money, specifically folding money. Make dishes using green, leafy vegetables to ensure good fortune for the coming year. Southern favorites include [boiled cabbage](#) or sauerkraut, collard greens, kale, chard, [mustard greens](#), and turnip greens.
- Pork is considered a sign of prosperity in some cultures because pigs root forward. This is probably the reason many Southern New Year's Day dishes contain pork or ham.
- Cornbread might symbolize gold because corn kernels represent coins. Yet, cornbread is also essential with black-eyed peas and greens, so you can triple your luck with these natural complements.

In other cultures, fish, grapes, and ring-shaped cakes or doughnuts symbolize luck. Cakes with special treats inside do as well, so something like a [surprise loaf cake](#) is perfect.

What Not to Eat on New Year's Day

As much as you might want to go all out with a seafood dinner on this holiday, it may not be the best idea. Some believe that lobster could cause bad luck because it moves in a backward direction, which could mean setbacks in the year ahead. For the same reason, eating chicken could be bad luck. The birds scratch backward, plus they're winged so your luck could fly away.

New Year's Day Menu Suggestions

This is the perfect New Year's Day dinner menu. It includes skillet cornbread, easily seasoned mustard greens, spicy black-eyed peas (Hoppin' John), hot cooked rice, and a fabulous peach upside-down cake.

- [Spicy Southern Black-Eyed Peas](#): Salt pork, hog jowl, or ham hocks flavor this tasty dish of black-eyed peas.
- [Slow Cooker Black-Eyed Peas and Collard Greens](#): This slow cooker dish combines the peas and greens with bacon and a tasty broth mixture.
- [Crock Pot Red Beans and Rice With Andouille Sausage](#): While black-eyed peas are traditional in the South, beans and lentils are eaten on New Year's day in other cultures. This classic Southern dish bridges the gap in a delicious and easy way.
- [Mustard Greens With Ham](#): Ham seasons mustard greens perfectly. Serve them with pepper sauce or homemade pepper vinegar.
- Southern favorite will finish the meal nicely.
- [Southern Turnip Greens With Ham Shanks](#): Ham shanks or diced ham season turnip greens to create a tasty dish that will start the year off right.
- [Boiled Cabbage With Bacon](#): This is a flavorful alternative to Southern greens when you simply want a delicious cabbage salad that's easy to make.
- [Pulled Pork](#): Serve tender shredded pulled pork along with your New Year's Day dinner. There are many recipes to choose from and various ways to cook it.
- [Classic Southern Buttermilk Cornbread](#): This golden cornbread is a great choice to serve with peas or beans. There's also a tasty [cornbread with corn kernels](#) that's perfect for the occasion.
- [Down Home Fresh Peach Cobbler Recipe](#): This Southern favorite will finish the meal nicely.

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.

Top 10 Healthy New Year's Resolutions for Older Adults

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program ([choosemyplate.gov](https://www.choosemyplate.gov)), and your healthcare provider, can help you make good choices.

Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

Be active

Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Check with your insurance plan to see if you are eligible for the SilverSneakers program, which can provide access to local fitness centers.

See your provider regularly

You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

Quit smoking

Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute's website (www.smokefree.gov) for resources. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

Toast with a smaller glass

Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is no more than 14 drinks per week and for older women, no more than 7 per week.

Guard against falls

One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

Give your brain a workout

The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or take a course at your local community college — some offer free classes for adults 65 and older.

Speak up when you feel down or anxious

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

Get enough sleep

Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website (www.sleepfoundation.org) for more tips on how to sleep better.

Reconsider multivitamins

Reconsider using vitamins or nutrition supplements. as many older adults do not need them. Consult your healthcare provider if you have any issues or concerns about your nutrition.

Meme's for January



Before I agree to 2021, I need to see some terms & conditions.



Celebrate Sherlock Holmes' Birthday on January 6th!!

How do you celebrate? Elementary! Take time to read one of the many stories by Sir Arthur Conan Doyle or you can enjoy the modern incarnation of Holmes and Watson—"Sherlock" starring Benedict Cumberbatch and Martin Freeman on Netflix.

2020 New Year's Party Flashback

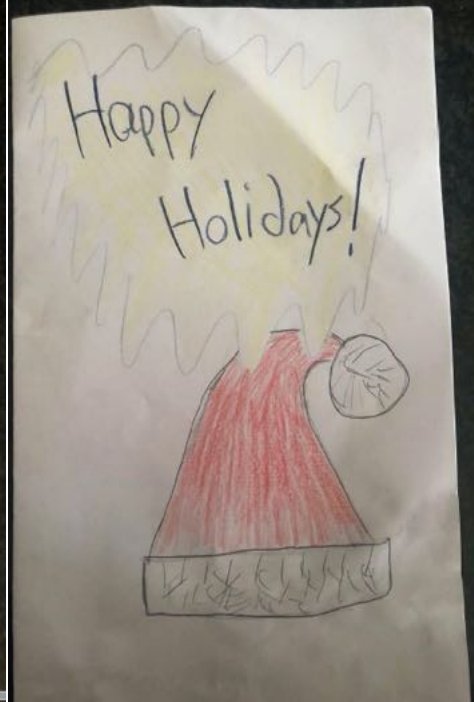


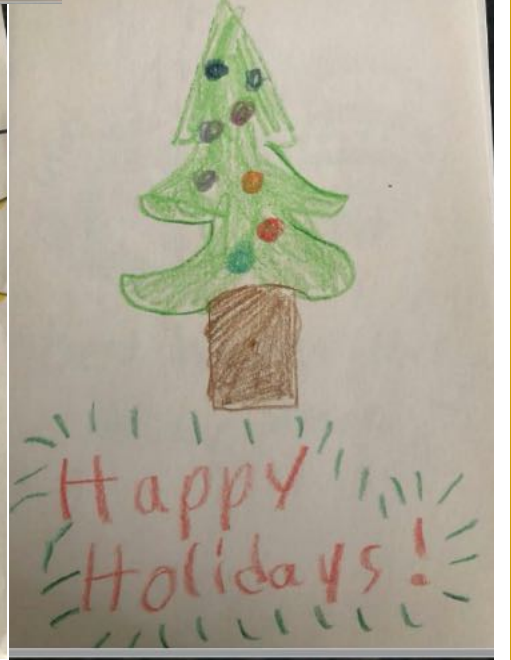
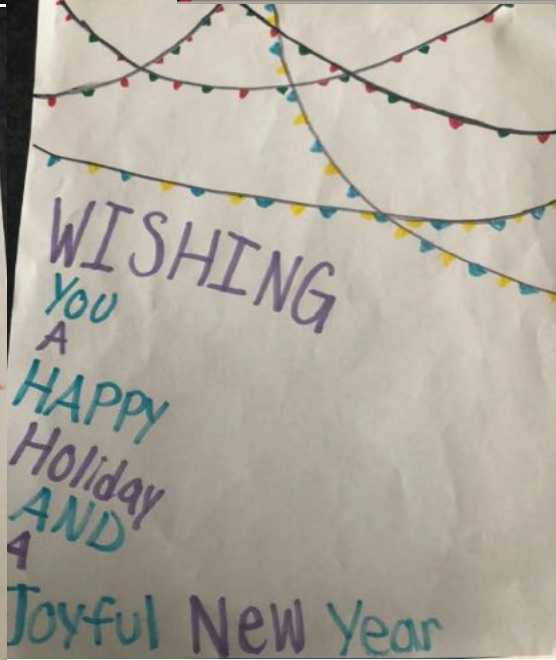
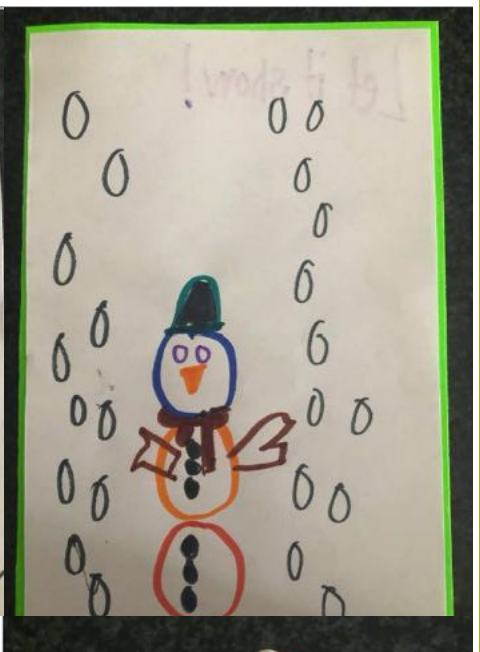
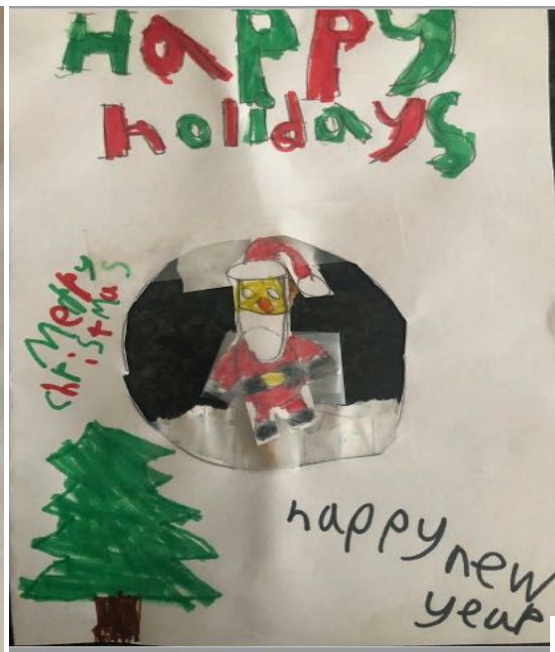
Goodbye 2020.
Hello 2021!



Holiday cards made by kids from YUVA

(Youth Chapter of Karuna Charities)





NEW YEAR WORD SEARCH

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

BALL

BALLDROP

BALLOONS

BEGINNING

BYELASTYEAR

CALENDAR

CELEBRATION

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CLOCK

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NEWYORK

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PARTY

PARTYPOPPERS

RESOLUTIONS

SPARKLES

TIME

TIMESSQUARE

TWELVEAM

WINTER

YEAR