

CASCADES SENIOR CENTER

WEEKLY E-NEWS DECEMBER 23, 2020

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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Assistant Manager:

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Café Supervisor:

Carrie Randolph

Recreation

Programmer:

Paul Torrible

Customer Service:

Haley Moore

Vehicle Operator:

Felix Duran

Vehicle Operator:

Satish Sharma



Manager's Note

On Christmas Day in 1863 Henry Wadsworth Longfellow continued to grieve the death of his beloved second wife Fannie who had died two years prior when her housedress caught fire. Longfellow himself tried to extinguish those flames with his own body but Fannie did not survive the accident. During the subsequent two years Henry's oldest son would enlist in the Union army to fight in the Civil War. On December 1 of that year, Henry would receive a telegram that his son had been shot during a battle of the Mine Run campaign, putting his son at risk of being paralyzed.

This father of six, now widowed, worried for the future of his children, all while cannons thundered in the south. Longfellow captured his feelings as he heard the bells that Christmas day in his poem titled, 'Christmas Bells' which was later made into a song. While we are not in the midst of a civil war, we are all living through an incredibly difficult year and can relate a little more to Longfellow and his feelings of despair that were overcome with hope by what he chose to listen to. Amidst the grief, amidst the cannons, amidst the fighting and hate, he chose to listen to the bells of hope. Those bells would breathe peace into his life.

The entire poem appears on the next page, including verses that are not in the song. They paint the beautiful picture of a man who found his hope.

Wishing you all hope and peace.





I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet
The words repeat
Of peace on earth, good-will to men!

And thought how, as the day had come,
The belfries of all Christendom
Had rolled along
The unbroken song
Of peace on earth, good-will to men!

Till ringing, singing on its way,
The world revolved from night to day,
A voice, a chime,
A chant sublime
Of peace on earth, good-will to men!

Then from each black, accursed mouth
The cannon thundered in the South,
And with the sound
The carols drowned
Of peace on earth, good-will to men!

It was as if an earthquake rent
The hearth-stones of a continent,
And made forlorn
The households born
Of peace on earth, good-will to men!

And in despair I bowed my head;
"There is no peace on earth," I said;
"For hate is strong,
And mocks the song
Of peace on earth, good-will to men!"

Then pealed the bells more loud and deep:
"God is not dead, nor doth He sleep;
The Wrong shall fail,
The Right prevail,
With peace on earth, good-will to men."



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 12/28	TUES 12/29	WED 12/30	THURS 12/31	FRI 1/1
<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>2:00pm-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>10:30am-11:30am Yoga Class (Virtual Activity)</p> <p>12:00pm-2:00pm Movie Day: "Hoosiers" <small>Rated PG (1986)</small> (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>No Activities</p> <p>Senior Center Closed</p>
<div style="border: 2px solid red; padding: 10px; margin: 10px auto; width: fit-content;"> <p>Activity Key</p> <p>Green=Outdoor (weather permitting)</p> <p>Blue=Virtual</p> <p>Red=Indoor</p> </div>				
				



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 12/28

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

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

Wednesday 12/30

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, "**Hoosiers**" **Rated PG (1986)**

Thursday 12/31

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. Leader: Steven Cresskoff.

Friday 1/1

No activities. Senior Center Closed.

Tuesday 12/29

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



What's for lunch at Cascades?

MON 12/28	TUES 12/29	WED 12/30	THURS 12/31	FRI 1/1
Italian Sausage Steamed Cabbage Whole Round Potato Milk Vegetarian meal Available	Oven Fried Chicken Yellow rice Mixed Vegetable Fruit, Roll & Milk Vegetarian meal Available	Spaghetti/Meat Sauce Vegetable Medley Fruit, Roll & Milk Vegetarian meal Available	Baked Fish Vegetable Medley Rosemary Potatoes Fruit, Roll & Milk Vegetarian meal Available	<p style="text-align: center;">Center is CLOSED</p>

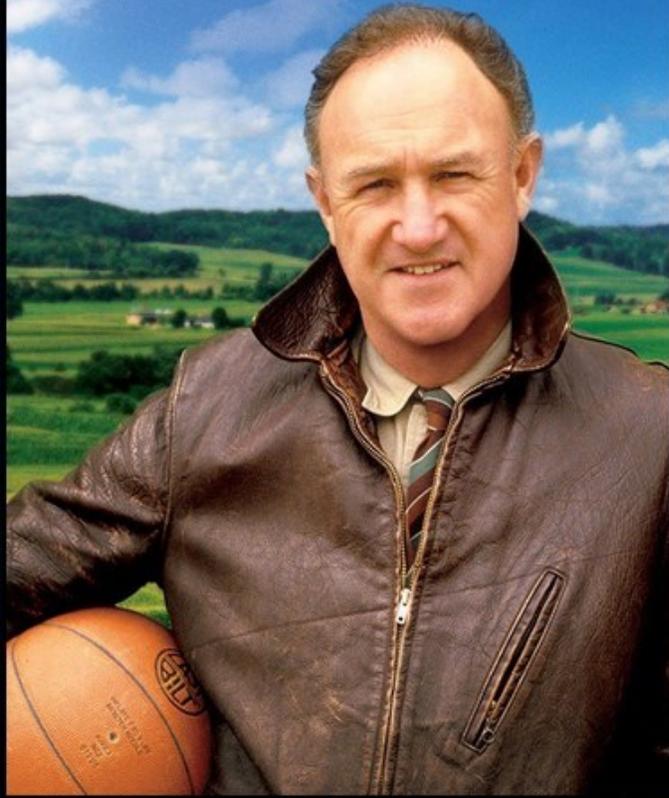


Dine-in Lunch
from
11:45am-
12:30pm



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

HOOSIERS



**Movie Day is
Wednesday,
December
30th at
12:00pm**

**Come and enjoy a
free presentation
of "*Hoosiers*"
Rated PG (1986).
Bring your own
snacks.**

Failed college coach Norman Dale (Gene Hackman) gets a chance at redemption when he is hired to direct the basketball program at a high school in a tiny Indiana town. After a teacher (Barbara Hershey) persuades star player Jimmy Chitwood to quit and focus on his long-neglected studies, Dale struggles to develop a winning team in the face of community criticism for his temper and his unconventional choice of assistant coach: Shooter (Dennis Hopper), a notorious alcoholic.

Vintage Christmas Specials

If you'd like to view some classic Christmas specials hosted by the likes of Perry Como, Julie Andrews and Dean Martin, just click the link below:

[Vintage Christmas Special](#)

Christmas Meme's

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





The Legend of St. Nicholas: The Real Santa Claus

Santa Claus—otherwise known as Saint Nicholas or Kris Kringle—has a long history steeped in Christmas traditions. If you'd like to learn about the origins of Santa, click below:

[Santa Origins](#)

Did you know?

The Christmas tree made its way to America in the 1830s but wasn't popular until 1846, after Germany's Prince Albert brought it to England when he married Queen Victoria. The two were sketched in front of a Christmas tree and the tradition instantly became popular. Royal fever was real even back then!

Stockings come from a story: A poor man with three daughters couldn't afford the dowry to have them married. One night, St. Nicholas dropped a bag of gold down the man's chimney so that his oldest daughter would be able to get married, and the bag fell into a stocking that was drying by the fire.

The poem that introduced us to the reindeer, "A Visit From St. Nicholas," actually name-dropped Dasher, Dancer, Prancer, Vixen, Comet, Cupid, *Duner* and *Blixem*. (Which, like Donner and Blitzen, come from the German words for thunder and lightning.)

The first batch of eggnog in America was crafted at Captain John Smith's Jamestown settlement in 1607, and the name eggnog comes from the word "grog," which refers to any drink made with rum.

"Silent Night" is the most-recorded Christmas song in history, with over 733 different versions copyrighted since 1978.

And the highest-grossing Christmas movie of all time is "*How the Grinch Stole Christmas*." The Jim Carrey version, of course.



****RECIPE CORNER****

CARAMEL APPLE NACHOS!

INGREDIENTS

- 4 Granny Smith apples, cored and thinly sliced**
- 1 c. white chocolate chips, melted**
- 3/4 c. caramel, warmed**
- 1 c. chopped pretzels**
- 2 Heath bars, broken into pieces (you can use other candies also!)**

DIRECTIONS

- 1. On a large plate, arrange apple slices on top of one another.**
 - 2. Drizzle with half the white chocolate and caramel, then top with pretzels and Heath bars.**
 - 3. Drizzle with remaining white chocolate and caramel.**
- Serve immediately.**

CARAMEL SAUCE

This recipe relies on brown sugar for the same caramel-sauce-end-result but in a fraction of the time. And the best part? It's easy to make, but not so easy to burn!

Simply melt some butter.

Add brown sugar and stir for 2 minutes.

Add cream and stir for 2 more minutes.

Mix in vanilla and salt.

And you're done! It really is that quick and simple. Let it cool before tasting!

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.





Holiday Word Scramble



1. TIRSAHCMS _____

2. NEGJIL _____

3. NASTA _____

4. GEEBIGRNRAD _____

5. BVELIEE _____

6. TKOISNGC _____

7. GVIE _____

8. YLAFIM _____

9. SEUJS _____

10. HOAOILY _____

11. EHLSGI _____

12. OYFSRT _____

13. RTNHO LOEP _____

14. INSTA CKIN _____

15. JYLOL _____



(throwback picture of staff from our 2019 holiday party)

