

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:**

*Judith Mangilin*

**Café Supervisor:**

*Carrie Randolph*

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**Programmer:**

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*Felix Duran*

**Vehicle Operator:**

*Satish Sharma*



# CASCADES SENIOR CENTER

## E-NEWS JANUARY 22, 2021

### Manager's Note

The Commonwealth of Virginia announced on January 14, 2021, that Virginia would follow federal guidelines and move adults aged 65 and older from Phase 1c into Phase 1b. This change also moves people aged 16 through 64 years with a high risk medical condition or disability that increases their risk of severe illness from COVID-19 into Phase 1b.

Residents over the age of 65, and adults with high risk medical conditions may begin the process for scheduling an appointment by contacting the Loudoun County Health Department in one of two ways:

1. **Complete this online pre-screen survey.** The fastest and most efficient method to obtain an appointment for a COVID-19 vaccine is to submit the online form. This form verifies your eligibility and provides your contact information. After submitting the form, it may take days to weeks before you receive a response; the Health Department is currently not scheduling appointments because vaccine supplies are limited. As more vaccine arrives in Loudoun, additional appointments will be made and those who have submitted the online pre-screening survey will be offered vaccination appointments in priority order. Please be patient; once you submit an online pre-screening survey, there is no need to call the Health Department.

**Or**

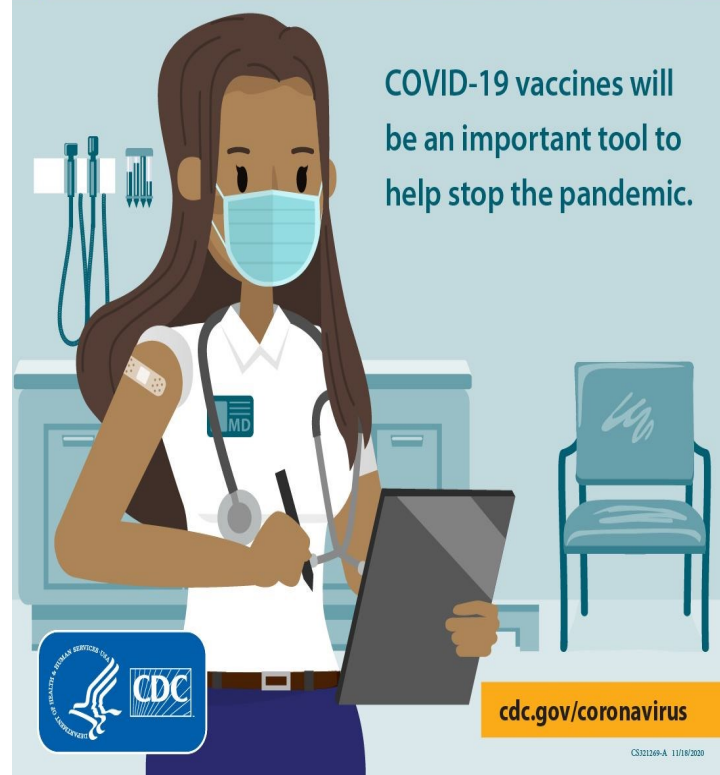
2. If you **do not have access to the internet**, you may call Loudoun County's COVID-19 information line at 703-737-8300 between 9:00 a.m. and 5:00 p.m. Due to significant call volume, there may be a delay in reaching an operator.

NOTE: The Health Department is **no longer accepting emails** to request vaccination appointments. Any email requests will not result in an appointment. Anyone who emails the Health Department will be re-directed to the online pre-screening survey.

Before and after Loudoun residents receive a COVID-19 vaccine, everyone is encouraged to continue taking steps to help prevent the spread of the disease, including washing hands frequently, wearing face coverings, social distancing, avoiding large gatherings of people and staying home when sick.

Find more information about vaccination efforts in Loudoun County at  
[loudoun.gov/COVID19vaccine](http://loudoun.gov/COVID19vaccine).

### CORONAVIRUS DISEASE 2019 (COVID-19)



# COVID-19 TESTING

**Wednesday, January 27**  
**10:00 a.m. - 1:00 p.m.**

## **Claude Moore Park**

46150 Loudoun Park Lane  
Sterling, 20164

Drive-thru only. Free & open to everyone.



**[loudoun.gov/COVID19testing](https://loudoun.gov/COVID19testing)**

## **Loudoun County Hosts Free COVID-19 Testing Event January 27**

**Wednesday, January 27, 2021, from 10:00 a.m. until 1:00 p.m. at Claude Moore Park, 46150 Loudoun Park Lane in Sterling.**

The January 27 testing event is 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.

### **Registration Form is Required**

To help reduce wait times, each person who plans to attend the testing event is strongly encouraged to **complete a registration form** prior to arriving at the testing site. The registration form asks for general demographics and contact information, including name, date of birth, address, phone number and current symptoms, if any. **[Click here](#)** for more information and to download, print and complete your form to bring with you. Forms will be available at the site for individuals who do not have access to a computer or were otherwise unable to complete the form in advance.

***PLEASE NOTE: No antibody or rapid tests will be offered. No COVID-19 vaccine will be available at this event.***

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## **MEMBERSHIP RENEWAL REMINDER**

We are now accepting new members and membership renewals. When you become a member (or renew), your membership is good for exactly a year from the date we process your membership or renewal.

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.

## \*\*ACTIVITIES SCHEDULE\*\*

MON 1/25	TUES 1/26	WED 1/27	THURS 1/28	FRI 1/29
<p>10:30am-11:30am ESL Class (Virtual)</p> <p>1:00pm-2:00pm Yoga Class (Virtual)</p> <p>1:00pm-2:00pm Book Club (Indoor)</p> <p>2:30pm-3:30pm Teen Tech (Virtual)</p>	<p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>10:30am-11:30am Conversational Spanish (Virtual)</p>	<p>10:30am-11:30am Yoga Class (Virtual)</p> <p>12:00pm-2:00pm Movie Day "Michael Clayton" (Indoor)</p>	<p>10:30am-11:30am Learn Mandarin (Virtual)</p> <p>1:00pm-2:00pm Current Events (Indoor &amp; Outdoor)</p> <p>1:00pm-2:00pm Special Presentation "Cyber Security" (Virtual)</p>	<p>10:00am-12:00pm Knit &amp; Crochet (Indoor &amp; Outdoor)</p> <p>1:00pm-2:00pm Safe Bingo (Indoor)</p> <p>1:00pm-2:00pm Yoga Class (Virtual)</p>

MON 2/1	TUES 2/2	WED 2/3	THURS 2/4	FRI 2/5
<p>10:30am-11:30am ESL Class (Virtual)</p> <p>1:00pm-2:00pm Yoga Class (Virtual)</p> <p>2:30pm-3:30pm Teen Tech (Virtual)</p>	<p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>10:30am-11:30am Conversational Spanish (Virtual)</p> <p>1:00pm-2:30pm Intermediate Spanish 2 (Virtual)</p>	<p>10:30am-11:30am Yoga Class (Virtual)</p> <p>12:00pm-2:00pm Movie Day "I Am MLK Jr." (Indoor)</p>	<p>10:30am-11:30am Learn Mandarin (Virtual)</p> <p>1:00pm-2:00pm Current Events (Indoor &amp; Outdoor)</p>	<p>10:00am-12:00pm Knit &amp; Crochet (Indoor &amp; Outdoor)</p> <p>1:00pm-2:00pm Safe Bingo (Indoor)</p> <p>1:00pm-2:00pm Yoga Class (Virtual)</p>

# ACTIVITY DESCRIPTION

## Mondays

**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, 3<sup>rd</sup> Monday's only)—Monthly discussions, new members welcome. This month—"Destiny of the Republic" by Candice Millard. 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

## Tuesdays

**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 2 STARTING FEBRUARY 2nd** (Virtual) – New students will have to purchase a textbook for \$20. Prerequisites necessary. Instructor: Lea Nigon.  
Email [Paul.torrible@loudoun.gov](mailto:Paul.torrible@loudoun.gov) for details and registration.

**Registration required for  
all indoor activities and Teen Tech  
Call 571-258-3280 to register**

## Wednesdays

**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. **"Michael Clayton"** January 27<sup>th</sup>, and **"I am MLK Jr."** February 3<sup>rd</sup>.

## Thursdays

**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.

**1:00pm Special Presentation-Cyber Security** (Virtual)- AARP Community Ambassador Martin Bailey presents a special GoToMeeting regarding Cyber Security.

## Fridays

**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?

<b>MON 1/25</b>	<b>TUES 1/26</b>	<b>WED 1/27</b>	<b>THURS 1/28</b>	<b>FRI 1/29</b>
Italian Sausage Steamed Cabbage Whole Round Potato Roll/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	Chili Rice Broccoli Florets Roll & Milk  Vegetarian meal Available



**DRIVE-THRU PICKUP (11:00am-11:30am) & DINE-IN (11:45am-12:30pm)**

By the end of the month, the February lunch menu will be posted.  
Click [here](#) to check the most current menu.

## 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



# 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

## Virtual Programming Update: Intermediate Spanish 2

**INTERMEDIATE SPANISH 2** will start on Tuesday, February 2nd and run ten weeks, ending on Tuesday April 13th.

Virtual class time: 1:00-2:30. Prerequisites: Intermediate Spanish I or its equivalent in coursework or experience. New students will need to purchase an all-levels textbook (\$20). Virtual class size is limited and registration is required.

Email [paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov)



## DONATIONS



The Loudoun County Senior Center at Cascades Advisory Board would like to thank Patti Brouillard for donating to the Advisory Board in memory of Georgia Belle.

If you would like to donate to the advisory board in honor or memory of someone, (checks payable to LCSCC Advisory Board) see the manager at the center office.



**Special Virtual  
Presentation Thursday,  
January 28th at 1:00pm  
featuring: AARP  
Community  
Ambassador Martin  
Bailey**

## Cyber Security Presentation

In this presentation, Martin will provide a brief introduction to cyber crime and identity theft. Identity theft is the fastest growing crime in the world today. Every 2 seconds a person has their personal identity compromised. We will introduce you to the scammer and provide a better understanding of why you may become a victim of a scam. The construction of the more popular scams and their threats will be covered as well as defenses, both low and high tech, that can be used to help prevent becoming a victim.

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/188303597>

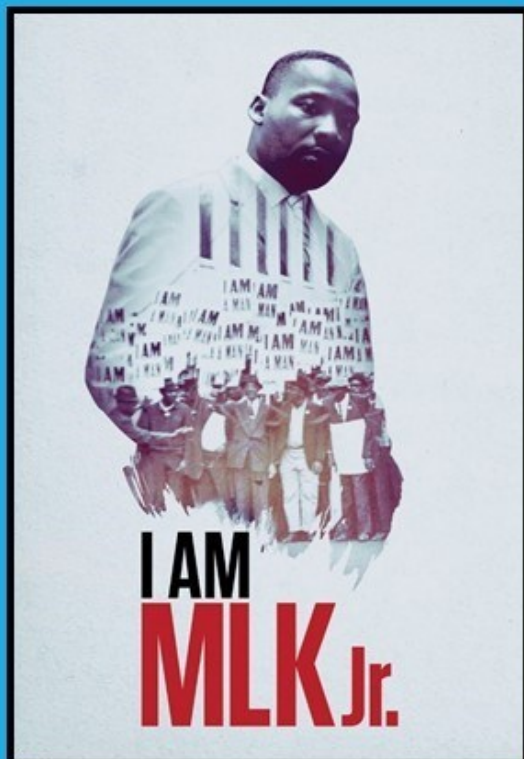
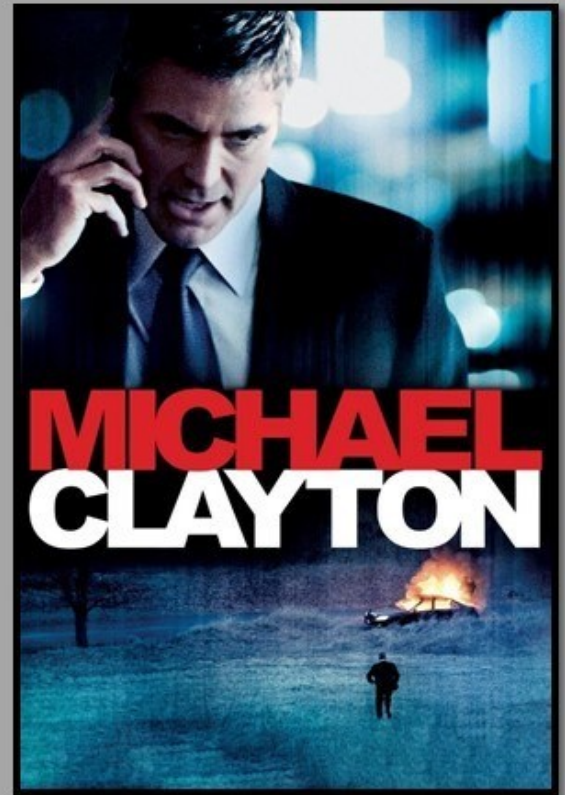
You can also dial in using your phone.

United States: +1 (646) 749-3112

Access Code: 188-303-597



We will be presenting  
**“Michael Clayton”**  
(2007 Rated R),  
Wednesday, January  
27th at 12:00pm.  
The movie is free to  
senior center  
members.



In honor of African  
American History  
Month, we present “I  
am MLK Jr.” (2018  
Documentary)  
Wednesday, February  
3<sup>rd</sup> at 12:00pm. The  
movie is free to senior  
center members

# your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

## Weekly PROGRAM SCHEDULE

### TUESDAY (1/26)

**2:00 PM — Beginner/Intermediate ESOL English Practice:** Practice your English in this conversation-based program.

**4:00 PM — Staying Motivated and Plot Inspiration:** This writing workshop will help you get your short story ready for our It's All Write contest.

**7:00 PM — English Tutor Training Workshop:** Become an ESOL tutor. Send an email to [kfeldman@loudounliteracy.org](mailto:kfeldman@loudounliteracy.org) to sign up.

### THURSDAY (1/28)

**3:00 PM — Death Cafe:** Discuss your feelings and thoughts about death. Sharon Crowell, a death doula, will facilitate this virtual conversation.

**6:00 PM — Photography Workshop:** Using his own imagery as examples, DC-area photographer Frank Stopa will help you understand the exposure triangle and how each of its components interact.

### SATURDAY (1/30)

**11:00 AM — Book Cover Book Talk:** Hear about some books that are really fun to read, but may not have the most inspiring covers. For Grades 3-5.

### MONDAY (1/25)

**11:00 AM — Online Storytime:** Ms. Bethany from Rust Library reads *The Snowy Day* by Ezra Jack Keats.

**2:00 PM — Advanced ESOL English Practice:** Practice your English in this conversation-based program.

### WEDNESDAY (1/27)

**11:00 AM — Musical Storytime:** Join Ms. Lauren from Rust Library for songs and a story, *Old MacDonald Had a Boat* by Steve Goetz.

**12:00 PM — Meditation:** Led by instructor Laura Banks.

**1:00 PM — Hair Braiding:** Learn how to do a basic 3-strand braid and some different ways to style it.

**3:00 PM — Top LinkedIn Tips for Job Seekers:** Led by Sheila Murphy of Flex Professionals.

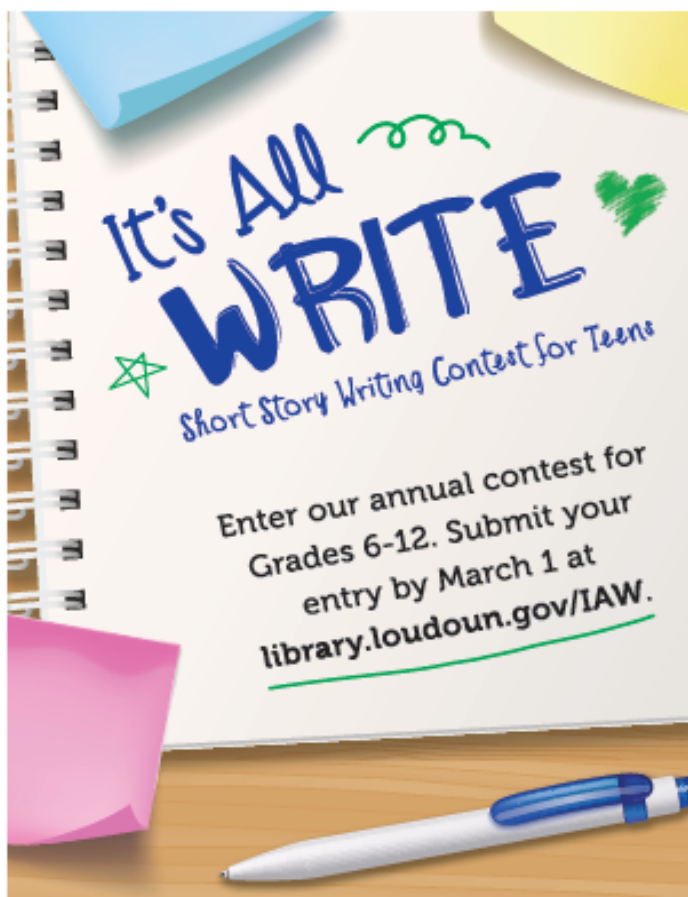
### FRIDAY (1/29)

**11:00 AM — Baby Storytime:** Join Mr. Eric from Brambleton Library for rhymes, songs, tickles and bounces for you to enjoy together with your child sitting in your lap.

**4:00 PM — Watercolor Workshop:** Paint a peaceful scene with the help of instructor Megha Mehra.

Links for these online programs are available from the Event Calendar at [library.loudoun.gov](http://library.loudoun.gov)





## Take a STROLL around the library on a **STORYWALK®!**

**Brambleton Library**  
*No Two Alike* by Keith Baker  
Jan. 2 - Jan. 31



## ADVANCED ESOL PRACTICE

LIVE ONLINE  
*Mondays, Jan. 11 & 25, 2 PM*

Use this link to join the program:  
[bit.ly/ESOLConversationA](https://bit.ly/ESOLConversationA)



January's Theme: **Dinosaurs**

**Ashburn "Dinosaur" Park**  
**Monday, Jan. 11–Sunday, Jan. 24**  
43645 Partlow Road, Ashburn

Search for clues hidden around the park to solve the challenge, then bring your answer sheet back to Ashburn Library for a prize and a raffle entry!

LOUDOUN COUNTY  
PUBLIC LIBRARY  
[library.loudoun.gov](https://library.loudoun.gov)



# See the Full “Wolf Moon”, Thursday January 28th

The full Moon names come from a number of places, including Native American, Colonial American, and European sources. Traditionally, each full Moon name was applied to the entire lunar month in which it occurred, not just to the full Moon itself.

It's thought that January's full Moon came to be known as the “**Wolf Moon**” because wolves were more often heard howling at this time. It was traditionally believed that wolves howled due to hunger during winter, but we know today that wolves howl for other reasons. Howling and other wolf vocalizations are generally used to define territory, locate pack members, reinforce social bonds, and coordinate hunting.

Other traditional names for the January Moon emphasize the harsh coldness of the season: **Cold Moon** (Native American, Cree), **Frost Exploding Moon** (Native American, Cree), **Freeze Up Moon** (Native American, Algonquin), **Severe Moon** (Native American, Dakota), and **Hard Moon** (Native American, Dakota).

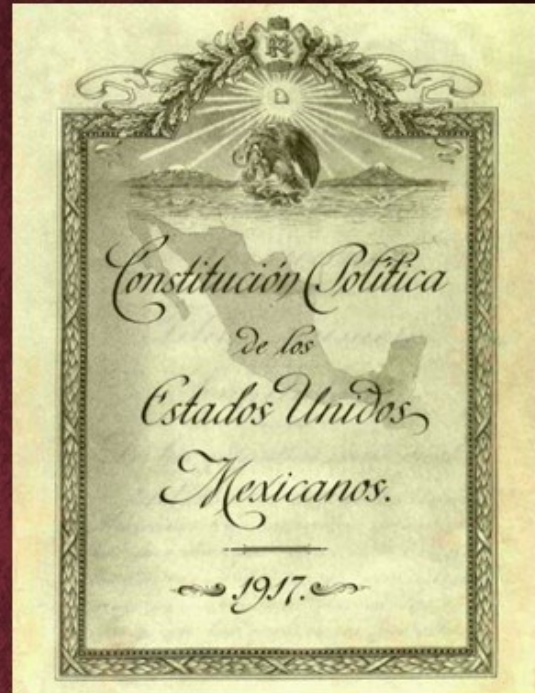
*The sunset embers smolder low,  
The Moon climbs o'er the hill,  
The peaks have caught the alpenglow,  
The robin's song is still.*

—John L. Stoddard (1850–1931)



# Constitution Day of Mexico is Monday February 1<sup>st</sup>.

Constitution Day is one of Mexico's annual public holidays, commemorating the declaration of the Constitution on February 5<sup>th</sup>, 1917. Although the official anniversary is on February 5<sup>th</sup>, the holiday takes place on the first Monday of February regardless of the date



The Political Constitution of the United Mexican States is one of the outcomes of the Mexican Revolution of 1910 won by the Constitutionalist faction led by Venustiano Carranza. It replaced the liberal Constitution of 1857, extending that constitution's restrictions on the Roman Catholic Church in Mexico. Its innovations were in expanding the Mexican state's power into the realms of economic nationalism, political nationalism, and protection of workers' rights.

The Constitution of 1917 is the first such document in the world to set out social rights, serving as a model for the Weimar Constitution of 1919 and the Russian Constitution of 1918. Some of the most important provisions are Articles 3, 27, and 123; adopted in response to the armed insurrection of popular classes during the Mexican Revolution, these articles display profound changes in Mexican political philosophy that helped frame the political and social backdrop for Mexico in the twentieth century. Aimed at restricting the Roman Catholic Church in Mexico, Article 3 established the basis for a free, mandatory, and secular education; Article 27 laid the foundation for land reforms; and Article 123 was designed to empower the labor sector, which had emerged in the late nineteenth century and which supported the winning faction of the Mexican Revolution.





Groundhog Day is  
Tuesday  
February 2<sup>nd</sup>.  
Where did it  
come from? How  
often is the  
groundhog right?

Groundhog Day is a ceremony held in Punxsutawney, Pennsylvania. It centers around a semi-mythical groundhog named Punxsutawney Phil, that predicts the weather. It derives from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees it's shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks; but if it does not see its shadow because of cloudiness, spring will arrive early. The weather lore was brought from German-speaking areas where the badger is the forecasting animal. While the tradition remains popular in modern times, studies have found no consistent correlation between a groundhog seeing its shadow and the subsequent arrival time of spring-like weather.

According to the National Oceanic and Atmospheric Administration, which analyzed **Phil's** predictions from 2008 to 2018, he was **right** only 40% of the time.



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

### **8 Brain-Healthy Staples to Keep on Hand**

These common pantry foods can help protect memory, boost energy, reduce anxiety, research suggests

#### **1. Canned Pumpkin**

This vibrant vegetable contains two naturally occurring compounds — [lutein](#) and zeaxanthin (L/Z) — that filter damaging blue wavelengths of light and may help protect the eyes, research has found. But they could even do more than that. In recent years, researchers at the University of Georgia wanted to know if they also protected the brain. The researchers studied both younger and older adults to judge the effect of L/Z supplements on the brain. At the end of a year, members of both groups who took the supplements had better memory and better [problem-solving skills](#).

#### **How long do they last?**

In your pantry: Unopened cans last 1 to 2 years.

In your fridge: In a sealed container, 7 days.

In your freezer: In a sealed container, 3 to 5 months.

#### **Recipes:**

[Pumpkin Breakfast Bread Pudding](#)

[Gnocchi With Pumpkin Cream Sauce](#)

#### **2. Nuts**

Walnuts, almonds, cashews, pecans. These popular nuts add flavor to cakes, salads, breads and sauces — and more. Some research suggests that they may boost memory, concentration and thinking. A large-scale study from UCLA, for example, concluded that less than a [handful of flavorful walnuts](#) each day was linked to such benefits, regardless of age, gender or ethnic background. They're crunchy, they taste good, and they're filling.

#### **How long do they last?**

In your pantry: Unopened packages of both shelled or unshelled nuts last for 6 months past printed date; opened packages will last that long if stored in airtight containers to keep out moisture.

In your fridge: A year past printed date in an airtight container.

In your freezer: Up to 2 years past printed date in an airtight container.

#### **Recipe:**

[Penne With Walnuts and Peppers](#)

#### **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.*

### 3. Extra-Virgin Olive Oil

No wonder [extra-virgin olive oil](#) has stood the test of time and remains a staple in Mediterranean kitchens. In one study, men and women who added this liquid gold to their everyday meals were better able to organize their thoughts and had better memory. The researchers suspect that specific compounds in olive oil may stimulate the growth of new brain cells. Other researchers note that the omega fatty acids found in olive oil may increase mental focus and slow the decline in thinking skills that come with age. Splash some olive oil on a piece of grilled fish or use it in a simple salad dressing. Then relax and enjoy.

#### How long does it last?

In your pantry: Either unopened or opened, a bottle of extra-virgin olive oil (the highest grade of olive oil) will last for 2 to 3 years past its “best by” date.

In your fridge: Don’t refrigerate olive oil.

In your freezer: Don’t freeze olive oil.

#### Recipes:

[Roasted Kalettes](#)

[Classic Basil Pesto](#)

### 4. Peas and Beans

Peas and beans, members of the legume family, are a rich source of folate, a vitamin that may potentially help prevent dementia later in life, according to some studies. Although an outright deficiency is rare, getting too little is linked to fatigue and trouble concentrating. Legumes also provide a healthy serving of thiamine (vitamin B1) that helps turn food into energy. A shortfall has been linked to irritability and fatigue. Including [enough peas](#) and beans in your diet is easy. You can use this versatile group of foods in practically everything from soup and stews to salads.

#### How long do they last?

In your pantry: Unopened cans last for a year past their “best by” date. Opened cans should be used immediately. Transfer the contents of an open package to an airtight container.

In your fridge: 5 to 6 days in an airtight container.

#### Recipe:

[Bean and Barley Soup](#)

### 5. Oats and Other Grains

[Oats](#) and their cousins rice, cornmeal, barley and wheat are all members of the grain family. Quinoa, although not a full-fledged relative, is prepared like a grain. It’s gluten-free, high in protein and higher than most other grains in fiber. It’s also one of the few plant foods that is a complete protein, meaning it contains all nine essential amino acids that our bodies cannot make on their own. Your body breaks down the complex carbs in these [whole grains](#) into glucose for energy. Whole grains are also rich in [B vitamins](#) that work to reduce inflammation in the brain, potentially helping to preserve memory. This group of eight vitamins may also reduce anxiety and improve mood, according to some research.

#### How long do they last?

In your pantry: Containers of 1-minute and 5-minute oatmeal will last for 2 to 3 years beyond its “best by” date. Store whole grains that you use at least once a month at room temperature. If you use them less frequently, pop them in the freezer. Store dried beans at room temperature.

#### Recipes:

[Fresh Apple Squares](#)

[Creamy Blueberry-Pecan Oatmeal](#)

[Mediterranean Quinoa Salad](#)



## 6. Seeds

Pumpkin seeds and sunflower seeds are among the most popular seeds in the United States, and both of them add pizzazz to even the simplest food. Lightly toasted pumpkin seeds are rich in [tryptophan](#), a compound the body converts to serotonin, a substance that has been found to calm the mind and lower anxiety, according to some research. Sunflower seeds provide [magnesium](#), a mineral that seems to lift the fog of depression in some people and may help relieve anxiety. Keep a dish of either (or both) of these brain-boosting seeds ready for those times your thoughts turn to a candy bar.

### How long do they last?

In your pantry: In an airtight container or bag, pumpkin seeds last 1 to 2 months and sunflower seeds last 2 to 5 months past their “best by” date.

In your fridge: Both last a year past their “best by” date in an airtight container or bag.

In your freezer: Both last a year past their “best by” date in an airtight container or bag.

### Recipes:

[New Mexico Chile Pesto With Pumpkin Seeds](#)

[No-Nut Butter](#)

## 7. Dark Chocolate

Whoever thought that an after-dinner nibble of dark chocolate would ever be considered a brain food? Until fairly recently, touted benefits of dark [chocolate](#) focused on the heart, but it turns out that what's good for the heart is good for the brain. Compounds in dark chocolate called [flavanols](#) — which cut the risk of heart disease — have also been linked to improved memory and attention. Don't get carried away, though, because too much chocolate can pack on the pounds, warns AARP's [Global Council on Brain Health](#). They also caution that, sadly, there is [not enough evidence](#) to say that dark chocolate decreases the risk for dementia or Alzheimer's disease.

Note that plenty of research has found that exercise also improves memory and has no calories.

### How long do they last?

In your pantry: Chocolate bars last for 2 to 4 months past their “best by” date.

In your fridge: 4 to 6 months past their “best by” date.

In your freezer: 6 to 8 months past their “best by” date.

### Recipe:

[Chocolate-Dipped Pretzels](#)

## 8. Coffee and Tea

What better way to start the day than with a mug of coffee or a good, strong cuppa? The aroma is delicious, the warmth is comforting — and your energy level perks right up. Plus, there's a big bonus: Some research suggests that drinking a moderate amount of [coffee](#) or [tea](#) each day may help protect against memory disorders and impaired reasoning. Some studies have found this is the case with coffee and with black, oolong and green tea brewed from tea leaves. What about decaf? The answer's not in yet, but researchers are working on it. So stay tuned.

### How long does it last?

In your pantry: Unopened ground coffee lasts 3 to 5 months past its “best by” date.

· Opened ground coffee lasts 3 to 5 months past its “best by” date.

Packaged tea lasts for 6 to 12 months past its “best by” date.

In your freezer: Unopened ground coffee lasts 1 to 2 years past its “best by” date.

· Opened ground coffee lasts 3 to 5 months past its “best by” date.

· Packaged tea lasts for 1 to 2 years past its “best by” date.

Source: AARP

## BOX OFFICE HITS

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

APOCALYPSE NOW  
 AVATAR  
 AVENGERS AGE OF ULTRON  
 DIRTY DANCING  
 ET THE EXTRA TERRESTRIAL  
 EXODUS GODS AND KINGS  
 FIDDLER ON THE ROOF  
 FIFTY SHADES OF GREY  
 GODZILLA  
 GONE WITH THE WIND  
 GREASE  
 GUARDIANS OF THE GALAXY  
 HARRY POTTER  
 HERCULES  
 INCEPTION  
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 INDIANA JONES

INTERSTELLAR  
 INTO THE WOODS  
 IRON MAN  
 JOHN CARTER  
 KING KONG  
 LES MISERABLES  
 LITTLE MISS SUNSHINE  
 MAD MAX FURY ROAD  
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THE AMAZING SPIDER MAN  
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 THE DARK KNIGHT RISES  
 THE DEER HUNTER  
 THE HOBBIT  
 THE HUNGER GAMES  
 THE INCREDIBLE HULK  
 THE LONE RANGER  
 THE LORD OF THE RINGS  
 THE TEN COMMANDMENTS  
 THE TERMINATOR  
 THOR THE DARK WORLD  
 TITANIC  
 TRUE LIES  
 TWILIGHT  
 X MEN DAYS OF FUTURE PAST