

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

## E-NEWS JANUARY 8, 2021

### Manager's Note

#### Welcome to the first bi-monthly E-Newsletter!

Please note that this edition contains information about activities and news covering two weeks. The next E-Newsletter will be sent to you on Friday, January 22.

#### COVID-19 VACCINE

We've received a number of questions from members about the new COVID-19 vaccines and when, or if, they will be offered at the center. At this time, we have no vaccination events planned for the center.

To date, the highest-priority members of our community have been receiving COVID-19 vaccine from hospital systems, pharmacies, and Loudoun County government.

- The "Phase 1a" group includes health care workers, EMS personnel and residents of long-term care facilities
- Phase 1b includes essential front-line workers who are defined as essential to the functioning of society and people who are at higher risk of exposure to the virus, including people aged 75+.
- Phase 1c includes other essential workers, older adults 65-74 and people with certain medical conditions

Following the vaccination of people in the priority Phases 1a, 1b and 1c, vaccination opportunities will be expanded to include everyone else in the general population.

[Click here](#) for more information on the COVID-19 vaccine. We will keep you posted about any other information we receive on vaccinations.

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### MEMBERSHIP RENEWAL

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.



# 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 1/11	TUES 1/12	WED 1/13	THURS 1/14	FRI 1/15
<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>10:30am-11:30am Yoga Class (Virtual)</p> <p>12:00pm-2:00pm Movie Day (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>

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

MON 1/18	TUES 1/19	WED 1/20	THURS 1/21	FRI 1/22
<p><b>MLK Day</b></p> <p><b>Senior Center Closed</b></p> <p><b>No Activities Today</b></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 (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

**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.

## 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.

## 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 1/11</b>	<b>TUES 1/12</b>	<b>WED 1/13</b>	<b>THURS 1/14</b>	<b>FRI 1/15</b>
Stuffed Cabbage Mashed Potato Vegetable Blend Fruit, Roll & Milk  Vegetarian meal Available	Hot Dog/Bun Baked Beans Caribbean Blend Vegetable Fruit & Milk  Vegetarian meal Available	Spinach Quiche Vegetable Blend Glazed Apples Fruit, Roll & Milk  Vegetarian meal Available	Salisbury Steak Scalloped Potato Green Beans Fruit, Roll & Milk  Vegetarian meal Available	Baked Ham Macaroni & Cheese Mixed Vegetables Mandarin Oranges Roll & Milk  Vegetarian meal Available



<b>MON 1/18</b>	<b>TUES 1/19</b>	<b>WED 1/20</b>	<b>THURS 1/21</b>	<b>FRI 1/22</b>
COUNTY HOLIDAY <b>Martin Luther King Day</b>  CENTER IS CLOSED	Baked Chicken Sweet Potato Collard Greens Fruit, Roll & Milk  Vegetarian meal Available	Meatloaf Mashed Potato Green Peas Fruit, Roll & Milk  Vegetarian meal Available	Sweet & Sour Pork Rice Vegetable Blend Fruit, Roll & Milk  Vegetarian meal Available	Chicken Stir Fry Noodles Vegetable Medley Fruit, Roll & Milk  Vegetarian meal Available



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

# 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



In honor of the late Ruth Bader Ginsburg, we will be presenting **“On the Basis of Sex”** (2018 Rated PG), Wednesday, January 13<sup>th</sup> at 12:00pm. The movie is free to senior center members.

In honor of Martin Luther King Jr., we will be presenting **“Selma”** (2014 Rated PG-13), Wednesday, January 20<sup>th</sup> at 12:00pm. The movie is free to senior center members.





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](mailto: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 2<sup>nd</sup> on Zoom  
(Classes will be Tuesdays 1:00pm-2:30pm)**

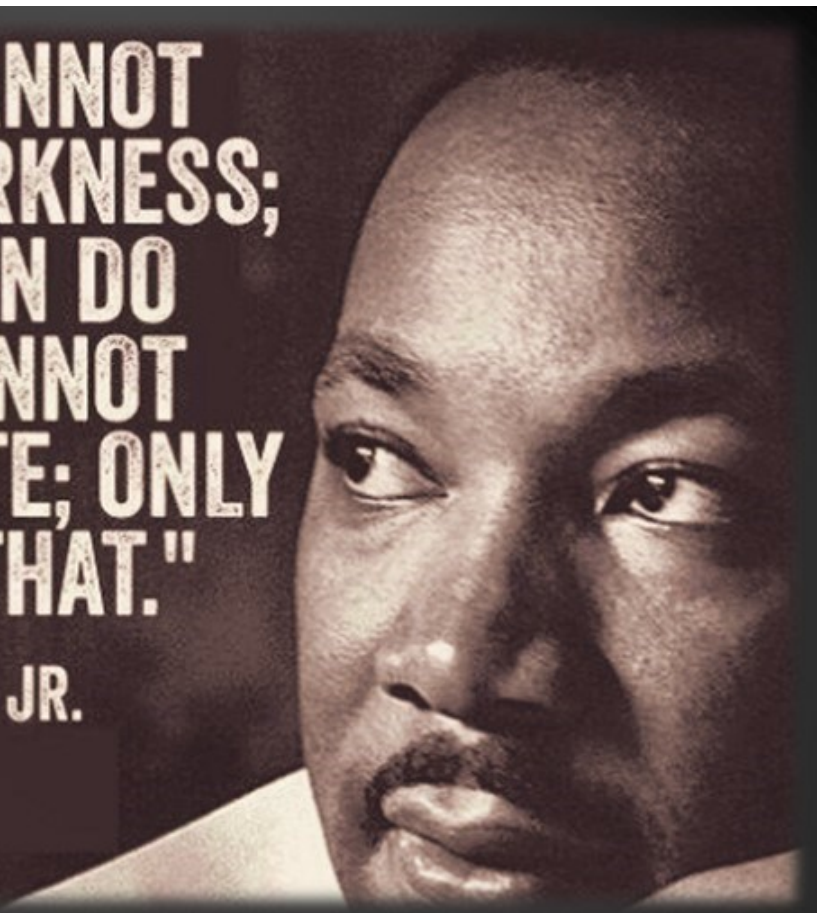
This 10-session course is for the intermediate student who wishes to further his/her Spanish studies through reading, writing, conversation and cultural exploration. Prerequisites: Intermediate Spanish I or its equivalent in coursework or experience. New students will need to purchase an all-levels textbook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

Contact [paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov) if you have any questions or wish to participate.



**"DARKNESS CANNOT  
DRIVE OUT DARKNESS;  
ONLY LIGHT CAN DO  
THAT. HATE CANNOT  
DRIVE OUT HATE; ONLY  
LOVE CAN DO THAT."**

**MARTIN LUTHER KING, JR.**



**Cascades Senior Center will be closed Monday,  
January 18th in honor of Martin Luther King, Jr. Day**

*"Injustice anywhere is a threat to justice everywhere"*

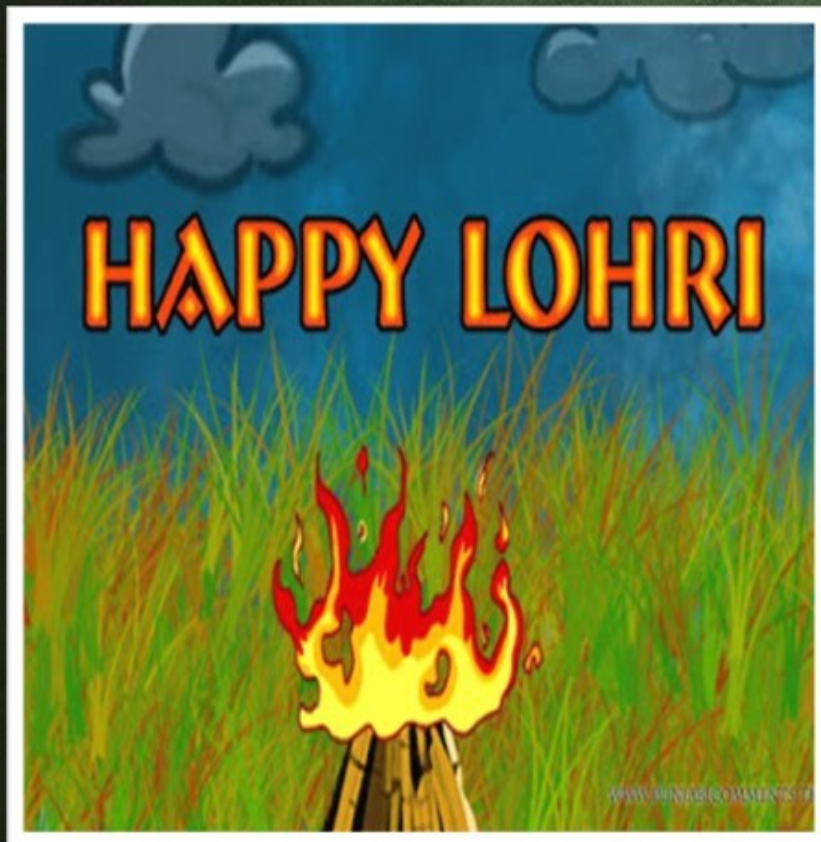
*"In the end, we will remember not the words of our enemies, but the  
silence of our friends"*

*"Our lives begin to end the day we become silent about things that matter"*

*"Life's most persistent and urgent question is, 'What are you doing for  
others'"*

**CLICK BELOW TO WATCH THE DOCUMENTARY- "DR. MARTIN LUTHER  
KING: IN HIS OWN WORDS"**

**[MLK DAY](#)**



Lohri is the celebration of the arrival of longer days after the winter solstice. It celebrates the days getting longer as the sun proceeds on its northward journey. Lohri is an ancient mid winter festival originating in regions near the Himalayan mountains where winter is colder than the rest of the subcontinent. Hindus traditionally lit bonfires in their yards after the weeks of the *rabi* season, socialized around the fire, sang and danced together as they marked the end of winter and the onset of longer days.

Dulles South cordially invites the members of  
The Senior Center at Cascades to join them in celebrating their:  
4<sup>TH</sup> ANNUAL LOHRI, MAKAR SANKRANTI, ONAM, PONGAL,  
BASANT PANCHPANMI & REPUBLIC DAY VIRTUAL FUNCTION

This virtual function will be held on ZOOM on  
Monday, January 18th at 2:00pm (please log on at 1:45pm)

Meeting Id: 84440954717

Passcode: 549373

Please mute yourself and be on Speaker view during the  
program.

Bhushan & Jagdish      Coordination Committee

# your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

## Weekly PROGRAM SCHEDULE

### TUESDAY (1/12)

**4:00 PM — Teen Readers' Advisory:** Spine-tingling book recommendations in the suspense genre.

**6:00 PM — Hatha Slow Flow Yoga:** Build a stronger awareness of your body, mind and spirit through this slower-paced yoga. Suited to beginners but open to all levels.

### THURSDAY (1/14)

**7:00 PM — Winter Gardening:** Think about your spring garden with planning and planting tips. Q&A to follow. Led by Certified Horticulturist Julie Borneman, president of Loudoun Wildlife Conservancy and the owner of Watermark Woods Native Plants in Hamilton.

### SATURDAY (1/16)

**11:00 AM — Jackie Robinson:** Bright Star Touring Theatre brings you the story of Jackie Robinson, the first black baseball player to cross the color lines in the Major Leagues.

**2:00 PM — Home Maintenance: Patching, Caulking & Drain Cleaning:** Save money by doing your own simple repairs. Q&A to follow. Presented by licensed Loudoun home contractor Ryan Sengpiehl of Sengpiehl Home Solutions.

### MONDAY (1/11)

**11:00 AM — Online Storytime:** Ms. Michelle from Ashburn Library reads *Waiting Together* by Danielle Dufayet.

**3:00 PM — Paint With Watercolors:** Paint colorful bookmarks with step-by-step instructions from artist Kris Loya.

### WEDNESDAY (1/13)

**11:00 AM — Toddler Storytime:** Ms. Elizabeth from Lovettsville Library reads *Under My Hood I Have a Hat* by Karla Kuskin.

**12:00 PM — Meditation:** A month-long series led by certified instructor Laura Banks.

**1:00 PM — Readers' Advisory: Chapter Books:** Suggestions for exceptional books for grades 3-5.

**3:00 PM — Career Transitions:** Is it time for a new job? Led by Sheila Murphy, Flex Professionals.

**5:00 PM — Online Teen Book Club:** Discussing *I'll Give You the Sun* by Jandy Nelson.

### FRIDAY (1/15)

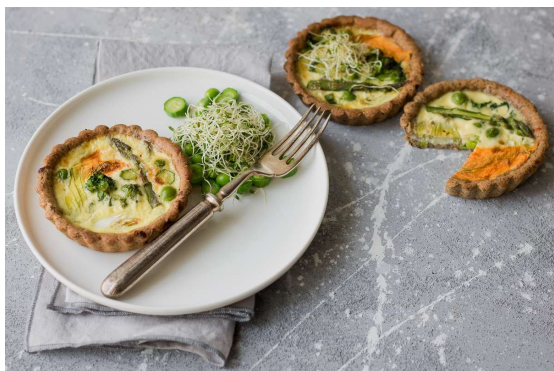
**11:00 AM — Baby Storytime:** Join Ms. Liesl from Brambleton Library for rhymes, songs, tickles and bounces for you to enjoy together with your child sitting in your lap.

**3:00 PM — Minerals and Gems: Facts, Photos and the Exciting World of Collecting:** Take a virtual tour of James Madison University's Mineral Museum. Led by Drs. Cynthia and Lance Kearns, they will share the history of the specimens and introduce you to mineral collecting.

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

## **\*\*RECIPE CORNER\*\***

### **Herbed Ricotta Mini Quiches**



#### **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.*

Whole-wheat sandwich bread makes for a crust that's easy to cut and stuff into muffin tins in this easy quiche recipe. As beaten eggs heat, steam releases, creating air pockets that make these quiches rise and puff out of the muffin tin, like a soufflé.

**Prep/Cook Time:** 55 Minutes, **Servings:** 6

### **Ingredients**

- 12 slices soft whole-wheat bread
- 4 large eggs
- 1 cup whole milk
- 1/3 cup half-and-half
- 3 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh dill
- 1/2 teaspoon ground pepper
- 1/4 teaspoon kosher salt
- 6 tablespoons whole-milk ricotta
- 1/4 teaspoon garlic powder

### **Directions**

1. Preheat oven to 350°F. Coat a muffin tin with cooking spray.
2. Using a 4-inch biscuit cutter, cut a circle out of the center of each bread slice. Press each bread circle into a cup of the prepared muffin tin (reserve the remaining bread for another use). Bake until the bread is lightly toasted but not browned, about 7 minutes.
3. Meanwhile, whisk eggs in a large bowl. Whisk in milk, half-and-half, parsley, chives, dill, pepper and salt. Divide the mixture among the bread cups. Mix ricotta and garlic powder in a small bowl and dollop 1 1/2 teaspoons of the mixture onto each mini quiche. Bake until browned and the filling is set, about 30 minutes. Let cool for 5 minutes before serving.

Click below to find out  
what's open, reopening,  
closed and cancelled in  
Washington, DC.

[CLICK HERE](#)



**Virtual Zumba Gold Class with Viv Tuesdays at 11:00am on ZOOM**

**Upcoming schedule: Jan. 5, 12, 19, 26 & Feb. 2, 9, 16, 23**

The fee is \$5.00 per class. You may pay via Venmo @Vivian-Monroe or PayPal.me/zumbaViv  
When payment is received, instructor will send you the Zoom link.

**Viv Monroe**  
***Zumba Instructor since 2009!***

**[ZUMBA LINK](#)**

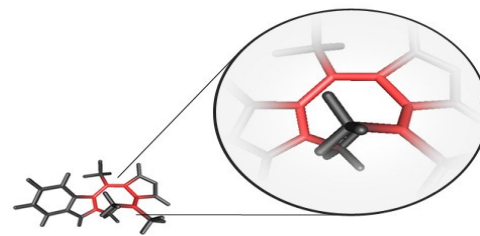
Facebook: Viv Monroe  
Instagram: @vivtap\_zumba

**571-233-8913**

(Instructor will not be able to receive calls or texts while teaching.)  
(Note: this class is NOT affiliated with Cascades Senior Center )

# EXERCISE YOUR BRAIN

## Zoom Out, Zoom In



### Engage Your Brain

- **Think big.** When you finish watching a show or reading a book or article, think about the information as broadly as possible.
- **Be curious.** Research the topic online or at the library, and check and vet sources.
- **Seek balance.** Be cognizant of any potential biases on the writer's part and how they impacted the story.

**Talk it out.** Discuss what you've watched or read with someone else to gain additional insight into the work.

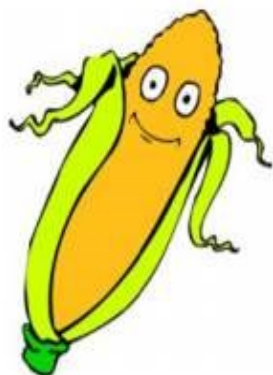
Watching TV and reading news articles are generally passive activities, meaning your brain isn't as engaged as it could be. But by thinking critically about the information you've just encountered, you can make sure you're maximizing your time and energy — and benefiting your brain to boot. Critical thinking enables you to see both sides of an issue, to remain open to new evidence that may potentially modify your ideas, to reason from a place of neutrality and to draw conclusions from available facts. When you tap your critical faculties, you move from plodding autopilot to dynamic innovation. Studies suggest that declines in abstract reasoning (at the core of all critical thinking) are linked to an increase in depression. A critical, engaged brain may be one of the keys to happiness.

### How To

- As you finish watching a TV show or reading an article “zoom out.” Start by thinking about the information as broadly as you can: What were the key ideas? What was the purpose? Consider why certain details may have been included or omitted.
- Leverage your curiosity by doing more research. If you're puzzled or intrigued by something, avail yourself of the library or internet to find out more.
- Don't be afraid to check and vet sources. What types of sources are used? Is there a variety?
- Beware of biases. Does the overall tone of the program or article suggest bias rather than a balanced viewpoint?
- Slowly “zoom in.” Think more and more specifically about the information: What lessons can I take from this? Were there any themes to consider? What was my favorite/least favorite part? Determine if the messages make sense and align with your values. What does the author want you to take away from the story? Is the goal purely informative, or does the piece try to change your mind? Ideally, have discussions with friends and family about news, films and TV shows. Studies suggest that social engagement protects brain health while meeting our basic psychological need for connection and meaning.

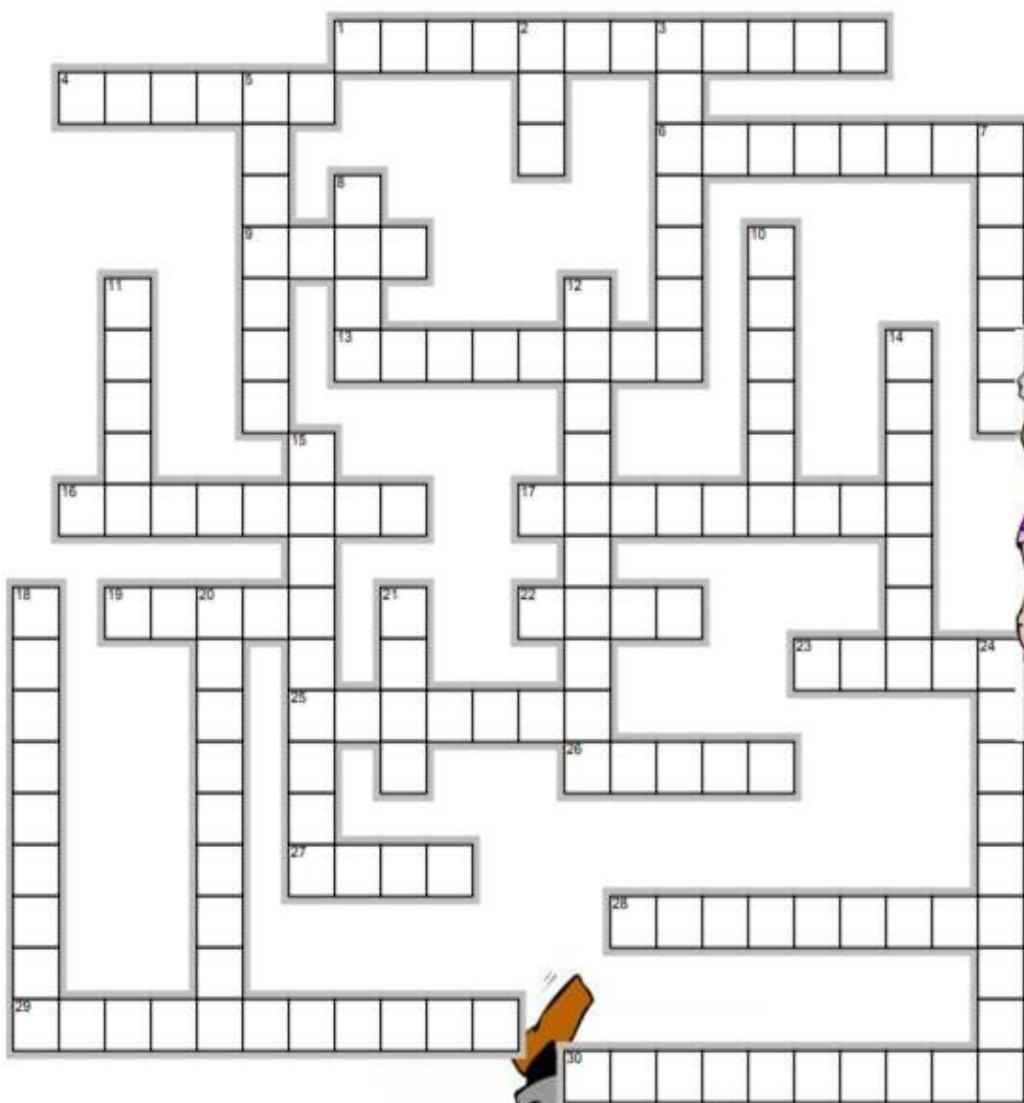
Source: [AARP](#)

## Corny Jokes Crossword



Every clue in this printable crossword puzzle is a joke – a very corny one. If you can come up with the same answer I did, then you'll have no problem completing this puzzle. But then again, it may be a bit more difficult than it sounds.

DISCLAIMER: There may be more than one answer to some of these groaners, and you may not think these are funny at all. But I'm guessing you'll love solving this crossword! ☺



## Clues

### Across

1. How does a mouse feel after it takes a bath? (2 wds.)
4. Where were the first donuts fried?
6. Where are delinquent hard drives sent? (2 wds.)
9. What is a diver's favorite game?
13. What do rock musicians use when they get hurt?
16. What pets do musicians like?
17. What kind of artist is likely to get arrested? (2 wd.)
19. If a seagull flies over the sea, what flies over the bay?
22. What cannot run even though it has three feet?
23. What did the mother buffalo say to her son before he left?
25. What's the most popular tune?
26. What is brown and sticky?
27. What do you put in a barrel to make it lighter?
28. What do you call an angle that's been in a car crash?
29. How do you make a puppy disappear? (2 wds.)
30. What do you get when you cross chocolate powder with a magic dragon? (2wds.)



### Down

2. What do you call a boy hanging on the wall?
3. What do you get when you cross an ear of corn with a spider?
5. How did the computer feel after its memory had been upgraded?
7. How to you throw the best party in the universe?
8. What has teeth but doesn't bite?
10. How do you get an astronaut's baby to fall asleep?
11. What can be divided, but no one can see where it was divided?
12. What kind of waves are impossible to swim in?
14. What do cats have that no other animal in the world has?
15. What kind of fish like peanut butter?
18. What kind of music can you play with your toes?
20. What do you call a grizzle bear with no teeth (2 wds.)
21. What musical instrument is not to be believed?
24. What's the difference between an old penny and a new dime? (2 wds.)



## Answers

