

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

Center Hours:

Mon.-Fri.

9:00am-5:00pm

Saturdays/Sundays

CLOSED

(Available for Rental)

CASCADES SENIOR CENTER

E-NEWS July 23, 2021

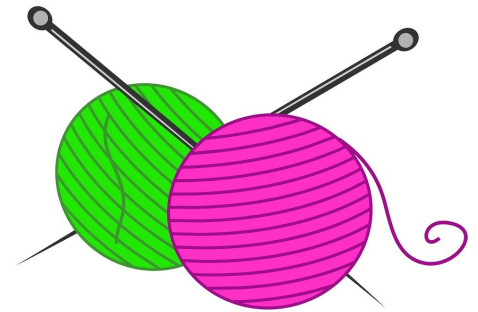
Manager's Note

**The Advisory Board has scheduled the 2021
Cascades Arts & Crafts Fair!**

SAVE THE DATE

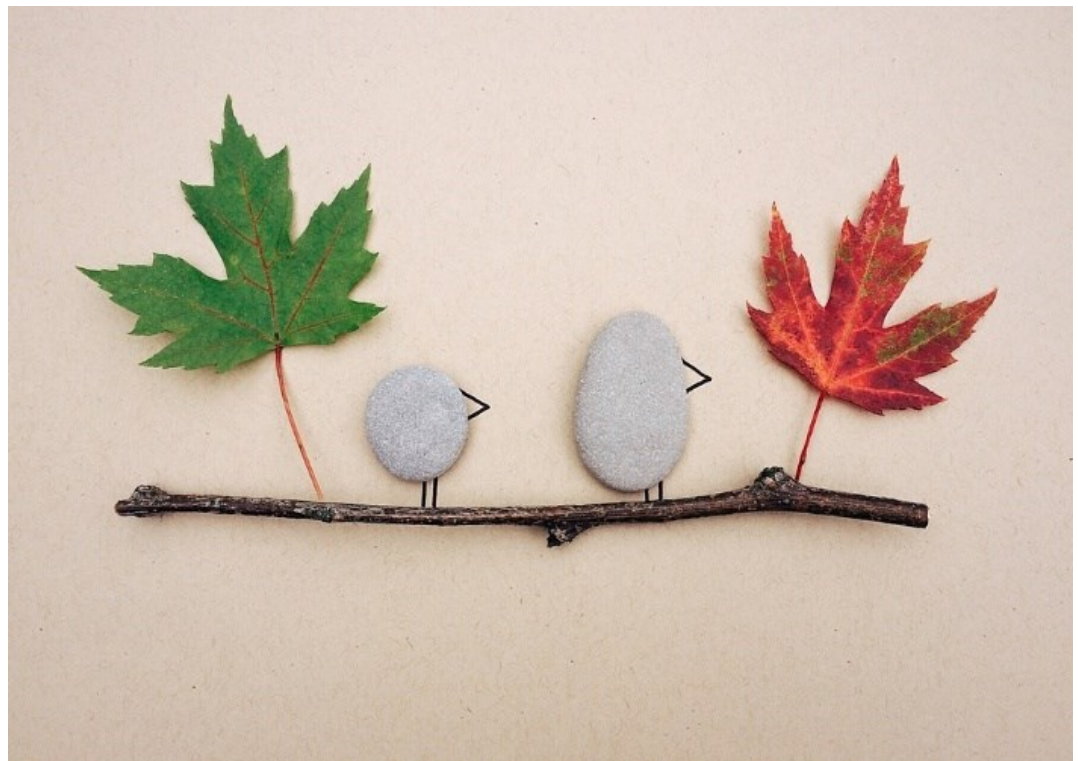
Saturday, November 6, 2021

9am-3pm



The Arts & Crafts Fair will be held entirely inside the building this year and will feature local arts & crafts as well as beautiful items made by our very own Knit & Crochet Group and lots of Curio treasures.

We still have openings for vendors, but spaces are limited so if you are interested contact the office to check on availability at 571-258-3280.



****CASCADES ACTIVITIES SCHEDULE****

MON 7/26	TUES 7/27	WED 7/28	THURS 7/29	FRI 7/30
9:00a-10:00a Aerobics Video 9:30a-10:30a Beginner's Line Dancing 9:30a-10:00a Walking Group (Outdoor) 10:00a-11:00a Aerobics Video 10:30a-11:30a ESL Class (Virtual) 10:45a-11:45a Scottish Dance 11:00a-12:00p Yoga DVD 12:30p-4:00p Duplicate Bridge 1:00p-2:00p Bingo 1:00p-3:00p Game Time* 1:30p-3:00p Crochet Activity 2:30p-3:30p Teen Tech (Virtual)	9:00a-10:00a Aerobics Video 10:00a-11:00a Aerobics Video 10:30a-11:30a Conversational Spanish 11:00a-12:00p Beginner's Tai Chi 1:00p-2:00p Ukulele Jam Session 1:00p-3:00p Game Time* 3:00p-5:00p Pickle Ball	9:00a-10:00a Aerobics Video 10:00a-11:00a Aerobics Video 10:00a-12:00p O'Heck 10:15a-11:30a Beginner's Line Dancing 10:30a-11:30a Yoga Class (Virtual) 12:30p-2:00p Special Live Presentation "The Lost History of Potomac Marble" 1:00p-4:00p Party Bridge	9:00a-10:00a Aerobics Video 9:00a-10:00a Line Dance Step Prep 10:00a-11:00a Intro to Line Dancing 10:00a-11:00a Aerobics Video 10:30a-11:30a Learn Mandarin (Virtual) 10:30a-11:30a Bingo 11:00p-1:00p Pinochle 1:00p-2:00p Current Events 1:00p-3:30p Game Time* 3:00p-5:00p Pickle Ball	9:00a-10:00a Aerobics Video 9:30a-11:30a Knit & Crochet 10:00a-11:00a Aerobics Video 10:00a-12:00p Canasta 10:30a-11:30a Yoga Class (Virtual) 11:00a-12:00p Tai Chi 1:00p-2:00p Bingo 1:15p-2:30p Improver/Low Intermediate Line Dancing 2:00p-4:00p Game Time*
<p><i>The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodation in order to participate in PRCS activities, please contact the location/program manager or PRCS administrative office at 703-777-0343/TTY-711. Three business days advance notice is requested.</i></p>				
<p>*Game Time: Poker, Canasta, Dominoes, etc.</p>				

What's for lunch at Cascades?

MON 7/26	TUES 7/27	WED 7/28	THURS 7/29	FRI 7/30
Salisbury Steak Macaroni & Cheese Mixed Vegetables Bread, Fruit & Milk Vegetarian meal Available	Sweet & Sour Pork Seasoned Yellow Rice Vegetable Medley Bread, Fruit & Milk Vegetarian meal Available	Baked Fish Baked Potatoes Green Beans Fruit, Bread & Milk Vegetarian meal Available	Lasagna Malibu Blend Vegetables Bread, Fruit & Milk Vegetarian meal Available	Sliced Turkey/ Gravy Stuffing Mashed Potato Green Peas Fruit, Bread & Milk Vegetarian meal Available

****CASCADES ACTIVITIES SCHEDULE****

MON 8/2	TUES 8/3	WED 8/4	THURS 8/5	FRI 8/6
9:00a-10:00a Aerobics Video 9:30a-10:30a Beginner's Line Dancing 9:30a-10:00a Walking Group (Outdoor) 10:00a-11:00a Aerobics Video 10:30a-11:30a ESL Class (Virtual) 10:45a-11:45a Scottish Dance 11:00a-12:00p Yoga DVD 12:30p-4:00p Duplicate Bridge 1:00p-2:00p Bingo 1:00p-3:00p Game Time* 1:30p-3:00p Crochet Activity 2:30p-3:30p Teen Tech (Virtual)	9:00a-10:00a Aerobics Video 10:00a-11:00a Aerobics Video 10:30a-11:30a Conversational Spanish 11:00a-12:00p Beginner's Tai Chi 1:00p-2:00p Ukulele Jam Session 1:00p-3:00p Game Time* 3:00p-5:00p Pickle Ball	9:00a-10:00a Aerobics Video 10:00a-11:00a Aerobics Video 10:00a-12:00p O'Heck 10:15a-11:30a Beginner's Line Dancing 10:30a-11:30a Yoga Class (Virtual) 12:30p-2:00p Movie Day "Grumpy Old Men" 1:00p-4:00p Party Bridge	9:00a-10:00a Aerobics Video 9:00a-10:00a Line Dance Step Prep 10:00a-11:00a Intro to Line Dancing 10:00a-11:00a Aerobics Video 10:30a-11:30a Learn Mandarin (Virtual) 10:30a-11:30a Bingo 11:00p-1:00p Pinochle 1:00p-2:00p Current Events 1:00p-3:30p Game Time* 3:00p-5:00p Pickle Ball	9:00a-10:00a Aerobics Video 9:30a-11:30a Knit & Crochet 10:00a-11:00a Aerobics Video 10:00a-12:00p Canasta 10:30a-11:30a Yoga Class (Virtual) 11:00a-12:00p Tai Chi 1:00p-2:00p Bingo 1:15p-2:30p Improver/Low Intermediate Line Dancing 2:00p-4:00p Game Time*
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			*Game Time: Poker, Canasta, Dominoes, etc.	

DRIVE-THRU PICKUP (11:00am-11:30am) until 7/30/2021

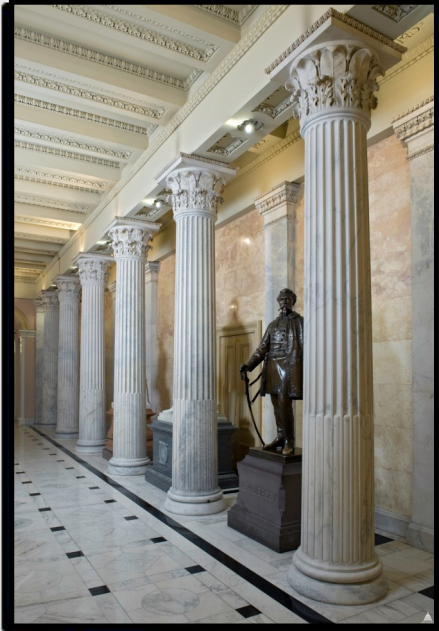
Beginning August indoor lunch will be served from 12:00pm-12:30pm

The August lunch menu will be posted soon. Click [here](#) to check the most current menu.

On the Big Screen

@ Cascades Senior Center

free for senior center members



Wednesday July 28th @ 12:30pm

Special Live Presentation:

“The Lost History of Potomac Marble”

Our speaker is Paul Kreingold, the Conservation Director of the Loudoun County Chapter of the Izaak Walton League and a Virginia Master Naturalist, Banshee Reeks Chapter. He will discuss how this wonderful local building material that was discovered in Loudoun County was used to re-build the columns in the Capitol building in Washington DC after the invading British army burned most the city to the ground in 1814.



Wednesday August 4th @ 12:30pm

“Grumpy Old Men” 1993 (PG-13)

John Gustafson (Jack Lemmon) and Max Goldman (Walter Matthau) are two curmudgeonly neighbors who have been at each other's throats for years. The rivalry of the former friends intensifies when Ariel (Ann-Margret) comes along and provides a love interest for both of them. When Max finds out that John is experiencing family troubles and financial ruin, however, he steps in to help. Their bond is further cemented when John has a health scare and Max makes the ultimate sacrifice for his friend.



The Lost History of Potomac Marble

Potomac Marble exists in abundance on both sides of the Potomac River in the area extending from Leesburg to Montgomery County. Architect of the Capitol, Benjamin Latrobe, rode up and down Loudoun County opening up quarries, despite many problems and political opposition and was able to build the beautiful columns in the Capitol Building from Potomac Marble.

**Wednesday, July 28th
12:30pm**

At Cascades Senior Center

Join our speaker, Paul Kreingold, Conservation Director of the Loudoun County Chapter of the Izaak Walton League and a Virginia Master Naturalist, Banshee Reeks Chapter, for an inciteful presentation as he takes you on a journey through 19th century Loudoun County, the 1814 invasion of the British Army and the rebuilding of our capitol city.



Lunch and Learn with Loudoun Habitat for Humanity

Please join the staff from Loudoun Habitat for Humanity, for an overview of their three programs: Homeownership, Home Repair, and the Tools for Life Learning Center.



Date: August 26, 2021

Time: 12:20 PM to 1:00 PM

Location: Cascades Senior Center Dining Room

For more information please contact Amanda Baulig at abaulig@loudounhabitat.org or Paul Torrible at Paul.Torrible@loudoun.gov

Loudoun Habitat for Humanity is a local faith based non-profit that is driven by the vision that everyone needs a decent place to live. At Loudoun Habitat for Humanity, we do more than build houses. We partner with future and current homeowners, volunteers, donors, businesses and community organizations to transform lives and rebuild communities.



Homeownership Program



Home Repair Program



Tools for Life Learning Center

<https://www.loudounhabitat.org/>

SERVICES FOR SENIORS

Services for Seniors helps people 55+ and their family members to find resources and answers to questions around needs and well-being as we age.

Lori Stahl, Elder Resources Case Manager for Loudoun County's AAA, provides one-on-one, confidential, supportive assistance to navigate issues around transportation, housing, Medicare/Medicaid, grief, loss and the financial impact of chronic disease.

Services for Seniors is provided at each of the five senior centers in Loudoun County located in Ashburn, Dulles South, Leesburg, Purcellville and Sterling.

CASCADES SENIOR CENTER

AUGUST 3, 2021

AUGUST 17, 2021

9AM-11:30AM

To make an appointment with Lori (individual, caregiver and/or family), at the Senior Center at Cascades call 571-258-3280 or call the Area Agency on Aging at 703-777-0257 for more information.





Save
the Date

**Special Trail Walk at
Claude Moore Park
Monday, August 9**

Meet in lobby of Cascades Senior
Center at 9:15am, depart 9:30am

Walk will be on varying surfaces
(dirt, grass, gravel, pavement)

Duration will be between
30-45 minutes

Bring: water, snack (if desired after the
walk), mask for bus ride

Wear: sturdy walking shoes, hat

CASCADES
WALKING GROUP

MONDAYS AT 9:30 A.M.

****CASCADES SENIOR CENTER ADVISORY BOARD****

***The Cascade Senior Center Advisory Board –
needs you!***

As the Cascade Senior Center re-opens the current members of the Cascade Senior Center Advisory Board would appreciate your consideration to become part of the board. This will be an exciting year as we return to our normal activities at the Senior Center and the current board members are excited about the opportunity to be a part of the re-opening.

Visit the Advisory Board webpage for more information and a board member application form – Click [here](#)!





Get your blood pressure
checked in the lobby on
Tuesday, August 10th

INOVA blood pressure
checks return to the
center on the 2nd and
4th Tuesdays of every
month beginning in
August



Loudoun County Area Agency on Aging **VIRTUAL FAMILY CAREGIVER EDUCATION SERIES**

PROVIDING PURPOSE & SAFETY FOR WANDERING BEHAVIORS

Tuesday, August 3, 2021 • 1:30 pm – 2:30 pm EST

Presented by Sally Gehl, Eastern Loudoun Adult Day Center &
Matthew Devaney, Master Deputy, Project Lifesaver, Loudoun County Sheriff's Office

HOWTO HANDLE CAREGIVER STRESS & BURNOUT

Tuesday, August 10, 2021 • 1:30 pm – 2:30 pm EST

Presented by Rachael Wonderlin, MS, Dementia By Day

LEGAL PLANNING FOR CAREGIVERS

Tuesday, September 21, 2021 • 1:30 pm – 2:30 pm EST

Presented by Rory Clark, Esq., The Legacy Elder Law Center

WHEN & WHY TO CONSIDER MEMORY CARE

Wednesday, September 29, 2021 • 1:30 pm – 2:30 pm EST

Presented by Rachael Wonderlin, MS, Dementia By Day

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



*If you require an accommodation for any type of disability in order to participate, please contact
703-771-5698/TTY-711. Three business days advance notice is requested.*

Our first Curio Sale on Wednesday July 14th
was a huge success thanks to Patti B!



The next Curio Sale will be Wednesday,
August 11th! Hope to see you there!

How to Avoid Unforeseen Credit Card Charges

6 ways to spot unintentional purchases before they cost you cash by Sari Harrar, [AARP](#), July 7, 2021

Click [here](#) to read the full article.

1. Trick questions

Shopping websites may deploy double negatives or other convoluted wording to confuse you. In a study coauthored by Strahilevitz, half of the participants who chose a subscription service via a series of tricky questions thought they'd rejected it.

Outsmart them: If a question is hard to understand, read it through several times. On rare occasion, it's an innocent case of bad wording. But often it is deliberately confusing. "If you read a question twice and don't understand it, that's your cue to exit," Strahilevitz says.

2. Fool-the-eye fakery

Visual tricks can nudge you to click a bright red "yes" button instead of a muted gray "no" button, miss important info tucked in the fine print or force you to click through several screens to avoid an unwanted purchase, Mathur says.

Outsmart them: Always [read all of the fine print](#). Enlarge the type size on your computer if needed. And bring a healthy skepticism: Any signs of deceptive or coercive language should have you moving on.

3. Bullying buttons

Mathur found 164 websites that made shoppers click a button that said something like, "No thanks, I'd rather pay full price" or, "I don't want one-day delivery" to decline a purchase. Called "confirm-shaming," this tactic aims to guilt you into an unwanted purchase, he says.

Outsmart them: Remember, you are in control. Shrug off the [psychological tricks](#) and say yes only to what you want, says Kelly Quinn, an associate professor at the University of Illinois at Chicago.

4. "End at midnight" and "just 1 left" blurbs

In Mathur's study, 40 percent of discount countdown timers were fakes — the deal was still available when the timer ended.

Outsmart them: Don't let the fear of missing out force you to make a hasty purchase, he says. Take your time comparing prices and options. For most consumer products or services, sales come and go all the time.

5. Sneaky extras

Mathur found 62 websites that preselected expensive products or pressured shoppers to choose them. Seven snuck extra items into their shopping carts.

Outsmart them: "Check your cart very carefully before you confirm a purchase," Strahilevitz says. "I've seen subscriptions and donations added."

6. Data grabs

Websites and apps make frequent attempts to acquire info like your cellphone number, address and email. "Personal information is valuable," Quinn says. "[Companies sell it and use it to target ads at you.](#)"

Outsmart them: Give away as little as possible online. Don't provide your phone number for optional discounts or to place an order.

Sari Harrar is a contributing editor to AARP publications who specializes in health and science.

****KITCHEN CORNER****

Cool down this summer! Blackberry Basil Salad

Description

A simple recipe for Blackberry Salad with Basil and Arugula sprinkled with crumbled goat cheese, toasted almonds and a maple-balsamic dressing. A light and delicious summer salad! #blackberry #blackberrysalad



Ingredients

- 5 ounces baby arugula (or spinach)
- ¼ cup thinly sliced red onion
- 1 to 2 cups fresh blackberries
- ⅓ cup crumbled goat cheese
- ¼–½ cup toasted slivered almonds (or sub maple pecans)
- ¼ cup basil leaves- torn (purple basil is pretty here!)
- optional: 1 tablespoon fresh chive or onion blossoms

Balsamic Vinaigrette:

- 3 tablespoons olive oil
- 2 1/2 tablespoons balsamic vinegar
- 2 teaspoons maple syrup (or honey)
- 1/2 tsp salt
- 1/2 tsp pepper

Instructions

Make the dressing- whisk all ingredients in a small bowl.

In a large bowl, place arugula, basil and onions. Toss with just enough dressing to lightly coat (you may not need all). Feel free to add the remaining ingredients and toss or plate individual portions.

If plating: place the dressed greens onto plates. Top with blackberries, goat cheese, a few basil leaves, almonds and blossoms.

Add a drizzle of balsamic glaze- optional.

Serve immediately!

Super Senior Discount

for Loudoun County Recreation Centers

What is a Super Senior Discount?

- It's a discount pass that is good at any Loudoun County Recreation Center (currently two in Loudoun - Dulles South and Claude Moore)
- A third Recreation Center is being planned for Ashburn
- Discount pass is good for full use of the Recreation Center during the same hours the senior center is open:
 - Monday through Friday from 9:00 to 5:00.
 - No evenings or weekends

Who qualifies for a Super Senior Discount?

- Anyone 55 years of age and over who is currently a member at any Loudoun County Senior Center

How much does it cost?

- Super Senior discounted annual membership:
 - \$245 for a single senior (*non-member of a senior center*) \$350)
 - \$420 for 2 seniors who live in the same *household* (*non-member of a senior center*) \$600)

Where can I purchase a Super Senior Discount?

Passes can be purchased in person at any senior center or recreation center
The passes cannot be purchased on-line



CLAUDE MOORE RECREATION CENTER

46105 Loudoun Park Ln, Sterling, VA 20164

Phone: (571) 258-3600

DULLES SOUTH RECREATION CENTER

24950 Riding Center Dr, South Riding, VA 20152

Phone: (571) 258-3456



SUMMER SENIOR COOLING PROGRAM

Fans and limited summer cooling assistance is available for persons aged *60 years and older* who are *income eligible in Loudoun County*.

The Senior Cooling Program runs
from
June 1 – September 30

Please call:
Loudoun County
Area Agency on Aging

Phone: (703) 777-0257
Email: aaa@loudoun.gov



The Area Agency on Aging is a Division of Loudoun County Parks, Recreation and Community Services



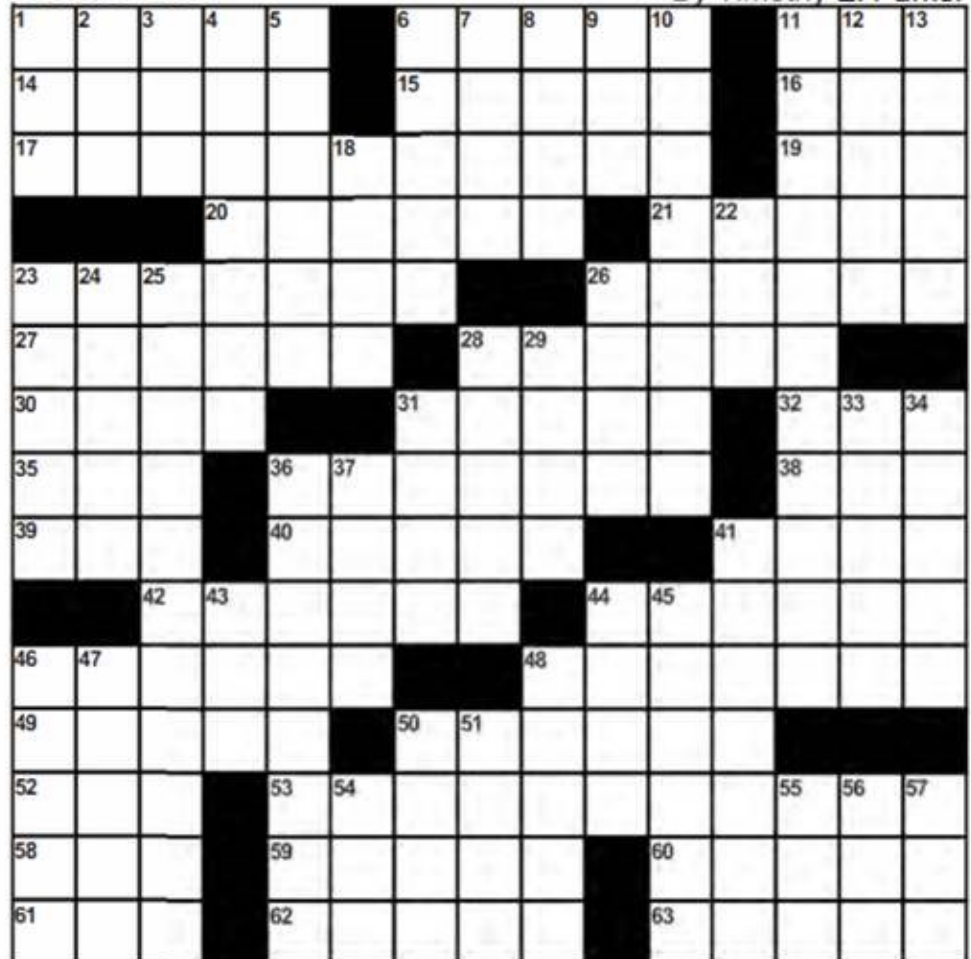
****CROSSWORD PUZZLE****

DOWN

- 1) Generic cheer
- 2) Flowery lyrical poem
- 3) Coffee's alternative
- 4) Classic card game
- 5) Incentive in a "lost" ad
- 6) Leaves off a list
- 7) Do more than check
- 8) Got a hole in one
- 9) Neither counterpart
- 10) Motivates to greatness
- 11) Infamous Eden event
- 12) Animal skins
- 13) Vicious tennis stroke
- 18) Charitable goods
- 22) "Without any further ____"
- 23) Senior fellow
- 24) Elephant tusk composition
- 25) App "blueprints"
- 26) African ravine
- 28) Fortune-tellers
- 29) Parasite's quest
- 31) Buzzing annoyance
- 33) Glossy paper proof
- 34) Lawyers' jobs
- 36) Collected, as praise
- 37) Fencing sword
- 41) Bursting with excitement
- 43) Martini ingredient
- 44) One-man performances
- 45) Mexican friends
- 46) Bar mitzvah presider
- 47) Ewok or Klingon, e.g.
- 48) Ranch guys
- 50) "But wait, there's ____!"
- 51) Name in many elevators
- 54) "____ the ramparts ..."
- 55) Suffix used with chlor- or fluor-
- 56) It bisects a tennis court
- 57) Miracle-____ (garden product)

START-UPS

By Timothy E. Parker



ACROSS

- 1) Helicopter blade
- 6) Native of an Arabian Peninsula monarchy
- 11) "Ahas" relatives
- 14) Pop superstar
- 15) City in Georgia
- 16) Grand Canyon viewing area
- 17) Some restaurant VIPS
- 19) First lady McKinley
- 20) Fountain drink
- 21) Book collection
- 23) Makes less offensive?
- 26) Somewhat broad
- 27) They're not perfectly round
- 28) Stone of "Basic Instinct"
- 30) "____ better watch out ..."
- 31) Rock containing crystal
- 32) Pendulum's path, e.g.
- 35) Be wrong
- 36) First book of the Bible
- 38) Grassy meadow
- 39) Big Apple initials.
- 40) Here and there
- 41) Nile denizens with fangs
- 42) Wetland birds
- 44) Mad Magazine's genre
- 46) City in southeastern Wisconsin
- 48) Game with dotted tiles
- 49) With no one else
- 50) Kidman film "____ Rouge"
- 52) Job estimate
- 53) Weeder's chore
- 58) Nectar inspector
- 59) Like Halloween sound effects
- 60) Partner of wiser
- 61) Outs' counterparts
- 62) Big-ticket wedding purchase
- 63) Be responsible for

****CROSSWORD PUZZLE ANSWER****

