

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 9, 2021

Manager's Note

The sound of your laughter is music to our ears



It is so great to see the building buzzing with laughter and energy again!

Check the calendar in every E-Newsletter to look for new programs and activities as we slowly move back to a more "normal" schedule.

What *Sogp* is to the *Body*
Laughter is to the *Soul*

NEW HOURS AT CASCADES

The center is now open Monday through Friday, 9:00am to 5:00pm (no more Tuesday evenings).

And (drum roll please) **beginning September 11** we will be **open from 8:00am to 12:00pm every Saturday for scheduled activities**. The pool room, computer lab and ceramics lab will also be open on Saturdays from 8-11:30am.

There will be no lunch or transportation available on Saturdays.



ATTENTION VOLUNTEERS!

Join us on **Monday, July 12 at the Café** for a refresher on all things volunteer and to answer any questions you might have.

Open to all current volunteers and anyone interested in learning more about volunteer opportunities.

MONDAY, JULY 12
12:30 pm
In the Cafe

****CASCADES ACTIVITIES SCHEDULE****

MON 7/12	TUES 7/13	WED 7/14	THURS 7/15	FRI 7/16
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 2:30p-3:30p Teen Tech (Virtual)	10:00a-11:00a Aerobics Video 10:00a-11:30a Open Painting 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 American Mahjong 3:00p-5:00p Pickle Ball	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) 12:00p-2:00p Movie Day "Uncle Buck" 1:00p-4:00p Party Bridge	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	9:30a-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*

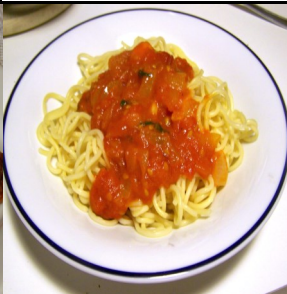
7/19	7/20	7/21	7/22	7/23
9:30a-10:30a Beginner's Line Dancing 9:30a-10:00a Walking Group (Outdoor) 10:00a-11:00a Aerobics Video 10:30a-11:30a ESL Class (Virtual) 10:45a-11:45a Scottish Dance 11:00a-12:00p Yoga DVD 12:30p-4:00p Duplicate Bridge 1:00p-2:00p Bingo 1:00p-2:00p Book Club 2:30p-3:30p Teen Tech (Virtual)	10:00a-11:00a Aerobics Video 10:00a-11:30a Open Painting 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 American Mahjong 3:00p-5:00p Pickle Ball	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) 12:00p-2:00p Movie Day "Phenomenon" 1:00p-4:00p Party Bridge	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	9:30a-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*

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.

***Game Time: Poker, Canasta, Dominoes, etc.**

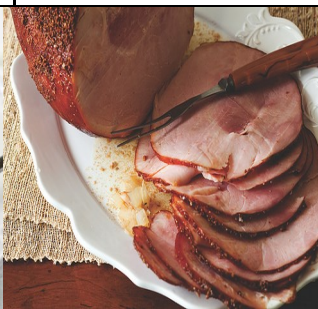
What's for lunch at Cascades?

MON 7/12	TUES 7/13	WED 7/14	THURS 7/15	FRI 7/16
Stuffed Cabbage Corn Vegetable Blend Bread, Fruit & Milk Vegetarian meal Available	Baked Fish Baked Potato Green Beans Bread, Fruit & Milk Vegetarian meal Available	Spaghetti/Meat Sauce Vegetable Blend Fruit, Bread & Milk Vegetarian meal Available	Italian Sausage Braised Cabbage Parslied Potatoes Bread & Milk Vegetarian meal Available	Beef Stew Noodles Vegetable Blend Fruit, Bread & Milk Vegetarian meal Available



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

MON 7/19	TUES 7/20	WED 7/21	THURS 7/22	FRI 7/23
Chili Rice Mixed Vegetable Fruit, Bread & Milk Vegetarian meal Available	BBQ Chicken Corn Collard Greens Fruit, Bread & Milk Vegetarian meal Available	Meatloaf Mashed Potato Green Peas Fruit, Bread & Milk Vegetarian meal Available	Escalloped Chicken Green Beans Lima Beans Fruit, Bread & Milk Vegetarian meal Available	Baked Ham Scalloped Potato Spinach Fruit, Bread & Milk Vegetarian meal Available



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

JULY 20, 2021

AUGUST 3, 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.



On the Big Screen

@ Cascades Senior Center
free for senior center members



Wednesday July 14th @ 12:00pm

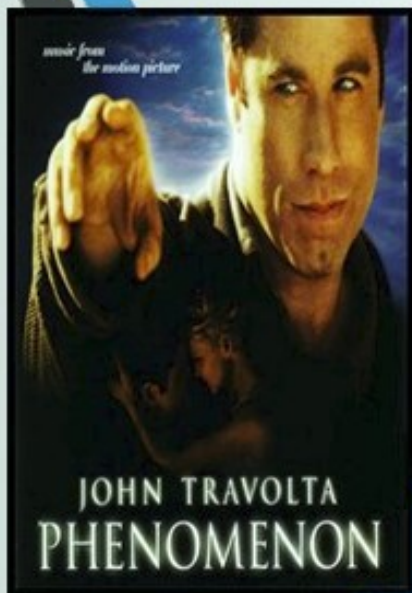
"Uncle Buck" 1989 (PG)

When Cindy and her husband Bob have to leave town for a family emergency, there is only one person available to babysit for their three kids: Bob's lazy, carefree brother, Euck (John Candy). While he immediately gets along with the two younger children, Euck must change his bachelor lifestyle if he wants to be a responsible caregiver for the angst-filled teenager.

Wednesday July 21st @ 12:00pm

"Phenomenon" 1996 (PG)

On his birthday, mechanic George Malley (John Travolta) sees a flash of light and proceeds to exhibit extraordinary mental abilities. He becomes a genius, even showing an ability to move objects with his mind. George wishes to help people, but the government wants to take him in for observation. Soon, George finds out from Dr. Brunder (Robert Duvall) that he has a massive brain tumor. With this new knowledge, George decides to spend his time with girlfriend Lace (Kyra Sedgwick).



IT'S BACK!!!



CURIO SALE



LOTS OF ITEMS FOR SALE!

Wednesday, July 14, 2021
CASCADES SENIOR CENTER LOBBY
9:00 AM - 11:30 AM



Hope you had a great 4th of July!!





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!](#)





Connection

A newsletter for Loudoun County employees

June 2021

Team of the Month

Congratulations to the June Team of the Month! Members of the staff at **Cascades Senior Center** are being honored for their work in supporting the county's COVID-19 vaccination efforts. The Team of the Month honorees are **Felix Duran, Judith Mangilin, Haley Moore, Carrie Randolph, Satish Sharma & Paul Torrible** of the **Department of Parks, Recreation & Community Services**.



Several members of the team volunteered to help at the county's COVID-19 vaccination clinic and the call center that was set up to answer questions about COVID-19 and assist residents in scheduling a vaccination appointment. Other staff members took on additional duties to make it possible for their co-workers to help with the COVID-19 response. One of their colleagues said the team "demonstrated what it means to be a part of the solution during the pandemic."

Members of the team are pictured with their supervisor, Brenda Davis. Pictured in the first row, from left, are **Brenda, Felix & Judith**. In the second row, from left, are **Paul, Carrie, Haley & Satish**.

Your senior center team was featured as the Loudoun County "Team of the Month" for June 2021



Senior Trips News

Announcing Additional Summer Day Trips and *A New England in Fall* Overnight Trip

If you are a Washington Nationals Fan and missed going to the games last year, we are pleased to announce that the NATS are welcoming back groups, and we have two trips scheduled for August.

We also have a great overnight trip to New England planned for October. It will be a beautiful time to travel and see fall foliage. You will find the details for each of these trips below. Registration will open for these 3 trips on Friday July 16th at 9:00am. You may register by calling (571) 258-3050 or (571) 258-3051. You may also register using Loudoun County's online registration system ~~Webtrac~~ loudoun.gov/webtrac.

If you would like a flier for the New England trip you can pick one up at any of the Senior Centers or you can call 571 258-3050 or 571 258-3051 for an emailed copy.

On August 12th we will begin registration for the Fall Trips. More information for Fall Trips and registration will be sent out in the end of July.

WASHINGTON NATIONALS VS. PHILLES

Welcome back to the Ballpark and come cheer for your home team Washington Nationals as they play the Phillies. Seats are in Section 110, under cover from the Sun or Rain. Game begins at 4:05pm. Price includes transportation and admission. Return time is estimate and may vary based on length of game. Moderate walking. Limited to 27.

446626-01 \$62/member, \$66/non-member

THUR 8/05

Depart: 1:00P from Carver; 1:30P from Wal-Mart Leesburg; 2:00P from Cascades

Return: 8:00P to Cascades; 8:30P to Wal-Mart; 9:00P to Carver

WASHINGTON NATIONALS VS. BLUEJAYS

Welcome back to the Ballpark and come cheer for your home team Washington Nationals as they play the Toronto Blue Jays. Seats are in Section 110, under cover from the Sun or Rain. Game begins at 4:05pm. Price includes transportation and admission. Return time is estimate and may vary based on length of game. Moderate walking. Limited to 27.

446627-01 \$62/member, \$66/non-member

WED 8/18

Depart: 12:45P from Dulles South; 1:30P from Wal-Mart Leesburg; 2:00P from Cascades

Return: 8:00P to Cascades; 8:30P to Wal-Mart; 9:15P to Dulles South

A NEW ENGLAND FALL- Covered Bridges, Scenic Railroads and Historic Inns 10/17 -10/24/21

With a backdrop of brilliant foliage and quaint little towns this picture-perfect Autumn trip features covered bridges, scenic railroads, unique museums, and historic Inns. With stops in Massachusetts, New Hampshire and Vermont you'll see the best that New England has to offer during the best time of year to see it! Includes 7 breakfasts, 3 lunches and 5 dinners. Extensive Walking. Limited to 50. Payable in 4 installments.

8 Days, 7 Nights

Trip Cost: For Double Occupancy \$2264/member \$2309/non-member

Single Occupancy \$3140/ member \$3185/non-member.

Trip # 946631-01

****HEALTH & WELLNESS****

7 Things to Know About the Delta Variant

A new coronavirus mutation is spreading in the U.S. Here's what that means for you

by Rachel Nania, [AARP](#), Updated July 7, 2021

While cases of COVID-19 have fallen significantly since the beginning of the year, the coronavirus is still circulating in the U.S. And a new strain is gaining a foothold.

All viruses mutate and they mutate often, says Andrew Pekosz, professor of molecular microbiology and immunology at Johns Hopkins Bloomberg School of Public Health. But when a mutation causes a virus to change its behavior — maybe the virus becomes more contagious or more lethal than previous versions — it gets [classified as a variant](#).

Delta — the World Health Organization (WHO) names coronavirus variants after Greek letters — is the latest variant of concern in the U.S. Here's what you need to know about it.

1. Delta is spreading quickly
2. Delta may cause different symptoms
3. The variant could be to blame for severe disease in some communities
4. COVID vaccines provide strong protection against delta
5. You may still want to keep your mask handy
6. Delta won't be the last variant to pop up
7. Be vigilant, not alarmed

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

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





NOVEL EXPRESSIONS *Art Contest*

Take part in an epic virtual summer reading art contest for rising sixth- through 12th-graders.

library.loudoun.gov/ARTCONTEST

W R I T E O N

Short Story Writing Contest

Adults 19 and older can submit entries online beginning Thursday, July 1, through Tuesday, Aug. 31.

library.loudoun.gov/writeon

“Best of” Internet Memes

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



**To My Children
Don't make fun of
having to help me
with Computer stuff...**

**I taught you how to
use a spoon.**

**BE GRATEFUL THAT
NO MATTER HOW
MUCH CHOCOLATE
YOU EAT, YOUR
EARRINGS
WILL STILL FIT.**

**I WOULDN'T DO
ANYTHING FOR A
KLONDIKE BAR,
BUT I'D DO SOME
SKETCHY STUFF
FOR SOME
COFFEE.**



****WORD SEARCH****



SUMMER

WORD SEARCH



Search for the twelve Summer themed words below.

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

BARBECUE

LEMONADE

SUNSCREEN

BEACH

POOL

SWIMMING

FLIP FLOPS

SUMMER

VACATION

ICE CREAM

SUNGLASSES

WATERMELON