

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 August 6, 2021

Face Masks Required Inside Loudoun County Facilities, Effective August 9, 2021

Face Masks:



- Required: In Loudoun County facilities, regardless of vaccination status
- Recommended: In all public indoor settings

<http://www.loudoun.gov/coronavirus>

LOUDOUN
COUNTY
VIRGINIA

Free COVID-19 Vaccine Events IN LOUDOUN COUNTY



Various Locations & Dates in
June, July & August 2021

Walk-ins welcome or
appointments can be made online.

<http://www.loudoun.gov/vaccineevents>

The Cascades Senior Center Walking Group is taking a FIELD TRIP!!

Join us for our first “**Trail Walk Field Trip**” to **Claude Moore Park** on **Monday, August 9**, for a fun 30-40 minute walk through their trails. We will provide **bus transportation to Claude Moore**, so **meet at the Cascades Senior Center at 9:15am** to board the bus so that we can leave promptly by 9:30am.

You **must RSVP** to participate in this field trip as the space on the bus is limited. Call Haley at the center, 571-258-3280.

What to bring?

Face mask required on bus and inside the center

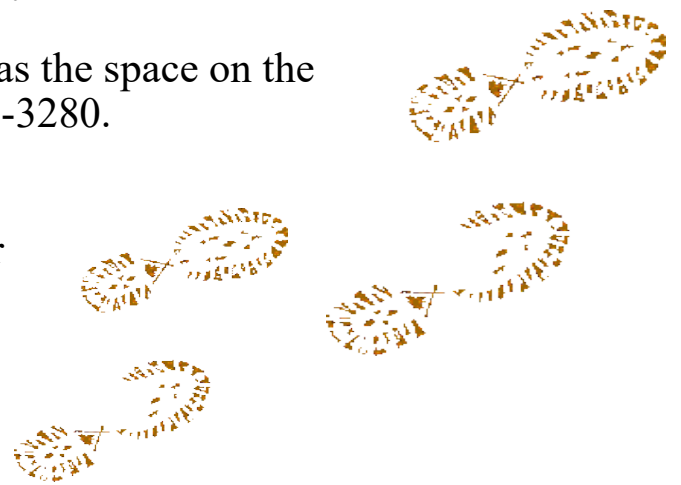
Water

Hat

Sturdy walking/hiking shoes

Bug spray if you feel you'll need it

The staff will have a first aid kit and extra water if anyone needs it.



CASCADES WALKING GROUP

TRAIL WALK FIELD TRIP

August 9, 2021

9:30 am

****CASCADES ACTIVITIES SCHEDULE****

MON 8/9	TUES 8/10	WED 8/11	THURS 8/12	FRI 8/13
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 9:00a-12:00p INOVA Blood Pressure Check 10:00a-11:00a Aerobics Video 10:30a-11:30a Conversational Spanish 11:00a-12:00p Beginner's Tai Chi 1:00p-3:00p 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) 10:30a-11:30a Indian Cultural Group 12:30p-2:30p Movie: "The Greatest Showman" 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-2:00p Music Jam Session 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>				
			*Game Time: Poker, Canasta, Dominoes, etc.	

What's for lunch at Cascades?

MON 8/9	TUES 8/10	WED 8/11	THURS 8/12	FRI 8/13
Stuffed Cabbage Corn Vegetable Medley Roll, Fruit & Milk Vegetarian meal Available	Broccoli Quiche Glazed Apples Summer Squash Vegetable Medley Roll, Fruit & Milk Vegetarian meal Available	Pork Chop Fettuccini Alfredo Spiced Applesauce Roll, Fruit & Milk Vegetarian meal Available	Hawaiian Chicken Yellow Rice Oriental Vegetables Roll, Fruit & Milk Vegetarian meal Available	Tuna Macaroni Salad Cheese Cubes Pickled Beets Roll, Fruit & Milk Vegetarian meal Available

****CASCADES ACTIVITIES SCHEDULE****

MON 8/16	TUES 8/17	WED 8/18	THURS 8/19	FRI 8/20
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) 10:30a-11:30A Indian Cultural Group 12:30p-2:00p Movie Day: "Beaches" 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 Danc- ing 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-2:00p Music Jam Session 1:00p-2:00p Special Presentation: "Understanding Medicare" 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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<p>*Game Time: Poker, Canasta, Dominoes, etc.</p>				

What's for lunch at Cascades?

MON 8/16	TUES 8/17	WED 8/18	THURS 8/19	FRI 8/20
Chili/Rice Tossed Salad Cornbread Fruit & Milk Vegetarian meal Available	Fish Sandwich Baked Potato Coleslaw Roll, Fruit & Milk Vegetarian meal Available	Spaghetti/Meat Sauce Garden Salad Roll, Fruit & Milk Vegetarian meal Available	Italian Sausage Braised Cabbage Parslied Potatoes Bread, Fruit & Milk Vegetarian meal Available	Chicken Salad/Bun Tortilla Chip Pasta Salad Roll, Fruit & Milk Vegetarian meal Available

It's a
"Lunchtime Sing-along"
featuring
Lori Stahl on piano!

Join us for a Lunchtime Sing-along
Friday, August 20th starting at 12:00pm!

Sing songs like: "My Way," "The Impossible Dream,"
"Annie's Song," "Somewhere Over the Rainbow,"
Patriotic Songs and more.

Join us during lunch and enjoy a special treat for
dessert!

(Lunch sign up is required)



Indian Cultural **GROUP**



WEDNESDAYS
10:00-11:30 A.M.

Open to anyone interested in attending
to celebrate Indian Culture

On the Big Screen

@ Cascades Senior Center

free for senior center members

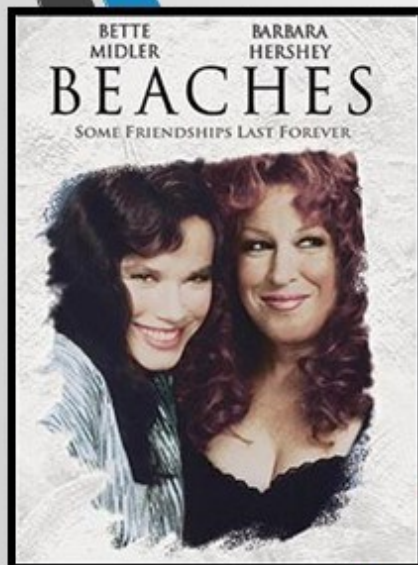


Wednesday August 11th @ 12:30pm

“The Greatest Showman”

2018 (PG-13)

Growing up in the early 1800s, P.T. Barnum displays a natural talent for publicity and promotion, selling lottery tickets by age 12. After trying his hands at various jobs, P.T. turns to show business to indulge his limitless imagination, rising from nothing to create the Barnum & Bailey circus. Featuring catchy musical numbers, exotic performers and daring acrobatic feats, Barnum's mesmerizing spectacle soon takes the world by storm to become the greatest show on Earth.



Wednesday August 18th @ 12:30pm

“Beaches” 1988 (PG-13)

Hillary (Barbara Hershey) and CC (Bette Midler) meet as children vacationing in Atlantic City, N.J., and remain friends throughout the decades. As CC, a loud New Yorker, pursues a singing career, Hillary, a staid Californian, becomes a successful lawyer. Over the years, they often quarrel or compete, but as other relationships flourish and die, the two women are always there for each other, traveling from coast to coast through the most tumultuous times.



Member Spotlight

Dennis Lee

**Member of
Cascades Senior
Center Since
2005**

What do you remember about the place you grew up?

I was born in Hong Kong, and I miss my homeland. Hong Kong is a fantastic city, especially at night. They have one of the best "DIM SUM" restaurants in Kowloon side called "Wong Kee."

What was your first car?

A 1966 midnight blue Chevrolet Nova. I bought it for dating, convenience, and getting to work.

When did you move to this area?

We moved from New York to Virginia in 2005. Our daughter got married here and we wanted to be close to family and watch our grand children grow up.

How did you first find out about the Cascades Senior Center?

A friend's parents, who were members, recommended it to me.

What was your favorite movie when you were younger?

My favorite movie is "Mary Poppins." I like the singing and the miracle story. I also enjoy watching cartoons

What was your first job?

My first job was a salesman for the Gamble department store in Philadelphia.

I heard you were an actor. Are you in any movies we would know?

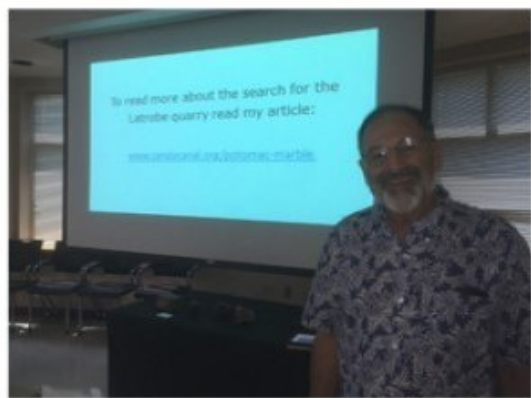
I was in the movie "The Interpreter" with Nicole Kidman. My role was the Chinese ambassador. The story is about an assassination of a diplomat who is making a speech. The movie was filmed at the United Nations in New York City. My friend, who is an actor, convinced me to try out. I went to an audition and the next day I got the job.

What things have you discovered that are most important in life?

I would say all family should be together in one State. That's important.



Keep an eye on your e-newsletters for more exciting presentations coming to the Cascades Senior Center in the months ahead!



Special thanks to our guest speaker, Paul Kreingold, who gave a very interesting and thought-provoking presentation about “Potomac Marble” which was used to rebuild the Capital building after it was destroyed by invading British troops in 1814.

The Perseid Meteor Shower

Every year, our planet crosses the orbital path of Comet Swift-Tuttle. Debris from the comet litters its orbit, but we don't really get into the thick of the comet rubble until after the first week of August. The bits and pieces from Comet Swift-Tuttle slam into the Earth's upper atmosphere at some 130,000 miles per hour, lighting up the nighttime with fast-moving Perseid meteors. The Perseid meteor shower is expected to produce the most meteors in the predawn hours of August 11, 12 and 13, in a dark, moonless sky. Experts say no special equipment is needed. Just get comfortable in a lawn chair and give yourself at least an hour of observing time because meteor showers come in spurts with lulls in between.





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

Understanding Medicare:
*Differences Between Original Medicare
and Medicare Advantage*

Cascades Senior Center
August 19, 2021
1:00pm – 2:00pm



**Presented by Loudoun
County VICAP**

State Health Insurance and Assistance Program

703-737-8036

www.loudoun.gov/aaa





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.



August 17, 2021
9:00am-11:30am

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



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

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 & WHYTO 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.

CASCADES SENIOR CENTER

VOLUNTEERS NEEDED!



**Interested in
joining us?**



Call us at 571-258-3280 .
Looking forward to your help!

WE NEED:

- KITCHEN VOLUNTEERS
- FRONT DESK VOLUNTEERS

Troubleshooting Medicare Coverage Problems

Understand your Medicare notices

If you have Original Medicare, you typically receive a **Medicare Summary Notice (MSN)** from Medicare every three months. Your MSN is not a bill. To understand your MSN:

- Read the definitions and descriptions of services carefully.
- Check the notes section. This is where Medicare may further explain its payment decisions or give you other important information.
- If a service you received is not covered, you should appeal. Instructions and deadlines regarding appeals will be on the final page of your MSN, titled "How to Handle Denied Claims or File an Appeal."
- If you are unsure of anything on your MSN, or if you lose an MSN or need a duplicate copy call 1-800-MEDICARE or visit www.medicare.gov



If you have a Medicare Advantage or Part D prescription drug plan, you typically receive an **Explanation of Benefits (EOB)** from your plan each month. Your EOB is not a bill. Although each insurance plan has its own format for an EOB, there is certain information that must be included in each notice. To understand your EOB:

- Read the information and the services listed in the notice carefully.
- Check the notes section, including the footnotes. This is where the plan may explain its payment decisions.
- If a service you received is not covered, you should appeal. Instructions on appealing the plan's decision are listed at the end of the EOB. You can also contact your State Health Insurance Assistance Program (SHIP) for help making an appeal. To find your SHIP, call 877-839-2675 or visit www.shiphelp.org
- Call your Medicare Advantage Plan or Part D prescription drug plan if you have any questions or if you need a new copy of your EOB.

Troubleshooting Medicare Coverage Problems

Learn Medicare coverage rules

You do not need to know all of Medicare's coverage rules, but before getting a service, check to make sure Medicare covers it and if there are any steps you must take to receive it. If Original Medicare or your Medicare Advantage Plan does not cover a service, it may be because you did not follow coverage rules.

- To learn about **Original Medicare's coverage of a needed service**, call 1-800-MEDICARE, visit www.medicare.gov, read the relevant sections of your *Medicare & You* handbook, and/or speak with your provider.
- To learn about how your **Medicare Advantage Plan covers a needed service**, call your plan, read your plan's benefits handbook and/or speak with your provider.

Know who to contact for assistance when issues arise

1-800-MEDICARE: Contact Medicare to learn about coverage rules, to find health care providers and suppliers in your area that participate in Medicare, to request a replacement Medicare card, and to learn about Medigaps in your state.

Medicare Advantage or Part D Plan: Contact your plan with questions about your plan's coverage rules and costs. You can also contact your plan to ask more about why it denied a service or to file a grievance about customer service or administrative errors.

Social Security Administration (SSA): Contact SSA for Part A and B enrollment and premium issues, address changes, or replacement Medicare cards.

State Health Insurance Assistance Program (SHIP): Contact your SHIP for personalized counseling around your Medicare.

Beneficiary and Family Centered Care—Quality Improvement Organization (BFCC-QIO): Contact the BFCC-QIO with complaints about the quality of your care. You can find your BFCC-QIO by visiting <http://www.qioprogram.org/contact>

Senior Medicare Patrol (SMP): If you believe you may be experiencing Medicare fraud, call your SMP. If you believe you are experiencing fraud because of a mistake on your MSN or EOB, first contact your provider or plan to check if they made a billing error.

Troubleshooting Medicare Coverage Problems

Identify and report Medicare fraud, errors, or abuse

It is important to protect your Medicare number and only give it to your doctors and other providers. Be careful when others ask for your personal information or offer free products and services if you provide your Medicare number. Check your MSNs or your EOBs regularly to check for any suspicious charges or errors. Also, remember that providers are not permitted to routinely waive cost-sharing, offer gifts, or financial incentives for you to receive products and services from them. If you see any suspicious charges or have any reason to believe your provider is inappropriately billing Medicare, call your provider to see if they have made a billing error. If you suspect you are experiencing Medicare fraud, errors, or abuse, contact your **Senior Medicare Patrol (SMP)**.

Local SHIP contact information	Local SMP contact information
SHIP toll-free: 703-737-8036	SMP toll-free: 1-800-938-8885
SHIP email: aaamedicare@loudoun.gov	SMP email:
SHIP website: VICAP Medicare Counseling Program Loudoun County, VA - Official Website	SMP website: https://virginiasmp.com
To find a SHIP in another state: Call 877-839-2675 or visit www.shiphelp.org	To find an SMP in another state: Call 877-808-2468 or visit www.smpresource.org

SHIP National Technical Assistance Center: 877-839-2675 | www.shiptacenter.org | info@shiptacenter.org

SMP National Resource Center: 877-808-2468 | www.smpresource.org | info@smpresource.org

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****KITCHEN CORNER****

Smoothie Bowls

Mango Madness

INGREDIENTS:

2 1/2 cups mango
1/2 banana
1/2 cup carrot juice
1/2 cup orange juice

Creamy Dreamy Green Smoothie

INGREDIENTS:

1 cup frozen pineapple
1 cup frozen mango
1/2 banana (fresh or frozen)
1 cup full fat coconut milk
1 cup spinach

Peachy Keen Smoothie Bowl

INGREDIENTS:

2 cups frozen peaches
1/2 cup plain yogurt
1/2 banana
1/2–1 Tbsp honey (optional)
1–2 drops almond extract

Pretty Pitaya (or acai)

INGREDIENTS:

1 packet pitaya or acai puree
1 banana (fresh or frozen)
1 1/2 cups frozen strawberries (or mixed berries)
1/2 cup orange or apple juice (or milk)
1/2 cup water

Berry-licious Smoothie Bowl

INGREDIENTS:

3/4 cup frozen strawberries
3/4 cup frozen raspberries
3/4 cup frozen blueberries
3/4 cup spinach
3/4 cup orange juice (plus more, if needed for blending)

INSTRUCTIONS:

Add all ingredients to a blender and puree until smooth. Top with your favorite fresh fruit, granola, or nuts!

NOTES:

Pour the leftover smoothie into [a popsicle mold](#) for a snack later.

Topping ideas: chia, flax, or hemp seeds, cacao nibs. Include a little fat or protein with your smoothie. A dollop of almond butter, or yogurt, or a splash of full-fat coconut milk! Or, in the toppings: chia, flax, or hemp seeds, cacao nibs, granola, nuts, or coconut shavings. This will keep it from being a pure sugar/carbohydrate rush.

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



your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

Weekly Program Schedule

Virtual Programs

Monday, Aug. 9

2 p.m. — Advanced ESOL English Practice: Work on your English in this conversation-based program.

Tuesday, Aug. 10

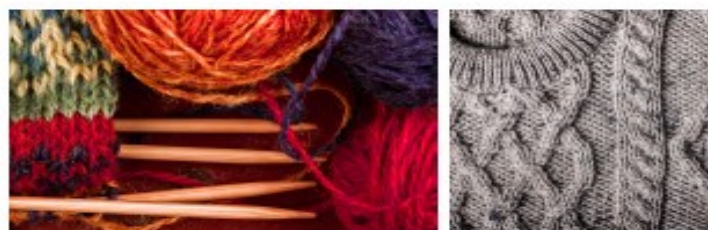
Noon — Midday Meditation: Experience a sound bath meditation with George Mason University yoga teacher Yvonne Parrotte.

4 p.m. — Introduction to D&D: Learn the basics of playing *Dungeons and Dragons*.

6 p.m. — Pilates at the Wall: Practice exercises using a wall to better understand your alignment and then take that awareness to your mat. Leave feeling more connected to your center. No experience necessary.

Wednesday, Aug. 11

6:30 p.m. — Traditional Knitting from England, Ireland and Scotland: Using images of garments and knitters, Melissa Weaver-Dunning shares the history behind fishermen's ganseys, Fair Isle multicolored patterned knitting, Aran cable knitting and delicate Shetland lace. Co-sponsored by The Fiber Guild of the Blue Ridge.



Subscribe to our YouTube channel to access recordings of our virtual programs.



Thursday, Aug. 12

6:30 p.m. — Meal Planning: Stick to your diet and fitness goals by having healthy meals and snacks readily available. Registered Dietitian Nutritionist Kristin Walsh offers tips for choosing foods, stocking your fridge and pantry, keeping food safe and making no-cook items.



Friday, Aug. 13

11 a.m. — Online Storytime: Join Ms. Liesl from Cascades Library for rhymes, songs, tickles and bounces.

4 p.m. — Watercolor Workshop: Gain experience painting in a loose, fluid style. Artist Jyotsna Umesh demonstrates brush strokes and other techniques.

Saturday, Aug. 14

11 a.m. — Wildlife Ambassadors: Meet amazing animals from around the world and your own backyard. Learn about their natural history as well as ways you can help native wildlife.

Links for these virtual programs and the complete calendar are available at library.loudoun.gov/calendar.



your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

In-Person Programs

Monday, Aug. 9

10 a.m. — Outdoor Family Storytime, Cascades Library

10 a.m. — Messy Monday, Lovettsville Library: Listen to stories and paint with bubbles.

10:15 a.m. — Family Storytime, Purcellville Library

10:30 a.m. — Outdoor Family Storytime, Cascades Library

Noon — Homeless Outreach Drop-In, Rust Library: Staff members from PATH provide information and resources from noon to 1:30 p.m. to assist individuals experiencing homelessness in Loudoun County.

2 p.m. — Make-and-Take Craft Drop-In for Kids: CD Spinners, Gum Spring Library: Stop by between 2 and 5 p.m.

4 p.m. — Mario Golf Super Rush Teen Open, Cascades Library: Compete for gold and decorate golf balls to display in your room or use on a real fairway.

4 p.m. — Maker Monday for Kids, Middleburg Library

7 p.m. — Adult Book Club, Middleburg Library: Discuss *The Disappearing Spoon* by Sam Kean.

Tuesday, Aug. 10

10 a.m. — Create Playdate: Balls, Beanbags, Bubbles, Ashburn Library: Meet under the trees on the pond side of the library between 10 a.m. and noon for kid-focused fun.

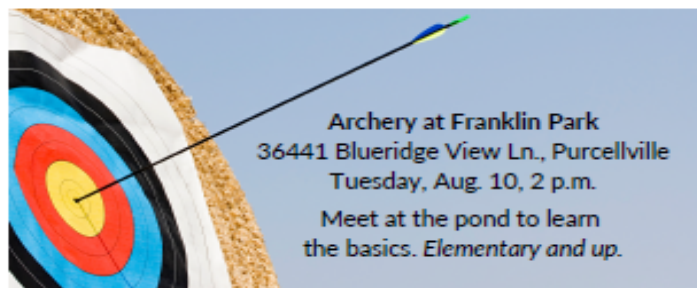
10:30 a.m. — Outdoor Family Storytime, Middleburg Library

2 p.m. — Outdoor Games, Lovettsville Library: Stop by between 2 and 4 p.m. to build and play.

2 p.m. — DIY Teens: Acrylic Pour Art, Rust Library: Decorate wood coasters.

2 p.m. — Tech Tuesday, Rust Library: Visit from 2 to 4 p.m. for help with your phone, tablet or computer.

2 p.m. — Teen Tuesday: Board Game Club, Sterling Library



Tuesday, Aug. 10 (continued)

3 p.m. — Become a Mindful Student, Brambleton Library: Have the back-to-school jitters? Learn the basics of mindfulness, the ability to "ground" yourself in the moment, and how to use meditation to become a better, more focused student. *For Grades 3-5.*

4 p.m. — Summer Fun Photo Contest Q&A for Teens, Brambleton Library: Find out how to enter the contest and get tips for making outstanding photos.

7 p.m. — Water Fun for Kids, Gum Spring Library: Create a splash in the parking lot behind the library.

7 p.m. — ESOL: English Conversation Group, Gum Spring Library

7 p.m. — ESOL: English Conversation Group, Purcellville Library

Wednesday, Aug. 11

10:15 a.m. — Outdoor Family Storytime, Purcellville Library

10:30 a.m. — ESOL: English Conversation Group, Rust Library

11 a.m. — ESOL: English Conversation Group, Brambleton Library

NOTE: Outdoor programs may be canceled or moved indoors in case of rain or temperatures above 90 degrees. Please check with the host branch for updates.



For complete details, visit
library.loudoun.gov/calendar.

To request a reasonable accommodation for a disability, call 703-777-0368. Three days' notice is requested.

your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

In-Person Programs

Wednesday, Aug. 11 (continued)

11 a.m. — **Outdoor Family Storytime**, Rust Library
11 a.m. — **Outdoor Family Storytime**, Sterling Library
1 p.m. — **Adult Book Club**, Purcellville Library: Discuss *Bad Blood: Secrets and Lies in a Silicon Valley Startup* by John Carreyrou.
2 p.m. — **Make-and-Take Craft Drop-In for Kids: Fireflies**, Brambleton Library: Visit between 2 and 5 p.m.
2 p.m. — **Teen Video Game Hangout: XBOX One**, Lovettsville Library
6 p.m. — **Teen Creative Writing Workshop: Inspiration and Tips**, Gum Spring Library: Hone your storytelling with the help of author Ernest Solar, who discusses crafting a plot, enhancing the story's conflict and resolution, developing a setting and creating memorable characters.
6 p.m. — **Swamp Creature Workshop for Teens and Adults: Part 2**, Lovettsville Library: Make a monster decoration. Part 2: Paint your clay and apply moss.
6 p.m. — **Strategy Gaming for Adults**, Rust Library: Instruction for newcomers provided.
6:30 p.m. — **Outdoor Family Storytime**, Cascades Library
7 p.m. — **Story Stroll**, Gum Spring Library: Meet at the StoryWalk® welcome sign outside the library for stories and songs as you walk around the pond.
7 p.m. — **Adult Book Club**, Sterling Library: Discuss *The Library Book* by Susan Orlean.

Thursday, Aug. 12

10 a.m. — **ESOL: English Conversation Group**, Ashburn Library
1 p.m. — **ESOL: English Conversation Group**, Gum Spring Library
2 p.m. — **Teen Video Game Hangout: Wii Switch**, Purcellville Library
2 p.m. — **Tech Thursday**, Rust Library: Visit between 2 and 4 p.m. for help with your phone, tablet or computer.
6:30 p.m. — **Teen Movie Night**, Lovettsville Library: Watch *Godzilla*, *Mothra*, *King Ghidorah: Giant Monsters All-Out Attack* (2001), rated PG-13, 105 minutes.
7 p.m. — **Writing Workshop: How to Write a Scene**, Ashburn Library: Author Linda Budzinski helps you draft an effective scene through guided exercises that focus on action, dialogue, internal dialogue and description.
7 p.m. — **ESOL: English Conversation Group**, Cascades Library

Thursday, Aug. 12 (continued)

7 p.m. — **Master Gardeners: Trails at the Museum of the Shenandoah Valley**, Rust Library: Perry Mathewes, director of gardens at the museum, describes its new trails and the paths' art and landscape installations.

Friday, Aug. 13

10 a.m. — **Outdoor Family Storytime**, Ashburn Library
10 a.m. — **Stuffed Animal Sleepover**, Cascades Library: Bring your stuffed animal to the library between 10 a.m. and 4 p.m. Pick up your friend the next day and see photos of their adventures.
11 a.m. — **Feed Your Creative Soul**, Purcellville Library: Paint a terracotta pot. *For adults.*
1 p.m. — **Water Gun Painting for Teens**, Ashburn Library
2 p.m. — **Front Yard Friday**, Rust Library: Enjoy fun outdoor activities for kids.

Saturday, Aug. 14

10 a.m. — **Outdoor Family Storytime**, Ashburn Library
11 a.m. — **Sweet Tea Sips and Publishing Tips: Writing Romance**, Lovettsville Library: Authors Sunny Bentley, Tracee Garner and Natalina Reis offer tips on writing romance fiction.
Noon — **Economics Book Club**, Rust Library: Discuss *The Deficit Myth* by Stephanie Kelton, chapters 5-8.

Live Music at LCPL

Guitarist Brian Slaymaker at Gum Spring Library
Friday, Aug. 13, 2 p.m.

Enjoy classical selections as well as flamenco and classic rock arrangements.

Loudoun Jazz Society at Ashburn Library
Saturday, Aug. 14, 2 p.m.

Wayland Coker, John Kocur and Matt Trimboli perform jazz tunes made famous by Louis Armstrong, Ella Fitzgerald, Chet Baker and Miles Davis.

Lisa Fiorilli Jazz Trio at Rust Library
Saturday, Aug. 14, 2 p.m.

Listen to jazz standards and not-so-standard jazz favorites, from Victor Young's *Beautiful Love* to John Hiatt's *Have a Little Faith*.

****1950'S SONG WORD SEARCH****

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

BLUEBERRY HILL
BO DIDDLEY
BYE BYE LOVE
CRAZY ARMS
DJANGO
DONNA
EVERYDAY
FEVER
HEARTBREAK HOTEL
HONKY TONK

HOUND DOG
JAILHOUSE ROCK
KANSAS CITY
LA BAMBA
LONELY TEARDROPS
LONG TALL SALLY
MACK THE KNIFE
MANNISH BOY
MAYBELLENE
MISTY

MONA LISA
MOVE IT
MYSTERY TRAIN
NIGHT TRAIN
ONLY YOU
PEGGY SUE
RAVE ON
RED HOT
RIP IT UP
RUMBLE

SEARCHIN'
SHOUT
SIXTEEN TONS
SPEEDO
SUZIE Q
TAKE FIVE
TEQUILA
TUTTI FRUTTI
YAKETY YAK
YOU SEND ME