

# CASCADES SENIOR CENTER newsletter

March 2022

## Manager's Note

### March is National Nutrition Month®

**National Nutrition Month®** is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year, the National Nutrition Month® theme is "Celebrate a World of Flavors." This theme embraces global cultures, cuisines and inclusivity. We are all unique with different bodies, goals, backgrounds and tastes. Consider turning over a new leaf with more fruits and vegetables.

Registered Dietitian Nutritionists (RDNs) play an important role in celebrating National Nutrition Month® by promoting the importance of making informed food choices while developing both sound eating and physical activity habits.



**Meet Anu Kaur**, Registered Dietitian Nutritionist (RDN), Loudoun County Area Agency on Aging.

For the last 20 plus years, Anu Kaur, MS, RDN, RYT-500 has worked with patients and clients to help them manage how to eat healthier foods and focus on their well-being. Anu strives to help support each person to find their optimal nutrition through a personalized lifestyle medicine approach. Anu meets individuals where they are and guides from a place of compassion. She has been working with Loudoun County residences and group homes for the last 14 years and joined AAA in 2020. She lives in Loudoun county area and enjoys gardening, writing, jogging and cultivating a mind-body connection through yoga and meditation. But most importantly, Anu thrives when she is part of community. In her role with AAA, Anu helps high risk clients who have been referred to address their nutrition needs. She is also contracted to train Café Supervisors and other staff in working with and educating seniors in basic good nutrition.



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

**LOUDOUN.GOV/PRCS**

FOR ACCESSIBILITY REQUESTS: CONTACT [ADAPTREC@LOUDOUN.GOV](mailto:ADAPTREC@LOUDOUN.GOV), 703-777-0343, TTY: 711

# March Activity Calendar



TUES 3/1	WED 3/2	THURS 3/3	FRI 3/4
<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Intermediate Conversational Spanish <b>10:30a</b> Yoga (V & Live) <b>11:00a</b> Advanced Conversational Spanish <b>11:00a</b> Beginner's Tai Chi <b>12:00p</b> Lunch <b>2:00p</b> Pickle Ball <b>2:30p</b> Teen Tech (V)	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cultural Gp <b>10:00a</b> O'Heck <b>10:15a</b> Beginner's Line Dancing <b>10:30a</b> Yoga (V) <b>10:30a</b> Learn Russian <b>11:00a</b> Ballroom Dancing <b>12:00p</b> Lunch <b>12:30p</b> Movie Day <b>1:00p</b> Computer Lab Walk-in Tech Help	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:30a</b> Bingo <b>11:00a</b> Pinochle <b>11:00a</b> Zumba <b>12:00p</b> Lunch <b>1:00p</b> Game Time <b>2:00p</b> Learn Mandarin (V) <b>2:00p</b> Current Events <b>2:00p</b> Pickle Ball	<b>9:00a</b> Aerobics Video <b>9:30a</b> Knit & Crochet <b>10:00a</b> Aerobics Video <b>10:00a</b> Canasta <b>10:30a</b> Yoga (V & Live) <b>11:00a</b> Tai Chi <b>12:00p</b> Lunch <b>12:50p</b> Bingo <b>1:00p</b> Line Dancing Improver/Low Intermediate <b>2:00p</b> Game Time  <b>No Bunco Today</b>
3/7	3/8	3/9	3/10
<b>9:00a</b> Aerobics Video <b>9:15a</b> ESL Class (V) <b>9:30a</b> Beginner's Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:30a</b> Scottish Dance <b>12:00p</b> Lunch <b>12:30p</b> Duplicate Bridge <b>12:50p</b> Bingo <b>1:00p</b> Game Time <b>1:30p</b> Crochet Activity	<b>9:00a</b> Aerobics Video <b>9:00a</b> INOVA Blood Pressure Check <b>10:00a</b> Aerobics Video <b>10:00a</b> Intermediate Conversational Spanish <b>10:30a</b> Yoga (V & Live) <b>11:00a</b> Advanced Conversational Spanish <b>11:00a</b> Beginner's Tai Chi <b>12:00p</b> Lunch <b>12:30p</b> Adv. Ukulele Jam <b>1:15p</b> Beginner's Ukulele <b>2:00p</b> Pickle Ball <b>2:30p</b> Teen Tech (V)	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cult'l Group <b>10:00a</b> O'Heck <b>10:00a</b> Fraud and Scam Presentation <b>10:15a</b> Beginner's Line Dancing <b>10:30a</b> Yoga (V) <b>10:30a</b> Learn Russian <b>11:00a</b> Ballroom Dancing <b>12:00p</b> Lunch <b>12:30p</b> Movie Day <b>1:00p</b> Computer Lab: Intro to Amazon Presentation <b>1:00p</b> Beginners Spanish II <b>3:00p</b> Bingocize Info Session (V)	<b>9:00a</b> Aerobics Video <b>9:30a</b> Knit & Crochet <b>10:00a</b> Aerobics Video <b>10:00a</b> Canasta <b>10:30a</b> Yoga (V & Live) <b>11:00a</b> Tai Chi <b>12:00p</b> Lunch <b>12:50p</b> Bingo <b>1:00p</b> Line Dancing Improver/Low Intermediate <b>2:00p</b> Game Time  

**Trip to Store**

**Wed. 3/9 (Walmart)**

**Wed. 3/23 (Lidl & Coco's)**



## SATURDAY SCHEDULE

**Knit & Crochet Class (9:00am-11:00am)**

**Pickle Ball (8:15am-11:30am)**

**Open Computer Lab (8:00am-11:30am)**

**Aerobics & Exercise Rooms (8:00am-11:30am)**

**Game Time & Billiards Room (8:00am-11:30am)**

**Lunch Menu**

**CLICK HERE**



MON 3/14	TUES 3/15	WED 3/16	THURS 3/17	FRI 3/18
<b>9:00a</b> Aerobics Video <b>9:15a</b> ESL Class (V) <b>9:30a</b> Beginner's Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:30a</b> Scottish Dance <b>12:00p</b> Lunch <b>12:30p</b> Duplicate Bridge <b>12:50p</b> Bingo <b>1:00p</b> Game Time <b>1:30p</b> Crochet Activity	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Intermediate Conv. Spanish <b>10:30a</b> Yoga (V & Live) <b>11:00a</b> Adv. Conv. Spanish <b>11:00a</b> Beginner's Tai Chi <b>12:00p</b> Lunch <b>12:30p</b> Adv. Ukulele Jam <b>1:15p</b> Beginners Ukulele <b>2:00p</b> Pickle Ball <b>2:00p Book Club</b> (3rd Tues Only) <b>2:30p</b> Teen Tech (V)	<b>9:00a</b> Aerobics Video <b>9:00a</b> <b>CURIO SALE</b> <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cultural Group <b>10:00a</b> O'Heck <b>10:15a</b> Beginner's Line Dancing <b>10:30a</b> Yoga (V) <b>10:30a</b> Learn Russian <b>11:00a</b> Ballroom Dancing <b>12:00p</b> Lunch <b>12:30p</b> Movie Day <b>1:00p</b> Computer Lab Walk-in Tech <b>1:00p</b> Beginners Spanish II	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:30a</b> Bingo <b>11:00a</b> Pinochle <b>11:00a</b> Zumba <b>11:30a</b> <b>St. Patrick's Day Luncheon</b> <b>1:00p</b> Game Time <b>2:00p</b> Learn Mandarin (V) <b>2:00p</b> Current Events <b>2:00p</b> Pickle Ball 	<b>9:00a</b> Aerobics Video <b>9:30a</b> Knit & Crochet <b>10:00a</b> Aerobics Video <b>10:00a</b> Canasta <b>10:30a</b> Yoga (V & Live) <b>11:00a</b> Tai Chi <b>12:00p</b> Lunch <b>12:50p</b> Bingo <b>1:00p</b> Line Dancing Improver/Low Intermediate <b>2:00p</b> Game Time <b>2:00p</b> Bunco (Makeup date)

3/21	3/22	3/23	3/24	3/25
<b>9:00a</b> Aerobics Video <b>9:15a</b> ESL Class (V) <b>9:30a</b> Beginner's Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:30a</b> Scottish Dance <b>12:00p</b> Lunch <b>12:30p</b> Duplicate Bridge <b>12:50p</b> Bingo <b>1:00p</b> Game Time <b>1:30p</b> Crochet Activity	<b>9:00a</b> Aerobics Video <b>9:00a</b> <b>INOVA Blood Pressure Check</b> <b>10:00a</b> Aerobics Video <b>10:00a</b> Intermediate Conv Spanish <b>10:30a</b> Yoga (V & Live) <b>11:00a</b> Adv. Conv Spanish <b>11:00a</b> Beginner's Tai Chi <b>12:00p</b> Lunch <b>12:30p</b> Adv. Ukulele Jam <b>1:15p</b> Beginners Ukulele <b>2:00p</b> Pickle Ball <b>2:30p</b> Teen Tech (V)	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cult'l Grp <b>10:00a</b> O'Heck <b>10:00a</b> <b>Women's History Presentation</b> <b>10:00a</b> <b>Hearing Screenings</b> <b>10:15a</b> Beginner's Line Dancing <b>10:30a</b> Yoga (V) <b>10:30a</b> Learn Russian <b>11:00a</b> Ballroom Dancing <b>12:00p</b> Lunch <b>12:30p</b> Movie Day <b>1:00p</b> Computer Lab: iPhone camera, facetime, texting and tools <b>1:00p</b> Beginners Spanish II	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:30a</b> Bingo <b>11:00a</b> Pinochle <b>11:00a</b> Zumba <b>12:00p</b> Lunch <b>1:00p</b> Game Time <b>2:00p</b> Learn Mandarin (V) <b>2:00p</b> Current Events <b>2:00p</b> Pickle Ball	<b>9:00a</b> Aerobics Video <b>9:30a</b> Knit & Crochet <b>10:00a</b> Aerobics Video <b>10:00a</b> Canasta <b>10:30a</b> Yoga (V & Live) <b>11:00a</b> Tai Chi <b>12:00p</b> Lunch <b>12:50p</b> Bingo <b>1:00p</b> Line Dancing Improver/Low Intermediate <b>2:00p</b> Game Time

3/28	3/29	3/30	3/31	
<b>9:00a</b> Aerobics Video <b>9:15a</b> ESL Class (V) <b>9:30a</b> Beginner's Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:30a</b> Scottish Dance <b>12:00p</b> Lunch <b>12:30p</b> Duplicate Bridge <b>12:50p</b> Bingo <b>1:00p</b> Game Time <b>1:30p</b> Crochet Activity	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Intermediate Conv Spanish <b>10:30a</b> Yoga (V & Live) <b>11:00a</b> Adv. Conv Spanish <b>11:00a</b> Beginner's Tai Chi <b>12:00p</b> Lunch <b>12:30p</b> Adv. Ukulele Jam <b>1:15p</b> Beginners Ukulele <b>2:00p</b> Pickle Ball <b>2:30p</b> Teen Tech (V)	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cult'l Grp <b>10:00a</b> O'Heck <b>10:15a</b> Beginner's Line Dancing <b>10:30a</b> Yoga (V) <b>10:30a</b> Learn Russian <b>11:00a</b> Ballroom Dancing <b>12:00p</b> Lunch <b>12:30p</b> Movie Day <b>1:00p</b> Computer Lab: Walk-in Tech help <b>1:00p</b> Beginners Spanish II	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:30a</b> Bingo <b>11:00a</b> Pinochle <b>11:00a</b> Zumba <b>12:00p</b> Lunch <b>1:00p</b> Game Time <b>2:00p</b> Learn Mandarin (V) <b>2:00p</b> Current Events <b>2:00p</b> Pickle Ball	



*Please Join Us!*

GRAND OPENING  
OF THE **STERLING**  
**COMMUNITY CENTER**



Saturday, March 5, 2022, 10:00 a.m.

120 Enterprise St.  
Sterling, VA 20164  
[prcs@loudoun.gov](mailto:prcs@loudoun.gov)

LOUDOUN  
COUNTY  
VIRGINIA

Parks, Recreation and  
Community Services



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

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**Scottish Dance Returns  
Monday, March 7<sup>th</sup> at  
10:30am!**

**Scottish Dance is broken  
down into simple steps  
that are woven into a  
larger group dance.  
Everyone is welcome!**

## **Line Dancing Class Update**

Line Dancing Classes scheduled for  
the month of March:

Monday's, 9:30am, Beginner's Line  
Dancing

Wednesday's, 10:15am, Beginner's  
Line Dancing

Friday's, 1:00pm, Line Dancing  
Improver/Low Intermediate



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**Programming Announcement:  
Beginning Spanish II**

**Wednesday, March 9th – Wednesday, May 18th**

**Classes will be Wednesdays 1:00-2:15pm  
at Cascades Senior Center**

**Cost: \$21/members; \$41/non-members**

This fun 10-session course is for the beginning student or student who needs to refresh his/her beginning skills. Pre-requisite: Beginner I or its equivalent. New students will need to purchase an all-levels textbook (\$20). Space is limited.

**Contact the senior center to sign up or if you have  
any questions, 571-258-3280**



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CASCADES SENIOR CENTER

# PRESENTATION

## Fraud and Scam Prevention: What you need to know

Join DFC Ethan Martin of the Loudoun County Sheriff's Dept for a look at the latest scams involving intimidation and scare tactics. Plus, learn how the scammers are impersonating your utility company to get you to pay them!



**WEDNESDAY, MARCH  
9TH AT 10:00AM**

**SIGN UP IN ADVANCE.  
CALL PAUL AT 571-258-  
3280 TO RESERVE YOUR  
SEAT!**



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# WHAT IS BINGOCIZE®?

Join us for a one-hour virtual information session to learn about Bingocize®, how to play (and win prizes!), what the benefits are and how to sign up for the next Bingocize® workshop.

**Wednesday, March 9 from 3-4pm**

*To register,  
call the office at the  
Cascades Senior Center  
**571-258-3280**  
You will receive a Zoom  
link to join*



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CASCADES SENIOR CENTER

# CURIO SALE!



From 9am to 11am  
Cascades Senior Center  
Multi Purpose Movie Room

WEDNESDAY MARCH 16

GENEROUSLY PRICED ITEMS FOR EVERY  
OCCASION



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Cascades Senior Center's  
**St. Patrick's  
Day Luncheon**

ENJOY TRADITIONAL IRISH FOOD!  
ENTERTAINMENT PROVIDED BY THE  
CELTIC RHYTHM SCHOOL OF DANCE!

*\*MUST SIGN UP FOR LUNCH  
AND WEAR YOUR GREEN!*

**THURSDAY, MARCH 17TH @ 11:45AM**



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# CASCADES SENIOR CENTER CELEBRATES WOMEN'S HISTORY MONTH

Enjoy movie presentations every  
Wednesday featuring noteworthy women  
that deserve recognition



During the Civil War, Loudoun's Unionist villages were often occupied by Confederate forces. In Waterford, three Quaker girls defied their state to publish a pro-Union newspaper despite threats against their lives and freedom. Join Anne Marie Chirieleison, Executive Director of the Loudoun Heritage Farm Museum, for a live presentation that explores the lives of Lizzie Dutton, Lida Dutton, and Sarah Steer.

**Wednesday, March 23, 2022 | 10:00am-11:00am**

MUST REGISTER TO ATTEND  
CALL PAUL AT 571-258-3280 TO RESERVE YOUR SEAT



**FREE Hearing Screenings**  
**Wednesday, March 23, 2022**  
**10:00 a.m. – 1:00 p.m.**  
**Cascades Senior Center**  
**Sponsored by**  
**Northern Virginia Resource**  
**Center (NVRC)**

**The purpose of the screening is to see if you could benefit from an evaluation by an audiologist. NVRC is a non-profit, there are no sales involved.**

**Hearing Screenings take approximately 30 minutes.**  
**Limited number of seats available.**

**To sign up, you must contact Paul at the Cascades Senior Center at**  
**571-258-3280.**

**Screenings will be conducted by:**  
**Joan Ehrlich**  
**Loudoun County Outreach Specialist**

**For more information, email [jehrich@nvrc.org](mailto:jehrich@nvrc.org)**



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***Need some help?***

Wednesday Tech Classes @ 1:00pm  
in the Cascades Senior Center Computer Lab

*March 2nd: Walk-in Tech help*  
*March 9th: Intro to Amazon Prime, Video, Music and Alexa*  
*March 16th: Walk-in Tech help*  
*March 23rd: Intro to iPhone's Camera, Tools, Facetime and Texting*  
*March 30th: Walk-in Tech help*

**Limited Seating. Must sign up in advance.**  
**Call the senior center at 571-258-3280.**



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# Yoga Class Update

Yoga class is back in person at  
Cascades Senior Center, Tuesdays  
and Fridays from 10:30am-11:30am  
starting March 1<sup>st</sup>.

Yoga will continue on the Zoom App  
Monday, Tuesday, Wednesday, and Friday  
10:30am-11:30am.

If you wish to join Zoom Yoga, please call Paul at  
the senior center, 571-258-3280. He will email  
you the Zoom link to enter the class.

*Reminder: All virtual classes are for Loudoun County Senior Center  
members only. Thank you.*



zoom



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# TRIP TO STORE



**MARCH 9**

**WALMART**

**MARCH 23**

**LIDL & COCOS**

**REGISTRATION REQUIRED**

**BUS LEAVES AT 12:30 PM**



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Free  
Entry

Cascades Senior Center's

# PING PONG Tournament

If you are interested in playing in this co-ed, single elimination tournament, you must contact Paul (571-258-3280), before March 31<sup>st</sup>.

**WEDNESDAY APRIL 6th**  
**10:00am-2:00pm**



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# What's Happening at Cascades Senior Center?



**Be sure to check the Events Board in the hallway for special events or presentations going on throughout the month.**



**Thank you to Lisa Braun-Montalvo, Danielle Brosan and Chief Harasek for the informative presentation regarding heart health for Heart Health Month.**

**And thank you to Anne Marie Chirielesion for her presentation entitled, "The Story Behind the silos: African American Farmers in Countryside" for Black History Month.**



## DID YOU KNOW?

The History Of The Most Popular St. Patrick's Day Foods

Some of your favorite Irish foods might not be all that Irish after all.

## QUICK &amp; EASY CORNED BEEF &amp; CABBAGE FROM PAULA DEEN!

## Ingredients

- 4 slices bacon
- 4 tablespoons butter
- 1 head green cabbage, coarsely chopped
- 1 can corned beef
- 1/3 cups water
- salt
- black pepper

## Directions:

Cook the bacon in large pot over medium heat until almost crisp. Remove the bacon from the pot and set aside. Melt the butter in the pot with the bacon grease. Add the cabbage, stirring well to coat the cabbage in fat. Add about 1/3 cup water, and salt and pepper, to taste. Cover pot with a lid, and cook over medium heat for about 10-15 minutes. Meanwhile, chop the bacon into small pieces.

Remove the lid from the pot, and scatter chunks of corned beef and chopped bacon over top of the cabbage. Cover and cook until desired doneness. I personally like a little bit of crunch left to the cabbage.

Tip: Cabbage is one of those vegetables that naturally contains water in its leaves. Begin by adding just a small amount of water. As cabbage cooks, if it needs more liquid, then add more water.

(If serving 6, use 2 cans corned beef)



# YOUR CASACADES TEAM

*Brenda Davis*

**Manager**

*Judith Mangilin*

**Assistant Manager**

*Carrie Randolph*

**Cafe Supervisor**

*Paul Torrible*

**Recreation Programmer**

*Haley Moore*

**Customer Service**

*Felix Duran*

**Vehicle Operator**

*Satish Sharma*

**Vehicle Operator**



## Face Masks:

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

**The Senior Center at Cascades  
21060 Whitfield Place  
Sterling, VA 20165**



**571-258-3280**

**Area Agency on Aging  
Parks, Recreation & Community  
Services**

**CASCADES  
SENIOR CENTER**

[www.loudoun.gov/seniors-cascades](http://www.loudoun.gov/seniors-cascades)