# 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** 

# March Activity Calendar



**WED** 3/2 9:00a Aerobics Video 10:00a Aerobics Video 10:00a Indian Cultural Gp **10:00a** O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga (V) 10:30a Learn Russian 11:00a Ballroom Dancing **12:00p** Lunch **12:30p** Movie Day **1:00p** Computer Lab

3/3 9:00a Aerobics Video 10:00a Aerobics Video **10:30a** Bingo 11:00a Pinochle **11:00a** Zumba **12:00p** Lunch 1:00p Game Time 2:00p Learn Mandarin (V) 2:00p Current Events 2:00p Pickle Ball

**THURS** 

**FRI** 3/4 9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video **10:00a** Canasta 10:30a Yoga (V & Live) **11:00a** Tai Chi **12:00p** Lunch **12:50p** Bingo **1:00p** Line Dancing Improver/Low Intermediate 2:00p Game Time

No Bunco Today

3/11

9:00a Aerobics Video

9:30a Knit & Crochet

10:00a Aerobics Video

9:00a Aerobics Video **9:15a** ESL Class **(V)** 9:30a Beginner's Line **Dancing** 10:00a Aerobics Video 10:30a Yoga (V) 10:30a Scottish Dance **12:00p** Lunch

12:30p Duplicate Bridge **12:50p** Bingo **1:00p** Game Time

1:30p Crochet Activity

9:00a INOVA Blood **Pressure Check 10:00a** Aerobics Video 10:00a Intermediate Conversational Spanish

10:30a Yoga (V & Live) 11:00a Advanced

Conversational Spanish

**12:00p** Lunch

2:30p Teen Tech (V)

**11:00a** Beginner's Tai Chi 12:30p Adv. Ukulele Jam 1:15p Beginner's Ukulele 2:00p Pickle Ball

**9:00a** Aerobics Video 10:00a Aerobics Video 10:00a Indian Cult'l Group

3/9

**10:00a** O'Heck

10:00a Fraud and Scam

Walk-in Tech Help

**Presentation** 10:15a Beginner's Line

Dancing

10:30a Yoga (V)

10:30a Learn Russian

11:00a Ballroom Dancing **12:00p** Lunch

12:30p Movie Day

1:00p Computer Lab: Intro to Amazon Presentation

1:00p Beginners Spanish II 3:00p Bingocize Info Session (V)

9:00a Aerobics Video 10:00a Aerobics Video **10:30a** Bingo 11:00a Pinochle **11:00a** Zumba **12:00p** Lunch

3/10

1:00p Game Time 2:00p Learn Mandarin (V) 2:00p Current Events 2:00p Pickle Ball

10:30a Yoga (V & Live) **11:00a** Tai Chi **12:00p** Lunch **12:50p** Bingo **1:00p** Line Dancing Improver/Low

10:00a Canasta

Intermediate 2:00p 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** 



3/18 3/14 3/15 3/16 3/17 9:00a Aerobics Video 9:00a CURIO SALE 10:00a Aerobics Video 10:00a Aerobics Video 9:15a ESL Class (V) 9:30a Knit & Crochet 10:00a Aerobics Video **10:30a** Bingo **9:30a** Beginner's Line Dancing 10:00a Intermediate 10:00a Aerobics Video 10:00a Indian Cultural 10:00a Aerobics Video Conv. Spanish 11:00a Pinochle 10:00a Canasta Group 10:30a Yoga (V) **10:30a** Yoga (V & Live) **11:00a** Zumba 10:30a Yoga (V & Live) 10:00a O'Heck 10:30a Scottish Dance 11:00a Adv. Conv. Spanish 11:30a St. Patrick's Day **11:00a** Tai Chi **10:15a** Beginner's Line **12:00p** Lunch 11:00a Beginner's Tai Chi Luncheon **12:00p** Lunch **Dancing 12:00p** Lunch 1:00p Game Time 12:30p Duplicate Bridge **12:50p** Bingo 10:30a Yoga (V) **12:50p** Bingo **12:30p** Adv. Ukulele Jam 2:00p Learn Mandarin (V) **1:00p** Line Dancing 10:30a Learn Russian 1:00p Game Time 1:15p Beginners Ukulele 2:00p Current Events Improver/Low **11:00a** Ballroom Dancing 2:00p Pickle Ball 1:30p Crochet Activity 2:00p Pickle Ball Intermediate 12:00p Lunch 2:00p Book Club **12:30p** Movie Dav 2:00p Game Time (3rd Tues Only) 1:00p Computer Lab **2:00p** Bunco HAPPY 2:30p Teen Tech (V) Walk-in Tech St. Patrick's (Makeup date) 1:00p Beginners Spanish II \* DAY \* 3/25 3/23 3/21 3/22 3/24 9:00a Aerobics Video 10:00a Aerobics Video 9:30a Knit & Crochet 9:15a ESL Class (V) 9:00a INOVA Blood 10:00a Aerobics Video 10:00a Indian Cult'l Grp **10:30a** Bingo 10:00a Aerobics Video 9:30a Beginner's Line Dancing **Pressure Check** 11:00a Pinochle 10:00a Aerobics Video 10:00a Aerobics Video **10:00a** O'Heck 10:00a Canasta **11:00a** Zumba 10:30a Yoga (V & Live) 10:30a Yoga (V) 10:00a Intermediate 10:00a Women's History **12:00p** Lunch **11:00a** Tai Chi 10:30a Scottish Dance Conv Spanish **Presentation 12:00p** Lunch 10:30a Yoga (V & Live) 10:00a Hearing Screenings 1:00p Game Time **12:00p** Lunch 12:30p Duplicate Bridge 11:00a Adv. Conv Spanish 10:15a Beginner's Line 2:00p Learn Mandarin (V) **12:50p** Bingo **12:50p** Bingo 11:00a Beginner's Tai Chi 2:00p Current Events **1:00p** Line Dancing Dancing 2:00p Pickle Ball Improver/Low 1:00p Game Time **12:00p** Lunch 10:30a Yoga (V) 1:30p Crochet Activity 12:30p Adv. Ukulele Jam 10:30a Learn Russian Intermediate 2:00p Game Time 1:15p Beginners Ukulele 11:00a Ballroom Dancing 2:00p Pickle Ball **12:00p** Lunch 2:30p Teen Tech (V) 12:30p Movie Day 1:00p Computer Lab: iPhone camera, facetime, texting and tools 1:00p Beginners Spanish II 3/28 3/29 3/31 3/30 9:00a Aerobics Video 9:00a Aerobics Video 9:00a Aerobics Video 9:00a Aerobics Video 9:15a ESL Class (V) 10:00a Aerobics Video 10:00a Aerobics Video 10:00a Aerobics Video 10:00a Indian Cult'l Grp 9:30a Beginner's Line Dancing 10:00a Intermediate **10:30a** Bingo 10:00a Aerobics Video Conv Spanish **10:00a** O'Heck 11:00a Pinochle 10:30a Yoga (V) 10:30a Yoga (V & Live) 10:15a Beginner's Line **11:00a** Zumba 10:30a Scottish Dance 11:00a Adv. Conv Spanish **Dancing 12:00p** Lunch 10:30a Yoga (V) **12:00p** Lunch 11:00a Beginner's Tai Chi 1:00p Game Time 10:30a Learn Russian 12:30p Duplicate Bridge **12:00p** Lunch 2:00p Learn Mandarin (V) **11:00a** Ballroom Dancing **12:50p** Bingo 12:30p Adv. Ukulele Jam 2:00p Current Events **12:00p** Lunch 2:00p Pickle Ball 1:00p Game Time 1:15p Beginners Ukulele **12:30p** Movie Day 1:30p Crochet Activity 2:00p Pickle Ball **1:00p** Computer Lab: 2:30p Teen Tech (V) Walk-in Tech help 1:00p Beginners Spanish II LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES LOUDOUN.GOV/PRCS

**WED** 

**THURS** 

**FRI** 

MON

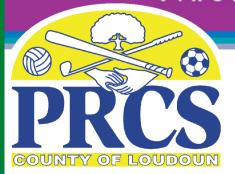
**TUES** 



Saturday, March 5, 2022, 10:00 a.m.
120 Enterprise St.
Sterling, VA 20164
prcs@loudoun.gov

COUNTY

Parks, Recreation and Community Services



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICE.

#### **LOUDOUN.GOV/PRCS**



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





LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

# 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





LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

**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!





LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

## 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





LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICE:

CASCADES SENIOR CENTER



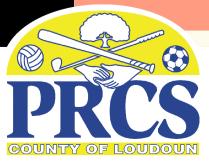
From 9am to 11am

Cascades Senior Center

Multi Purpose Movie Room

WEDNESDAY MARCH 16

GENEROUSLY PRICED ITEMS FOR EVERY OCCASION



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

#### LOUDOUN.GOV/PRCS

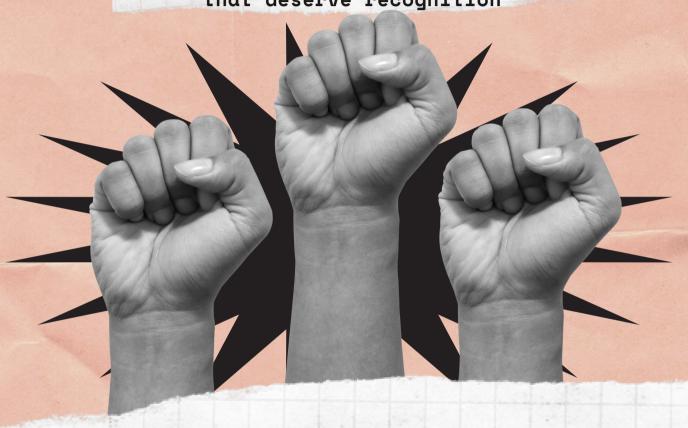




CASCADES SENIOR CENTER CELEBRATES

# 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



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

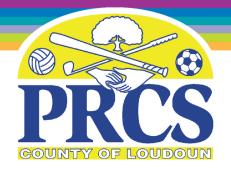
571-258-3280.

Screenings will be conducted by:

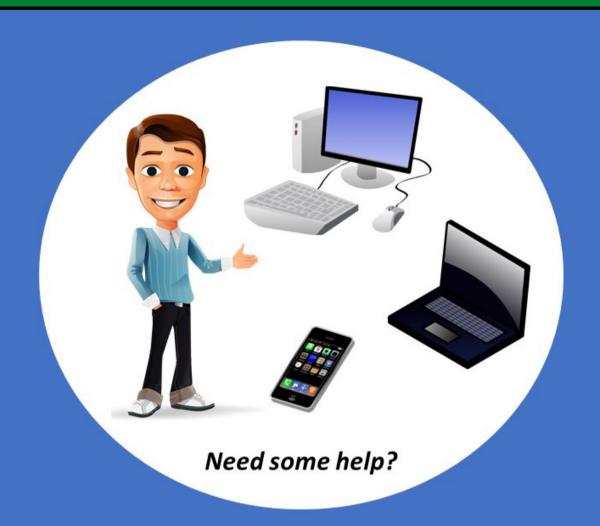
Joan Ehrlich

Loudoun County Outreach Specialist

For more information, email jehrich@nvrc.org



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES



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 30<sup>th</sup>: Walk-in Tech help

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



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

## LOUDOUN.GOV/PRCS

## **Yoga Class Update**

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

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





LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

# LOUDOUN.GOV/PRCS

# TRIP TO STORE



**MARCH 9** 

**WALMART** 

**MARCH 23** 

LIDL & COCOS

**REGISTRATION REQUIRED** 

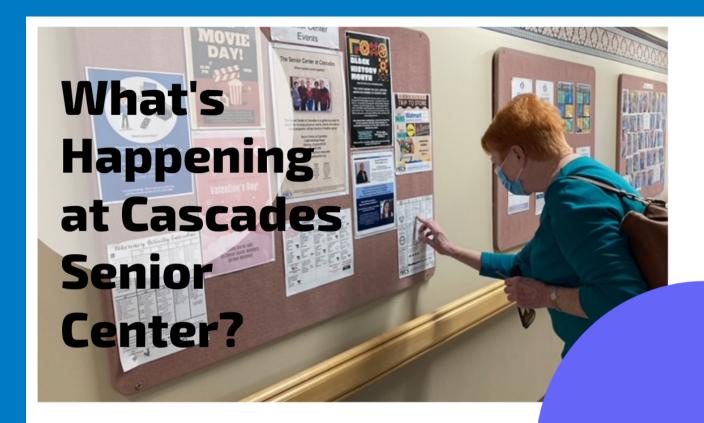
**BUS LEAVES AT 12:30 PM** 



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICE:

#### **LOUDOUN.GOV/PRCS**





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.



## K

#### **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.

**OUICK & EASY CORNED BEEF & CABBAGE FROM PAULA DEEN!** 

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#### Ingredients

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

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#### 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)

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# 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

