

# COVID-19 VACCINE AND BOOSTER SHOT CLINIC



Wednesday, June 29
10:00am-12:00pm
Senior Center at Cascades
21060 Whitfield Place
Sterling, VA

COVID-19 Pfizer vaccine and boosters provided by the Loudoun County Health Department

Open to anyone
No pre-registration
Pfizer will be the only vaccine/booster available
Bring your previous vaccination cards (helpful but not required)
IT'S FREE!!



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV. 703-777-0343 TTY: 711

# June Activity Calendar

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)



**THURS** 

6/2

# 9:00a Aerobics Video 10:00a Aerobics Video 10:00a Indian Cult'l Group 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga (V) 11:00a Ballroom Dancing 12:00p Lunch 12:30p Movie Day 1:00p Beginners Spanish II 3:00p Bingocize (V & Live)

**WED** 

#### 9:00a Aerobics Video 9:00a Aerobics Video 9:00a Line Dance Step 9:30a Knit & Crochet Prep 10:00a Aerobics Video 10:00a Intro to Line **10:00a** Canasta Dance 10:30a Yoga (V & Live) 10:00a Aerobics Video **11:00a** Tai Chi **10:30a** Bingo **12:00p** Lunch 11:00a Pinochle **12:50p** Bingo **11:00a** Zumba **12:00p** Lunch 1:00p Line Dancing 1:00p Game Time Improver/Low 2:00p Current Events Intermediate 2:00p Pickle Ball 2:00p Game Time 3:00p Learn Mandarin & Bunco (NEW!) (V)

FRI

6/3

|  |  |   | (1.2_11.7)  | 3:00p Bingocize<br>(V & Live)  |
|--|--|---|---|--|
| 6/6  | 6/7  | 6/8   | 6/9   | 6/10   |
| 9:00a Aerobics Video 9:15a Walking Group 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 1:00p Computer Tech Help 1:30p Crochet Activity | 9:00a Aerobics Video 9:00a Elder Resource Case Manager (By Appointment Only) 10:00a Aerobics Video 10:00a Intermediate Conversational Spanish 10:30a Yoga (V & Live) 11:00a Advanced Conversational Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:30p Adv. Ukulele Jam 12:45p Scottish Dance 2:00p Pickle Ball 2:30p Teen Tech (V) | 9:00a Aerobics Video 10:00a Aerobics Video 10:00a Indian Cult'l Group 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga (V) 11:00a Ballroom Dancing 12:00p Father's Day Luau Luncheon 12:30p Movie Day 12:30p Trip to Store (Walmart) 3:00p Bingocize (V & Live) | 9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a Aerobics Video 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Game Time 1:00p Computer Tech Help 2:00p Current Events 2:00p Pickle Ball 3:00p Learn Mandarin (V) | 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 3:00p Bingocize (V & Live) |

MON **TUES WED THURS** FRI 6/17 6/13 6/14 6/15 6/16 9:00a Aerobics Video 9:00a INOVA Blood 10:00a Aerobics Video 9:00a Line Dance Step 9:30a Knit & Crochet 9:15a Walking Group **Pressure Check** 10:00a Aerobics Video 10:00a Indian Cult'l Grp Prep 9:30a Beginner's Line 10:00a Aerobics Video **10:00a** O'Heck 10:00a Intro to Line 10:00a Canasta **Dancing** 10:00a Intermediate 10:00a Habitat for Dance 10:30a Yoga (V & Live) 10:00a Aerobics Video **Humanity Presentation** 10:00a Aerobics Video **11:00a** Tai Chi Conv Spanish 10:30a Yoga (V) 10:30a Yoga (V & Live) 10:15a Beginner's Line 10:30a Bingo 12:00p Lunch 10:30a Scottish Dance 11:00a Adv. Conv Spanish Dancing 11:00a Pinochle **12:50p** Bingo 12:00p Lunchtime Sing-along 11:00a Beginner's Tai Chi 10:30a Yoga (V) 11:00a Computer Tech **1:00p** Line Dancing with Lori Improver/Low 11:00a Ballroom Dancing 12:00p Lunch Help 12:30p Duplicate Bridge 12:45p Scottish Dance **12:00p** Lunch 12:00p Juneteenth Intermediate 12:50p Bingo 2:00p Pickle Ball **12:30p** Movie Day Luncheon 2:00p Game Time 1:00p Game Time 2:30p Teen Tech (V) 1:00p Game Time 1:00p Computer Tech Help 2:00p Current Events 1:30p Crochet Activity 2:00p Pickle Ball 3:00p Learn Mandarin(V) 6/20 6/21 6/22 6/23 6/24 9:00a Aerobics Video 9:00a Aerobics Video 9:00a Aerobics Video 9:00a Aerobics Video Senior Center 9:00a CURIO SALE 9:00a Elder Resource 9:00a Line Dance Step 9:30a Knit & Crochet Case Manager 10:00a Aerobics Video Prep 10:00a Aerobics Video 10:00a Intro to Line Plosed (By Appointment Only) 10:00a Indian Cult'l Grp 10:00a Canasta 10:00a Aerobics Video **10:00a** O'Heck Dance 10:30a Yoga (V & Live) 10:00a Aerobics Video 10:15a Beginner's Line 10:00a Intermediate 11:00a Tai Chi 10:30a Bingo **Dancing** Conv Spanish **12:00p** Lunch 11:00a Pinochle 10:30a Yoga (V & Live) **10:30a** Yoga **(V)** 12:50p Bingo 11:00a Computer Tech 11:00a Ballroom Dancing 11:00a Adv. Conv Spanish **1:00p** Line Dancing Help 12:00p Lunch 11:00a Beginner's Tai Chi Improver/Low 1:00p Game Time **12:30p** Movie Day 12:00p Lunch Intermediate 2:00p Current Events 12:30p Trip to Store 12:45p Scottish Dance 2:00p Pickle Ball 2:00p Game Time (Coco's) 2:00p Pickle Ball 3:00p Learn Mandarin 2:00p Book Club (V) 2:30p Teen Tech (V) 6/29 6/30 6/27 6/28 9:00a Aerobics Video 9:00a Aerobics Video 9:00a Aerobics Video 9:00a Aerobics Video 9:00a Line Dance Step Prep 9:00a INOVA Blood 10:00a Aerobics Video 9:15a Walking Group 10:00a Intro to Line 10:00a Indian Cult'l Grp **Pressure Check** 9:30a Beginner's Line Dance 10:00a O'Heck 10:00a Aerobics Video **Dancing** 10:00a Aerobics Video 10:00a Vaccine/Booster 10:00a Intermediate 10:00a Aerobics Video **Shot Clinic 10:30a** Bingo Conv Spanish 10:30a Yoga (V) 10:15a Beginner's Line 11:00a Pinochle 10:30a Yoga (V & Live) **Dancing** 10:30a Scottish Dance 11:00a Computer Tech Help 11:00a Adv. Conv Spanish 10:30a Yoga (V) 12:30p Duplicate Bridge 1:00p Game Time 11:00a Beginner's Tai Chi 11:00a Ballroom Dancing 2:00p Current Events **12:50p** Bingo 12:00p Lunch 12:00p Lunch 2:00p Pickle Ball 1:00p Game Time 12:45p Scottish Dance 12:30p Movie Day 3:00p Learn Mandarin (V) 1:00p Computer Tech Help 2:00p Pickle Ball 1:30p Crochet Activity 2:30p Teen Tech (V)

LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

CASCADES SENIOR CENTER PRESENTS



# A HAWAIIAN LUAU

FATHER'S DAY LUNCHEON

**WEDNESDAY, JUNE 8 AT 12:00PM** 

LUNCH SIGN-UP REQUIRED

DAD'S WEAR YOUR BEST HAWAIIAN SHIRT!

ENJOY ENTERTAINMENT BY:

JOANIE AND THE SILVER UKE'S

THE ALOHA LADIES

THE 4 KANES HULA DANCERS



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

### LOUDOUN.GOV/PRCS





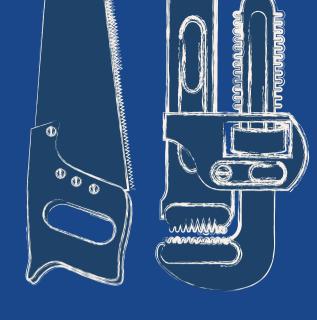
LUNCH SIGN-UP REQUIRED



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICE

# LOUDOUN.GOV/PRCS





# Need Something Fixed? The Habitat for Humanity Home Repair Program May be for You!

Wednesday, June 15th at 10:00am

at the Cascades Senior Center

Come to the presentation to find out if you qualify!

Reservations required for this presentation Call Paul at 571–258–3280 to RSVP





LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

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# JUNETEENTH

THURSDAY, JUNE 16 AT 12:00PM

ENJOY LUNCH AND LEARN ABOUT JUNETEENTH

**LUNCH SIGN-UP IS REQUIRED** 



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICE

# LOUDOUN.GOV/PRCS

CASCADES SENIOR CENTER'S

# CURIO SALES



### WEDNESDAY JUNE 22

9:00am-11:30AM

Cascades Senior Center

Multi-Purpose Room

GENEROUSLY PRICED ITEMS FOR EVERY OCCASION



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

## LOUDOUN.GOV/PRCS

# TRIP TO STORE



JUNE 8
WALMART

JUNE 22 cocos

**REGISTRATION REQUIRED** 

**BUS LEAVES AT 12:30 PM** 



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICE:

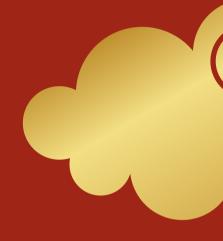
### **LOUDOUN.GOV/PRCS**

# Learn Mandarin Virtual Class

Thursdays 3:00pm

This class is designed for the intermediate to advanced student. Great opportunity to practice your Mandarin skills with this free activity.

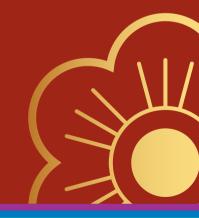
New students welcome.





Call Paul to register 571–528–3280

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OUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

# LOUDOUN.GOV/PRCS



# New Schedule for Computer Tech Help

Mike our volunteer computer tech guru is offering 1 hour, one-on-one computer help for our members on:

Mondays, between 1:00pm-2:00pm and 2:00pm-3:00pm
Thursday, between 11:00am-12:00pm

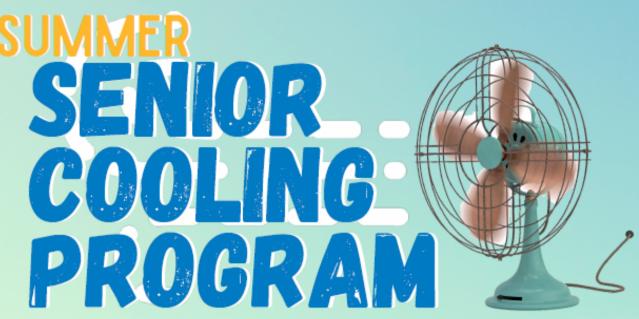
These are one-on-one sessions. Mike can help you with tablet and smart phone issues as well. Must sign-up in advance.

Call the senior center at 571-258-3280.



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

## LOUDOUN.GOV/PRCS



MAY 1 - OCTOBER 31

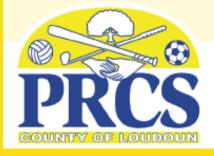
#### WHAT IS SENIOR COOL CARE?

2022 MARKS THE 32ND YEAR DOMINION ENERGY HAS PROVIDED FANS, WINDOW AIR CONDITIONERS AND NOW PORTABLE AIR CONDITIONERS, FOR ELIGIBLE ADULTS, AGE 60 AND OLDER, WHO NEED ADDITIONAL COOLING IN THEIR HOMES.

#### GENERAL INFORMATION

- SPONSORED BY DOMINION ENERGY
- PROGRAM RUNS FROM MAY 1 THROUGH OCTOBER 31, 2022
- AREA AGENCIES ON AGING COLLABORATE WITH THEIR LOCAL RETAILERS TO PURCHASE WINDOW AIR CONDITIONERS, PORTABLE AIR CONDITIONERS, AND FANS AT THE BEST PRICE

LOUDOUN COUNTY AREA AGENCY ON AGING
703-777-0257
AAA@LOUDOUN.GOV



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICE

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#### NEED ASSISTANCE?

Schedule an appointment with Lori Stahl, Elder Resources Case Manager, Loudoun County Area Agency on Aging



Lori is available the 1st and 3rd Tuesdays of the month from 9:00am-12:00pm at Cascades Senior Center. Call in or come in to the office to schedule an appointment.

Lori can help with questions regarding:
Housing, Transportation, Medicare, Medicaid
Home Health Care, Companionship Services
Bill Paying, Cognitive Issues
Caregiver Challenges
Hospice or resources for yourself or a loved one

### THERE IS NO FEE FOR THIS SERVICE



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

## LOUDOUN.GOV/PRCS



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





Our Book Club got a special virtual visit in May! Author Susan Higginbotham joined the Book Club's discussion on her novel, "Hanging Mary."

Closed captioning for the hearing impaired was provided by funding from the Cascades Senior Center Advisory Board!

The Book Club meets every third Tuesday of the month.

**CASCADES SENIOR CENTER** 

# VOLUNTEERS NEEDED!



### Interested?

Call us at 571-258-3280 or send us an email at paul.torrible@loudoun.gov. Looking forward to your help!

#### **WE NEED:**

- ESL Leader/Teacher
- Kitchen Volunteers
- Ceramics Volunteers
- Advisory Board Members
- Front Desk Volunteers
- Curio Sale Volunteers

### VOLUNTEER SPOTLIGHT

What are your volunteer duties for Cascades Senior Center? In the beginning, I started out manning the front desk. Now, I also volunteer on the Senior Center's Advisory Board. These duties can be challenging and bring me a great deal of joy. Helping the Senior Center to prosper makes me smile and getting to know our members is also a happy place to be in.

How did you first find out about Cascades Senior Center I had previously lived in Sterling briefly in 2013, and was a member and volunteer at that time. I did not have a car and was able to take advantage of the transportation program. Felix was my driver in those days. After moving back to Sterling I did my best to pick back up where I left off but with my own car this time around.

When did you move to this area? I returned to Sterling in late 2020 permanently, and after getting my health back in line I was able to return to the Center earlier this year.

What was your first car? My first car was a 1957 Hillman Minx. It was a high school graduation gift from my parents. I promptly drove it too hard and the engine needed to be replaced. I learned a very valuable lesson with that one. I now take very good care of my vehicles.

Which invention from your lifetime are you most amazed by? I am most amazed by technology. I don't want to think about going back to a time without the internet and my many devices.

What was your favorite movie when you were younger? I do not remember a favorite movie from my youth but would watch anything with Gene Kelly. (I had a huge crush on him!) I remember loving musicals.

<u>What was your first job?</u> I had hoped to become a CPA. My first job while in high school was as a receptionist in a CPA's office. While in my interview with the husband and wife who were partners in the firm, the phone rang and I was asked to answer it, I was so nervous, but I put a smile on my face and answered saying "thank you for calling Jones and Mitchell, this is Sandi, how May I help you?" I was offered the job right there on the spot.

What are the most important lessons in life? I firmly believe that kindness is key to a good life. It costs nothing to be kind and the rewards are limitless.

What life advice would you pass along?
Always be kind and caring. Also, I have always strived to "give back".

SANDI



# LAST MONTH CASCADES SENIOR CENTER RECIEVED OVER \$596 IN DONATIONS!

Cascades Senior Center regularly receives donations from people like you

You're probably wondering what we do with the money. We spend it all on you, the members! We enhance your experience at the center by making it more fun.

When the center hosts a party, the Advisory Board uses the donations to provide live entertainment - a band, dancers or entertainers.

The Advisory Board also funds groups within the center such as the Knit and Crochet group. The money is used to purchase yarn to make items to give to local charities. They also make things like blankets to be raffled at the center or sold at craft fairs. The money they raise comes back to the Advisory Board. So we encourage you to donate what you can.

For the month of June, we would like to thank the following individuals who donated to the Senior Center at Cascades Advisory Board:

Danielle Jellerette in memory of Edith Cockburn

June Baek in honor of the senior center staff

To make a donation to the Advisory Board, stop by the office or call 571-258-3280



for your donations!



#### BLT CUPS

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 55 MIN

#### Ingredients

12 slices bacon
1/2 c. Greek yogurt
2 tsp. lemon juice
2 tbsp. chopped chives,
plus more for garnish
Kosher salt
Freshly ground black
pepper
2 c. halved cherry
tomatoes
1 head of romaine
lettuce, chopped
1 avocado, chopped

#### Directions

- 1. Preheat oven to 400°. Invert a muffin tin upside down onto a large rimmed baking sheet.
- 2. Cut 8 slices of bacon in half crosswise. Lay two of the halved strips onto an inverted muffin tin cup in the shape of a cross. Weave two more half pieces on both sides to create a mini weave. Wrap the entire cup with a whole slice of bacon. Repeat to make three more cups. Bake until crispy, about 20 minutes. Let cool for 5 minutes, then remove from tin.
- 3. Make dressing: In a medium bowl, whisk together Greek yogurt, lemon juice and chives and season with salt and pepper. Add tomatoes and lettuce and toss to coat.
- 4. Fill cups with dressed lettuce and tomatoes. Garnish with more chives to serve.

KITCHEN COPNEP

# 10 Common Medicare Mistakes to Avoid by Dena Bunis, AARP, Updated May 4, 2022

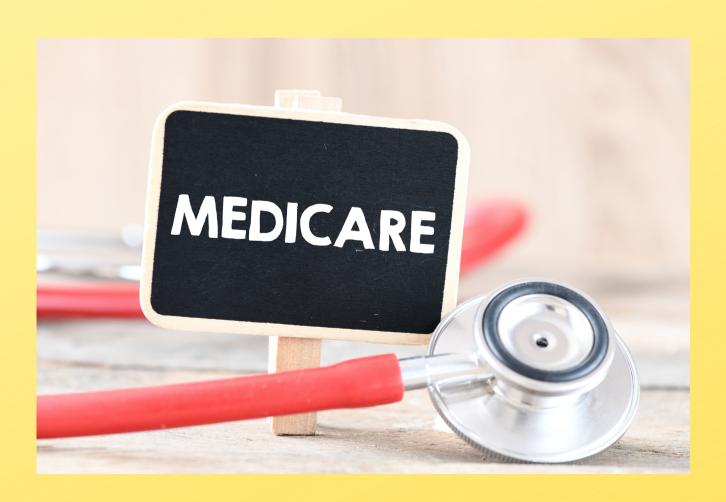
Missing deadlines, delaying enrollment or choosing the wrong plan can cost you a bundle when it comes to Medicare. Here's a list of 10 common mistakes new Medicare enrollees make and how to avoid them, according to the Medicare Rights Center, a nonpartisan, not-for-profit consumer service organization.

#### Mistakes at a Glance

- 1. Missing the enrollment window
- 2. Botching the special enrollment window
- 3. Misunderstanding your job's insurance
- 4. Ignoring late enrollment penalties
- 5. Not fully weighing your options
- 6. Delaying a Medigap buy
- 7. Not understanding your out-of-pocket costs
- 8. Picking a plan that doesn't have your doctors
- 9. Taking a drug plan that doesn't meet your needs
- 10. Assuming you can't afford Medicare

THE FULL ARTICLE: How To Avoid Mistakes When Enrolling in Medicare (aarp.org)

FOR HELP WITH MEDICARE QUESTIONS FROM OUR AREA AGENCY ON AGING, PLEASE CALL 703-777-0343





# Why join the Cascades Senior Center facebook page?

If you missed an event, you can see the latest pictures and download your favorites!

You'll be alerted to the newest posting of information

See videos that you can't see in the e-newsletter

Get instant access to your friends so you can meet up at the senior center for activities







to go to our Facebook Page and click
"Join"

### YOUR CASACADES TEAM

Brenda Davis

Manager

Judith Mangilin
Assistant Manager

Carrie Randolph
Cafe Supervisor

Paul Torrible

Recreation Programmer

Haley Moore
Customer Service

Flix Duran
Vehicle Operator

Salish Sharma
Vehicle Operator



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



571-258-3280

Area Agency on Aging Parks, Recreation & Community Services

