Join your friends at the Senior Center at Cascades for our new Outdoor Programming **beginning the week of September 21**!

All COVID safety measures apply to outdoor programming.

All Outdoor Programs will be held weather permitting – please call first to find out if it is a go!

Cascades Walking Group meets **Mondays at 9:30 a.m.** at the Cascades Parking lot. Registration required.

Join the Knit & Crochet Tailgate Group on **Tuesdays at 9:30 a.m.** This is a Drop-in activity.

De-stress in a Tai Chi class with Mabel on **Thursday mornings at 10:00 a.m.** Registration required.

Meet up with friends to practice Ukulele on **Tuesdays at 10:00 a.m.** This is a Drop-in activity.
**VIRTUAL CLASSES/ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON. 9/21</th>
<th>TUES. 9/22</th>
<th>WED. 9/23</th>
<th>THURS. 9/24</th>
<th>FRI. 9/25</th>
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</thead>
<tbody>
<tr>
<td>1:00pm-2:00pm Yoga/Breathing Class Instructors: Jagdish &amp; Kailash Sachdev</td>
<td>10:30am-11:30am Conversational Spanish Class Instructors: Ana Mahoney (open to registered participants)</td>
<td>10:30am-11:30am Yoga/Breathing Class Instructors: Jagdish &amp; Kailash Sachdev (open to senior center members)</td>
<td>10:30am-11:30am Learn Mandarin Instructor: Susan Xiaoping (open to senior center members)</td>
<td>10:30am-11:30am Knit &amp; Crochet Instructor: Velinda Sutton (open to senior center members)</td>
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<tr>
<td>2:30pm-3:30pm Teen Tech Class Instructor: Aidan Comie</td>
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**HAPPY FALL Y'ALL!**

First Day of Autumn

We send out reminder emails everyday with an electronic invitation to our classes. Sometimes the information on the invitation can change. Please use the latest electronic invitation to log into your activity.

If you would like to join any of our activities, email paul.torrible@loudon.gov to be added to the distribution list.

To view activities and programs going on at the other senior centers you can click on each link below:

- The Senior Center of Leesburg E-Newsletter
- Dulles South Senior Center E-Newsletter
- Carver Senior Center E-Newsletter

**Virtual Programming Update:**

**INTERMEDIATE SPANISH I**

INTERMEDIATE SPANISH I will start on Tuesday, October 6th and run ten weeks, ending on Tuesday Dec 8th.

Virtual log in time: 1:00-2:30. It will be open to any Senior Center member who has completed a year of Beginning Spanish or its equivalent. New students will need to purchase an all-levels textbook ($20). Virtual class size is limited and registration is required.

Email paul.torrible@loudoun.gov
**OUTDOOR ACTIVITIES SCHEDULE**

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</thead>
<tbody>
<tr>
<td>9:30am Walking Group <em>(Registration Required)</em></td>
<td>9:30am Knit &amp; Crochet Tailgate <em>(Drop-in)</em></td>
<td>10:00am Tai-Chi with Mabel <em>(Registration Required)</em></td>
<td></td>
<td></td>
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<tr>
<td>10:00am Ukulele <em>(Drop-in)</em></td>
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**What's for lunch at Cascades?**

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

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>BBQ Beef w/ Bun Cole slaw Corn Fruit &amp; Milk Vegetarian meal available</td>
<td>Southern Style Chicken Sweet Potato Collard Potato Fruit, Roll &amp; Milk Vegetarian meal available</td>
<td>Chili Rice Broccoli Florets Fruit, Roll &amp; Milk Vegetarian meal Available</td>
<td>Baked Ham Scalloped Potato Mixed Vegetable Fruit, Roll &amp; Milk Vegetarian meal Available</td>
<td>Baked Fish Stewed Tomatoes Baby Baked Potato Fruit, Roll &amp; Milk Vegetarian meal Available</td>
</tr>
</tbody>
</table>

Lunches are packaged individually under very safe protocol at the central kitchen and the food is as delicious as ever! The center is cleaned and disinfected regularly and masks must be worn in the building at all times (except while at your table eating 😊).

Check out this video on the Advisory Board website [www.mycascadescenter.org](http://www.mycascadescenter.org) for more information about coming to the café for lunch.

So, meet up with a few friends for lunch at the Senior Center at Cascades. Call us to reserve your place for lunch – we can’t wait to see you! 😊
Looking for a job and don’t know where to start? AARP’s short, interactive videos can help you learn the skills you need! You’re just one click away so get started now! We’ve picked out these videos to help you in your job search.

Click [here](#) to start learning!

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**Entertainment:**

TV for Grownups - The Fall TV Season Has Arrived!

Click the link below to find out what’s new this fall, and how you can attend the season’s best film festivals-virtually!

[FALL TV SEASON](#)
Congratulations to Elizabeth F. for getting the most wins during our last Virtual Bingo! She wins two puzzles from our prize closet!

Remember to tell your friends they can call in and play on the telephone if they prefer.

Next game is scheduled!

When: Thursday, September 24th, 1:00pm-2:00pm

Where: On your computer or phone

How do you sign up: you must call or email Paul at the Senior Center so he can email you a “virtual” bingo card and instruct you on how to use it. 571-258-3280 or paul.torrible@loudoun.gov

Caller: Paul
COME ONE, COME WITH A FRIEND!
CASCADES SENIOR CENTER

MORNING WALKING GROUP
STARTS 9.21.2020
MONDAYS (9:30 AM)
MEET AT PARKING LOT
BRING WATER

FACE MASK REQUIRED
REGISTRATION REQUIRED

The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343) two weeks prior to the start of the activity.
Loudoun County Area Agency on Aging

VIRTUAL FAMILY CAREGIVER EDUCATION SERIES

LEGAL PLANNING
Saturday, October 24, 2020 12:30 pm – 2 pm
Presented by Rory Clark, Esq., The Legacy Elder Law Center

COPING THROUGH THE TINSEL AND TEARS
Thursday, November 19, 2020 1 pm – 2 pm
Presented by Lori Stahl, Elder Case Manager, Loudoun County Area Agency on Aging
Learn strategies on how to cope through the holiday season as many are experiencing grief-related losses during the Covid-19 pandemic or grieving the loss of a loved during this holiday season. Dealing with the pandemic has changed how traditions and holidays are being celebrated, and a message of hope will be presented.

QUICK START TO THE LOUDOUN COUNTY AREA AGENCY ON AGING
Thursday, December 3, 2020 1 pm – 2 pm
Join AAA staff for an overview of the programs and services available to older adults and family caregivers in Loudoun County.

Hosted by the Loudoun County Area Agency on Aging

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 Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.
## FLOOR SAFETY

When you walk through a room, do you have to walk around furniture?
- Ask someone to move the furniture so your path is clear.

Are there throw rugs or area rugs on the floor?
- Remove the rugs or use double-sided tape or a non-slip backing so the rug won’t slip.

Are there paper, books, towels, magazines, boxes, blankets, or other objects on the floor?
- Pick up things that are on the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?
- Coil or tape cords and wires next to the wall so you can’t trip over them. If needed, have an electrician put in another outlet.

## STAIR SAFETY

Are there objects stacked on the stairs?
- Keep stairs clear by removing all shoes, books or other objects from the stairs.

Is there any loose or torn carpet on steps?
- Reattach loose carpet, or remove carpeting and attach non-slip safety treads or safety tape instead.

Are there handrails on both sides of the stairs?
- Make sure full-length handrails are firmly attached on both sides of the stairs. Tighten or replace loose hand rails.

Is there a light over the stairway, with light switches at both top and bottom of the stairs?
- Have an electrician install a light over the stairs to keep it well-lit, with light switches at both top and bottom of the stairs. Use night lights in surrounding outlets.

Are the stairs easy to see in low light?
- Paint or tape a contrasting color strip on the top edge of steps to make them easier to see in low light.

Source: www.cdc.gov
# Preventing Falls at Home: A Safety Checklist

## Kitchen Safety

Are there commonly used items on high shelves?
- Rearrange cupboards to keep commonly used items on easy-to-reach shelves (approximately waist level).

Is there a sturdy stepstool available?
- Make sure there is a sturdy stepstool available with a bar to hold onto. Never try to use a chair as a stepstool.

## Bedroom Safety

Is there a light right next to the bed?
- Move a lamp close to the bedside, so that there is a light within easy reach. If you live in an area where electricity sometimes goes out, keep a flashlight next to the bed.

Is there a lit pathway between the bed and the bathroom at night?
- Add night lights or glow-in-the-dark tape to light the way to the bathroom at night.

## Bathroom Safety

Are there non-skid shower mats or safety treads in the showers or tubs?
- Add a non-slip rubber mat or non-skid strips to the shower or tub floor.

Are there secure grab bars to help maneuver in and out of the tub, or up from the toilet?
- Have a professional install grab bars next to the toilet and inside the tub or shower.

## Other Household Tip:

Is the house brightly lit?
- Replace low-watt light bulbs with fluorescent or bright white bulbs.

Are shoes worn inside and outside the home?
- Wear shoes at home whenever possible. Going barefoot or wearing socks or slippers increases fall risk.

Source: www.cdc.gov
Join us on Zoom!
September 27, 2020
3 pm - 4:30 pm

An online event inspired by our evergreen seniors

TECHNIQUES TO RELAX AND REJUVENATE.
*Chit chat with our Holistic practitioner.*

**COOKING for fun and joy.**

MUSIC old, new & everything in between

And much more........

CLICK "Engage with ASHA" to REGISTER FOR FREE!

For Registration assistance call the Seniors Helpline 1-833-999-9080 or email seniors@ashaforwomen.org
If you are a caregiver for a loved one or if you are an older adult (60+) in need of support during this difficult time, connect virtually (FaceTime or by phone) over coffee with Lori.

To be connected with Area Agency on Aging programs and services, and other community resources, please call 703-777-0257 to speak with an Aging Program Specialist.

To sign-up, send an email to aaasupport@loudoun.gov or call 571-233-2583

https://www.loudoun.gov/prcscreatingcommunity
**RECIPE CORNER**

Pickle Dogs

INGREDIENTS
3 oz. cream cheese, softened  
1/2 c. shredded Cheddar  
2 tbsp. Chopped chives  
kosher salt  
Freshly ground black pepper  
1 tbsp. vegetable oil  
5 hot dogs  
5 large pickles  
Mustard, for drizzling  
Ketchup, for drizzling

DIRECTIONS
In a medium bowl, combine cream cheese, cheddar, and chives. Season with salt and pepper and stir until combined. Set aside.

In a large skillet or grill pan over medium heat, heat oil. Add hot dogs and cook until slightly charred, about 4 minutes per side.

Slice pickles lengthwise almost completely in half, leaving a small portion attached, like a hot dog bun.

Inside each pickle, spread cream cheese mixture, add a hot dog, and drizzle with mustard.

**REMEMBER:**
If you are in need of a lunch meal or food in general, please call the center at 571-258-3280 so that we can assess the situation and figure out the best way to meet your needs.
We have a winner!

Congratulations to Sylvia White for the winning entry in the “Good Old Fashioned Coloring Contest.” What we especially liked about Sylvia’s entry was the use of deeper color around the inner edges of the wild flowers and attention to detail around the outer edges of the pedals. Well done Sylvia and thank you to all the other contestants who submitted an entry. Sylvia wins a puzzle from our prize closet!
Pleasant Sounds

The rustling of leaves under the feet in woods and under hedges;
The crumpling of cat-ice and snow down wood-rides, narrow lanes and every street causeway;
Rustling through a wood or rather rushing, while the wind halloos in the oak-toop like thunder;
The rustle of birds’ wings startled from their nests or flying unseen into the bushes;
The whizzing of larger birds overhead in a wood, such as crows, puddocks, buzzards;
The trample of robins and woodlarks on the brown leaves. and the patter of squirrels on the green moss;
The fall of an acorn on the ground, the pattering of nuts on the hazel branches as they fall from ripeness;
The flirt of the groundlark’s wing from the stubbles - how sweet such pictures on dewy mornings, when the dew flashes from its brown feathers.

John Clare
The International Day of Peace or “Peace Day” is observed around the world each year on September 21st.

Established in 1981 by unanimous United Nations resolution 36/37, the General Assembly has declared this as a day devoted to “commemorating and strengthening the ideals of peace both within and among all nations and peoples.”

The 2020 theme for the International Day of Peace is “Shaping Peace Together.” Celebrate the day by spreading compassion, kindness and hope in the face of the pandemic. Stand together with the UN against attempts to use the virus to promote discrimination or hatred.
20TH ANNIVERSARY PARTY
SEPTEMBER 2019
FLASHBACK
Picture Time!

We asked you to email us pictures of your pets or whatever is helping you thru the Covid-19 quarantine.

You can still email your pictures to: paul.torrible@loudoun.gov

Rajendra sent us these pics. Left: Jaspawnt Thada is a “cenotaph” erected in honor of Maharaja Jaswant Singh 2. Below Left: Ghanta Ghar, the clock tower of Rajasthan. Below: Mehrangarh Fort, built in 1459, is one of the largest forts in India.

Next week, get ready for some outdoor activities at the senior center! And JoJo and Henri want to remind you to get outside - even if the grass has been freshly mowed and turns your paws green!

Brenda Davis 😊
Monarch, the king of butterflies!
(Picture submitted by senior center member - Florence Lloyd)

Pictured first is the Monarch in its larvae stage on *Asclepias tuberosa*, commonly known as butterfly weed. In the second photo, the adult butterfly is resting on a zinnia. Missing is the chrysalis stage which is between the larvae and adult.

The Monarch is often confused with the American Painted Lady, another butterfly with similar bright coloration. The Monarch has distinct wing venations (vein patterns) across its wings, and the Lady has two large white spots or eyes, one on each wing.

The eastern Monarchs are soon to start their fall migration. They will travel thousands of miles south to Florida and Mexico, where there will be plenty of nectar-producing plants during the winter. They and their many generations will indeed return in the spring—something to look forward to.
Thank you to whomever freshened up our potted planters outside the main entrance - they look beautiful! Was it you?

The Butterfly Bush is blooming beautifully and the bees and butterflies couldn’t be happier!

Fall blooms are beautiful and really brighten up the outside of the building.
Outdoor

FUN

Knit & Crochet Tailgate

CREATE, LAUGH, ENJOY
HARRY POTTER WORD SEARCH

IMKTHEQUIBBLERNOCWDRAZONIMARAUDERMISAPW
MUGGLEIMBEETERSLHWORMTAILBPORTEYEYGDF
EDAPDALBPONGPHILOSOPHERSSTONEWBEFOIFSL
VBTTHRLBEEYBARTRYCROUCHJUNIOROIoURWDAMO
ILLOEBARMHGSNITCHABBROOMDHSTUSBNEDEETRO
KOOLEUNALOVEDAUEMAMINGMYRTLEKLALAP
TBTNPPSSGTGOIWIZENGAMOTPEEVESWMWHPAYTAHO
ODEIADHERWNNTYMGNUKAZKABANSUCATOHDCEW
ROLXREUKNAOYETSEHOXDSDADRACOTTIRNTGYWD
KAKSVMEAIRWHOONDREBAHJAMESSIRUBLACKER
RRCIABSCCTOPVEHTREBAEANIMAGUSAECSDYTOUR
UOAPTLCSSSTMUNGOSETNHPADFOOTNWUIKEEPER
MSHRIEKINGSHACKREROSKCAPERCYGAORRERTIS
MMSOTDBOOGGARTHESLTNGSPRONGSAVNEESTSOEL
EENFROTHEREKETRVEOWSOALAVAADKEDAVRAHKOM
PRBEURRCNCRRURUEXNHAAHDIGGORYNDINETEWNNO
ETBNEINOIODCOMMIFGODETOODPATRONUSIASSEB
RAASKRWITMOLLYSBMRHNAGINGVEELAFLOYLRI
TIMROMTGETEASSNLONOTHANARCISSAMALFOYDL
RSCHRIFDPETERPETTIGREWCAENLICFAECSTL
IEEDELSDREDERPCTNEWTSACMTLTHEIRONLEHUC
FHFUNOUOLEHTIEEHOHGOOPNEUEYTNUHABLEAO
ITWPVHEKUWEASLEYMWQEMINZSCWYTOPDEUXFRCRC
QUILLRNCMEAWGETIUYOUNNREAAMIAAFFIYP
UTCNHYSOILUOPORWILILIPILLEBEMUORREUNKU
STROLLCZUFTKTPHOALDDONMRCRDERAGGYNAAAS
THESTRALSMADEYEEMOODYDUNICORNIBMISBER
OABNIMBUSTEHREGLOWIOLCKFMADAMEHOCHILE
TFUDGEBTSMABRAESLSTCEMLOCKHARTSETIAUEG
AE-MINERVAKOTHBEARCRNARGLESYPOULTSTQHT
LTHEBURROWCREFVEROANGHORCRUXDELSTHSTE
**HARRY POTTER WORD SEARCH**

DUMBLEDORE  FIRENZE  VIKTOR KRUMM  HEDWIG
LUNA LOVEGOOD  SNUFFLES  MAD EYE MOODY  CROOKSHANKS
CHARMS  MARAUDERS MAP  NARCISSA  PROFESSOR
SQUIB  PETER PETTIGREW  MALFOY  LUPIN
ALBUS  PRONGS  FELIX FELICIS  HERMIONE
UMBERAGE  DOBBY  HALF BLOOD-PRINCE  MUGGLE
PIG  FAWKES  SLUGHORN  MUD BLOOD
WAND  FLOO POWDER  AVADA KEDAVRA  UNICORN
TRUNK  BASILISK  HORCRUX  LILY EVANS
JAMES  OLIVER  PENSEIVE  PHILOSOPHERS-STONE
DEMENTORS  AUROR  HORACE  GALLOW
WIZENGAMOT  GHOST  OCCLUMENCY  BERTY BOTTs
BOGGART  VEELA  DISAPPARATE  SYLFTERIN
CENTAUR  SEVERUS SNAPE  WORMTAIL  GRYFFINDOR
CRUCIO  KNOCKTURN-ALLEY  Diggory  AZKABAN
THE QUIBBLER  Padfoot  NEWTS  VOLDEMORT
HOWERLER  PHOENIX  OWLS  RON
NORBERT  PEEVES  ALOHOMORA  SEEKER
PEEVES  TROLL  LONGBOTTOM  DRAGON
MADAME HOOCH  ZONKOS  ALOHOMORA  GINNY
CHO CHANG  FLEUR  LONGBOTTOM  DRACO
FILTHCH  FLITWICK  MOBILICORPUS  LUCIUS
WINKY  FUDGE  PATRONUS  HOGWARTS
PERCY  NAGINI  SHRIEKING  THE LEAKY-CURL
CRABB  WHOMPING  SKELETOR  CAULDRREN
GOYLE  WILLOW  NARGLES  BANSHEE
PANSY  ARAGOG  ST MUNGOS  GEORGE
ACCIO  TOM RIDDLE  THESTRALS  FRED
GRAWP  MOANING MYRTLE  BROOM  PARVATI
SIRIUS BLACK  DURMSTRANG  PERTRIFICUS  ROSMERTA
QUILL  GILLYWEED  TOTALUS  SNITCH
BUCKBEAK  BEAUXBATONS  NIMBUS  SHACKLEBOLT
WEREWOLF  DEATHEATERS  WEASLEYS  FAT LADY
MOONY  PORTKEY  BEATERS  KEEPER
RUBIUS HAGRID  QUIDDITCH

DID YOU FIND ALL OF THEM?