Please note that lunch, virtual programming and the outdoor walk is cancelled for Monday, October 12 because the center is closed for the Columbus Day holiday.

Following a national trend, the Loudoun County School Board on Tuesday September 8, 2020 approved a proposal to cease the celebration of Christopher Columbus’ map-expanding voyages of discovery and instead focus on the accomplishments of the original inhabitants of what Europeans viewed as the New World. Under the proposal introduced by Harris Mahedavi (Ashburn), the schools will celebrate the second Monday of October as Indigenous Peoples Day. The resolution was adopted on an 8-1 vote.

According to the resolution, Columbus’ discovery of the Americas—land previously unknown to Europeans until their search for an alternate trade route to Asia—opened the door to the destruction of the Indigenous peoples’ communities. Indigenous Peoples’ Day will highlight the progress society has accomplished through the contributions of the Indigenous culture. The change would be intended to provide a day for Loudoun as a community to demonstrate its values, diversity, equity, inclusion, and history.
### **VIRTUAL CLASSES/ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON. 10/12</th>
<th>TUES. 10/13</th>
<th>WED. 10/14</th>
<th>THURS. 10/15</th>
<th>FRI. 10/16</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No Virtual Activities Today</strong></td>
<td><strong>10:30am-11:30am</strong></td>
<td><strong>10:30am-11:30am</strong></td>
<td><strong>10:30am-11:30am</strong></td>
<td><strong>10:30am-11:30am</strong></td>
</tr>
<tr>
<td><strong>National Holiday</strong></td>
<td><strong>Conversational Spanish</strong></td>
<td><strong>Yoga/Breathing Class</strong></td>
<td><strong>Learn Mandarin</strong></td>
<td><strong>Knit &amp; Crochet</strong></td>
</tr>
<tr>
<td>Instructor: Ana Mahoney</td>
<td>Instructors: Jagdish &amp; Kailash Sachdev</td>
<td>Instructor: Susan Xiaoping</td>
<td>Instructors: Velinda Sutton</td>
<td></td>
</tr>
<tr>
<td>(only open to registered participants)</td>
<td>(open to senior center members)</td>
<td>(open to senior center members)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>1:00pm-2:30pm</strong></td>
<td><strong>10:30am-11:30am</strong></td>
<td><strong>10:30am-11:30am</strong></td>
<td><strong>10:30am-11:30am</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Intermediate Spanish I</strong></td>
<td><strong>Yoga/Breathing Class</strong></td>
<td><strong>Learn Mandarin</strong></td>
<td><strong>Yoga/Breathing Class</strong></td>
<td></td>
</tr>
<tr>
<td>Instructor: Lea Nigon</td>
<td>Instructors: Jagdish &amp; Kailash Sachdev</td>
<td>Instructor: Susan Xiaoping</td>
<td>Instructors: Jagdish &amp; Kailash Sachdev</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(open to senior center members)</td>
<td>(open to senior center members)</td>
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</tr>
<tr>
<td><strong>NEW ADDITION!</strong></td>
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<td></td>
<td></td>
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<tr>
<td><strong>1:00pm-2:00pm</strong></td>
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<tr>
<td><strong>Yoga/Breathing Class</strong></td>
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<tr>
<td>Instructors: Jagdish &amp; Kailash Sachdev</td>
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</tbody>
</table>

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.

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### HELPFUL LINKS ABOUT HOT TOPICS:

For information about the **November election**, visit [www.loudoun.gov/novemberelection](http://www.loudoun.gov/novemberelection)

For the latest information about **Coronavirus**
- Visit [www.loudoun.gov/coronavirus](http://www.loudoun.gov/coronavirus)
- Text LCCOVID19 to 888777 to receive text alerts from Loudoun County about COVID-19
- Follow the [Loudoun County Government Facebook Page](https://www.facebook.com/LoudounCoGovt) and on twitter @LoudounCoGovt
- [Sign up for email and text updates on COVID-19 in Notify Me, Blogs category](https://www.loudoun.gov/notifyme)
- If you have questions for the Loudoun County Health Department, call their information line: **703-737-8300** Monday-Sunday, 9:00 a.m. to 5:00 p.m.

The Loudoun County Board of Supervisors has proclaimed October as **Domestic Violence Awareness Month**, spotlighting the increased danger that the COVID-19 pandemic presents to survivors of domestic violence. For more information, visit [www.loudoun.gov/DART](http://www.loudoun.gov/DART)
**OUTDOOR ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON. 10/12</th>
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<th>THURS. 10/15</th>
<th>FRI. 10/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>County Holiday</td>
<td>12:30pm Knit &amp; Crochet</td>
<td>1:00pm Current Events Discussion Group</td>
<td>10:00am Tai-Chi with Mabel (Registration Required)</td>
<td></td>
</tr>
<tr>
<td>COLUMBUS DAY</td>
<td>Tailgate (Drop-in)</td>
<td>(Drop-in)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>12:30pm Ukulele (Drop-in)</td>
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</tbody>
</table>

What's for lunch at Cascades?

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

<table>
<thead>
<tr>
<th>MON 10/12</th>
<th>TUES 10/13</th>
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<th>THURS 10/15</th>
<th>FRI 10/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>COUNTY HOLIDAY</td>
<td>Hot Dog/Bun Baked Beans Carribean Blend Vegetables Fruit &amp; Milk Vegetarian meal Available</td>
<td>Baked Chicken Fillet Brown Rice Sliced Carrots Fruit, Roll &amp; Milk Vegetarian meal Available</td>
<td>Meat Sauce Spaghetti Malibu Blend Veggies Fruit, Roll &amp; Milk Vegetarian meal Available</td>
<td>BBQ Chicken Baked Potato Mixed Vegetables 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 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! 😊
**SPECIAL ANNOUNCEMENT**

We are delighted to add Outdoor Programs to the calendar and are planning for our eventual return to Indoor Programs and Bus Services. We know you like being at the center and we like having you here, but in order to make that happen we need your help.

We have COVID-19 guidelines that must be followed when you are riding the bus and while you are at the Senior Center.

Please review the guidelines and make sure you are familiar with them, they must be adhered to daily.

Staff will use a contactless thermometer to take your temperature and review health question each day, prior to boarding the bus or entering the Senior Center

You must wear your face covering while riding the bus and while in the center, the face covering must cover your mouth and your nose.

You must practice social distancing

You must stay home if you feel sick

Wash your hands frequently with soap and water or use available hand sanitizer when soap and water is not available.

Equipment is to be wiped down with provided cleaning solution before and after you use it.

Our goal is for all of us to stay healthy. When each person does their part collectively, we all stay healthy and can quickly get back to doing the things we enjoy doing, together!!!!
<table>
<thead>
<tr>
<th><strong>Senior Center Bus Service Protocols</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boarding and Exiting</strong></td>
</tr>
<tr>
<td>- Bus occupancy will be restricted to 50% capacity.</td>
</tr>
<tr>
<td>- Riders will remain six-feet apart while waiting to board.</td>
</tr>
<tr>
<td>- Riders will wear face coverings.</td>
</tr>
<tr>
<td>- Boarding will be dependent on satisfactory results from a verbal screening process and a no-touch temperature check (completed off bus).</td>
</tr>
<tr>
<td>- Drivers will wear face coverings and face shields while screening riders, and face coverings while driving.</td>
</tr>
<tr>
<td>- Riders will fill bus from back to front.</td>
</tr>
<tr>
<td>- Riders will exit bus from front to back.</td>
</tr>
<tr>
<td><strong>Payment</strong></td>
</tr>
<tr>
<td>- Riders will hold out punch-card to driver, who will punch it contact-free. Hand sanitizer can be used before and after process if contact is made.</td>
</tr>
<tr>
<td><strong>Disinfection</strong></td>
</tr>
<tr>
<td>- Buses will be wiped down every day between runs and at the end of the day.</td>
</tr>
<tr>
<td>- Hand sanitizer and disinfecting wipes will be kept on the bus for use as needed.</td>
</tr>
</tbody>
</table>

*Additional staff member may accompany driver for first couple of weeks in order to observe and assess for potential gaps in process. Protocols subject to revision as needed.*
Online Resource:
How Medicare can work for you

Looking to enroll in Medicare or change your coverage? Click on the link below to learn how different plans work and what it may cost.

https://learn.aarp.org/

American Bandstand hosted by Dick Clark

If you’d like to watch an episode of American Bandstand taped on March 8, 1963, featuring Nancy Sinatra and Connie Francis, click the link below.

American Bandstand
“Best of” Internet Memes
(Meme: a humorous image, video, or piece of text that is copied and spread rapidly by Internet users.)

me after hearing someone cough on my $8 round trip flight to Italy

CHUCK NORRIS WAS EXPOSED TO THE CORONAVIRUS

THE CORONAVIRUS IS NOW IN QUARANTINE

ENJOY THE LITTLE THINGS IN LIFE BECAUSE ONE DAY YOU’LL LOOK BACK AND REALIZE THEY WERE THE BIG THINGS.

This year school yearbook photo

When your kids keep telling a story
And it won’t end
Next Loudoun Household Hazardous Waste Event is Saturday, October 10th in Leesburg

The next Loudoun County Household Hazardous Waste (HHW) collection event is scheduled for Saturday, October 10, 2020, from 8:30 a.m. - 2:30 p.m. at 751 Miller Drive SE in Leesburg. Loudoun residents are welcome to bring HHW from their homes to the event, free of charge.

Click on the link below to see a full list of items that are accepted at this event and what is not accepted.

Hazardous Waste Event
Weekly PROGRAM SCHEDULE

TUESDAY (10/13)
4:00 PM — DIY Marble Mugs: Create colorful mugs with a few simple supplies. (Teens)
7:00 PM — Evening Meditation: Relax and get a good night’s sleep with the help of meditation. Led by certified yoga and meditation teacher Gretchen Schutte.

WEDNESDAY (10/14)
11:00 AM — Online Storytime: Ms. Elizabeth from Lovettsville Library reads Frisky Brisky Hippity Hop adapted by Susan Lurie.
1:00 PM — Once Upon a Time: Two classic tales brought to stage by Bright Star Touring Theatre.
3:00 PM — Self-Compassion: Laura Banks explores the three elements of self-compassion, keys to flourishing during difficult times.

THURSDAY (10/15)
2:00 PM — Staff Picks: Book suggestions for speculative fiction with LGBTQ representation.
3:00 PM — Paint with Watercolors: Paint a whimsical cactus with artist Kris Loya.
6:30 PM — Clutter-Free Holiday Countdown: Clear the table, decorate your space, and organize the feast with help from Bobbi Holcombe.

FRIDAY (10/16)
11:00 AM — Baby Storytime: Rhymes, tickles and bounces for you to enjoy together with your child sitting in your lap.
6:00 PM — The New Science of Human Individuality: Neuroscientist David Linden presents research from his new book which studied the factors that make each of us so different.

SATURDAY (10/17)
11:00 AM — Live Dance Class: Explore a storybook theme through dance with Bella Ballerina.
1:00 PM — Beginner ESOL English Practice: A special interactive session to practice your English.

Links for these online programs are available from the Calendar at library.loudoun.gov
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.
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**

Blend two cultures for an Italian feast with an American flare.

**BREAKFAST: PEAS AND EGGS (PISELLI CACIO E UOVA)**

**INGREDIENTS:**
1 medium onion, finely chopped  
Olive oil  
2 cans of peas  
4-6 eggs (depending on size)  
75g (3 oz) grated Parmesan cheese  
A few sprigs of parsley, finely chopped  
Salt and pepper

**DIRECTIONS:**
In a large braiser or saucepan, sauté the chopped onions gently in olive oil until they are very soft and translucent, taking care that they don’t brown. While the onions are braising, season them lightly with salt and pepper, and add a few drops of water from time to time—this will help them soften and prevent browning. Take your time, as the flavor of the dish depends in large part on coaxing the sweetness out of this *soffritto* of gently sautéed onions.

Pour the canned peas, together with its liquid, into the pot. Let them simmer gently for just a few minutes, to allow the flavors to meld.

While the peas are simmering, whisk the eggs together with the grated cheese and, if using, the parsley, in a mixing bowl. Season generously with salt and pepper.

Turn up the heat a bit and add the egg mixture to the peas. Mix together with a wooden spoon or spatula until the eggs have formed soft curds and remove from the heat. The eggs will absorb the liquid the longer it cooks—you can let it cook longer for a ‘dry’ version, shorter for a ‘wet’ one, as you prefer.

Serve immediately, with some extra cheese sprinkled on top if you like, and perhaps a nice turn or two of freshly ground pepper.

**DESSERT:  
EXPERT CHOCOLATE CHERRY BISCOTTI**

**INGREDIENTS:**
1/2 C. butter, softened  
3/4 C. white sugar  
3 eggs  
2 tsp. almond extract  
3 C. all-purpose flour  
2 tsp. baking powder  
1/2 C. chopped candied cherries  
1/2 C. mini semi-sweet chocolate chips  
1/2 C. chopped white chocolate

**DIRECTIONS:**
Preheat oven to 350 degrees F (175 degrees C). Grease a large cookie sheet. In a large bowl, cream together the butter and sugar until smooth. Beat in the eggs one at a time, then stir in the almond extract. Combine the flour and baking powder; stir into the creamed mixture until just blended. Mix in candied cherries and mini chocolate chips. With lightly floured hands, shape dough into two 10 inch long loaves. Place rolls 5 inches apart on the prepared cookie sheet; flatten each to 3 inch width. Bake for 20 to 25 minutes, or until set and light golden brown. Cool 10 minutes. Using a serrated knife, cut loaves diagonally into 1/2 inch slices. Arrange slices cut side down on ungreased cookie sheets. Bake for 8 to 10 minutes, or until bottoms begin to brown. Turn, and bake an additional 5 minutes, or until browned and crisp. Cool completely. Melt white chocolate in the microwave, stirring every 20 to 30 seconds until smooth. Drizzle cookies with melted white chocolate. Store in tightly covered container.

Yield: 3 dozen

**REMINDER:**
*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.*
APPETIZER:

RED, WHITE AND BLUE BRUSCHETTA

INGREDIENTS:

- 1 cup blueberries
- 1 cup tomatoes
- 1/2 cup feta cheese
- 1/4 cup toasted walnuts
- 2 cloves of garlic
- Balsalmic vinegar
- Olive oil
- Sea salt and pepper
- 1 baguette

DIRECTIONS:

Dice the tomatoes and mix in a bowl with blueberries, feta cheese crumbles and chopped garlic. Top with a drizzle of olive oil and vinegar. Sprinkle with salt and pepper and stir the mixture to combine. Scoop a spoonful onto slices of baguette and serve.

SUPPER:

RED, WHITE AND BLEU PIZZA

INGREDIENTS:

- 1 pizza crust
- 1/2 cup olive oil
- 3 teaspoons of chopped garlic
- Sea salt and pepper
- 1 cup roasted red pepper
- 1 cup bleu cheese
- 1 cup caramelized onions
- 2 cups mozzarella cheese

DIRECTIONS:

1. Gently brown garlic in a saute pan with olive oil. Brush pizza crust with olive oil and top with cooked garlic, salt and pepper. Cover the crust with mozzarella cheese and sprinkle the toppings evenly over the top. Bake according to the instructions for your pizza crust.
Safety Tips To Protect You & Your Family

WALKING

- Carry a cell phone with you.
- Get to know the neighborhoods where you live and work. Find out what stores are open late and where the police and fire stations are located.
- Carry a whistle or other sound device with you in case of emergency. The piercing, distinctive blast of a whistle can scare away possible attackers and alert others in the area that could come to your aid.
- Walk on the sidewalk whenever possible. Walk close to the curb, avoiding doorways, bushes, and other potential hidingplaces.
- Walk confidently - send the message that you’re calm, confident, and know where you’re going.
- Avoid carrying large sums of cash, or displaying expensive jewelry in public.
- Choose busy streets and stay in well-lit areas as much as possible. Avoid alleys, vacant lots, wooded areas, and other short-cuts or secluded areas. At night, stick to well-lighted areas only!
- Trust your instincts. If something or someone makes you uneasy, avoid the situation or person and leave.

Stay alert and be aware of your surroundings.

LOUDOUN COUNTY SHERIFF'S OFFICE
703-777-1021
**BRAIN EXERCISE**

AMERICA
ATLANTIC
BAHAMAS
CAPTAIN
CARIBBEAN
CHRISTOPHER
COLUMBUS
COMPASS
CREW
DISCOVERY
EUROPE
FERDINAND
GOLD

ISABELLA
LAND
LATITUDE
LONGITUDE
MAP
NAVIGATE
NEW WORLD
OCEAN
PINTA

PORTUGAL
SAIL
SANTA CLARA
SANTA MARIA
SHIP
SPAIN
TRADE ROUTE
VOYAGE
WEST INDES