What is Happening Inside the Senior Center?

Over the past several months, the center has worked to identify ways to keep our members engaged and informed while stay at home orders were in effect. We did that with virtual programming, weekly e-newsletters, drive thru lunch pick up and most recently café lunch inside the building. We’ve heard great feedback from our members that these things have certainly helped reduce isolation and stay up-to-date on all the happenings.

In September we began to offer some outdoor programming and beginning on October 19, we started to offer limited indoor programming and bus transportation again. While we hope you’ll come see us and take advantage of in-person activities, lunch or virtual programming, it’s important to note that activities inside the center are very different than they were before the pandemic.

The staff work diligently to ensure a clean and safe environment and we all wear masks indoors. However, that is only part of the equation. We also require that everyone successfully complete a series of screening questions and no-touch thermometer check to enter the building or board the bus. In addition, all members must wear face coverings (over their nose and mouth), maintain 6 feet distance whenever possible and wash hands frequently while inside the building. The only exception to the face covering rule is when you are seated at a table in the café and eating your meal or during a physical exercise activity (spaced 10 feet apart indoors).

We look forward to seeing you and working together to stay safe while you visit the center.
**ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON 10/26</th>
<th>TUES 10/27</th>
<th>WED 10/28</th>
<th>THURS 10/29</th>
<th>FRI 10/30</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30am-10:00am Walking Group <em>(Outdoor Activity)</em></td>
<td>10:00am-10:30am Aerobics Video <em>(Indoor Activity)</em></td>
<td>10:30am-11:00am Yoga Class <em>(Virtual Activity)</em></td>
<td>10:00am-11:00am Tai Chi <em>(Outdoor Activity)</em></td>
<td>10:00am-12:00pm Knit &amp; Crochet <em>(Indoor Activity)</em></td>
</tr>
<tr>
<td>1:00pm-2:00pm Yoga Class <em>(Virtual Activity)</em></td>
<td>10:30am-11:30am Conversational Spanish <em>(Virtual Activity)</em></td>
<td>12:00pm-2:00pm Movie Day <em>(Indoor Activity)</em></td>
<td>10:00am-11:00am Tai Chi <em>(Indoor Activity)</em></td>
<td>1:00pm-2:00pm Safe Bingo <em>(Indoor Activity)</em></td>
</tr>
<tr>
<td>1:00pm-2:00pm Book Club 3rd Monday’s Only <em>(Indoor Activity)</em></td>
<td>1:00pm-2:30pm Intermediate Spanish I <em>(Virtual Activity)</em></td>
<td>1:00pm-2:00pm Currents Events <em>(Indoor Activity)</em></td>
<td>10:30am-11:30am Learn Mandarin <em>(Virtual Activity)</em></td>
<td>1:00pm-2:00pm Yoga Class <em>(Virtual Activity)</em></td>
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<tr>
<td>2:30pm-3:30pm Teen Tech <em>(Virtual Activity)</em></td>
<td>1:00pm-2:00pm Ukulele Jam Session <em>(Indoor Activity)</em></td>
<td>10:00am-11:00am Tai Chi <em>(Indoor Activity)</em></td>
<td>1:00pm-2:00pm Special Presentation <em>(Virtual Activity)</em></td>
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</tbody>
</table>

**Activity Key**
- Green = Outdoor Activity
- Blue = Virtual Activity
- Red = Indoor Activity

Registration required for all indoor activities. Registration also required for Tai Chi and Walking Group. Call 571-258-3280 to register.
Monday 10/26

9:30am Walking Group (Outdoor Activity) — Expect a 25-30 minute walk approximately ¾ of a mile to 1 mile in distance. Please bring water.

1:00pm Yoga (Virtual Activity) — Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev.

1:00pm Book Club (Indoor Activity), 3rd Monday’s only — Monthly discussions. Come join in, new members always welcome. Leader: Mary Rudiak.

2:30pm Teen Tech (Virtual Activity) — Knowledgeable teens give pointers and instruction on how to use smartphones, computers and other technology. Instructor: Aidan Comie.

Tuesday 10/27

10:00am Aerobics Video (Indoor Activity) — Light exercise featuring Richard Simmons and the Silver Foxes DVD.

10:30am Conversational Spanish (Virtual Activity) — Practice your Spanish while conversing current topics and improving your grammar skills. Instructor: Ana Mahoney.

1:00pm Intermediate Spanish (Virtual Activity) — Class runs from October 6 - December 15. Prerequisite: Beginners Spanish. Textbook is $20. Instructor: Lea Nigon.

1:00pm Ukulele Jam Session (Indoor Activity) — Must bring your own ukulele. Designed for the advanced player. Prerequisite: Beginners Ukulele Class. Instructor: Joanie Hall.

Wednesday 10/28

10:30am Yoga (Virtual Activity) — Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev.

12:00pm Movie Day (Indoor Activity) — Free movie presentation. Bring your own snacks. Different movie announced each week.

1:00pm Current Events (Outdoor Activity) — Current local and global events discussions. Come join in, new members always welcome. Leader: Steven Creskoff.

Thursday 10/29

10:00am Tai Chi (Outdoor Activity & Indoor Activity) — Gentle physical exercises embracing the mind, body and spirit. Instructors: Mabel Chin and Marlene Burkgren.

10:30am Learn Mandarin Chinese (Virtual Activity) — This class is for all levels and is Informal. Instructor: Susan Xiaoping.

1:00pm Open Painting (Indoor Activity) — Bring your own art materials. Chairs and tables will be provided.

1:00pm Special Presentation (Virtual Activity) — Special guests will discuss important topics of interest designed for our members. Open to all.

Friday 10/30

10:00am Knit & Crochet (Indoor Activity) — Group activity. No instruction provided. Knit and crochet donates much of their creation to local charities. Leader: Velinda Sutton.

1:00pm Safe Bingo (Indoor Activity) — Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen.

1:00pm Yoga (Virtual Activity) — Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev.
## What's for lunch at Cascades?

<table>
<thead>
<tr>
<th>MON 10/26</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Broccoli Quiche</td>
<td>Salisbury Steak</td>
<td>Sweet &amp; Sour</td>
<td>Stuffed Cabbage</td>
<td>Oven Fried Chicken</td>
</tr>
<tr>
<td>Caribbean Blend</td>
<td>Delmonico Potato</td>
<td>Pork</td>
<td>Mashed Potato</td>
<td>Chicken</td>
</tr>
<tr>
<td>Veggies</td>
<td>Green Beans</td>
<td>Noodles</td>
<td>Vegetable Blend</td>
<td>Macaroni &amp; Cheese</td>
</tr>
<tr>
<td>Fruit, Roll &amp; Milk</td>
<td>Fruit, Roll &amp; Milk</td>
<td>Normandy Blend</td>
<td>Fruit, Roll &amp; Milk</td>
<td>Collard Greens</td>
</tr>
<tr>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
<td>Vegetables</td>
<td>Vegetarian meal Available</td>
<td>Fruit, Roll &amp; Milk</td>
</tr>
</tbody>
</table>

### DRIVE-THRU PICKUP (11:00am-11:30am)

### DINE-IN LUNCH (11:45am-12:30pm)

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.

Call us to reserve your place for lunch – we can’t wait to see you! 😊
# Senior Center Bus Service Protocols

| Boarding and Exiting | Bus occupancy will be restricted to 50% capacity.  
| | Riders will remain six-feet apart while waiting to board.  
| | Riders will wear face coverings.  
| | Boarding will be dependent on satisfactory results from a verbal screening process and a no-touch temperature check (completed off bus).  
| | Drivers will wear face coverings and face shields while screening riders, and face coverings while driving.  
| | Riders will fill bus from back to front.  
| | Riders will exit bus from front to back. |
| Payment | 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. |
| Disinfection | Buses will be wiped down every day between runs and at the end of the day.  
| | Hand sanitizer and disinfecting wipes will be kept on the bus for use as needed. |

*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.*
Special Virtual Presentation
Thursday, October 29th at 1:00pm: Learn the basics of Medicare. Understand your choices. Discover tools & resources. AARP Community Ambassador Martin Bailey will be your host for this hour long presentation.

Are you eligible to enroll in Medicare, but don’t know where to start? This session will give you an overview of the different parts of Medicare, coverage and costs, and your choices of Medicare plans. This session is a good overview for anyone between the ages of 60 – 65 interested in Medicare and will provide you with resources and tools to learn more. Martin will cover your choices for open season and eligibility. The presentation is open to all.

Click on the link below to join the presentation at 1:00 pm on 10/29.
https://global.gotomeeting.com/join/188303597

You can also join by dialing in using your phone.
United States: +1 (646) 749-3112
Access Code: 188-303-597
National Prescription Drug Take Back Day

Saturday, October 24, 2020
10:00 am - 2:00 pm

Stop by any of the below locations and safely drop off your unused or expired medications for safe disposal.

- Ashburn Station - 20272 Savin Hill Dr., Ashburn
- Dulles South Station - 25216 Loudoun Cty. Pkwy., Chantilly
- Eastern Loudoun Station - 46620 E. Frederick Dr., Sterling
- Western Loudoun Station - 47 W. Loudoun St., Round Hill

ACCEPTABLE ITEMS: Prescription medications, Over-The-Counter Medications, Medical Samples, and Pet Medications

NON-ACCEPTABLE ITEMS: Needles, Thermometers, Batteries, IV Bags, Blood or Infectious Waste, Liquids, Gels or Sprays
Ballot Drop Boxes Placed at Libraries

Supervised ballot drop boxes for absentee ballots are now in place inside all Loudoun County Public Library branches, with the exception of the Law Library.

Completed absentee ballots can be returned to the drop boxes through Saturday, Oct. 31 during the branches’ hours of operation. Library branches are open Monday through Thursday from 10 a.m. to 8 p.m., and Friday and Saturday from 10 a.m. to 5 p.m. Loudoun County libraries will be closed Monday, Oct. 12 in observance of Columbus Day.

Completed absentee ballots can also be returned to the Office of Elections and Voter Registration, 751 Miller Drive, Leesburg, through Oct. 31.

The deadline to register to vote this November is Tuesday, Oct. 13. Register online at elections.virginia.gov/citizen-portal, or in person at the Loudoun County Office of Elections and Voter Registration. Mail-in registration applications must be postmarked no later than Oct. 13.

More early voting sites will open Saturday, Oct. 17 at the Carver Senior Center, 200 E Willie Palmer Way, Purcellville; the Dulles South Senior Center, 24950 Riding Center Drive, South Riding; and at the Loudoun County Government offices at 21641 Ridgetop Circle, Sterling.

The deadline to vote early in person is Saturday, Oct. 31. More details, including hours of operation and directions, are at loudoun.gov/voteearly.
Halloween Line Dance Video!
Below is a link for a Halloween video that Celeste and Vinny put together for their various line dance classes. These are fairly easy dances for all the beginner classes and Celeste’s Thursday AM class too. We hope everyone will enjoy!

Click Here Celeste & Vinny’s Special Halloween Line Dance Video
LAST WEEK FOR ENTRIES!!

CASCADES SENIOR CENTER
PUMPKIN CARVING CONTEST!

SHOW US YOUR PUMPKIN CARVING SKILLS
FOR A CHANCE TO WIN SOMETHING FROM
"THE PRIZE VAULT!"

TO ENTER: EMAIL YOUR PUMPKIN
PICTURE TO
PAUL.TORRIBLE@LOUDOUN.GOV BY
MONDAY OCTOBER 26TH. WINNER WILL BE
ANNOUNCED FRIDAY OCTOBER 30TH.

THE WINNER WILL RECEIVE THEIR CHOICE
OF 1 PRIZE FROM THE LOBBY CURIO.
GOOD LUCK!!!!!
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**

HEALTHY FLOURLESS PUMPKIN BREAD

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.

INGREDIENTS:
- 2 cups old-fashioned or quick cooking oats (use gluten free oats if you want gluten free bread)
- 1 (15 ounce) can pure pumpkin
- 1/2 cup maple syrup or (honey is a great substitute for the maple syrup)
- 2 large eggs (Can’t have eggs? Try substituting 1/4 cup applesauce for each egg, seems to work well in other bread recipes) OR (you can also use flax egg, 1 TBSP flax meal + 3 TBSP water = 1 egg)
- 1 teaspoon baking soda
- 1 teaspoon pumpkin pie spice (or just cinnamon)

INSTRUCTIONS:
Preheat oven to 350°F. Lightly grease 9×5-inch loaf pan with non-stick cooking spray and set aside.

Add all ingredients to a blender and blend until smooth and well combined (or hand mixer) (DO NOT OVERMIX or it will not cook correctly, oats will cook first before the rest). Pour batter into prepared loaf pan. Bake for 30 minutes or until a toothpick inserted in the center comes out clean. (If the top of the loaf is browned, but the center is not baked all the way through yet, simply cover the top with foil and let the loaf continue to bake until a toothpick inserted in the center comes out clean.)

Let loaf cool completely in loaf pan. Store bread in an airtight container in the refrigerator.

NOTES: It can definitely be frozen. Just let it cool completely and then wrap it tightly in plastic wrap before putting in a freezer-safe and sealed baggie or container.

It’s definitely a heartier loaf and doesn’t bake with a lot of height to it like a traditional pumpkin bread does

Use 100% pure maple syrup

Add 1 small banana and 1/2 cup chopped walnuts. Cooked for 1 hour.
Talking with children about the election may seem daunting, but a good book is the perfect way to open a conversation or explain the political system. With Loudoun County voters heading to the polls over the next few weeks, we've rounded up some of our favorite library resources for discussing voting, the Constitution, the Electoral College and more in this week's Staff ePicks.
Weekly Program Schedule

**MONDAY (10/26)**

11:00 AM — Online Storytime: Mr. Eric from Brambleton Library reads *Little White Rabbit* by Kevin Henkes.

2:00 PM — Advanced ESOL English Practice: Practice your English in this special interactive session focused on civics, elections and voting.

**TUESDAY (10/27)**

4:00 PM — DIY Book Safes: Create a secret hiding place in a book. Take-and-make kits with pre-cut book safes are also available at the Teen Center at Brambleton Library (while supplies last).

**WEDNESDAY (10/28)**

11:00 AM — Online Storytime: Join Ms. Heather from Ashburn Library for a cut-and-tell story of *The Little Orange House* by Jean Stangl.

1:00 PM — FrankenSTEM: It will take Science, Technology, Engineering and Math to make Dr. Frank N. Stein's latest masterpiece come to life. Presented by Bright Star Touring Theatre.

**THURSDAY (10/29)**

2:00 PM — Staff Picks: Regency Romance Novels: Megan Ariett of Sterling Library shares novels set during the English Regency period.

7:00 PM — Storyteller Diane Macklin: She will captivate audiences with her high energy, dancing hands and lyrical voice. Sponsored by the Loudoun Library Foundation, Inc.

**FRIDAY (10/30)**

11:00 AM — Baby Storytime: Rhymes, tickles and bounces for you to enjoy together with your child sitting in your lap.

2:00 PM — Watercolor Workshop: Paint a Halloween-themed picture with award-winning artist Megha Mehra.

**SATURDAY (10/31)**

11:00 AM — Children's Concert with Jim Gill: Music play encouraging fun interactions between children and adults. Stay tuned at the end for a special message from Jim.

Links for these online programs are available from the Calendar at library.loudoun.gov
MOVIE DAY IS WEDNESDAY, OCTOBER 28TH AT 12:00PM. COME AND ENJOY A FREE SPOOKY PRESENTATION OF "THE ADDAMS FAMILY" RATED PG-13 (BRING YOUR OWN SNACKS)

WHEN A MAN CLAIMING TO BE FESTER ARRIVES AT THE ADDAMS' HOME, THE FAMILY IS THRILLED. HOWEVER, MORTICIA BEGINS TO SUSPECT THE MAN IS A FRAUD, SINCE HE CANNOT RECALL DETAILS OF FESTER'S LIFE. WITH THE HELP OF A LAWYER, FESTER MANAGES TO GET THE ADDAMS CLAN EVICTED FROM THEIR HOME. GOMEZ REALIZES THE TWO MEN ARE CONSPIRING TO SWINDLE THE ADDAMS FORTUNE AND THAT HE MUST CHALLENGE FESTER.
“Best of” Internet Memes

(Meme: a humorous image, video, or piece of text that is copied and spread rapidly by Internet users.)

**I've got O.H.D.**
Obsessive Halloween Disorder...

**I AM THE NIGHT**

**FEAR ME**

**THAT FACE YOU MAKE**

**WHEN IT'S ALMOST TIME FOR HALLOWEEN**

**IS IT HALLOWEEN YET?!**

**EVERY MOM DURING TRICK OR TREAT**

**“DID YOU SAY THANK YOU?!”**

**I WANT SOME FREE CANDY**
## HALLOWEEN CRYPTOGRAM

1. **Double, double toil and trouble;**
   **fire burn and cauldron bubble.**
   – William Shakespeare – *Macbeth*

2. **What do spiders do for fun on Halloween?**
   – Surf the web!

3. **Knock! Knock! Who’s there?**
   **Wanda Witch!**
   **Wanda Witch who?**
   – Wanda Witch you a Happy Halloween!

### Cryptogram

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| 21 | 13 | 6 | 14 | 24 | 26 | 19 | 25 | 14 | 4 | 7 | 26 | 14 | 24 | 2 | 24 | 7 | 2 | 3 | 16 | |
| 24 | 16 | 10 | 13 | 22 | 22 | 24 | 21 | 4 | 4 | 16 | |

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| 7 | 3 | 8 | 20 | 7 | 7 | 3 | 8 | 20 | 7 | 10 | 2 | 8 | 17 | 18 | 2 | 12 | 13 | 12 | 10 | 1 | 3 | 25 | 1 | 10 | 6 | 18 | 20 | 2 |
| 25 | 1 | 10 | 6 | 18 | 20 | 2 | 10 | 1 | 3 | 25 | 1 | 10 | 6 | 18 | 20 | 2 | 10 | 2 | 8 | 10 | 1 | 3 | 25 | 1 | |
| 10 | 6 | 18 | 20 | 2 | 5 | 8 | 22 | 1 | 2 | 1 | 9 | 9 | 5 | 2 | 12 | 26 | 8 | 10 | 12 | |
| 12 | 3 | | | | | | | | | | | | | | | | | | | | | |

- Wanda Witch you a Happy Halloween!
- What do spiders do for fun on Halloween?
- Knock! Knock! Who’s there?

- Surit the web!
- Who lives in the woods?
- Wanda, Wanda who?
- Wanda, Wanda where?
- 3 doors, 3 knock.

- Wanda Witch you a Happy Halloween!
- Double, double oui and double, oui!