Manager’s Note

A few important messages as we approach the Thanksgiving Holiday

We will be **closing at noon on Wednesday, November 25**, so there will be no bus services, no afternoon programming and no lunch served (*no Drive-Thru Lunches, No Café Lunches, No Home Delivered Meals*)

We will be **closed all day on Thursday and Friday, November 26 & 27** for the Thanksgiving Holiday

There will be a **special Thanksgiving Issue of the E-Newsletter** next week that will be sent out on Wednesday, November 25 instead of the regular Friday issue

Please stay safe this Thanksgiving!

**CASCADES PARKING LOT RE-PAVING**

November 30 – December 4

Both the Farmer’s Market Lot and the main parking lot behind the Senior Center at Cascades will be re-paved during the week of November 30 - December 4. The work will be done alternately so that we can use at least one of the lots to provide the Drive-Thru Lunches and HDM pick-ups and allow people in the building for activities.

Please click [here](#) to take a look at the flyers posted on the Advisory Board website for information about where to pick up lunches and HDM’s during this time.

For those of you who drive to the center, please enter the center through the Farmer’s Market Lot on the days we have the main lot closed and vice versa. If you have any questions, please contact the center at 571-258-3280. Thank you for your patience! While this is a bit of an inconvenience, we look forward to the finished product and enjoying freshly paved parking lots.
**ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am-11:30am ESL Class (Virtual Activity)</td>
<td>10:00am-11:00am Aerobics Video (Indoor Activity)</td>
<td>10:30am-11:30am Yoga Class (Virtual Activity)</td>
<td><strong>Senior Center Closed</strong></td>
<td><strong>Senior Center Closed</strong></td>
</tr>
<tr>
<td>1:00pm-2:00pm Yoga Class (Virtual Activity)</td>
<td>10:30am-11:30am Conversational Spanish (Virtual Activity)</td>
<td><strong>Senior Center Closed at Noon</strong></td>
<td><strong>No Activities Today</strong></td>
<td><strong>No Activities Today</strong></td>
</tr>
<tr>
<td>1:00pm-2:00pm Book Club 3rd Mondays Only (Indoor Activity)</td>
<td>1:00pm-2:30pm Intermediate Spanish I (Virtual Activity)</td>
<td>1:00pm-2:00pm Ukulele Jam Session (Indoor Activity)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>New Time!</strong> 2:00pm-2:30pm Walking Group (Outdoor Activity)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30pm-3:30pm Teen Tech (Virtual Activity)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Activity Key**

- Green=Outdoor (weather permitting)
- Blue=Virtual
- Red=Indoor

Registration required for all indoor activities. Registration also required for Teen Tech, Tai Chi and Walking Group. Call 571-258-3280 to register.
**Monday 11/23**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am</td>
<td>ESL Class <em>(Virtual Activity)</em> – English as a second language class. Instructor: Judy Villedrouin</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Yoga <em>(Virtual Activity)</em>—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev.</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Book Club <em>(Indoor Activity, 3rd Monday’s only)</em>—Monthly discussions, new members welcome. Leader: Mary Rudiak.</td>
<td></td>
</tr>
</tbody>
</table>

**Tuesday 11/24**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am</td>
<td>Aerobics Video <em>(Indoor Activity)</em>—light exercise featuring Richard Simmons and the Silver Foxes DVD.</td>
<td></td>
</tr>
<tr>
<td>10:30am</td>
<td>Conversational Spanish <em>(Virtual Activity)</em>—Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney.</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Intermediate Spanish <em>(Virtual Activity)</em>—Class runs from October 6- December 15. Prerequisite: Beginners Spanish. Textbook is $20. Instructor: Lea Nigon.</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Ukulele Jam Session <em>(Indoor Activity)</em>—Must bring your own ukulele. Designed for the advanced player. Prerequisite: Beginners Ukulele Class. Instructor: Joanie Hall.</td>
<td></td>
</tr>
</tbody>
</table>

**Wednesday 11/25**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am</td>
<td>Yoga <em>(Virtual Activity)</em>—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev.</td>
<td></td>
</tr>
</tbody>
</table>

**Thursday 11/26**

- **Senior Center Closed**
- **No Activities Today**

**Friday 11/27**

- **Senior Center Closed**
- **No Activities Today**
### What's for lunch at Cascades?

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili &amp; Rice</td>
<td>Baked Chicken</td>
<td>SENIOR CENTER CLOSES AT 12 NOON</td>
<td>SENIOR CENTER CLOSED</td>
<td>SENIOR CENTER CLOSED</td>
</tr>
<tr>
<td>Broccoli Florets</td>
<td>Sweet Potato</td>
<td>No Meal Program</td>
<td>No Meal Program</td>
<td>No Meal Program</td>
</tr>
<tr>
<td>Fruit, Roll &amp; Milk</td>
<td>Collard Greens</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian meal Available</td>
<td></td>
<td></td>
<td></td>
<td></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! 😊
<table>
<thead>
<tr>
<th><strong>Senior Center Bus Service Protocols</strong></th>
<th></th>
</tr>
</thead>
</table>
| **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.*
We may be apart, but we don’t have to be alone.

In response to the Coronavirus pandemic, communities around the country have come together to support those in need. AARP has created a site to help you connect with people in your community.

Click here.

Howdy Partner, ready to Line Dance?

Vinny has created a number of videos for you!

Click on the link below to view Vinny’s Line Dance videos on YouTube!

Vinny's Line Dance Video
Chess is back and its hotter than ever!

As the global pandemic continues to be part of our lives, online chess has exploded! Playing chess on the internet has become a welcome distraction for millions worldwide! If you’d like to play chess online against a computer or someone at your level, click here:

https://www.chess.com/

Check out AARP’S Online Programming. Go to Learn.AARP.Org
Loudoun Officials Warn Against Jury Duty Scams

Loudoun Clerk of the Circuit Court Gary M. Clemens cautions Loudoun residents to be aware of a recent jury duty scam. The fraudulent activity involves individuals claiming to work for the courts or law enforcement who call residents and tell them they failed to report for jury duty and to avoid any penalty from the Circuit Court, the residents can pay a fine over the phone. In some cases, they offer the victims a chance to buy a gift card and then call them back for the gift card information.

Clemens reminds residents that currently, due to the COVID-19 pandemic, no jury trials are being conducted. Jury trials are not scheduled to begin again until at least January 2021.

Also, Clemens says that no employees from the Office of the Clerk of the Circuit Court would ever call Loudoun residents to tell them they failed to report for jury duty and can pay a fine over the telephone. The Clerk’s Office sends an official, written notice to someone who does not appear for jury duty and the notice provides instructions on what actions those who neglect to report for jury duty must take.

“Any Loudoun resident who receives a call demanding payment over the phone for failing to report for jury duty should not provide any payment,” Clemens said. He encourages Loudoun residents to write down the phone number that appears on caller ID, if possible, and contact the Loudoun County Sheriff’s Office at 703-777-1021 or file a report online at sheriff.loudoun.gov/reportonline.

Clemens encourages all residents to be aware of potential fraud scams and seek verification of the information with the appropriate sources before making any payments online or by phone.
Household Hazardous Waste Event

Saturday, November 21
Claude Moore Park
46150 Loudoun Park Lane
Sterling
8:30 a.m. - 2:30 p.m.

loudoun.gov/hhw

For more information about hazardous waste click here.
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**

One-Pot Spinach Beef Soup

**Ingredients:**

- 1 pound ground beef
- 3 garlic cloves, minced
- 2 cartons (32 ounces each) reduced-sodium beef broth
- 2 cans (14-1/2 ounces each) diced tomatoes with green pepper, celery and onion, undrained
- 1 teaspoon dried basil
- 1/2 teaspoon pepper
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 3 cups uncooked bow tie pasta
- 4 cups fresh spinach, coarsely chopped
- Grated Parmesan cheese

**Directions:**

In a 6-qt. stockpot, cook beef and garlic over medium heat until beef is no longer pink, breaking up beef into crumbles, 6-8 minutes; drain. Stir in broth, tomatoes and seasonings; bring to a boil. Stir in pasta; return to a boil. Cook, uncovered, until pasta is tender, 7-9 minutes.

Stir in spinach until wilted. Sprinkle servings with cheese.

**Nutrition Facts:**

1-1/3 cups: 258 calories, 7g fat (3g saturated fat), 40mg cholesterol, 909mg sodium, 30g carbohydrate (8g sugars, 3g fiber), 17g protein.

**Tried and True Tips:**  Substitute in ground Italian sausage/ can use 1/2 hamburger and 1/2 sausage OR Add sliced mushrooms and chopped onion OR Use ground turkey cooked with garlic and 1/2 chopped onion. Add a can of (drained/rinsed) pink beans with the pasta OR Use frozen spinach, less pasta to make it a bit more filling.
IS YOUR VEHICLE WINTER READY?

Winter Checklist for Vehicles: How to Winterize Your Car

There are a few things you can do to get your car ready for an impending winter season. Winterizing your car can take time and money, so plan ahead accordingly with this winter checklist for vehicles.

**Check your tire tread.** When getting your car ready for winter, be sure to inspect your tires for tread wear and rotate them during every oil change. To check your tire’s tread, use the “Penny Test”. You do this by taking a penny and placing it in the tread groove of your tire. Place the penny with Lincoln’s head facing you, and stick the penny in the tread so that the top of Lincoln’s head is no longer visible. If his entire head is visible while in the groove, it’s time to replace your tires.

**Fill up your tires.** Low air pressure in your tires can be potentially dangerous on winter roads. Take your car to a mechanic to check your tire pressure and fill your tires if necessary. If you have prior knowledge on checking tire pressure, you can easily do it yourself at a free tire air pump found at your local gas station or car shop.

**Consider snow tires.** Switching to snow tires, especially in northern countries or mountain areas that get heavy snow on rough terrain, can help driving on snowy and slippery roads. Tip: snow tires make your MPG (miles per gallon) lower, so only put on snow tires during harsh winter months.

**Change your oil and antifreeze.** Regular maintenance to your vehicle can only but help to prevent any car troubles during months involving winter driving. Switch to a winter-grade oil at your next oil change. In general, the colder the weather, the thinner you want the oil in your engine to be. The viscosity of your oil in colder weather is indicated by the first number in the oil specification, with a lower number indicating better viscosity in cold weather. For example, a 5W-30 oil is better in the winter than a 10W-30 oil.

**Get a basic tune-up.** You should get a tune-up roughly every 30,000 miles. If that tune-up is likely to happen in the winter you may want to go in a little early just to make sure everything is in good shape. Have them check your belts and hoses, ignition, brakes, wiring, fan belts, spark plugs, air, fuel and emission filters and the PCV valve.

**Use winter windshield wiper fluid and check your wipers to see if they need replacing.** Not all windshield wiper fluid is the same. Ordinary fluid that you use in the spring, summer and fall often becomes worse than useless in the winter, as it freezes quickly upon contact with your windshield. When winter comes, switch out your fluid for “winter” fluid. Winter fluid is designed for the rigors of winter weather and won’t freeze on your windshield. In fact, it actually helps loosen ice and snow from your windshield, making it much easier to keep things clear.
Check your defroster and heater. Short drives aren’t too burdensome when you don’t have heat in your car, but consider what would happen if you were stuck in your car for an extended period of time— all the while not having heat. Having a working heater can help prevent daily discomfort, but it can also be a great preventative measure.

Keep your gas tank filled. You shouldn’t let your gas tank get all the way to empty in the winter (or any other time for that matter). Apparently the cold weather can cause condensation to form in an empty or near empty gas tank. That water can drip down into the gas and sinks to the bottom where it can then travel into your fuel lines. In the winter it can freeze in your fuel lines and block the flow of gas to your engine. Not good! So keep your tank at least a 1/4-1/2 way full at all times.

Inspect your battery. Your vehicle’s battery capacity lessens in cold weather. Be sure your car is prepared for the winter and have a professional inspect your battery’s fluid and cables.

Put a “winter supply” box in your car. This is the single most important thing you can do for your car and for your personal safety. Having a box full of winter supplies in your trunk can make all the difference when something goes wrong while traveling on a cold winter day.

Here’s a quick list of items you should include in that box: a flashlight, road flares, a first-aid kit, a few blankets, a change of warm clothes for the driver, a few extra pairs of gloves, a radio, a charged cellphone for 911 calls, a bag of sand (for traction), an extra ice scraper and some high-energy snacks (like nuts or jerky). You can keep a pair of large plastic containers in the garage through the spring, summer and fall. The containers always carry these items, and you can put those containers in your car during the winter months after checking them over at the start of the season.
**BRAIN EXERCISE**

FIND THE WORDS AND PUT THE PHRASE TOGETHER!

AND
COBBLER
LIKE
THE

BROWN
COVERED
LOOKED
WAS

CINNAMON
CRUST
SUGAR
WORLD

---

---