The winter season is here and so is winter weather!

Please note the following information regarding our operations during inclement weather:

If Loudoun County Government is CLOSED, the senior center is also CLOSED

If Loudoun County Government issues “Unscheduled Leave” for staff, the senior center is OPEN, but no transportation, call for possible program changes

If Loudoun County Public Schools are closed, the senior center is OPEN, lunch & transportation is available, call for possible program changes

Stay safe and warm!
**ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON 12/21</th>
<th>TUES 12/22</th>
<th>WED 12/23</th>
<th>THURS 12/24</th>
<th>FRI 12/25</th>
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</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>No Activities</strong></td>
<td><strong>No Activities</strong></td>
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<tr>
<td>1:00pm-2:00pm Yoga Class (Virtual Activity)</td>
<td>10:30am-11:30am Conversational Spanish (Virtual Activity)</td>
<td>12:00pm-2:00pm Movie Day: “How the Grinch Stole Christmas” Rated PG 2000 (Indoor Activity)</td>
<td><strong>Senior Center Closed</strong></td>
<td><strong>Senior Center Closed</strong></td>
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<td>1:00pm-2:00pm Book Club 3rd Mondays Only (Indoor Activity)</td>
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<td>2:00pm-2:30pm Walking Group (Outdoor Activity)</td>
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<td>2:30pm-3:30pm Teen Tech (Virtual Activity)</td>
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**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.

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
Monday 12/21

10:30am ESL Class (Virtual Activity) – English as a second language class. Instructor: Judy Villedrouin

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, new members welcome. This month—“The Little Paris Bookshop” by Nina George. Leader: Mary Rudiak

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

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 12/22

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 while improving your grammar skills. Instructor: Ana Mahoney

Wednesday 12/23

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. This week’s film, “How the Grinch Stole Christmas” Rated PG (2000)

Thursday 12/24 & Friday 12/25

No activities. Senior Center Closed.
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<th>MON 12/21</th>
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<tbody>
<tr>
<td></td>
<td>Chili Rice</td>
<td>Baked Chicken</td>
<td>Meatloaf</td>
<td>Center is CLOSED</td>
<td>Center is CLOSED</td>
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<tr>
<td></td>
<td>Broccoli Florets</td>
<td>Sweet Potato</td>
<td>Mashed Potato</td>
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<td></td>
<td>Applesauce</td>
<td>Collard Greens</td>
<td>Green Peas</td>
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<td></td>
<td>Roll &amp; Milk</td>
<td>Cornbread</td>
<td>Fruit, Roll &amp; Milk</td>
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<tr>
<td></td>
<td>Vegetarian meal Available</td>
<td>Fuit Cocktail</td>
<td>Vegetarian meal Available</td>
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**Dine-in Lunch from 11:45am-12:30pm**

**DRIVE-THRU PICKUP (11:00am-11:30am)**
Movie Day is Wednesday, December 23rd at 12:00pm.
Come and enjoy a free presentation of "How the Grinch Stole Christmas". Rated PG (2000).
Bring your own snacks.

In this live-action adaptation of the beloved children's tale by Dr. Seuss, the reclusive green Grinch (Jim Carrey) decides to ruin Christmas for the cheery citizens of Whoville. Reluctantly joined by his hapless dog, Max, the Grinch comes down from his mountaintop home and sneaks into town to swipe everything holiday-related from the Whos. However, the bitter grump finds a hitch in his plans when he encounters the endearing Cindy Lou Who (Taylor Momsen).
WINTER SOLSTICE 2020: THE FIRST DAY OF WINTER
CELEBRATE THE WINTER SOLSTICE WITH FACTS, FOLKLORE, AND MORE.

Click here to learn more about the Winter Solstice
Celebrate Winter Solstice

How to spot holiday scams.

Do you know the most common scams this holiday season? Click below and learn what to look out for.

https://learn.aarp.org/
LINE DANCING VIDEOS

Thursday AM Intro to Line Dancing Video by Celeste

Wednesday AM Beginner's Class Video 1 by Vinny

Wednesday AM Beginner's Class Video 2 by Vinny

VIRTUAL EVENTS/PROGRAMS

Due to COVID-19, the Zoo's on-site school programs are on hold. The Smithsonian Zoo invites you to connect with Zoo educators in one of their free, virtual school programs and Wild Side of STEAM webinars.

See the schedule of upcoming programs below:

Virtual Programs Calendar | Smithsonian's National Zoo

Smithsonian Events
Festivus is a non-commercial holiday celebration depicted on the TV show “Seinfeld.” It is celebrated on December 23rd with a Festivus dinner. A plain aluminum pole serves as the solitary decoration. The holiday traditions include “the airing of grievances,” “feats of strength,” and the labeling of easily explainable events as Festivus miracles. To watch the story of Festivus, click below.

FESTIVUS

Christmas Meme’s

My dog’s favourite toy is Santa, so we brought her to see him

WRECK THE TREE AND BLAME THE DOGGIES
FA LA LA LA LA LA LA LA LA LA!

DACHSHUND
THROUGH THE SNOW
**LIBRARY PROGRAM CALENDAR**

Weekly Program Schedule

**TUESDAY (12/22)**

12:00 PM — Mid-Day Meditation: Take a short break to breathe and center the mind so you are more focused in the afternoon. Led by Gretchen Schutte, a certified yoga and meditation teacher.

4:00 PM — Winter Mug Meal: Learn to make easy chili and cornbread.

**WEDNESDAY (12/23)**

11:00 AM — Online Storytime: Ms. Elizabeth from Lovettsville Library reads *Dream Snow* by Eric Carle.

1:00 PM — Germs Are Not For Sharing: Create "germs" on paper using watercolors and straws.

**THURSDAY (12/24)**

Christmas Eve — All branches are closed.

**FRIDAY (12/25)**

Christmas Day — All branches are closed.

**SATURDAY (12/26)**

11:00 AM — Holidays Around the World Presented by Bright Star Touring Theatre: Celebrate holidays from all over the globe including the Lohri Festival, St. Lucia Day, Hanukkah, Kwanzaa and Christmas.

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

Chicken Enchilada Quinoa

**INGREDIENTS**

- 1 c. quinoa
- 2 c. low-sodium chicken broth
- 1 tbsp. extra-virgin olive oil
- 1/2 large onion, diced
- 1 jalapeño, minced
- 2 cloves garlic, minced
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 2 c. shredded rotisserie chicken
- 1 c. corn kernels
- 1 c. red enchilada sauce
- 1 1/2 c. Shredded Monterey Jack

Chopped tomato, for garnish
Diced avocado, for garnish
Freshly chopped cilantro, for garnish

This ingredient shopping module is created and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site.

**DIRECTIONS**

1. Preheat oven to 350º. In a small saucepan, combine quinoa and chicken broth and bring to a boil. Reduce heat to a simmer and cook until fluffy, 15 to 20 minutes.

2. In a large skillet, heat oil. Add onion, jalapeño, and garlic and cook until tender, about 6 minutes. Add cumin and chili powder and stir until combined, then add chicken, corn, and enchilada sauce (reserve 1 tablespoon for drizzling) and stir until combined. Add 1 1/2 cups cooked quinoa (reserve rest for later use) and stir until combined, then top with cheese.

3. Bake until cheese is melty, 15 minutes.

Garnish with tomato, avocado, cilantro, and reserved enchilada sauce and serve.

**IDEAS:** Use cooked chicken you have on hand. It’s even good without the cheese
Substitute salsa for enchilada sauce and taco seasoning for chile powder
Do not quinoa to the chicken mix but instead put it on the plate then top with the chicken enchilada. Add black beans to the mix and use cheddar instead of Monterey Jack.

**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.
Santa Claus took time out from his busy schedule at the North Pole to visit the Cascades Senior Center, in person, and virtually!
Holiday Edition of Picture Time!

Thanks Haley!

Thanks Brenda!

Thanks Judith!

Thanks Rajendra!

Thanks Paul!

Thanks Patti!
Kwanzaa is an annual celebration of African-American culture that is held from December 26 to January 1, culminating in a communal feast called Karamu, usually held on the 6th day. It was created by Dr. Maulana Karenga, based on African harvest festival traditions from various parts of Africa, including West and Southeast Africa. Kwanzaa was first celebrated in 1966.
**BRAIN EXERCISE**

Let it snow!

BLIZZARD
COAT
COLD
DECEMBER
EARMUFFS
FEBRUARY
FIREPLACE
FLURRIES
FROZEN
GLOVES
HOT CHOCOLATE
ICE
ICE SKATES
ICICLE
JANUARY
MITTENS
SCARF
SHOVEL
SLED
SLUSH
SNOWBALL
SNOWFLAKE
SNOWMAN
SWEATER
WINTER
Our dear friend Georgia Belle (GB) passed away on Monday, December 7.

She will be remembered for her feisty and fun personality, her long-time commitment to the center through her volunteer work and her love of a good dance party!

Some of you may not know that GB served for many years as a part-time/temporary staff member of PRCS as a Facility Supervisor during weeknight and weekend rentals at the center.

Rest in power dear Georgia Belle.