Manager’s Note

WELCOME BACK VOLUNTEERS!!

We are thrilled to begin welcoming back volunteers on Tuesday, July 6 for front desk, kitchen and in-person activity/programming positions.

We know it’s been a long time since we’ve all worked together, so we want to give you a proper WELCOME BACK on Monday, July 12 to answer any questions you might have and offer a refresher on all things volunteer.

Open to all current volunteers and anyone interested in learning more about volunteer opportunities.

Please RSVP by Thursday, July 8 to Haley in person or by phone at 571-258-3280.
**Cascades Activities Schedule**

<table>
<thead>
<tr>
<th>MON 6/28</th>
<th>TUES 6/29</th>
<th>WED 6/30</th>
<th>THURS 7/1</th>
<th>FRI 7/2</th>
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<tr>
<td>9:30a-10:30a</td>
<td>Beginner’s Line Dancing</td>
<td>10:00a-11:00a</td>
<td>Aerobics Video</td>
<td>9:30a-11:30a</td>
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<td>9:30a-10:00a</td>
<td>Walking Group (Outdoor)</td>
<td>10:00a-11:00a</td>
<td>Open Painting</td>
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<td>10:00a-11:00a</td>
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<td>Tai-Chi</td>
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<td>10:00a-11:30a</td>
<td>Conversational Spanish</td>
<td>10:00a-12:00p</td>
<td>O’Heck</td>
<td>10:00a-11:00a</td>
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<td>1:00p-2:00p</td>
<td>Beginner’s Line Dancing</td>
<td>10:15a-11:30a</td>
<td>Yoga Class (Virtual)</td>
<td>10:30a-11:30a</td>
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<td>3:00p-5:00p</td>
<td>Pickle Ball</td>
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<td>Yoga Class (Virtual)</td>
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<td>1:00p-2:00p</td>
<td>Yoga Class (Virtual)</td>
<td>12:00p-2:00p</td>
<td>Movie Day “Mamma Mia”</td>
<td>11:00p-1:00p</td>
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<td>2:30p-3:30p</td>
<td>Teen Tech (Virtual)</td>
<td>1:00p-4:00p</td>
<td>Party Bridge</td>
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<td>3:00p-5:00p</td>
<td>Pickle Ball</td>
<td>12:00p-2:00p</td>
<td>Movie Day “As Good As it Gets”</td>
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<tr>
<td>1:00p-4:00p</td>
<td>Party Bridge</td>
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<td>1:00p-3:30p</td>
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<td>3:00p-5:00p</td>
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<td>Pickle Ball</td>
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The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodation in order to participate in PRCS activities, please contact the location/program manager or PRCS administrative office at 703-777-0943/TTY-711. Three business days advance notice is requested.

*Game Time: Poker, Canasta, Dominoes, etc.*
### Lunch Menu

**MON 6/28**
- Salisbury Steak
- Macaroni/Cheese
- Mixed Vegetable
- Bread, Fruit & Milk
  - Vegetarian meal Available

**TUES 6/29**
- Sweet & Sour Pork
- Seasoned Yellow Rice
- Bread, Fruit & Milk
  - Vegetarian meal Available

**WED 6/30**
- Baked Fish
- Baked Potatoes
- Green Beans
- Fruit, Bread & Milk
  - Vegetarian meal Available

**THURS 7/1**
- Swedish Meatballs
- Rice
- Mixed Vegetables
- Fruit, Bread & Milk
  - Vegetarian meal Available

**FRI 7/2**
- Hot Dogs
- Baked Beans
- Vegetable Blend
- Fruit, Bread & Milk
  - Vegetarian meal Available

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

**MON 7/5**
- Baked Chicken
- Delmonico Potato
- Collard Greens
- Fruit, Bread & Milk
  - Vegetarian meal Available

**TUES 7/6**
- Broccoli Quiche
- Corn
- Green Beans
- Fruit, Bread & Milk
  - Vegetarian meal Available

**WED 7/7**
- Pork Chops
- Fettuccini
- Spiced Applesauce
- Fruit, Bread & Milk
  - Vegetarian meal Available

**THURS 7/8**
- Seafood Casserole
- Veggie Blend
- Fruit, Bread & Milk
  - Vegetarian meal Available

**FRI 7/9**
- CENTERS CLOSED TODAY
- COUNTY HOLIDAY

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**Happy 4th of July**
Join us Friday, July 2nd at 11:45am!

It’s lunch and a salute to Independence Day!

Enjoy live music with “Joanie & The Silver Uki’s,” a virtual fireworks display, and an American Classic for lunch:
Hot Dogs!

See you then!

Must sign up for lunch to participate.
IT’S BACK!!!

CURIO SALE

LOTS OF ITEMS FOR SALE!

Wednesday, July 14, 2021
CASCADeS SENIOR CENTER LOBBY
9:00 AM - 11:30 AM
On the Big Screen
@ Cascades Senior Center
free for senior center members

Wednesday June 30th @ 12:00pm
“Mamma Mia!” 2008 (PG-13)
Donna (Meryl Streep), an independent
hotelier in the Greek islands, is
preparing for her daughter’s wedding
with the help of two old friends.
Meanwhile Sophie, the spirited bride,
has a plan. She secretly invites three
men from her mother’s past in hope of
meeting her real father and having
him escort her down the aisle on her
big day.

Wednesday July 7th @ 12:00pm
“As Good As It Gets” 1997 (PG-13)
Melvin Udall (Jack Nicholson) is an
obsessive-compulsive writer of
romantic fiction who’s rude to
everyone he meets, including his gay
neighbor Simon (Greg Kinnear), but
when he has to look after Simon's
dog, he begins to soften and, if still
not completely over his problems,
finds he can conduct a relationship
with the only waitress (Helen Hunt) at
the local diner who’ll serve him.

Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please call the appropriate community center/program area at least 3 business days prior to the start of the activity.
Just as America celebrates its independence on July 4th, Canada Day is a celebration of a united Canada and its independence.

Very Timely Memes

* * *

Cyril looks fondly upon the ghost of his misspent youth and remembers how good the underground scene was.

Returning to the office after working from home for a year.

BBQ Time
The Cascade Senior Center Advisory Board – needs you!

As the Cascade Senior Center re-opens the current members of the Cascade Senior Center Advisory Board would appreciate your consideration to become part of the board. This will be an exciting year as we return to our normal activities at the Senior Center and the current board members are excited about the opportunity to be a part of the re-opening.

Visit the Advisory Board webpage for more information and a board member application form – Click here!
OUTDOOR MOVIES IN THE PARK

COCO

Friday, May 21  8:30pm
Coco is a story about a boy who journeys into the Land of the Dead to seek forgiveness from his ancestors and lift a curse. 2017 Disney Pixar film rated PG. 109 minutes

Racing Stripes

Friday, June 18  8:45pm
Racing Stripes is a winsome kid-win movie about a zebra (voice of Frankie Muniz) that wants to be a racehorse. 2005 Warner Bros film rated PG. 94 minute

War with Grandpa

Saturday, July 3  8:45pm
Sixth-grader Peter is pretty much your average kid—he likes gaming, hanging with his friends and his beloved pair of Air Jordans. But when his recently widowed grandfather Ed (Robert De Niro) moves in with Peter’s family, the boy is forced to give up his most prized possession of all, his bedroom. 2020 film by 101Studios rated PG, 94 minutes

Babe

Friday, July 16  8:45pm
After being separated from his family, a young pig learns to herd sheep in an effort to save his own life. 1995 Universal Studios film rated G. Running time: 92 minutes

The Secret Garden

Friday, Aug 6  8:30pm
A young orphan stumbles upon a whimsical garden while living with her domineering uncle. She then experiences a series of fantastical adventures in her newfound playground. 2020 film released by STXEntertainment, rated PG. Running time: 99 minutes

The Goonies

Friday, Sept 10  7:30 pm
A group of teenagers finds a map leading to a hidden treasure. They must overcome booby traps, natural obstructions, and a gang of desperate thieves in their race for the loot. A 1985 film by Warner Bros, rated PG. 114 minutes

Frankenstein

Friday, Oct 8  7:00 pm
A scientist assembles corpses to create a monster, who incurs the wrath of the local villagers when he impulsively kills a little girl. Subsequently seeking out his creator, the creature flees with him to a nearby windmill. Released in (All ages) Franklin Park Arts Center presents an outdoor movie series featuring movies you forgot you loved! Movies will be shown on the outside back wall of the Arts Center. Bring your lawn chairs, blankets and picnic baskets for socially distanced outdoor seating in the grass. Movies are rated PG and will begin at dusk.

Tickets: $3/person  Purchase online:
www.franklinparkartscenter.org  540-338-7973

FRANKLIN PARK ARTS CENTER
36441 Bluering View Lane, Purcellville, VA 20132
Super Senior Discount
for Loudoun County Recreation Centers

What is a Super Senior Discount?
- It’s a discount pass that is good at any Loudoun County Recreation Center (currently two in Loudoun - Dulles South and Claude Moore)
- A third Recreation Center is being planned for Ashburn
- Discount pass is good for full use of the Recreation Center during the same hours the senior center is open:
  - Monday through Friday from 9:00 to 5:00.
  - No evenings or weekends

Who qualifies for a Super Senior Discount?
- Anyone 55 years of age and over who is currently a member at any Loudoun County Senior Center

How much does it cost?
- Super Senior discounted annual membership:
  - $245 for a single senior (non-member of a senior center $350)
  - $420 for 2 seniors who live in the same household (non-member of a senior center $600)

Where can I purchase a Super Senior Discount?
Passes can be purchased in person at any senior center or recreation center
The passes cannot be purchased on-line

CLAUDE MOORE RECREATION CENTER
46105 Loudoun Park Ln, Sterling, VA 20164
Phone: (571) 258-3600

DULLES SOUTH RECREATION CENTER
24950 Riding Center Dr, South Riding, VA 20152
Phone: (571) 258-3456
Fans and limited summer cooling assistance is available for persons aged 60 years and older who are income eligible in Loudoun County.

The Senior Cooling Program runs from
June 1 – September 30

Please call:
Loudoun County
Area Agency on Aging

Phone: (703) 777-0257
Email: aaa@loudoun.gov

The Area Agency on Aging is a Division of Loudoun County Parks, Recreation and Community Services
5 Reasons to Get Your Blood Pressure Checked Now

Research shows lower is better — even lifesaving — when it comes to blood pressure by Rachel Nania, AARP, June 3, 2021

Hypertension, or high blood pressure, is one of the most common health conditions plaguing American adults. And as a key risk factor for heart disease — the world's leading killer — it's also one of the most dangerous. In the U.S. alone, more than 500,000 deaths each year are linked to high blood pressure, according to the Centers for Disease Control and Prevention (CDC). Globally, the death toll tops 7 million. But there is good news: High blood pressure is both preventable and treatable once diagnosed. Here are five reasons why you shouldn't delay getting your blood pressure checked.

What is high blood pressure?

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic Blood Pressure</th>
<th>Diastolic Blood Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120 mm Hg</td>
<td>&lt;80 mm Hg</td>
</tr>
<tr>
<td>Elevated</td>
<td>120-129 mm Hg</td>
<td>&lt;80 mm Hg</td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>130-139 mm Hg</td>
<td>80-89 mm Hg</td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>≥140 mm Hg</td>
<td>≥90 mm Hg</td>
</tr>
</tbody>
</table>

Source: CDC

1. The ‘silent killer’ rarely comes with symptoms
2. Your risk for high blood pressure increases with age
3. The ‘new normal’ may be lower than you think
4. Risks are low when it comes to lowering blood pressure
5. Lower blood pressure is a boon for the brain

**What the top and bottom numbers measure**

Systolic pressure: The top number is a measurement of the force exerted by your heart each time it beats on the walls of your arteries.

Diastolic pressure: The bottom number is a measurement of the force exerted by your heart between beats on the walls of your arteries.

mm Hg: The letters that follow the systolic and diastolic numbers — mm Hg — stand for millimeters of mercury, which is how pressure is measured in medicine.

Source: Mayo Clinic

Rachel Nania writes about health care and health policy for AARP. Previously she was a reporter and editor for WTOP Radio in Washington, D.C. A recipient of a Gracie Award and a regional Edward R. Murrow Award, she also participated in a dementia fellowship with the National Press Foundation.

More on Hypertension

Easy ways to lower your blood pressure
Superfoods for heart health
Meditation is good for physical and mental health

Click [here](#) to read the full article.
Weekly Program Schedule

**Virtual Programs**

**Monday, June 28**
11 a.m. — Online Storytime: Ms. Bethany from Rust Library reads *Someone Bigger* by Jonathan Emmett.

2 p.m. — Advanced ESOL English Practice: Work on your English in this conversation-based program.

7 p.m. — Common Threads: Discuss the use of color in crafting while you work on your fiber art project.

**Tuesday, June 29**
Noon — Midday Meditation: Take a break to breathe and center your mind with instructor Gretchen Schutte.

2 p.m. — Sewing Basics: Learn how to thread a needle and sew basic stitches. Limited number of supply kits available at Gum Spring Library. For Grades 3-5.

4 p.m. — DIY Teens: Create a kite using simple supplies.

**Wednesday, June 30**
1 p.m. — Bio, Bio, Diversity: Billy B uses songs, dances, theatrical backdrops and improv comedy to present the beauty, abundance and complexity of the biodiversity around us. Sponsored by the Loudoun Library Foundation.

6:30 p.m. — Writing Workshop: Self-Publishing: It is possible to publish your own work and connect with a wide audience. Writer David Hazard shares important basics and resources to help you with the process.

6:30 p.m. — U.S. Citizenship Preparation: This six-session class outlines the process for becoming a U.S. citizen. Maximum of 12 attendees, first come, first served at Session 1. For more information, including details about where to pick up free class materials, email eqols411@gmail.com prior to this session.

**Thursday, July 1**
6:30 p.m. — The Colorful History of Tartan: Once a colorful pattern woven and worn by Scottish Highlanders, tartan was outlawed by the British government after the Jacobite Rebellion in 1745. Melissa Weaver-Dunning shares the stories of how tartan came to be both fashionable and a national symbol of Scotland. Co-sponsored by The Fiber Guild of the Blue Ridge.

**Friday, July 2**
11 a.m. — Online Storytime: Join Ms. Christine from Cascades Library for puppet play and songs.

4 p.m. — Watercolor Workshop: Gain experience painting with watercolors using a loose, fluid style with instructor Jyotsna Umesh.

**Saturday, July 3**
11 a.m. — How to Make Oobleck: Create this gooey substance with Ms. Heather from Ashburn Library.

Subscribe to our YouTube channel to access recordings of our virtual programs.

Links for these virtual programs and the complete calendar are available at library.loudoun.gov/calendar.
In-Person Programs

Monday, June 28
10 a.m. — Outdoor Family Storytime, Cascades Library
10:15 a.m. — Family Storytime, Purcellville Library
10:45 a.m. — Outdoor Family Storytime, Cascades Library

Noon — Homeless Outreach Drop-In, Rust Library
1 p.m. — Adult Book Club, Lovettsville Library
2 p.m. — Make and Take Craft Drop-In for Kids: Sunflowers, Gum Spring Library
6:30 p.m. — Grupo de Discusión de Libros en Español, Sterling Library
7 p.m. — Adult Book Club, Brambleton Library
7 p.m. — Make and Take Craft Drop-In for Adults and Teens: Tropical Leaves Painting, Ashburn Library

Tuesday, June 29
10 a.m. — ESOL: Beginning English Conversation Group, Rust Library
10:30 a.m. — Outdoor Family Storytime, Middleburg Library
2 p.m. — StoryWalk®: Reading Makes You Feel Good, Purcellville Library
2 p.m. — Tech Tuesday, Rust Library
2 p.m. — Teen Tuesday: Scratch Art Competition, Sterling Library

Wednesday, June 30
10:15 a.m. — Outdoor Family Storytime, Purcellville Library
10:30 a.m. — ESOL: English Conversation Group, Rust Library
11 a.m. — ESOL: English Conversation Group, Brambleton Library
11 a.m. — Outdoor Family Storytime, Rust Library
2 p.m. — Make and Take Craft Drop-In for Kids: Kites, Brambleton Library
2 p.m. — DIY Teens: Wild Boho Mobile, Ashburn Library
2 p.m. — Teen Book Box Club, Gum Spring Library

Wednesday, June 30 (continued)
3 p.m. — Make and Take Craft Drop-In for Kids, Sterling Library
4 p.m. — Dream Catcher Crafts for Teens and Adults, Cascades Library
7 p.m. — Adult Book Club, Rust Library
7 p.m. — Coloring Club for Adults, Sterling Library
7 p.m. — Story Stroll, Gum Spring Library

Thursday, July 1
10 a.m. — ESOL: English Conversation Group, Ashburn Library
10 a.m. — Take and Make for Teens and Adults: Japanese Bookbinding, Purcellville Library
10:15 a.m. — Bilingual Storytime/Hora de Cuentos Bilingüe, Purcellville Library
2 p.m. — Tech Thursday, Rust Library
2 p.m. — Dungeons and Dragons Club, Rust Library
7 p.m. — Nonfiction Book Club, Gum Spring Library
7 p.m. — Strategy Gaming for Adults, Cascades Library
7 p.m. — Teen Chess Night, Lovettsville Library

Friday, July 2
10 a.m. — Bar Exam Networking and Study Session, Law Library
10 a.m. — Sidewalk Science, Purcellville Library
10:15 a.m. — Outdoor Family Storytime, Ashburn Library
1 p.m. — Teen Photo Scavenger Hunt, Ashburn Library
2 p.m. — Front Yard Friday, Rust Library

Saturday, July 3
2 p.m. — Guitarist Cristian Perez, Purcellville Library

For complete details, visit library.loudoun.gov/calendar.

To request a reasonable accommodation for a disability, call 703-777-0368. Three days' notice is requested.
Community-Based Vaccination Events

JUNE 27

JULY 10 & 11

AUGUST 7

These events will be using the Pfizer vaccine. Translators will be onsite to assist individuals who speak Spanish. The events are free and are open to anyone regardless of health insurance or immigration status.

Individuals may preregister if they want to reserve a time, or may choose to walk in on the date of the event.
**KITCHEN CORNER**

Red, White and Blueberry Coleslaw

![Image of coleslaw](image)

**Ingredients**

- 1 small or 1/2 large head green cabbage, cut into 1/4-inch wide strips (about 6 cups)
- 1 small red onion, halved and thinly sliced (about 1/2 cup)
- 6 strips bacon, crisp-cooked and crumbled (reserve 1 tablespoon for garnish)
- 1/2 cup dried blueberries (reserve 1 tablespoon for garnish)
- 1/2 cup mayonnaise
- 2 tablespoons apple cider vinegar
- 1 tablespoon sugar
- 1/2 cup toasted chopped pecans (reserve 1 tablespoon for garnish)
- Kosher salt and freshly ground black pepper

**Directions**

Toss the cabbage, onion, bacon, blueberries, mayonnaise, vinegar and sugar in a large bowl and toss to coat with the dressing. Cover and refrigerate 1 to 4 hours.

Stir in the pecans and season with salt and pepper just before serving. Sprinkle with reserved the bacon, berries and nuts.
**WORD SEARCH**

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**WORD SEARCH**

America  Americanflag  Americanindependence
Americanspirit  Americantribute  anniversary
artillery  banners  barbecue
baseball  battalion  battles
birthday  blessings  bravery
celebrations  centennialcelebration  ceremony
citizen  commemoration  cornerstone
country  countrymen  courage
declaration  DeclarationofIndependence  dignity
duty  eagle  esteem
event  excellence  fanfare
festival  firecracker  flag
foundingfathers  FourthofJuly  freedom
glory  heritage  history
holiday  honor  hope
independence  IndependenceDay  July
land  liberty  loveofcountry
loyalty  memorial  military
monument  nation  nationalanthem
nationalholiday  observance  of
parade  patriotism  picnic
respect  Revolution  rite
ritual  sacrifice  salute
salute  soldier  sparklers
speech  spirit  stars
strength  stripes  summer
th  tribute  UnitedStates
USFlag  victory  war