Booster Shots Available in Loudoun

Based on the recent recommendation by the CDC, booster shots for the Pfizer or Moderna COVID-19 vaccines are now available to individuals who are moderately or severely immunocompromised. This includes people who have:

- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response

If you believe you meet these criteria and it has been at least 28 days since your last COVID-19 vaccine, [click here](http://www.loudoun.gov/coronavirus) for information about a third dose from your local pharmacy or from the county at the vaccination facility at Dulles Town Center.

The Biden Administration announced a plan this week to make COVID-19 booster shots available to all Americans beginning on September 20. This plan is pending approval by the FDA and review by the CDC.

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Face Masks Required Inside Loudoun County Facilities, Effective August 9, 2021

Face Masks:

- **Required:** In Loudoun County facilities, regardless of vaccination status
- **Recommended:** In all public indoor settings

**Cascades Activities Schedule**

<table>
<thead>
<tr>
<th>MON 8/23</th>
<th>TUES 8/24</th>
<th>WED 8/25</th>
<th>THURS 8/26</th>
<th>FRI 8/27</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00a-10:00a Aerobics Video</td>
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<tr>
<td>9:30a-10:30a Beginner’s Line Dancing</td>
<td>9:00a-10:00a INOVA BLOOD PRESSURE CHECK IN LOBBY</td>
<td>10:00a-11:00a Indian Cultural Group</td>
<td>9:00a-10:00a Line Dance Step Prep</td>
<td>9:30a-11:30a Knit &amp; Crochet</td>
</tr>
<tr>
<td>9:30a-10:00a Walking Group (Outdoor)</td>
<td>10:00a-11:00a Aerobics Video</td>
<td>10:00a-12:00p O’Heck</td>
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<td>10:00a-11:00a Aerobics Video</td>
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<tr>
<td>10:00a-11:00a Aerobics Video</td>
<td>10:30a-11:30a Conversational Spanish</td>
<td>10:00a-11:30a Beginner’s Line Dancing</td>
<td>10:00a-11:00a Aerobics Video</td>
<td>10:00a-12:00p Canasta</td>
</tr>
<tr>
<td>10:45a-11:45a Scottish Dance</td>
<td>11:00a-12:00p Beginner’s Tai Chi</td>
<td>10:30a-11:30a Yoga Class (Virtual)</td>
<td>10:30a-11:30a Learn Mandarin (Virtual)</td>
<td>10:30a-11:30a Yoga Class (Virtual)</td>
</tr>
<tr>
<td>11:00a-12:00p Yoga DVD</td>
<td>1:00p-3:00p Ukulele Jam Session</td>
<td>12:30p-2:30p Movie “Back to School”</td>
<td>11:00a-1:00p Bingo</td>
<td>11:00a-12:00p Tai Chi</td>
</tr>
<tr>
<td>12:30p-4:00p Duplicate Bridge</td>
<td>1:00p-3:00p Game Time</td>
<td>12:20p-1:00p Special Presentation: Habitat for Humanity Home Repair Program</td>
<td>1:15p-2:30p Line Dancing Improver/Low Intermediate</td>
<td>1:00p-2:00p Bingo</td>
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<tr>
<td>1:00p-2:00p Bingo</td>
<td>3:00p-5:00p Pickle Ball</td>
<td>2:00p-4:00p Game Time</td>
<td>1:00p-2:00p Music Jam Session</td>
<td>1:15p-2:30p Line Dancing Improver/Low Intermediate</td>
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<tr>
<td>1:00p-3:00p Game Time</td>
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<td>1:00p-3:30p Game Time</td>
<td>2:00p-3:00p Current Events</td>
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<tr>
<td>1:30p-3:00p Crochet Activity</td>
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<td></td>
<td>1:00p-2:00p Music Jam Session</td>
<td>Pickle Ball 3:00p-5:00p</td>
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<tr>
<td>2:30p-3:30p Teen Tech (Virtual)</td>
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<td>1:00p-3:30p Game Time</td>
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<td></td>
<td>Vegetarian meal Available</td>
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</table>

*Game Time: Poker, Canasta, Dominoes, etc.*

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**What's for lunch at Cascades?**

<table>
<thead>
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</table>
**Cascades Activities Schedule**

<table>
<thead>
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<th>MON 8/30</th>
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<th>FRI 9/3</th>
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<td>Aerobics Video</td>
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<td>9:30a-10:30a</td>
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<td>10:00a-10:00a</td>
<td>10:00a-10:00a</td>
</tr>
<tr>
<td>Beginner's Line Dancing</td>
<td>Aerobics Video</td>
<td>Aerobics Video</td>
<td>Line Dance Step Prep</td>
<td>Knit &amp; Crochet</td>
</tr>
<tr>
<td>9:30a-10:00a</td>
<td>10:30a-11:30a</td>
<td>10:00a-12:00p</td>
<td>10:00a-11:00a</td>
<td>10:00a-11:00a</td>
</tr>
<tr>
<td>Walking Group (Outdoor)</td>
<td>Conversational Spanish</td>
<td>O'Heck</td>
<td>Aerobics Video</td>
<td>10:00a-12:00p</td>
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<td>10:00a-11:00a</td>
<td>10:30a-11:30a</td>
</tr>
<tr>
<td>Aerobics Video</td>
<td>Yoga Class (Virtual)</td>
<td>Indian Cultural Group</td>
<td>Learn Mandarin (Virtual)</td>
<td>Yoga Class</td>
</tr>
<tr>
<td>10:30a-11:00a</td>
<td>11:00a-12:00a</td>
<td>10:15a-11:30a</td>
<td>10:30a-11:30a</td>
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<td>10:30a-11:30a</td>
<td>Tai Chi</td>
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<tr>
<td>Scottish Dance</td>
<td>Ukulele Jam Session</td>
<td>Yoga Class (Virtual)</td>
<td>Bingo</td>
<td>1:00p-2:00p</td>
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<td>11:00a-12:00p</td>
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<td>12:30p-2:30p</td>
<td>11:00a-1:00p</td>
<td>1:15p-2:30p</td>
</tr>
<tr>
<td>Yoga DVD</td>
<td>Game Time</td>
<td>Movie Day “Some Like it Hot”</td>
<td>Pinochle</td>
<td>Line Dancing Improver/Low Intermediate</td>
</tr>
<tr>
<td>12:30p-4:00p</td>
<td>3:00p-5:00p</td>
<td>1:00p-2:00p</td>
<td>1:00p-2:00p</td>
<td>2:00p-4:00p</td>
</tr>
<tr>
<td>Duplicate Bridge</td>
<td>Pickle Ball</td>
<td>Party Bridge</td>
<td>Music Jam Session</td>
<td>Game Time</td>
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<tr>
<td>1:00p-2:00p</td>
<td>1:00p-3:00p</td>
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<td>2:00p-3:00p</td>
<td>Pickle Ball</td>
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<td>Crochet Activity</td>
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*Game Time: Poker, Canasta, Dominoes, etc.*

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**What's for lunch at Cascades?**

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</thead>
<tbody>
<tr>
<td>Salisbury Steak</td>
<td>Baked Fish</td>
<td>2:00p-3:30p</td>
<td>2:00p-3:30p</td>
<td>2:00p-3:30p</td>
</tr>
<tr>
<td>Macaroni/Cheese</td>
<td>Delmonico</td>
<td>Game Time</td>
<td>Current Events</td>
<td>Pickle Ball</td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>Potatoes</td>
<td>3:00p-5:00p</td>
<td></td>
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<tr>
<td>Roll, Fruit &amp; Milk</td>
<td>Vegetable Medley</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian meal</td>
<td>Bread, Fruit &amp; Milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Available</td>
<td>Vegetarian meal</td>
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</tr>
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</table>

By the end of the month, the September lunch menu will be posted. Click [here](#) to check the most current menu.
HONOR FLIGHT “Day of Honor” Comes to Cascades

Honor Flight Top of VA will be hosting one of their Day of Honor events at the Senior Center at Cascades on October 9, 2021. The Department of Parks, Recreation and Community Services (PRCS) is proud to serve as a co-sponsor of this very special event.

The Day of Honor activities are hosted to honor veterans who served in WWII, the Korean War and Vietnam (prior to 1975). The event will include an early morning breakfast at the center, bus tour of monuments in Washington DC, then a program at the center in the afternoon upon their return.

There are still spots available for the October 9 Day of Honor event. If you are a veteran who served prior to 1975 and are fully vaccinated, or know a veteran who would like to participate, visit the Honor Flight Top of VA website to apply www.honorflight-tov.org. Face masks are required on the bus and at the senior center.
Thanks to Jane Bretzin of Loudoun County VICAP for making a very informative presentation on the differences between Original Medicare and Medicare Advantage.

Keep an eye on your e-newsletter for more presentations coming to the Cascades Senior Center in the coming months!

If you have any questions regarding Medicare, please contact your VICAP representative.

703-737-8036
http://www.loudou.gov/aaa

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TV for Grownups: What’s coming to television for the Fall 2021 Season

ABC's revival of The Wonder Years will again focus on a family in the ‘60s, but this one is a Black family in Birmingham, Alabama, with Don Cheadle doing the narration. Click below for a sneak peak:

The Wonder Years
Come join the Walking Group!

The Walking Group took a field trip to Claude Moore Park and had a great walk thru nature! We will announce more field trips in the near future.

In the meantime, you can join the Walking Group every Monday at 9:30am (weather permitting) for a 30-minute outdoor walk near the senior center. No sign up is required, just show up ready to walk and bring water.
Virtual Programming Announcement: Zoom Yoga Class

From August 30th thru October 8th, Zoom Yoga Class featuring Jagdish and Kailash, will be presented four times a week!

Monday 10:30am-11:30am
Tuesday 10:30am-11:30am
Wednesday 10:30-11:30am
Friday 10:30am-11:30am

Zoom Yoga Class will go back to its regular schedule the week of October 11th.
On the Big Screen
@ Cascades Senior Center
free for senior center members

Wednesday August 25th @ 12:30pm

“Back To School” 1986 (PG-13)
Thornton Melon (Rodney Dangerfield) is concerned that his son Jason is unsure whether to go to college, so the uneducated self-made millionaire encourages him by signing up as a student as well. As Jason tries to establish himself among his peers and make the diving team, Thornton falls for a pretty professor (Sally Kellerman) and gets others do his schoolwork for him. When the suspicious dean finds out, Thornton needs to show he can get by on his own.

Wednesday September 1st @ 12:30pm

“Some Like it Hot” 1959 (PG-13)
After witnessing a Mafia murder, slick saxophone player Joe (Tony Curtis) and his long-suffering buddy, Jerry (Jack Lemmon), improvise a quick plan to escape from Chicago with their lives. Disguising themselves as women, they join an all-female jazz band and hop a train bound for sunny Florida. While Joe pretends to be a millionaire to win the band’s sexy singer, Sugar (Marilyn Monroe), Jerry finds himself pursued by a real millionaire (Joe E. Brown) as things heat up and the mobsters close in.

It’s back-to-school time!

Classic Movie!
Lunch and Learn with Loudoun Habitat for Humanity

Please join the staff from Loudoun Habitat for Humanity, for an overview of their three programs: Homeownership, Home Repair, and the Tools for Life Learning Center.

Date: August 26, 2021
Time: 12:20 PM to 1:00 PM
Location: Cascades Senior Center Dining Room

For more information please contact Amanda Baulig at abaulig@loudounhabitat.org or Paul Torrible at Paul.Torrible@loudoun.gov

Loudoun Habitat for Humanity is a local faith based non-profit that is driven by the vision that everyone needs a decent place to live. At Loudoun Habitat for Humanity, we do more than build houses. We partner with future and current homeowners, volunteers, donors, businesses and community organizations to transform lives and rebuild communities.

Homeownership Program
Home Repair Program
Tools for Life Learning Center

https://www.loudounhabitat.org/
Member Spotlight

What do you remember about the place you grew up?
I grew up in Bloomington and Mounds View, Minnesota. It was a carefree time. Lots of brothers, sisters, and neighborhood friends to have fun with. After school, we played outdoors until the streetlights came on or when Mom called us in for supper.

What was your first car?
A 1969 Red Buick Skylark. I drove to and from school and work.

What was the weirdest fad you remember?
Bell bottom jeans

Which invention from your lifetime are you most amazed by?
The TV remote

When did you move to this area?
August 1973. I applied for a Civil Service secretarial position in Minnesota, and I didn’t get the job. Then one day, I received a letter from the Federal Government asking if I was interested in working in Washington, D.C. I packed my bags, and the rest is history. I had a great 35-year career with the Federal Government and made life-long friends.

How did you first find out about the Cascades Senior Center?
I saw a notice about an Open House and decided to attend.

What was your favorite movie when you were younger?
The Wizard of Oz. All the scenes were great, and I enjoyed all the songs. The Tin Man and the Flying Monkeys are my favorite characters. Both witches were fantastic in portraying good versus evil.

What was your first job?
I was a factory worker at Spots International. I worked on the line that filled small plastic baskets with Jet Dry for the dishwasher. I worked at Spots for about 2 years.

What are the most important lessons you’ve learned in life?
Be kind, be patient, be grateful, and don’t take anything for granted.

What life advice would you pass along?
Be your best at all times.
SERVICES FOR SENIORS

Services for Seniors helps people 55+ and their family members to find resources and answers to questions around needs and well-being as we age.

Lori Stahl, Elder Resources Case Manager for Loudoun County’s AAA, provides one-on-one, confidential, supportive assistance to navigate issues around transportation, housing, Medicare/Medicaid, grief, loss and the financial impact of chronic disease.

Services for Seniors is provided at each of the five senior centers in Loudoun County located in Ashburn, Dulles South, Leesburg, Purcellville and Sterling.

Tuesday
September 21
9:00am-11:30am

To make an appointment with Lori, call Cascades Senior Center at 571-258-3280 or call the Area Agency on Aging at 703-777-0257 for more information.
Loudoun County Area Agency on Aging
VIRTUAL FAMILY CAREGIVER EDUCATION SERIES

LEGAL PLANNING FOR CAREGIVERS
Tuesday, September 21, 2021 • 1:30 pm – 2:30 pm EST
Presented by Rory Clark, Esq., The Legacy Elder Law Center

WHEN & WHY TO CONSIDER MEMORY CARE
Wednesday, September 29, 2021 • 1:30 pm – 2:30 pm EST
Presented by Rachael Wonderlin, MS, Dementia By Day

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 703-771-5698/TTY-711. Three business days advance notice is requested.
Interested in joining us?

Call us at 571-258-3280.
Looking forward to your help!

WE NEED:

• Kitchen Volunteers

• Front Desk volunteers
At the behest of Rep. Bella Abzug (D-NY), in 1971 and passed in 1973, the U.S. Congress designated August 26 as “Women’s Equality Day.”

The date was selected to commemorate the 1920 certification of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world’s first women’s rights convention, in Seneca Falls, New York.

The observance of Women’s Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women’s continuing efforts toward full equality.

Workplaces, libraries, organizations, and public facilities now participate with Women’s Equality Day programs, displays, video showings, or other activities.
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
Weekly Program Schedule

Virtual Programs

Monday, Aug. 23
2 p.m. — Advanced ESOL English Practice: Work on your English in this conversation-based program.

Tuesday, Aug. 24
Noon — Midday Meditation: Take a moment to relax and renew yourself through the practice of meditation with George Mason University yoga teacher Yvonne Parrotte.
4 p.m. — Five Tips for New Dungeon Masters: Ms. Lindsey from Rust Library offers advice on planning and running your first D&D adventure.

Wednesday, Aug. 25
6:30 p.m. — Tulsa and Project-21: Learn about the 1921 Tulsa Race Massacre, view images of this year’s memorial events and hear about Project-21’s research efforts as D.C.-based photographer Frank Stopa and Project-21 team leader Matt Begert describe their visit to Oklahoma for the centennial commemoration.

Thursday, Aug. 26
6:30 p.m. — Writing Workshop: Inside News from the Publishing World: Get a fresh perspective on writing based on the latest intel from agents, publishers and TV and film producers. Writer David Hazard discusses how to shape your ideas to speak to today’s audience.

Friday, Aug. 27
11 a.m. — Online Storytime: Join Ms. Heather from Ashburn Library for a rain-themed storytime, featuring a 10 Little Raindrops flannel story and Rain on the Green Grass and The Itsy Bitsy Spider nursery rhymes.
4 p.m. — Draw a Gargoyle: Illustrator and comic book artist Orion Zangara shows you how to sketch a gargoyle.
6-9 p.m. — After Hours Teen Center:
   6 p.m. — Decorate a tote bag.
   7 p.m. — Compete in the Marvel escape room.
   8 p.m. — Play Jackbox games.

Saturday, Aug. 28
11 a.m. — Animal Adaptations with Wildlife Ambassadors: Meet a fox, skunk, macaw and some goats as you learn about the unique ways these animals have adapted to the world around them.
2 p.m. — Family Yoga: Practice gentle movements and breathing exercises.

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.
**1960’S SONG WORD SEARCH**

BABY LOVE  ELENORE  MEMPHIS  TEEN ANGEL
BLUE MOON  FINGERTIPS  MY GIRL  THE BOXER
BLUE VELVET  FIRE  MY GUY  THE TWIST
BUS STOP  GALVESTON  PEOPLE  THESE EYES
CARA MIA  GOOD LOVIN’  PUPPY LOVE  VALLERI
CHAIN GANG  GROOVIN’  RESPECT  VOLARE
CHERISH  HAIR  RUNAWAY  WHITE RABBIT
CRAZY  HEATWAVE  SHERRY  WILD THING
CRYING  HEY JUDE  SOUL MAN  WINDY
DIZZY  HOLIDAY  SPOOKY  WIPEOUT
DOWNTOWN  ITCHYCOO PARK  STAY  WORDS
EL PASO  LAST KISS  SURF CITY  YESTERDAY