Manager's Note

April is National Poetry Month - one of my favorite poets is . . .

Dr. Maya Angelou was a poet, dancer, singer, activist, and scholar and a world-famous author. She was best known for her unique and pioneering autobiographical writing style.

Enjoy the quotes and poems sprinkled throughout this newsletter and click here to find out more about the amazing life and work of Dr. Maya Angelou.

I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou 1928-2014

Photo by Michael Collopy
JOIN THE FUN!
PLAY BINGOCIZE® IN-PERSON OR ON ZOOM
Starting April 1

BINGO

Bingo + Exercise = Bingocize®

➢ Play Bingocize® with friends!
➢ Learn & Practice gentle exercises
➢ Win prizes!
➢ Exercise bands, stress balls, bingo cards provided

First session on April 1 will be to review the game, practice and get ready for the start of the workshop.

The workshop sessions meet:
✓ In-person at Cascades Senior Center or Zoom Online
✓ Wed & Fri, April 6 – June 3
✓ 3:00-4:00pm

Limited space available. Contact the Cascades Senior Center, 571-258-3280, for more information or to register.
The Walking Group is back!
Monday, April 4th at 9:15am

Join us every Monday at 9:15am for a mild 25-minute walk on even terrain around Cascades/Nova Community College.

Please wear comfortable shoes to walk in and bring water too.
**April Activity Calendar**

**Saturday Schedule**

**Knit & Crochet Class** (9:00am-11:00am)
**Pickle Ball** (8:15am-11:30am)
**Open Computer Lab** (8:00am-11:30am)
**Aerobics & Exercise Rooms** (8:00am-11:30am)
**Game Time & Billiards Room** (8:00am-11:30am)

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### Lunch Menu

**MON 4/4**
- 9:00a Aerobics Video
- 9:15a Walking Group
- 9:30a Beginner's Line Dancing
- 10:00a Aerobics Video
- 10:30a Yoga (V)
- 11:00a Scottish Dance
- 12:00p Lunch
- 12:30p Duplicate Bridge
- 12:50p Bingo
- 1:00p Game Time
- 1:30p Crochet Activity

**TUES 4/5**
- 9:00a Aerobics Video
- 10:00a Intermediate Conversational Spanish
- 10:30a Yoga (V & Live)
- 11:00a Advanced Conversational Spanish
- 11:00a Beginner's Tai Chi
- 12:00p Lunch
- 12:30p Adv. Ukulele Jam
- 1:15p Beginner's Ukulele
- 2:00p Pickle Ball
- 2:30p Teen Tech (V)

**WED 4/6**
- 9:00a Aerobics Video
- 10:00a Aerobics Video
- 10:00a Indian Cult'l Group
- 10:00a O'Heck
- 10:00a Ping Pong Tournament
- 10:15a Beginner's Line Dancing
- 10:30a Yoga (V)
- 11:00a Ballroom Dancing
- 12:00p Lunch
- 1:00p Computer Lab Presents: Smartphone Tools
- 1:00p Beginners Spanish II
- 3:00p Bingocize (V & Live)

**THURS 4/7**
- 9:00a Aerobics Video
- 9:00a Line Dance Step Prep
- 10:00a Intro to Line Dance
- 10:00a Aerobics Video
- 10:30a Bingo
- 11:00a Pinochle
- 11:00a Zumba
- 12:00p Lunch
- 1:00p Game Time
- 2:00p Current Events
- 2:00p Pickle Ball

**FRI 4/8**
- 9:00a Aerobics Video
- 9:30a Knit & Crochet
- 10:00a Aerobics Video
- 10:00a Canasta
- 10:30a Yoga (V & Live)
- 11:00a Tai Chi
- 12:00p Lunch
- 12:50p Bingo
- 1:00p Line Dancing Improver/Low Intermediate
- 2:00p Game Time & Bunco
- 3:00p Bingocize (V & Live)

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**Sterling Playmakers Presents:**

**Dirty Work Afoot**

or

**The Trials of a Working Girl**

Saturday, 4/30 at 10:00 a.m.

at the Cascades Senior Center

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**FREE**

For Senior Center Members!
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<thead>
<tr>
<th>MON 4/11</th>
<th>TUES 4/12</th>
<th>WED 4/13</th>
<th>THURS 4/14</th>
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<td>1:00p Game Time</td>
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<td>1:30p Crochet Activity</td>
<td>2:00p Pickle Ball</td>
<td>Walk-in Tech</td>
<td>(Beginners Spanish II)</td>
<td>Improver/Low Intermediate</td>
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<tr>
<td>No Line Dance Today</td>
<td>2:30p Teen Tech (V)</td>
<td>1:00p Beginners Spanish II</td>
<td>3:00p Bingocize (V &amp; Live)</td>
<td>2:00p Game Time</td>
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4/18

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4/25

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Sterling Playmakers Play is tomorrow, Saturday, April 30th at 10:00 a.m.
Cascades Senior Center’s

PING PONG
Tournament

If you are interested in playing in this co-ed, single elimination tournament, you must contact Paul (571-258-3280) no later than April 5th.

WEDNESDAY APRIL 6th
10:00am-2:00pm
CASCADeS SENIOR CENTER PRESENTS

THE CULTURAL SPRING FLING!

COME SEE THE CASCADeS MODELS SHOW OFF AN OUTFIT THAT REPRESENTS THEIR CULTURAL HERITAGE!

MONDAY, APRIL 11
10:30 AM - 12:00 PM
CASCADeS SENIOR CENTER CAFE'

LUNCH SIGN-UP IS REQUIRED

INTERESTED MODELS AND ESCORTS SHOULD SIGN-UP IN THE OFFICE NO LATER THAN THURSDAY APRIL 7th.

SEE PAUL FOR SIGN-UP AND INFORMATION.
Need some help?

Wednesday Tech Classes @ 1:00pm in the Cascades Senior Center Computer Lab

Smartphone tools, April 6th
Walk-in Tech, April 13th
Microsoft Word basics, April 20th
Walk-in Tech, April 27th

Limited Seating. Must sign up in advance. Call the senior center at 571-258-3280.
Having courage
does not mean
that we are unafraid.

Having courage
and showing courage
mean we face our fears.

We are able to say,
“I have fallen,
but I will get up.”

MAYA ANGELOU

MAYA ANGELOU
ALONE

“Lying, thinking
Last night
How to find my soul a home
Where water is not thirsty
And bread loaf is not stone
I came up with one thing
And I don’t believe I’m wrong
That nobody,
But nobody
Can make it out here alone.”
Wednesday is MOVIE DAY!

12:30 PM WED

Every Wednesday is Movie Day @ 12:30pm at Cascades Senior Center. Wednesday's feature will be emailed out to members on Monday.
Cascades Senior Center

CURIO SALE!

From 9am to 11am
Cascades Senior Center
Multi Purpose Movie Room

WEDNESDAY APRIL 13TH

GENEROUSLY PRICED ITEMS FOR EVERY OCCASION

LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711
New Line dancing Schedule

Beginner’s Line Dancing - Monday’s 9:30am
Beginner’s Line Dancing - Wednesday’s 10:15am,
Line Dance Step Prep - Thursday’s 9:00am
Intro to Line Dancing - Thursday’s 10:00am
Line Dancing Improver Low Maintenance –
Friday’s, 1:00pm
TRIP TO STORE

APRIL 6
WALMART

APRIL 20
LIDL & COCOS

REGISTRATION REQUIRED

BUS LEAVES AT 12:30 PM
Sterling Playmakers presents

Dirty Work Afoot

or

The Trials of a Working Girl

Written by Terry Nelson DiMurro and Jerry Starks

Produced by Lora Buckman and Angela Hepola

Directed by Terry Nelson DiMurro

Saturday, April 30th
10:00am

Loudoun County Senior Center at Cascades
21060 Whitfield Pl., Sterling, VA 20165

FREE PERFORMANCE FOR SENIOR CENTER MEMBERS!

One Show only!
Cascades Senior Center Café
On Aging

When you see me sitting quietly,
Like a sack left on the shelf,
Don’t think I need your chattering.
I’m listening to myself.
Hold! Stop! Don’t pity me!
Hold! Stop your sympathy!
Understanding if you got it,
Otherwise I’ll do without it!

When my bones are stiff and aching
And my feet won’t climb the stair,
I will only ask one favor:
Don’t bring me no rocking chair.

When you see me walking, stumbling,
Don’t study and get it wrong.
’Cause tired don’t mean lazy
And every goodbye ain’t gone.
I’m the same person I was back then,
A little less hair, a little less chin,
A lot less lungs and much less wind.
But ain’t I lucky I can still breathe in.

Maya Angelou
ONE RING
"WANGIRI"
PHONE SCAM

IF YOUR PHONE RINGS ONCE AND
NOT AGAIN.....

DO NOT CALL BACK

DO NOT ANSWER ANY CALLS FROM
NUMBERS YOU DON'T RECOGNIZE

INTERNATIONAL CALL RATES MAY BE
CHARGED IF YOU CALL BACK

THIS IS A SCAM

LOUDOUN COUNTY
SHERIFF'S OFFICE
CRIME PREVENTION UNIT
SHERIFFS_CRIME_PREVENTION@LOUDOUN.GOV

LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343,TTY: 711
A free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wing
in the orange sun rays
and dares to claim the sky.

But a bird that stalks
down his narrow cage
can seldom see through
his bars of rage
his wings are clipped and
his feet are tied
so he opens his throat to sing.

The caged bird sings
with a fearful trill
of things unkown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.
Why join the Cascades Senior Center Facebook page?

1) If you missed an event, you can see the latest pictures and download your favorites.
2) See videos that you can’t see in the e-newsletter.
3) You’ll be alerted to the newest posting of information.
4) Get instant access to your friends, so you can meet up at the senior center for activities.
5) It’s free!
What's Happening at Cascades Senior Center?

Be sure to check the Events Board in the hallway for special events or presentations going on throughout the month.

Thank you to Deputy Ethan Martin of the Loudoun County Sheriff's Department for his in-depth presentation on the local scams hitting our area and the best ways to protect ourselves.

And thank you to Anne Marie Chirielesion for her presentation about the Dutton sisters of Waterford in observance of Women's History Month.
St. Patrick’s Day Celebration with Irish Dancers!

LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343,TTY: 711
You may write me down in history
    With your bitter, twisted lies,
You may trod me in the very dirt
    But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
    Pumping in my living room.

Just like moons and like suns,
    With the certainty of tides,
Just like hopes springing high,
    Still I'll rise.
Honor Flight - Top of Virginia will be honoring local WWII, Korea, and Vietnam-era Veterans with a bus trip to DC to see their memorials on **Saturday, May 14** at Ashburn Senior Center. Any Veteran who served prior to 1975 is eligible to participate. There is absolutely no cost to the Veteran, Honor Flight simply wants to honor Veterans for their service.

Sites visited include WWII, Korea, and Vietnam Memorials, the Air Force and Marine Corps Memorials, and special access to the Changing of the Guard at Arlington National Cemetery.

Lunch and dinner are provided, again at no cost. To reserve a seat, please fill out the Veteran application that can be found on their website: [https://www.honorflight-tov.org/forms](https://www.honorflight-tov.org/forms), or if you would prefer a paper application, please call and request one. The deadline to register is April 14. Please don’t hesitate to reach out by calling 540-692-9197 if you have any questions.
SMOKED SALMON EGG BITES

INGREDIENTS

- 8 large eggs
- 1/2 cup milk
- 2 tablespoons fresh dill, minced
- 2 cups packed spinach, destemmed
- 3-4 mushrooms (you can customize these to your favorite veggies!)
- 1/2 shallot, finely minced
- 5 oz. smoked salmon filet, pulled apart into small pieces
- 1/4 cup cream cheese

INSTRUCTIONS

1. Preheat the oven to 350°F and spray a nonstick muffin tin with cooking spray. Crack eggs into a medium size bowl and whisk. Add milk and dill to eggs and whisk until combined. Set aside.

2. Evenly distribute spinach, shallot, mushrooms and smoked salmon into each of the muffins.

3. Next, fill each muffin about 3/4 of the way with the egg mixture and then dollop a small amount of cream cheese into each. Stir so that everything is combined.

4. Place muffin pan into the oven and bake at 350°F for approx. 17 minutes. Remove from the oven and let cool. Remove each muffin from the tin and serve!
YOUR CASACADES TEAM

Brenda Davis
Manager

Judith Mangilin
Assistant Manager

Carrie Randolph
Cafe Supervisor

Paul Torrible
Recreation Programmer

Haley Moore
Customer Service

Felix Duran
Vehicle Operator

Satish Sharma
Vehicle Operator

The Senior Center at Cascades
21060 Whitfield Place
Sterling, VA 20165

571-258-3280

Area Agency on Aging
Parks, Recreation & Community Services

www.loudoun.gov/seniors-cascades