May is Older Americans Month

During May — Older Americans Month — the Loudoun Workforce Resource Center will feature special virtual and in-person events at no cost for those age 50 and up who are seeking job search and career development support.

Some of the workshops will take place at the center, which is located at 705 E. Market St., Suite E, Leesburg; some workshops will be virtual. Visit loudoun.gov/wrcworkshops for detailed information about each event and how to register. Events will include:

- How Volunteering Benefits Older Adults: May 5, 1:30 - 2:30 p.m. (On-site)
- How to Avoid Job Scams (Two Sessions): May 9, 8:00 - 9:00 a.m. (Virtual); May 26, 12:00 - 1:00 p.m. (On-site)
- Older Workers & Smart Job Search Strategies: May 10, 10:00 a.m. - 12:30 p.m. (On-site)
- Changing Careers at Any Age: May 12, 10:00 a.m. - 12:30 p.m. (Virtual)
- Senior Community Service Employment Program: May 13, 11:00 a.m. - 12:00 p.m. (On-site)
- Workforce Data and Career Trends for Mature Workers: May 19, 12:00 - 1:00 p.m. (Virtual)
# May Activity Calendar

## Saturday Schedule

<table>
<thead>
<tr>
<th>MON 5/2</th>
<th>TUES 5/3</th>
<th>WED 5/4</th>
<th>THURS 5/5</th>
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<tr>
<td>9:00a Aerobics Video</td>
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<td>9:15a Walking Group</td>
<td>9:00a Elder Resource Case Manager (By Appointment Only)</td>
<td>9:00a Aerobics Video</td>
<td>9:00a Line Dance Step Prep</td>
<td>9:30a Knit &amp; Crochet</td>
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<tr>
<td>9:30a Beginner’s Line Dancing</td>
<td>10:00a Aerobics Video</td>
<td>10:00a Indian Cult’l Group</td>
<td>10:00a Intro to Line Dance</td>
<td>10:00a Knit &amp; Crochet</td>
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<td>10:00a Aerobics Video</td>
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<tr>
<td>10:30a Yoga (V)</td>
<td>10:00a Intermediate Conversational Spanish</td>
<td>10:15a Beginner’s Line Dancing</td>
<td>10:00a Intro to Line Dance</td>
<td>10:00a Canasta</td>
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<tr>
<td>10:30a Scottish Dance</td>
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<tr>
<td>12:00p Lunch</td>
<td>11:00a Advanced Conversational Spanish</td>
<td>11:00a Ballroom Dancing</td>
<td>10:00a Bingo</td>
<td>11:00a Tai Chi</td>
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<tr>
<td>12:30p Duplicate Bridge</td>
<td>11:00a Beginner’s Tai Chi</td>
<td>12:00p Lunch</td>
<td>11:00a Pinochle</td>
<td>12:00p Lunch</td>
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<tr>
<td>12:50p Bingo</td>
<td>12:30p Lunch</td>
<td>12:30p Movie Day</td>
<td>11:00a Zumba</td>
<td>12:50p Bingo</td>
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<tr>
<td>1:00p Game Time</td>
<td>2:00p Adv. Ukulele Jam</td>
<td>1:00p Computer Lab: Microsoft Excel Basics</td>
<td>12:00p Lunch</td>
<td>1:00p Line Dancing Improver/Low Intermediate</td>
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<tr>
<td>1:30p Crochet Activity</td>
<td>2:00p Pickle Ball</td>
<td>1:00p Beginners Spanish II</td>
<td>1:00p Game Time</td>
<td>2:00p Game Time</td>
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<td></td>
<td>2:30p Teen Tech (V)</td>
<td>3:00p Bingocize (V &amp; Live)</td>
<td>2:00p Current Events</td>
<td>3:00p Bingocize (V &amp; Live)</td>
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## Lunch Menu

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<tr>
<th>MON 5/2</th>
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### 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)
<table>
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<tr>
<th>MON 5/16</th>
<th>TUES 5/17</th>
<th>WED 5/18</th>
<th>THURS 5/19</th>
<th>FRI 5/20</th>
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<tbody>
<tr>
<td>9:00a Aerobics Video</td>
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<td>9:15a Walking Group</td>
<td>9:00a Elder Resource</td>
<td>9:00a CURIO SALE</td>
<td>9:00a</td>
<td>9:00a Knit &amp; Crochet</td>
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<tr>
<td>9:30a A. Line Dancing</td>
<td>9:00a Blood Pressure Check</td>
<td>10:00a Aerobics Video</td>
<td>9:00a Intro to Line Dance</td>
<td>10:00a Aerobics Video</td>
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<tr>
<td>10:00a Aerobics Video</td>
<td>(By Appointment Only)</td>
<td>10:00a Indian Cult’l Grp</td>
<td>10:00a</td>
<td>10:00a Canasta</td>
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<tr>
<td>10:30a Yoga (V)</td>
<td>10:00a Intermediate Conv Spanish</td>
<td>10:00a O’Heck</td>
<td>10:00a</td>
<td>10:00a Yoga (V &amp; Live)</td>
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<td>10:30a Scottish Dance</td>
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<td>10:15a Beginner’s Line Dancing</td>
<td>10:30a</td>
<td>10:00a Tai Chi</td>
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<td>12:00p Lunch</td>
<td>11:00a Adv. Conv Spanish</td>
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<td>1:00p Game Time</td>
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<td>1:30p Crochet Activity</td>
<td>1:00p Computer Lab: Learn Google</td>
<td>1:00p Computer Lab: Walk-in Tech help</td>
<td>2:00p Game Time</td>
<td>2:00p Game Time</td>
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<tr>
<td><strong>No Teen Tech Today</strong></td>
<td>1:00p Beginners Spanish II</td>
<td>3:00p Bingocize (V &amp; Live)</td>
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<td>2:00p Pickle Ball</td>
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<td>2:30p Teen Tech (V)</td>
<td>2:30p Teen Tech (V)</td>
<td>1:00p Computer Lab: Walk-in Tech help</td>
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<td>12:30p Adv. Ukulele Jam</td>
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<td>Pickle Ball</td>
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<td>2:30p Teen Tech (V)</td>
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**Senior Center is Closed**

**MEMORIAL DAY**

**LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES**

**For Accessibility Requests: Contact APD@LOUDOUN.GOV, 703-777-0343, TTY: 711**
Come Join Us For Our
CINCO DE MAYO Fiesta!
Thursday, May 5th, from 2pm-4pm
Dance and sing along with a Live Mariachi Band!
Enjoy Taquitos, chips & salsa, and a VIRGIN MARGARITA STATION!
Celebrate Latino Heritage at The Cascades Senior Center
Tickets are $8, or $5 for members when purchased before May 3rd. Participants must be 55+
Happy MOTHER’S DAY!

JOIN US FOR A MOTHER’S DAY LUNCHEON & SING-ALONG

WEDNESDAY, MAY 11TH AT 12:00P

SPECIALTY LUNCH
MUSIC PROVIDED BY LORI STAHL

LUNCH SIGN-UP IS REQUIRED
CASCADES SENIOR CENTER'S
CURIO SALE!

WEDNESDAY MAY 18TH
9:00am-11:30AM
Cascades Senior Center
Multi-Purpose Room

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
JOIN US FOR THE
MEMORIAL DAY LUNCHEON

Thursday, May 26th at 12:00pm
Must sign up for lunch
Music Provided by Dominion
High School String Quartet

PLEASE EMAIL PICTURES OF LOVED ONES WHO DIED WHILE SERVING IN THE U.S. MILITARY AND INCLUDE A SHORT BIO. THEIR PICTURE WILL BE INCLUDED IN A SLIDE SHOW TO HONOR THEIR SERVICE DURING OUR LUNCHEON.
TRIP TO STORE

MAY 11
WALMART

MAY 25
LIDL & COCOS

REGISTRATION REQUIRED

BUS LEAVES AT 12:30 PM
5 Ways to Save on Groceries

The National Council on Aging (NCOA) recently published an article about rising food prices, with a focus on how these increased costs affect older adults. It is full of helpful information about increases to expect this year, tips on how to save money on groceries and tools to find out if you qualify for assistance programs that may help you.

Here's NCOA's tips on 5 ways to save on groceries every month:

1. Use a budget calendar. A budget calendar is a paper or digital calendar that you use to predict how much money will flow in and out of your budget each month.

2. Make meal planning a habit. Preparing your meals at home costs much less than ordering takeout or dining in at a restaurant. It's much healthier, too. Meal planning helps you stretch your budget even further.

3. Look for savings. Grocery store savings are all around you—but you have to look for them. Here are a few ways to find deals that help you spend less at the grocery store:
   - Clip coupons
   - Join store loyalty programs
   - Find store-brand alternatives

4. Shop for groceries online. Although you might think of online food shopping as more expensive, it can actually save you money:
   - It helps eliminate impulse buys by keeping you out of the physical store
   - Check your fridge/pantry right before you place a grocery order to see what foods you already have

5. See if you're eligible for SNAP assistance. If you're struggling to afford high food prices and don't currently receive Supplemental Nutrition Assistance Program (SNAP) benefits, it's a good time to find out if you qualify. SNAP provides monthly financial assistance to help older adults buy the food they need.

For more information on benefits that you may qualify for, use the NCOA Benefits Check Up tool.
Wednesday is

MOVIE DAY!

12:30 PM

WED

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

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

Microsoft Basics, May 4th
Walk-in Tech, May 11th
Google Search, Lens, Earth, Maps, YouTube, May 18th
Walk-in Tech, May 25th

Limited Seating. Must sign up in advance.
Call the senior center at 571-258-3280.
CURRENT EVENTS

Every Thursday, 2:00pm

Are you interested in domestic and international affairs? Would you like to share your perspectives on today's important national and global issues? Join the Current Events Group for a lively and informative discussion!

The Cascades Senior Center Book Club meets every 3rd Tuesday of the month! New members are always welcome.

Meets 3rd Tuesdays, 2:00pm
NEED ASSISTANCE?

Schedule an appointment with Lori Stahl, Elder Resources Case Manager, Loudoun County Area Agency on Aging

Lori is available the 1st and 3rd Tuesdays of the month from 9:00am-12:00pm at Cascades Senior Center. Call in or come in to the office to schedule an appointment.

Lori can help with questions regarding:
- Housing
- Transportation
- Medicare
- Medicaid
- Home Health Care
- Companionship Services
- Bill Paying
- Cognitive Issues
- Caregiver Challenges
- Hospice or resources for yourself or a loved one

THERE IS NO FEE FOR THIS SERVICE
SUMMER SENIOR COOLING PROGRAM
MAY 1 – OCTOBER 31

WHAT IS SENIOR COOL CARE?
2022 MARKS THE 32ND YEAR DOMINION ENERGY HAS PROVIDED FANS, WINDOW AIR CONDITIONERS AND NOW PORTABLE AIR CONDITIONERS, FOR ELIGIBLE ADULTS, AGE 60 AND OLDER, WHO NEED ADDITIONAL COOLING IN THEIR HOMES.

GENERAL INFORMATION
• SPONSORED BY DOMINION ENERGY
• PROGRAM RUNS FROM MAY 1 THROUGH OCTOBER 31, 2022
• AREA AGENCIES ON AGING COLLABORATE WITH THEIR LOCAL RETAILERS TO PURCHASE WINDOW AIR CONDITIONERS, PORTABLE AIR CONDITIONERS, AND FANS AT THE BEST PRICE

LOUDOUN COUNTY AREA AGENCY ON AGING
703-777-0257
AAA@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
CASCADES SENIOR CENTER

VOLUNTEERS NEEDED!

WE NEED:

- ESL Leader/Teacher
- Kitchen Volunteers
- Ceramics Volunteers
- Advisory Board Members
- Front Desk Volunteers
- Curio Sale Volunteers

Interested?

Call us at 571-258-3280 or send us an email at paul.torrible@loudoun.gov. Looking forward to your help!
How do you volunteer for Cascades Senior Center?
I volunteer at the front desk in the morning. I enjoy it when members share with me some of their background and culture.

Which invention from your lifetime are you most amazed by?
The computer. My first job as a secretary involved using a typewriter. I had to use carbon paper and white out to correct mistakes. I appreciate the computer and spell check!

When did you move to this area?
I grew up in London and met my American husband working at the embassy. We moved to Sterling, Virginia 42 years ago.

How did you first find out about Cascades Senior Center?
I was first introduced to the center 3 years ago by my neighbor Sally Moser.

What was your favorite movie when you were younger?
The "Jungle Book" was my favorite movie as a child. But reading is now my favorite pass time. I love to read hardback books (not the e-books that available on iPhone--my eyes won't allow me to read on the phone).

What are the most important lessons in life?
Be kind and forgiving to others and to yourself.

What life advice would you pass along?
Get involved in your community, meet and get to know your neighbors and most importantly remember to laugh each day. It is a tonic for the soul.

CYNTHIA
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 Sandy Smallwood, a volunteer with the Loudoun County Master Gardener Program for her presentation on indoor gardening with emphasis on microgreens, herbs and vegetables that can be grown in lower light.

And a big thanks to the team at Claude Moore Park for helping make our Earth Day Picnic a great success. Our members had a wonderful time!
6 Supplements That Don't Always Mix With Prescription Drugs
Over-the-counter vitamins, herbs and minerals aren't without potential risks
by Constance Sommer, AARP, April 6, 2022

To read the full article click here!

Are You Getting Enough Vitamin K?
Research shows this lesser-known nutrient helps keep your heart healthy, your bones strong and more — yet many older adults fall short
by Michelle Crouch, AARP, April 9, 2021

To read the full article click here!

5 Signs You Need to Replace Your Hearing Aids
Health, lifestyle changes may be reasons for an upgrade
by Kimberly Goad, AARP, April 14, 2022

To read the full article click here!

8 Health Problems That Can Be Detected Through an Eye Exam
Regular screenings can reveal signs of heart disease, diabetes and more
by Barbara Stepko, AARP, Updated November 15, 2021

To read the full article click here!
Why join the Cascades Senior Center Facebook page?

- If you missed an event, you can see the latest pictures and download your favorites!
- You’ll be alerted to the newest posting of information
- See videos that you can’t see in the e-newsletter
- Get instant access to your friends so you can meet up at the senior center for activities
- It’s Free!

Click here to go to our Facebook Page and click "Join"
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