Manager’s Note

Just a couple of months after I started working at the Senior Center at Cascades in 2009, this lovely duck decided to build a nest in the portico outside of our main entrance. I was fortunate enough to get a couple of photos of these little darlings after they hatched. The mama duck gets the ducklings to water shortly after they hatch because they are safer there (that’s where the saying “sitting duck” came from), so I feel very fortunate to have been able to get this photo. I love this photo so much that I asked member and artist Christy Adun to paint it for me and it still hangs in my office. It is a constant reminder of new beginnings, fresh starts and the possibilities presented to us every day.

DRIVE-THRU LUNCH PICKUP

Loudoun County Senior Centers will begin the gradual process of re-opening with drive through Congregate Meal pick-up starting on **Monday, June 22, 2020**, between 11:00a and 1:00pm.

Please see attachment (flyer) for more information. If you are having trouble opening the attachment, you can click on the link below:

**Drive-Thru Lunch Pickup Details**
In order to participate in a Zoom video conference, all you need is a computer or laptop - preferably with a camera - or a smartphone with the Zoom app uploaded. You can click on this link: Zoom User Guide for first time users.

All registered or regular participants in Conversational, Beginner’s Spanish and Knit & Crochet will receive an email invitation with a link to join the Zoom call. If you are a part of this group and haven’t received an invite, please call the center to request information.

Any senior center member who would like to participate in the ESL, Teen Tech, Yoga, Mandarin or Current Events and Guest Presenter Zoom calls should call the center to register.

**VIRTUAL CLASSES/ACTIVITIES SCHEDULE**

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<td><strong>10:30am-11:30am</strong>&lt;br&gt; ESL&lt;br&gt;Instructor: Judy Villedrouin&lt;br&gt;(open to senior center members)</td>
<td><strong>10:30am-11:30am</strong>&lt;br&gt; Conversational Spanish&lt;br&gt;Instructor: Ana Mahoney&lt;br&gt;(only open to registered participants)</td>
<td><strong>10:30am-11:30am</strong>&lt;br&gt; Yoga/Breathing Class&lt;br&gt;Instructors: Jagdish and Kailash Sachdev&lt;br&gt;(open to senior center members)</td>
<td><strong>10:30am-11:30am</strong>&lt;br&gt; Learn Mandarin&lt;br&gt;Instructor: Susan Xiaoping&lt;br&gt;(open to senior center members)</td>
<td><strong>10:30am-11:30am</strong>&lt;br&gt; Knit &amp; Crochet&lt;br&gt;Instructor: Velinda Sutton&lt;br&gt;(only open to members of the group)</td>
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<td><strong>1:00pm-2:00pm</strong>&lt;br&gt; Yoga/Breathing Class&lt;br&gt;Instructors: Jagdish and Kailash Sachdev&lt;br&gt;(open to senior center members)</td>
<td><strong>12:00pm-1:00pm</strong>&lt;br&gt; Teen Tech&lt;br&gt;(open to senior center members)</td>
<td><strong>1:00pm-2:00pm</strong>&lt;br&gt; Current Events&lt;br&gt;Instructor: Steve Creskoff&lt;br&gt;(open to senior center members)</td>
<td><strong>1:00pm-2:00pm</strong>&lt;br&gt; Special Guest Presenter: AARP—Martin Bailey: &quot;Protect Yourself from Fraud and Identity Theft”&lt;br&gt;(open to senior center members)</td>
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Thursday June 25th at 1:00pm
Protect Yourself from Fraud and Identity Theft
Con artists don’t care how hard you worked. They steal billions from Americans like you every year. We’re fighting back with the AARP Fraud Watch Network. In this session, we will share an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from victims, and what to do if you or someone you know has been a victim.

Online learning:
Birding in North America: The Great Courses (Kanopy)

Bird Watching 101* (Universal Class)

**COVID-19 UPDATE/INFORMATION SECTION**
For more information about COVID-19 updates visit www.loudoun.gov/Coronavirus
Identity Theft

Tageruitiiafa
Islotherdires
Daiatfpudeadkg
Faniarsacfhnf
Nebrataratatr
Tgaeneiubsfla
Iulbridofdyrue
Taiacefomitciv
Yrrrrnrhsg
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**KITCHEN CORNER**

**BREAKFAST: A BREAKFAST BANANA SPLIT**

Ingredients:
- 1 banana, cut in half lengthwise
- 1/2 cup to 2/3 cup cottage cheese (I used 2% but any will do)
- 1-2 Tbsp all-fruit preserves (I used mixed berry)
- 1 tsp ground flaxseed
- 1 tsp chia seed
- 1 – 2 Tbsp chopped walnuts (but almonds, peanuts, pecans would all be yummy too!)

Other options: add nut or seed butter or in place of the preserves, shredded coconut, coconut butter, replace cottage cheese with high-protein Greek yogurt, sprinkle with cinnamon, raisins, other fresh fruit, goji berries, etc.!

Directions: Place two banana halves in serving dish or bowl. Add scoops of cottage cheese on top of banana. Drizzle with fruit preserves and garnish with flax, chia and chopped nuts OR whatever your heart desires. Enjoy!

**LUNCH: CUCUMBER SUB!**

Directions: Cut cucumber in half lengthwise, then cross-wise. Then, scoop out the seeds using a spoon. Next, spread mayonnaise in a thin layer inside all the cucumber halves. About a teaspoon each is a good amount.

Tip: It helps to have things you can fold inside the deepest parts touching the cucumber. Use lettuce on the bottom and an extra piece of rolled up turkey on the opposite half. This helps keep your cucumber sandwiches together! Try mixing it up with these variations:
- Swap turkey with salami, or any other lunch meat you like.
- Add some avocado or guacamole to your cucumber subs.
- Omit the cheese for a dairy-free version.

**DINNER: CRUSTLESS SPINACH PIE!**

Ingredients:
- 10 ounces frozen spinach thawed, squeezed and drained (or use wilted down fresh)
- 5 eggs beaten
- 2 1/2 cups cheese any kind (I used a fiesta blend)
- 1 teaspoon dried minced onion
- 1/4 teaspoon garlic powder
- salt and pepper to taste

Instructions
- Grease a 9-inch pie pan.
- Combine all ingredients and pour into prepared pan.
- Bake at 375 degrees F for about 30 minutes or until edges start to brown.
- You can also freeze this crustless spinach cheese pie if you want to make a large batch ahead of time. Freezing in single servings also makes it easy to just grab a piece to reheat in the microwave.

**REMEMBER:**
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.
**THROWBACK PICTURES**

FUN AT BANSHEE REEEKS NATURE PRESERVE

JUNE 2018

HOPE TO BE BACK NEXT YEAR!
SENIOR CENTER CLOSED
FRIDAY, 6/19/2020

The Senior Center at Cascades will be closed on **Friday, June 19** in recognition of the newest state & county holiday.

June 19 is the anniversary of Juneteenth June 19, 1865, the day that the Texan slaves found out they were freed by the Emancipation Proclamation two and a half years after it happened. The 200,000 Texan slaves were the very last to be informed. Major General Gordon Granger and his Union soldiers delivered the news to the slaves and after that day it became a tradition for African Americans to celebrate freedom every year around this time. As former slaves these African Americans knew what it was like to not be granted the rights to property, education, or employment by their own country. June 19th was nicknamed Juneteenth and celebrated throughout Texas and spread to other states.

For more information on Juneteenth, visit: [https://www.naacc.org/latest/juneteenth-education-is-freedom/](https://www.naacc.org/latest/juneteenth-education-is-freedom/)

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**SPECIAL ANNOUNCEMENT/MESSAGE**

Put down the rake and take a break!
Happy Father’s Day!

FROM THE GARDEN CLUB