Manager’s Note

Our very own Cascades Knit & Crochet group was nominated for a volunteer award through Loudoun Cares. Loudoun Cares envisions the day all Loudoun County citizens are involved in charitable and volunteer activities connecting them with their neighbors and building a stronger community.

The Cascades Knit & Crochet group volunteer service is a glowing demonstration of the kind of commitment to the community that inspires us all. Thank you for your devotion to service and for doing all you can to make Loudoun the best it can be.

Congratulations on your nomination, keep up the fantastic work!

DRIVE-THRU LUNCH PICKUP

Drive-thru Congregate Meal pick-up available Monday-Friday between 11:00am -12:00pm. 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.

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**VIRTUAL CLASSES/ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON. 7/6</th>
<th>TUES. 7/7</th>
<th>WED. 7/8</th>
<th>THURS. 7/9</th>
<th>FRI. 7/10</th>
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<tbody>
<tr>
<td><strong>10:30am-11:30am</strong>&lt;br&gt;ESL Instructor: Judy Villedrouin (open to senior center members)</td>
<td><strong>10:30am-11:30am</strong>&lt;br&gt;Conversational Spanish Instructor: Ana Mahoney (only open to registered participants)</td>
<td><strong>10:30am-11:30am</strong>&lt;br&gt;Yoga/Breathing Class Instructors: Jagdish and Kailash Sachdev (open to senior center members)</td>
<td><strong>10:30am-11:30am</strong>&lt;br&gt;Learn Mandarin Instructor: Susan Xiaoping (open to senior center members)</td>
<td><strong>10:30am-11:30am</strong>&lt;br&gt;Knit &amp; Crochet Velinda Sutton (open to senior center members)</td>
</tr>
<tr>
<td><strong>1:00pm-2:00pm</strong>&lt;br&gt;Yoga/Breathing Class Instructors: Jagdish and Kailash Sachdev (open to senior center members)</td>
<td><strong>12:00pm-1:00pm</strong>&lt;br&gt;Teen Tech (open to senior center members)</td>
<td><strong>1:00pm-2:00pm</strong>&lt;br&gt;Current Events Instructor: Steve Creskoff (open to senior center members)</td>
<td><strong>1:00pm-2:00pm</strong>&lt;br&gt;Special Guest Presenter, Realtor Helen Flynn: “Selling Your Home--A Guide for the Mature Seller” (open to senior center members)</td>
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**GUEST PRESENTATION**

Thursday July 9th at 1:00 PM
Special Zoom presentation:
“Selling Your Home, A Guide for the Mature Seller” with Realtor Helen Flynn

The presentation is tailored to provide some specific information for seniors making a transition. Subjects covered include: How do I know when it is time to make a move? What are the options for the types of places I might move to? What are the emotional and physical ramifications of making such a move? What do I do with my stuff? How do I prepare my house for sale without spending a fortune? We hope you join us.

**LINE DANCE VIDEOS**

Leesburg, Thur PM Improver/Low Intermediate class: https://youtu.be/u2zsWkljiTQ by Terry

CascadesFri PM Improver/Low Intermediate class: https://youtu.be/JY5iYWpdWXg by Vinny

Thursday AM Line Dance with Celeste: https://youtu.be/p5Ci5VeQ-Bk

**COVID-19 UPDATE/ INFORMATION **

For more information about COVID-19 updates visit www.loudoun.gov/Coronavirus

**TRIVIA SECTION**

The only flag that doesn’t fly
“The Floral Flag” is located in California, close to Vandenberg Air Force Base. It’s estimated to contain more than 400,000 Larkspur plants for a total of more than 2 million flowers. It measures 740 feet long and 390 feet wide and maintains the proper Flag dimensions as described in Executive Order Number 10834. It’s 6.65 acres, and is the first Floral Flag to be planted with 5 pointed Stars- comprised of White Larkspur. Each Star is 24 feet in diameter and each Stripe is 30 feet wide. Once you read this, please take a moment and be thankful for all we have during our nation’s difficult time.
**THROWBACK THURSDAY**

HAPPY FOURTH OF JULY
**KITCHEN CORNER**

BERRIES AND CREAM SALAD

Ingredients

- 1 box 3.4 oz instant vanilla pudding mix
- 32 oz. container vanilla Greek yogurt
- 8 oz. container Cool Whip thawed
- 2 12-oz bags frozen berries*

Instructions:

In a large bowl, combine the pudding mix and the Greek yogurt, stirring until well mixed. Fold Cool Whip into the mixture. Lastly, fold in the berries. I had set mine out for about 10 minutes before making the salad, but you can put them in frozen and they will thaw very quickly so you can serve the salad right after mixing.

If you don’t serve the salad immediately, store in an airtight container in the fridge. When you're ready to serve, give the salad a quick stir and top with additional berries, if desired, to garnish.

Notes:

I used frozen raspberries and blueberries in my salad, but you're welcome to use fresh berries if you'd like. You can also try using diced strawberries, blackberries or a combination of all 4 varieties!

REMINDER:

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.
6/23/2020

KNIT & CROCHET

OUTDOOR TAILGATE YARNING SESSION
We are pleased to announce that all Loudoun County Public Library locations are open with limited services. Things will look a little different at your neighborhood branch, but our commitment to the community is unchanged. Here's what to expect.

- **Hours:** All branches, except the Law Library, are open Monday through Thursday, 10 a.m. to 8 p.m., and Friday and Saturday, 10 a.m. to 5 p.m. The Law Library is open 8:30 a.m. to 4 p.m.
- **Face masks** are required for all customers 10 and older to enter. If you do not have a face covering, one will be provided for you.
- **Social distancing:** Furniture has been moved and signage has been posted to help everyone stay six-feet from each other.
- **Curbside Pickup** service for items on hold will continue during operating hours.
- **Computer stations** are available for use by appointment. Call your library to schedule a session.
- **Printing and copying** are available.
- **Not available:** Meeting rooms, study rooms, teen centers, makerspaces, passport processing and public notarizations.
- **Storytimes and events** remain online only.

For everyone's safety, please follow directions on signs and floor markers to help ensure social distancing between both customers and staff.
**BRAIN EXERCISE**

Fourth of July Word Search

B D H T H R H R J Y K C Y Q M D D S S
C E O N G N E O T E O B L V E S I X S
O R C A C M B R L N F C P C L G N P M
N C L N M X E J S I O F L A N B C S A
G F I U E B X T F L D A E P R E W X D
R H S N I D I B O R R A O R L A C Z A
E J A L C T N N F A E S Y E S I D I N
S R Y N U I I E T T I E B D S O H E I
S V K T C E P I P R R R D C Z P N F A
B X I D S O O N I E A E N O L K P R T
Y O E O E N C P O T D O W E M B X A I
N S F C T A E K E I T N D O O J J N R
S P O U U S C R Z G T A I S R F M K B
T E U M L D Q I N I L U T F Z K V L S
A E R E A A W I R I J O L B G K S I H
R C T N S N H V H E N Y R O P V D N R
S H H T O S G P I D M O L A V M S X M
E E F J A U S E X A T A L U E E H H D
P S K W R T O I R T A P Q R J T R W O

(John) ADAMS
AMERICA
BOSTON
CELEBRATE
COLONIES
CONGRESS
CONSTITUTION
DECLARATION
DOCUMENT
FIREWORKS
FLAG
FOURTH

(Benjamin) FRANKLIN
FREEDOM
(Great) BRITAIN
(John) HANCOCK
HOLIDAY
INDEPENDENCE
(Thomas) JEFFERSON
JULY
LIBERTY
PARADE
PATRIOT
PHILADELPHIA

PICNIC
REVOLUTION
SALUTE
SIGN
SPEECHES
STARS
STRIPES
SUMMER
TAXES
TEA
(George)
WASHINGTON
Thanks so much to Martin Bailey from AARP for his special Zoom presentation, “Protecting Yourself against Fraud and Identity Theft.” He reminded us that Identity Theft is a federal crime and the best protection against scammers is to be vigilant and do your due diligence.

Helpful tips:
1) monitor your bank statements for unauthorized charges
2) monitor your medical statements to see if a criminal is using your medical benefits
3) have your credit report run once a year to be on the lookout for nefarious activity

Martin also advised us to have a “freeze” put on our credit report so scammers can’t open a new credit card account or get a bank loan in our name without us knowing. You can “unfreeze” your credit report by way of a password. And finally, don’t stay on the phone with scammers. If you know someone is a scammer, hang up! If you stay on the phone long, they will call back, and try to scam you in a different way.

Some useful websites:

To get a free credit report:
https://www.annualcreditreport.com/index.action

If you are receiving multiple credit card offers and want to opt out:
https://www.optoutprescreen.com/

If you are the victim of identity theft:
https://www.identitytheft.gov/
Vinca (annual) and Salvia (perennial)

Celebrate the Red, White, and Blue

Happy 4th of July

from the Garden Club!