Manager’s Note
Beginning Monday, August 3, 2020, members are invited to come to the café for lunch. Both Drive-Thru and In-House lunch will be available.

- **NEW TIME for Drive-Thru Lunch Pick-Up** will be available only from 11:00-11:30am
- **In-House Lunch** will be served from 11:45am-12:30pm
- Masks must be worn in the building at all times, except while at your table eating
- Detailed instructions for entering the building is available in a video on YouTube [https://youtu.be/fc1W2hnbGBk](https://youtu.be/fc1W2hnbGBk). A flyer and the video are also available on the Advisory Board website [www.mycascadescenter.org](http://www.mycascadescenter.org).
- As always, you must call at least 24-hours in advance to reserve your spot for lunch – 571-258-3280

**DRIVE-THRU LUNCH PICKUP**
Drive-Thru Congregate Meal pick-up available **Monday-Friday between 11:00am -11:30 am**. Please see attachment (flyer) for more information. If you are having trouble opening the attachment, you can click on the link below.
Click here for **Drive-Thru Lunch Pickup Details**

**PUZZLES AVAILABLE FOR PICKUP**
Come and get a puzzle!! We are happy to provide you with a puzzle to work on at home. If you are interested in picking up a mystery puzzle, just call the office and let us know and we’ll have one for you to pick up during the Drive-Thru Lunch, 11am-11:30am, Monday through Friday. Please call the day before to place your request.
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.

<table>
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<tr>
<th>MON. 7/27</th>
<th>TUES. 7/28</th>
<th>WED. 7/29</th>
<th>THURS. 7/30</th>
<th>FRI. 7/31</th>
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</thead>
</table>
| **10:30am-11:30am** ESL  
Instructor: Judy Villedrouin  
(open to senior center members) | **10:30am-11:30am**  
Conversational Spanish  
Instructor: Ana Mahoney  
(only open to registered participants) | **10:30am-11:30am**  
Yoga/Breathing Class  
Instructor: Jagdish and Kailash Sachdev  
(open to senior center members) | **10:30am-11:30am**  
Learn Mandarin  
Instructor: Susan Xiaoping  
(open to senior center members) | **10:30am-11:30am**  
Knit & Crochet  
Instructor: Velinda Sutton  
(open to senior center members) |
| **1:00pm-2:00pm**  
Yoga/Breathing Class  
Instructors: Jagdish and Kailash Sachdev  
(open to senior center members) | **12:00pm-1:00pm**  
Teen Tech  
(open to senior center members) | **1:00pm-2:00pm**  
Current Events  
Instructor: Steve Creskoff  
(open to senior center members) | **1:00pm-2:00pm**  
Special Presentation: AARP-“The 5 Pillars of Brain Health”  
(open to senior center members) |
**GUEST PRESENTATION**

Join us for our Special AARP Presentation:
“The Five Pillars of Brain Health”
Thurs., July 30th at 1:00 p.m.

It’s never too late to take charge of your brain health! In this interactive session, you will learn about the five pillars of a brain-healthy lifestyle, share your brain-boosting activities, and be inspired by others. This session is a good overview for anyone interested in improving their brain health and will provide you with actionable steps you can take along with resources to learn more.

**LINE DANCE VIDEOS**

**COVID-19 UPDATE/INFORMATION **

For more information about COVID-19 updates visit
www.loudoun.gov/Coronavirus
**HEALTH & WELLNESS**

As the heat wave continues in our area, it is important to know the signs and symptoms of heat exhaustion.

If you are experiencing them, seek air conditioning or shade and hydrate right away.

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**Signs and Symptoms of Heat Exhaustion**

- **Hot Red Skin**
- **Unusual Heart Beat**
- **Vomiting**
- **Tremor**
- **Weakness**

If you or someone you’re with exhibits these symptoms, cool down and rest right away. Seek air conditioning or shade, and drink fluids.

For more information visit: Loudoun.gov/FirePrevention
HEALTHY EGG SALAD

Ingredients

- 4 hard cooked eggs - plus 2 hard cooked egg whites (save the extra yolks for another use or discard)
- 3/4 cup diced celery - about 3 medium stalks
- 1/4 cup plain non-fat Greek yogurt
- 1 teaspoon dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 tablespoon chopped fresh dill

For serving:

- Whole grain bread - toasted (for 4 open faced sandwiches)
- Arugula - tomato, additional chopped fresh dill

Instructions:

Peel the eggs and cut into a rough dice. Place in a large mixing bowl, then add the celery, Greek yogurt, mustard, salt, pepper, and dill. Stir to combine.

Serve egg salad on toasted bread with tomatoes and arugula, or enjoy atop greens for a healthy salad.

Notes: Leftover healthy egg salad will keep in the refrigerator for about 2-3 days. Stir leftovers before serving. This recipe is using four whole eggs, plus two egg whites. Using fewer yolks makes the egg salad lighter. If you prefer a little more richness (or enjoy the full-on egg factor), feel free to toss in the last two yolks as well.
If you are a caregiver for a loved one or if you are an older adult (60+) in need of support during this difficult time, connect virtually (FaceTime or by phone) over coffee with Lori.

To be connected with Area Agency on Aging programs and services, and other community resources, please call 703-777-0257 to speak with an Aging Program Specialist.

To sign-up, send an email to aaasupport@loudoun.gov or call 571-233-2583

For more information about the Loudoun County Area Agency on Aging, visit www.loudoun.gov/aaa or call 703-777-0257
Whether you're just starting as a photographer or you've been following your creative passion for years, there's never an excuse to stop learning. For this week's Staff ePicks, we're highlighting a variety of the library's photography resources. If you're looking to harness the power of your DSLR camera or step up your cellphone photos, we have you covered with online photography courses, eBooks and streaming documentaries to both inspire and inform.

These accessible eBooks are great starting points for the beginning shooter. Borrow them instantly on the Hoopla Digital platform.

*Photography: The Ultimate Beginners Guide to Taking Stunning Professional Photographs*
*Creative Nature Photography*

*How to Rule At Photography*

*Digital Photography for Beginners* (audiobook)
**BRAIN EXERCISE**

Crossword Fill In #01

3 LETTER WORDS
AIR
ALA
CAM
DOS
EST
ETA
GET
HUE
MAO
ODD
RES
REV
SLY
SPA
TIS
TNT
YAK

4 LETTER WORDS
A LOT
AGOG
COAX
CREE
EPOS
EVER
FIRM
GALA
IONS
NAGA
NAPE
olla
OPAH
REST
ROUÉ
RUSH

5 LETTER WORDS
SAYS
VINO
ADYTA
ANTSY
ARÈTE
CREEK
DAVIT
ENACT
ENEMA
EPOXY
ITALY
OVERS
PIXEL
PULSE
SET ON

6 LETTER WORDS
SHALE
SOBER
TAIGA
TESTA
TEXAS
VAPID
VIOLA

7 LETTER WORDS
ATRIAL
LIAISE
NARCOS
RESETS

8 LETTER WORDS
NEUTERS
ONSTAGE
PAHLAVI
RUMMAGE

9 LETTER WORDS
EXTREMITY
TURNTABLE

10 LETTER WORDS
CONSTITUTION
SLEDGEHAMMER

11 LETTER WORDS
ARCHIMANDRITE

12 LETTER WORDS
MIXED METAPHOR
Join us Friday, July 24 at 8pm ET for this online screening.

*Lives Well Lived* is a documentary celebrating the incredible wit, wisdom and experiences of people aged 75 to 100 years old. Through their intimate memories and inspiring personal histories encompassing over 3000 years of experience, forty people share their insights on living a meaningful life. Their stories will make you laugh, perhaps cry, but mostly inspire you.

This event is free, but you must register to view and participate.
The Garden Club hopes that you enjoy the sweet tastes of summer.

Photo courtesy of Brenda Black, Garden Club

CROSSWORD ANSWERS

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NA PE IONS PIX E L
E POS RUSH ANTS Y
MIX E D MET A PH OR
ADYTA ALA ETC
S LEDGE HAM M ER
E ST H OEI L IA I SE
NEUTERS GAROT TE
ATRIAL REV YAK
CONSTITUTION
TNT CAM DAVIT
ARCHI M AND RITE
SOBER GALA COAX
PULSE AGOG OLLA
ARETE ETA SAYS