

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

703-430-2397

[www.loudoun.gov/
seniors-cascades](http://www.loudoun.gov/seniors-cascades)

Part of the Area Agency
on Aging a Division of



Staff Contacts:

Manager:

Brenda Davis Ext. 101

Assistant Manager:

Judith Mangilin Ext. 102

Café Supervisor:

Carrie Randolph Ext. 103

Sr. Trip Coordinator:

Mark Humphrey Ext. 105

Customer Service:

Michele Prentiss Ext. 107

Vehicle Operator:

Felix Duran Ext. 109

Vehicle Operator:

Luis Rocha Ext. 110

Center Assistant:

Erik Onate Ext. 123

Center Hours:

Mon./Wed./Thurs./Fri.
9:00am-5:00pm

Tuesdays
9:00am-8:00pm

Saturdays/Sundays
CLOSED (Available
for Rental)



SENIOR CENTER REVIEW

August 2011 Edition



Manager's Note

PREVENT TICK-BORNE DISEASE

Summer is a great time to be outdoors for cookouts with family and friends, walks and other outdoor activities. But with all that fun comes a warning by the Loudoun County Health Department to watch for possible tick bites. Ticks wait in low, grassy or leafy areas and then attach to feet or shoes of people or the legs of animals to make their way to skin to attach and draw blood. Ticks are small, sometimes as small as a poppy seed, and when they attach to your skin they can transfer diseases like Lyme, Rocky Mountain Spotted Fever and Cat Scratch Fever, as well as others.

Prevention recommendations include:

- Wear light-colored clothing so they are easier to see and remove;
- Tuck pant legs into socks and boots and tuck shirts into pants when you are in grassy or wooded areas;

- Conduct a tick check on yourself and children every 4-6 hours when outdoors;
- Apply tick repellent to areas of the body and clothing that may come in contact with grass and brush.

A documentary on Lyme Disease called, *Under Our Skin*, will be shown free of charge at the Cascades Library on Wednesday, August 3 at 7:00pm and will be followed by a discussion with Dr. Sarah Fletcher.

For more information on preventing tick bites and other information about Lyme disease, visit www.loudoun.gov/lyme.



ICE CREAM SOCIAL

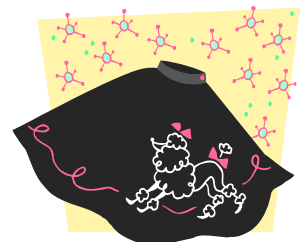
It's the perfect time of year to bring a friend and "cool off" with some ice cream! The Senior Center at Cascades will be having its "Ice Cream Social" on Friday, August 5 from 2:00 p.m. – 4:00 p.m. Tickets are \$2/ members, \$3/non-members and at the door. Transportation will be available after the Social.



"50's SOCK HOP"!

Time to "Rock around the Clock" with your saddle shoes, poodle skirts and denim with our "50's Sock Hop!" on Friday, August 26 from 2:00–4:00 p.m. DJ Sky Dantine will be playing all of your favorite tunes. Tickets are \$3/members and \$5/non-members.

There will be light snacks and refreshments. Transportation will be provided after the Dance.



SENIOR PROGRAMS & ACTIVITIES

The following programs are provided at NO COST

The first and third Wed. (August 3 & 17) of the month, 11 a.m.-1:30 p.m., 'One-On-One' Support with Kathy Kehoe, Case Manager for the Area Agency on Aging in the Health Room. This is confidential supportive counseling for aging issues. See the sign-up sheet in the Health Room or call Kathy at 703-737-8741 to make an appointment or ask questions.

JEOPARDY! - Wednesday, August 31 at 11:00 a.m.

LUNCH BUNCH

Our next Lunch Bunch will be on **Friday, August 12 at Shendoah Grill in Ashburn**. Bus leaves at **11:15 a.m.** If you are interested in joining us, put your name on the sign-up sheet posted in the Front Lobby. The bus returns to the Senior Center at 1:30 p.m. There will be a \$2.00 Transportation fee.

LEARN TO SPEAK FRENCH!

Classes currently offered every **Friday morning at 10:30 a.m.** All interested participants are asked to sign up in the Main Office. Kitty Pugliese, Cascade member and volunteer, will be teaching the class.



FAMILY GAME NIGHT



Please join us on the **first Tuesday, August 2 from 6:00 p.m. – 8:00 p.m.** for an evening of fun and games for the whole family! Members are encouraged to bring their kids, grandkids, or great-grandchildren to play games like Wheel of Fortune, Jeopardy!, The Price is Right, Bowling, Tennis, Golf, or Baseball on the "big screen." Spend quality time with your loved ones and enjoy light snacks and refreshments.

BOOK CLUB

**Third Tuesday,
August 16
12:00 p.m.**

"The Mill on the Floss" by George Eliot. New members are always welcome!

REJUVENATING EXERCISE

Please join us every **Tuesday and Thursday morning at 10:00 a.m.** in the Aerobics Room for an exciting new DVD that promotes healthy exercises and movements tailored to make you feel better and stay fit. This holistic approach has been approved by the Chinese National Physical Committee.

CURRENT EVENTS DISCUSSION GROUP

Are you interested in domestic and international affairs? Would you like to share your perspectives on today's important national and global issues? Join us for our lively and informative discussion sessions on current events at the Center every **Wednesday afternoon from 1:30-2:30 p.m.**

KNITTING & CROCHETING

Meets **Fridays at 10:00 a.m.**

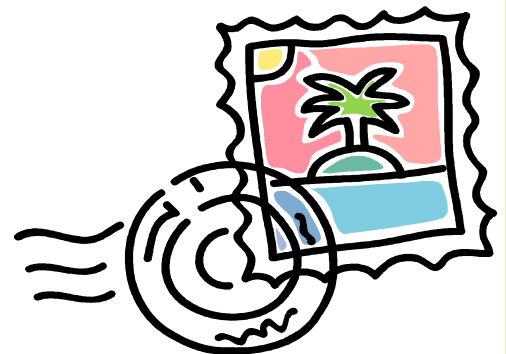


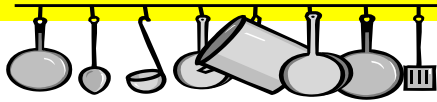
RED HAT MAMAS

There will be no meeting in August and September. Have a great summer!

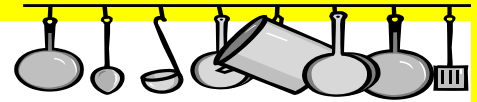
CAMERA CLUB

No meeting until September.





KITCHEN CORNER



As we begin a new registration year, we need Nutrition Forms filled out. Please take a few minutes and fill one out! You can find them at the podium and turn them back in to the podium or give them to Michele at the Customer Service desk.

REMINDERS:

- If you eat lunch in the Café, please fill out a blue nutrition form as soon as possible! This applies to New Members *and* Current Members. If your name is in BLUE on the lunch list, it means that you have not filled out a blue form. Please fill one out.
- Write in your OWN initials on the lunch sheet (do not put a check mark). Be sure to put VEG for vegetarian meals.
- Please call 703-430-2397, ext. 103 by 1pm the day before for lunch reservation, cancellation, or adding lunch for upcoming days. Leave your name and the day(s) you wish to eat or cancel.
- Erase your name off of the lunch sign-up sheet if you are going on a day trip. (eg. Casino Trip, etc)

- The Senior Café current cost is **\$4.00 per meal for seniors ages 55-59**. Please see Michele at the front desk to purchase a meal ticket.
- For seniors 60 years and over as well as guests, a donation is requested. Information regarding the suggested donation amount is posted on the bulletin board in the Café.

We are in need of **SUBSTITUTE** Volunteer Café Monitors/Servers for the summer months. The time for Café monitor is 9:30-11:00 a.m. and the Summer Server position time is 11:30-1:30 p.m. See Carrie Randolph if you are interested.

PLEASE THINK ABOUT VOLUNTEERING ONE OR MORE DAYS! Thank You...

-Carrie Randolph-



SPECIAL NOTICES

VOLUNTEER OPPORTUNITY

The Senior Center at Cascades is looking for:

- Volunteer with experience cutting hair. We are looking for a barber/stylist to offer haircuts and trims to our members.
- Volunteer moderator for our Parkinson's Support Group, which meets every 4th Tuesday at 6:00 p.m.
- We also need volunteers Monday through Friday for Home Delivery Meals. Deliveries are between 10:30 to 12:00 for Sterling area, any day, permanent or as a sub.



If you or someone you know would be interested in volunteering one or two hours per week, please see Erik or Michele in the office.

CHESS CLUB

If you are interested in playing chess come to the center and see Erik Onate to schedule game time and partners.



MEMBERSHIP RENEWAL

Everyone must fill out a new membership form for FY2012 (effective July 1, 2011-June 30, 2012). A copy of the new form was included in your July newsletter. Please fill it out (both sides!) and bring the completed form and your payment to the center office. If you currently receive your newsletter via email, you may pick up a copy of the new membership form at the center, or call Michele (ext. 107) and she will be happy to mail a form to you.

CLASSES

GENTLE YOGA

Breathe easier, increase your energy and feel younger through Gentle Yoga with Sarla -especially designed for people 55+. **Yoga class is every Tuesday from 6:00 p.m.-7:30 p.m.** Sign up today!

*****Ten-week Class \$91/members, \$111/non-members plus the cost of materials.**

*****Walk-in classes are available for \$11/member & \$13/non-members. *****

Instructor: Sarla Mehta.



CERAMICS CLASS

The next class will be scheduled in September.

Sign Up! Sign Up!

ESL (English as a Second Language)

Fall Session will be in September.

New!

“GETTING TO KNOW YOUR COMPUTER” CLASSES

If you are interested in Computer Classes, Please see Michele at the front desk to sign up. New classes will be announced soon!



Sign Up! Sign Up!

SPECIAL ACTIVITIES

POPCORN, MOVIE & SODA:

“You Again” (Wednesday, August 17 at 1:30 p.m.)

Admission Fee: \$2.00



Marni (Kristen Bell), a new Vice President of a large Public Relations Agency, is returning home for her brother Will's (James Wolk) wedding. Marni discovers that his bride Joanna (Odette Yustman) is her former arch nemesis in high school who made her life a living hell. Joanna is now an angel in her brother's eyes, absolutely not the memories that Marni has of her tormentor. All of this is compounded by the fact that the bride's wealthy Aunt Romona (Sigourney Weaver) flies into town and comes face to face with Marni's mother Gail (Jamie Lee Curtis), who it turns out has an old high school score to settle with Gail. Marni must protect her brother by showing him Joanna's true colors before he makes the biggest mistake in his life. The claws are about to come out. Rated PG;2010; 105 mins.

MONTHLY RESOURCES

Support Group for Tinnitus and Hearing Problems – The 1st Fri., (August 5), at 2 p.m.

Man-to-Man Prostate Cancer Support Group – The group will meet the 2nd Tues. (August 9) at 6:00pm

Eyeglasses Care – LensCrafters here on the 2nd Thurs. (August 11) at 11:30 a.m.

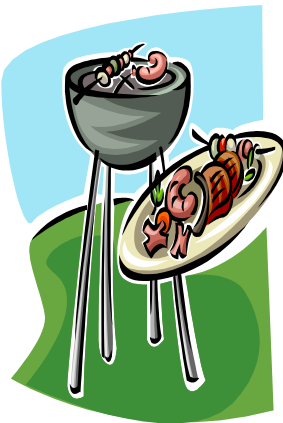
Help for Hearing Loss – Meet with Joan Cassidy the 3rd Thurs., (August 18), 10 a.m.-Noon to ask questions about hearing loss.

Cascades Deaf and Senior Social - meets every 2nd Wed., (August 10) at 10:00 a.m.

INOVA Health Van - visits the center every 2nd & 4th Tuesdays (August 9 & 23) at 9:00 a.m.

UPCOMING EVENTS

11th ANNUAL END OF SUMMER COOK-OUT



Time to kick your boots off and enjoy some good food, music and fun on Friday, September 9th from 4:30 p.m. – 6:30 p.m. Country-Western theme. Price includes ribs with all the fixin's. Family members welcome. Advance tickets \$7 for members. \$9/ non-members and on 9/9.

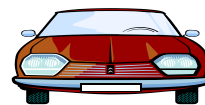
INTERNATIONAL BAZAAR

Journey with the Senior Center @ Cascades across the four corners of the Earth for our third annual "International Bazaar" on Friday, September 30th from 2:00 p.m. – 4:00 p.m.. Taste food from all around the world, listen enjoy the music and view traditional costumes of many cultures under one roof. Tickets are \$3/members \$5/non-members and at the door. This event is open to the public. Transportation available after the event.



TOOLS FOR HEALTHY AGING FAIR

The Loudoun County Area Agency on Aging presents their second annual "Tools for Healthy Aging Fair" on Friday, September 16th from 10:00 a.m. – 2:00 p.m. This is a FREE event for seniors, families and caregivers offering resources to help older adults remain independent. Refreshments, Door Prizes and plenty of free parking!



FREE CarFit SCREENING

Calling all older drivers! Register now for a free 12-point CarFit screening on Tuesday, September 27 from 9-12 p.m. at the Senior Center @ Cascades. In just 20 minutes you'll leave with car adjustment recommendations for safe driving. To get an appointment, please call (703) 771-5698, or e-mail at aaa@loudoun.gov



GO PAPERLESS! Let us know if you wish to receive your monthly newsletter electronically! See Michele at the office.

CarFit was created by the American Society of Aging and with the American Automobile Association, AARP, and the American Occupational Therapy Association. It's supported by the Virginia Department for the Aging Grand Driver Program. Visit www.carfit.org.

Thank You..Thank You..

...To Costco for their weekly donation of baked goods, and to Ellie Ellis and Sarla Mehta for picking it up

...To Mary Carmouche for her assistance with the Birthday Calls

...To Pat Dozier, Olga Ricciardi, Marianne Simons, and Carol and John Jensen for their assistance with the Coupons

...To Ashby Ponds Retirement Community for their generous support of Jeopardy!

...To Georgia Belle and Olga Ricciardi for their assistance with Jeopardy!

...To the Cascades Singers, Tracy Stone, Nick Ferrante, Haydee Lauderman, Elsa Barreto and Judith Mangilin for their assistance with the Independence Day Celebration.

...To Barbara Eldridge for her orchestration of the Cascades Singers

...To Sant Sehgal and Rita Daniels for their assistance with Blood Pressure checks

...To all of our Front Desk volunteers

...To all the Kitchen volunteers, both A.M. Café & Lunch

...To the FSCC for their contributions to the Senior Center @ Cascades

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AUGUST TRIPS

August 4, Thursday – Casino Trip – Charles Town, WV

August 9, Tuesday – Tysons/Dulles Metrorail Field Trip – Tysons Corner, VA

August 10, Wednesday – “Smoke on the Mountains” at Allenberry Playhouse, Boiling Spring, PA

August 11, Thursday – “Smoke on the Mountains” at Allenberry Playhouse, Boiling Spring, PA

August 14, Sunday – Sterling Playmakers, “The Wizard of Oz”, Sterling, VA

August 15, Monday – Smithsonian Museums – Washington, DC

August 19, Friday - Tysons/Dulles Metrorail Field Trip – Tysons Corner, VA

August 20, Saturday – “Grease” at Olney Theatre – Olney, MD

August 23, Tuesday – Gettysburg Museum and Tour of Battlefield – Gettysburg, PA

August 24, Wednesday – Casino Trip – Charles Town, WV

August 25, Thursday – “Xanadu” at Toby’s Dinner Theatre – Baltimore, MD

August 31, Wednesday – “Steel Magnolias” at Wayside Theatre – Strasburg/Middleton, VA

**AUGUST
NEWSLETTER**