

CASCADES SENIOR CENTER newsletter



February 2023

Manager's Note

Flourish in February!

Don't hide under the covers this February! Shake off the winter blues and join us at the Senior Center at Cascades to learn about local families for Black History Month with a presentation on February 1 and then join us for a local bus trip to points of interest on February 22.

And, of course, February is HEART month, so come learn with us about heart health on February 8, then celebrate love in all its' forms (friends, family, partners) at the annual Valentine's Day Dance on February 14!

We look forward to seeing you Flourish in February at the Senior Center at Cascades



REGISTERED DIETICIAN VISITING CASCADES



Anu Kaur, Registered Dietician Nutritionist (RDN), will be coming to the Senior Center at Cascades at lunchtime on **Tuesday, February 28**. Ms. Kaur will take time to mingle during lunch and answer your questions about nutrition, followed by a Teatime from 1-2 to talk about the importance nutrition plays in our health and well-being as we age.

SENIOR TRIPS REGISTRATION

Spring 2023 Senior Trips registration begins on **Wednesday 2/08/23 at 9:00am** unless otherwise noted. All trips are for individuals 55+. For non-members who do not live in Loudoun County registration begins on 02/15/23.

Important Note: An update to our registration system will now recognize your membership status and charge you accordingly. If you have an expired membership, you will be charged non-member fees. For those non-county residents who are not members the system will not let you register until 2/15. If you are unsure about your membership status, please contact your Senior Center.

To view the Spring 2023 Senior Trips click [here](#).

Honor Flight Top of VA Coming to the Ashburn Senior Center

Honor Flight Top of VA will be hosting a FREE trip for Veterans departing from the Ashburn Senior Center on **Saturday, April 29**. Honor Flight - Top of Virginia is a non-profit organization whose mission is to honor local WWII, Korea, and Vietnam-era Veterans with a free day trip to Washington, DC to see their memorials. All meals are provided at no cost.

Are you a Veteran who served prior to 1976? Please call Honor Flight at 540-692-9197 or fill out an application on their website to reserve a seat: <https://www.honorflight-tov.org/forms>

February Activity Calendar

Trip to the Store

WALMART 2/8
COCOS/LIDL 2/22
REGISTRATION REQUIRED



• BUS LEAVES AT 12:30 pm •

Lunch Menu

CLICK HERE



Spring 2023 Senior Trips

CLICK HERE



Saturday Schedule

Pickle Ball (8:15am-11:30am)

Open Computer Lab

(8:00am-11:30am)

Aerobics & Exercise Rooms

(8:00am-11:30am)

Game Time & Billiards Room

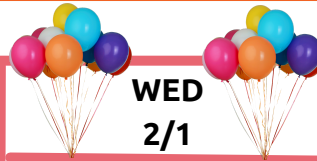
(8:00am-11:30am)

NEW!

**Life Transitions
Empowerment Group**

Starting Sat. 2/11 at 10:30a

Note: Saturday's Knit & Crochet Class is on
break for February



**WED
2/1**

9:00a Aerobics Video
10:00a Aerobics Video
10:00a O'Heck
**10:00a Black History:
Voices From The Past**
10:15a Beginner's Line
Dancing
10:30a Yoga (V)
**10:30a Wellness Series:
Understanding
Emotions**
11:00a Ballroom Dancing
12:00p Lunch & **Birthday
Celebration**
12:15p Castanets
12:45p Flamenco Dance

Let's Celebrate
January & February
Birthdays!

**THURS
2/2**

9:00a Aerobics Video
10:00a Aerobics Video
10:30a Bingo
11:00a Pinochle
11:00a Zumba Gold
12:00p Lunch
1:00p Game Time
2:00p Current Events
2:00p Pickle Ball

**FRI
2/3**

9:00a Aerobics Video
9:30a Knit & Crochet
10:00a Aerobics Video
10:00a Canasta
10:30a Yoga (Live & V)
11:00a Tai Chi
12:00p Lunch
12:50p Bingo
2:00p Game Time &
Bunco

2/6

9:00a Aerobics Video
9:30a Beginner's Line
Dancing
10:00a Aerobics Video
10:00a ESL
10:30a Bingo
10:30a Yoga (V)
10:30a Scottish Dance
12:00p Lunch
12:30p Duplicate Bridge
1:00p Game Time
1:30p Crochet Activity

2/7

9:00a Aerobics Video
10:00a Aerobics Video
10:00a Interm. Conv Spanish
10:30a Yoga (Live & V)
11:00a Adv. Conv Spanish
11:00a Beginner's Tai Chi
12:00p Lunch
**12:30p Computer Tech
Class**
12:45p Scottish Dance
2:00p Pickle Ball

NO ELDER CASE
RESOURCE

2/8

9:00a Trips Registration
9:00a Aerobics Video
10:00a Aerobics Video
10:00a O'Heck
**10:00a Presentation:
Heart Health &
Stroke Awareness**
10:15a Beginner's Line
Dancing
10:30a Yoga (V)
11:00a Ballroom Dancing
12:00p Lunch
12:15p Castanets
**12:30p Trip to Store
(Walmart)**
12:45p Flamenco Dance

2/9

9:00a Aerobics Video
10:00a Aerobics Video
10:30a Bingo
11:00a Pinochle
11:00a Zumba Gold
12:00p Lunch
1:00p Game Time
2:00p Current Events

2/10

9:00a Aerobics Video
9:30a Knit & Crochet
10:00a Aerobics Video
10:00a Canasta
10:30a Yoga (Live & V)
11:00a Tai Chi
12:00p Lunch
12:50p Bingo
2:00p Game Time

**MON
2/13**

9:00a Aerobics Video
9:30a Beginner's Line
Dancing
10:00a Aerobics Video
10:00a ESL
10:30a Bingo
10:30a Yoga (V)
10:30a Scottish Dance
12:00p Lunch
12:30p Duplicate Bridge
1:00p Game Time
1:30p Crochet Activity

**TUES
2/14**

9:00a Aerobics Video
10:00a **INOVA Blood
Pressure Check**
10:00a Aerobics Video
10:00a Interm. Conv Spanish
10:30a Yoga (Live & V)
11:00a Adv. Conv Spanish
11:00a Beginner's Tai Chi
12:00p Lunch
12:30p **Computer Tech
Class**
12:45p Scottish Dance
2:00p **Valentine's Dance
Party**
Pickle Ball Cancelled

**WED
2/15**

9:00a Aerobics Video
10:00a Aerobics Video
10:00a O'Heck
10:15a Beginner's Line
Dancing
10:30a Yoga (V)
11:00a Ballroom Dancing
12:00p Lunch
12:15p Castanets
12:30p **Movie Day**
12:45p Flamenco Dance
3:00p **Cardio Drumming
INTRO CLASS**

**THURS
2/16**

9:00a Aerobics Video
9:00a Line Dance Step
Prep
9:00a **CURIO SALE**
10:00a Intro to Line
Dance
10:00a Aerobics Video
10:30a Bingo
11:00a Pinochle
11:00a **Zumba Gold**
12:00p Lunch
1:00p Game Time
2:00p Current Events
2:00p Pickle Ball

**FRI
2/17**

9:00a Aerobics Video
9:30a Knit & Crochet
10:00a Aerobics Video
10:00a Canasta
10:30a Yoga (Live & V)
11:00a Tai Chi
12:00p Lunch
12:50p Bingo
2:00p Game Time

2/20

**Senior Center
is
Closed**



2/21

9:00a Aerobics Video
9:00a **Elder Case
Resource Manager**
10:00a Aerobics Video
10:00a Interm. Conv Spanish
10:30a Yoga (Live & V)
11:00a Adv. Conv Spanish
11:00a Beginner's Tai Chi
12:00p Lunch
12:30p **Computer Tech
Class**
12:45p Scottish Dance
2:00p Pickle Ball
2:00p Book Club

2/22

9:00a Aerobics Video
10:00a Aerobics Video
10:00a O'Heck
10:00a **Bus Tour: Heritage
Farm**
10:00a **Hearing Screenings**
10:15a Beginner's Line
Dancing
10:30a Yoga (V)
11:00a Ballroom Dancing
12:00p Lunch
12:15p Castanets
12:30p **Trip to Store
(Cocos/Lidl)**
12:45p Flamenco Dance
3:00p **Cardio Drumming**

2/23

9:00a Aerobics Video
9:00a Line Dance Step
Prep
10:00a Intro to Line
Dance
10:00a Aerobics Video
10:30a Bingo
11:00a Pinochle
11:00a **Zumba Gold**
12:00p Lunch
1:00p Poker
2:00p Current Events
2:00p Pickle Ball

2/24

9:00a Aerobics Video
9:30a Knit & Crochet
10:00a Aerobics Video
10:00a Canasta
10:30a Yoga (Live & V)
11:00a Tai Chi
12:00p Lunch
12:50p Bingo
2:00p Game Time

2/27

9:00a Aerobics Video
9:30a Beginner's Line
Dancing
10:00a Aerobics Video
10:30a Bingo
10:30a Yoga (V)
10:30a Scottish Dance
10:00a ESL
12:00p Lunch
12:30p Duplicate Bridge
1:00p Game Time
1:30p Crochet Activity

2/28

9:00a Aerobics Video
10:00a **INOVA Blood
Pressure Check**
10:00a Aerobics Video
10:00a Interm. Conv Spanish
10:30a Yoga (Live & V)
11:00a Adv. Conv Spanish
11:00a Beginner's Tai Chi
12:00p **Lunch & Tea Time
with Dietician
Anu Kaur**
12:30p **Computer Tech
Class**
12:45p Scottish Dance
2:00p Pickle Ball

INCLEMENT WEATHER POLICY

- If Loudoun County Government is closed, Senior Center is CLOSED
- If Loudoun County Government issues "Unscheduled Leave" for staff, Senior Center is OPEN and lunch is available, but no transportation
- If Loudoun County Public Schools are closed, Senior Center is OPEN and lunch/transportation available
- *Call for possible program changes*



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711

CLASSES/PROGRAMS/ACTIVITIES

Castanets



Wednesdays
12:15pm-12:45pm

Instructor:
Nancy Bloomfield

An ongoing practice of basic Spanish dance steps!

Flamenco

Wednesdays 12:45pm-1:45pm

Instructor: Nancy Bloomfield

An ongoing practice of traditional folkloric arm and footwork



Zumba Gold

Thursdays
11:00am-12pm

Instructor: Vivian Monroe

Member Fee: \$10/class Non-Member: \$13/class

3rd Tuesday of the month
at 2pm

New members always welcome!

The book this month is:

Karma and the Art of Butter Chicken



Bunco

1st Friday of the month at 2pm



Need Assistance?

Schedule an appointment with Lori Stahl, Elder Resources Case Manager. She can help with questions regarding housing, transportation, Medicaid, caregiver challenges and more.

1st and 3rd
Tuesdays of the month
9am-12pm



TECH Classes

Instructor: Mike Fitzsimmon

Learning about Amazon Prime, online Store, movies, music, Alexa app and Whole Foods delivery.

Tuesday, February 7, 2023 (12:30pm-2:30pm)

SMS Texting Emojis, Screen effects, insert links, maps, music

Tuesday, February 14, 2023 (12:30pm-2:30pm)

Loudoun County Library online services 24 X 7, Kanopy, Hoopla, Freegal and Libby. Emagazines, databases, link to Fairfax libraries free

Tuesday, February 21, 2023 (12:30pm-2:30pm)

Anti Virus and Life Lock identity protection.

Apps to protect your online activity.

Tuesday, February 28, 2023 (12:30pm - 2:30pm)



Blood Pressure Check

2nd and 4th Tuesdays of the month
10am-12pm

Crochet Activity

Mondays 1:30pm-2:30pm

Instructor: Sandi Wickham



Health Programs



FREE Hearing Screenings

Wednesday, February 22

10:00 a.m. – 2:00 p.m.

Cascades Senior Center

*Sponsored by the Northern Virginia
Resource Center for Deaf and Hard of
Hearing Persons*

The purpose of the free screening is to see if you could benefit from an evaluation by an audiologist. NVRC is a non-profit. Hearing Screenings take approximately 30 minutes. Limited number of seats available.

To sign up, please contact the Cascades Senior Center at 571-258-3280.

Screenings will be conducted by Joan Ehrlich (Loudoun County Outreach Specialist)

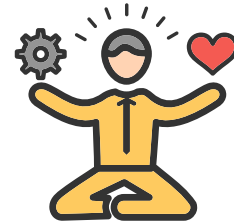
For more information, email jehrich@nvrc.org

Take Charge of Your Wellness in the New year

Dr. Linda Silverman's wellness series

Wednesday, February 1

10:30am



Understanding Emotions

- *List of emotions
- *Physical and behavioral awareness of emotions
- *Managing emotions before escalation
 - *Nutrition for emotional wellness
 - *Addiction awareness
 - *Discussion time
 - *Q & A

Action Saves Lives

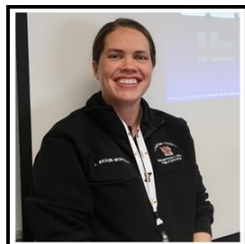
Heart Health and Stroke Awareness

Wednesday, February 8, 2023

10:00am

Guest Speaker: Lisa Braun-Montalvo

Heart issues are an all too common occurrence that requires quick action. In the United States, someone has a heart attack every 40 seconds. February is American Heart Month and Loudoun County Combined Fire and Rescue System will be visiting to discuss the signs and symptoms heart attack and stroke. They will also discuss when to call 911 and what to expect when the first responders arrive. See you there!



NEW Life Transitions

Empowerment Group

2nd Saturday of the month starting

February 11

10:30am-11:45am

Enjoy discussions with peers on various topics important to active seniors (eg: relationships, family, health and wellness, finances, dating, etc). Make new friends, improve self esteem, ward off depression and anxiety, and come up with strategies for a more meaningful life.



CLASSES/PROGRAMS/ACTIVITIES



CARDIO DRUMMING IS BACK!

INTRO CLASS
February 15, 2023
3:00pm-4:00pm

CARDIO DRUMMING
February 22-March 29
3:00pm-4:00pm

IMPORTANT INFORMATION!

All participants are required to attend the Intro Class on February 15 in order to participate in the regular 6-week class which begins on February 22. Class size is limited, so please sign up at the office to reserve your space

Heads Up for March



Online Safety
Saturday, March 25
9:30-11:30am

Learn all about ONLINE SECURITY from Mike Fitzsimmons (emails, passwords, viruses, identity theft)

Women's History Month



St. Patrick's Day Luncheon
with live entertainment by Finn McCool!
Friday, March 17
11:00am-12:45pm

March & April

Mindful Meditation (New Group!)

Meditation has been practiced in cultures all over the world for thousands of years to develop intentional focus and minimize random thoughts about the past or future. This NEW group will be offered on the **1st and 3rd Tuesdays in March (7 & 21) & April (4 & 19) from 1:00-1:45pm**. Sign-up is recommended, but walk-ins are welcome.






Happy Birthday!

Join us February 1, 2023 to celebrate all who have a birthday in January and February.

ENJOY A SPECIAL TREAT DURING LUNCH!

Lunch registration is required.





BLACK
HISTORY
MONTH

CELEBRATE LOCAL BLACK HISTORY

Wednesday, February 1, 10:00am

Voices from the Past: Black History in Loudoun County

Explore Loudoun history through the lives of some of its black residents and communities. From the Revolutionary War to the 20th century Supreme Court, black Loudouners have shaped the course of local, regional, and even national history. Join Anne Marie Chirieleison, Executive Director of the Loudoun Heritage Farm Museum, for this engaging presentation.

Wednesday, February 22, 10:00am

Bus tour to the Loudoun Heritage Farm Museum for their exhibit, "**Just Country Living**" Nokesville and the Nokes, and tour of other local black history sites in Loudoun County. Attend Feb 1 presentation for more details and how to register.

Limited to 26 passengers. Transportation fee applies.



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VALENTINE'S DAY PARTY

**CASCADES SENIOR CENTER
TUESDAY**

**FEBRUARY 14, 2023
2:00PM - 4:00PM**

Music by DJ Sky Dantine

Tasty snacks and refreshments will be served

Transportation available after the event

Tickets are \$8/non-members and \$5/members in advance



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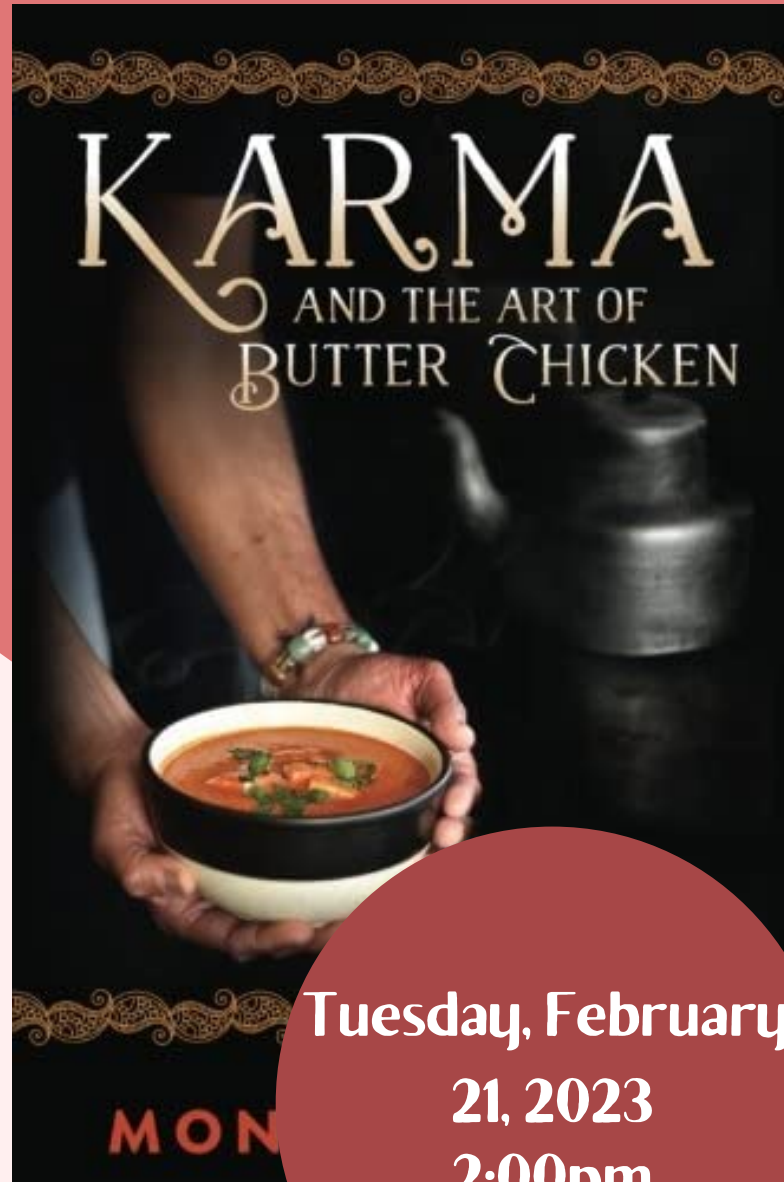
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Book Club



Meets the third Tuesday
of every month

February's book is
*Karma and the Art of
Butter Chicken* by
Monica Bhide



Tuesday, February
21, 2023
2:00pm

New members are always welcomed!
Call 571-258-3280 if interested



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Senior Center Highlights

Ring in the New Year!



Open House 2023



Performances by our very own Flamenco, Line Dance and Scottish Country Dancers!

for Caregivers



VIRTUAL EDUCATION SERIES

The Loudoun County Area Agency on Aging offers family caregivers numerous resources including support groups and educational events to provide support and insight.

To register for these free programs call [571-258-3490](tel:571-258-3490) or email the Area Agency on Aging at aaasupport@loudoun.gov. Certificates are available upon request.



THE POWER OF ROUTINES!

How a Routine Benefits People with Dementia

Tuesday, February 7 at 1 pm EST

Presented by Vicky Noland Fitch, Dementia with Grace



LIFE CARE PLANNING

for the Senior facing a Continuum of Care Needs

Wednesday, February 15 at 10 am EST

Presented by Rory Clark, The Legacy Elder Law Center



BECOME THE CALMEST PERSON IN THE ROOM...

How to Manage Chaos in Dementia

Thursday, March 9 at 1 pm EST

Presented by Vicky Noland Fitch, Dementia with Grace



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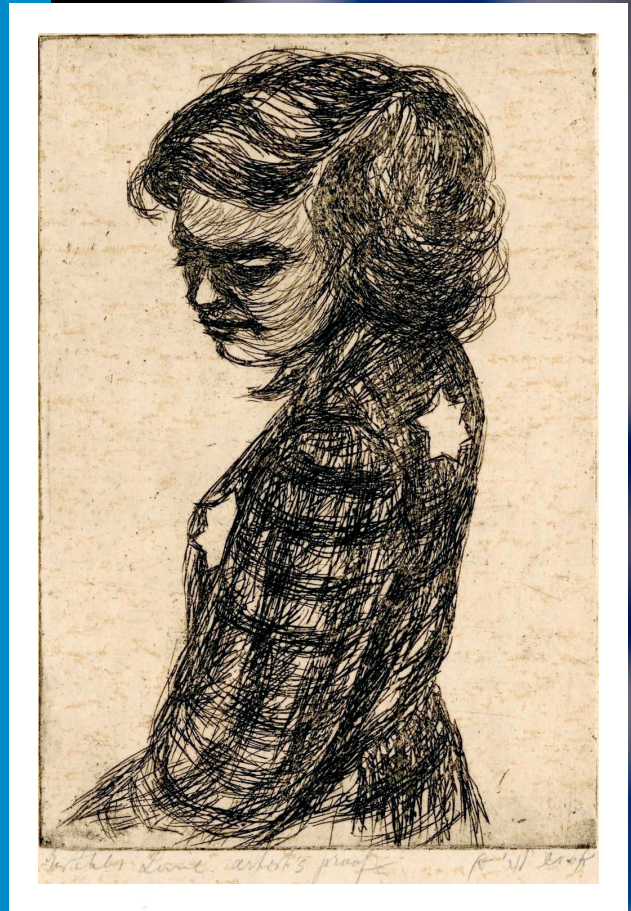
A Holocaust Remembrance

Cascades Library

Thursday, Feb. 2

6:30 p.m.

Judith Cohen, recently retired curator of the United States Holocaust Memorial Museum, Marlene Yahalom, director of education at the American Society for Yad Vashem, and Meredith Weisel, regional director of the Anti-Defamation League of Washington, D.C., discuss the history of the Holocaust and what civil society can do to prevent future genocide. Special tribute will be paid to artist Esther Lurie, whose secret drawings created during her life as a prisoner in Kovno Ghetto and Stutthof and Leibitsch concentration camps are on display at Cascades Library from Jan. 4 through Feb. 28.



Adults

To request a reasonable accommodation for a disability, call 703-777-0368. Three days' notice is requested

AFFORDABLE CONNECTIVITY PROGRAM

A Federal Communications Commission program that provides a discount on monthly internet bills for qualifying households.

IF YOUR HOUSEHOLD IS ELIGIBLE, YOU CAN RECEIVE:

- **Monthly Benefit:** Up to a \$30/month discount on your internet service and associated equipment rentals
- **Enhanced Tribal Benefit:** Up to a \$75/month discount if your household is on qualifying Tribal lands
- **One-time Device Discount:** Up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50) where available

Only one monthly service discount and one device discount is allowed per household. The program rules recognize there may be more than one eligible household at the same address.



To learn about eligibility and application options, visit AffordableConnectivity.gov



ACP SUPPORT CENTER
(877) 384-2575 | 9 am-9 pm ET
7 DAYS PER WEEK | ACPSupport@usac.org



Cascades Senior Center

CLOSED

Monday, February 20, 2023
(Presidents' Day)

YOUR CASACADES TEAM

Brenda Davis

Manager

Judith Mangilin

Assistant Manager

Carrie Randolph

Cafe Supervisor

Haley Moore

Recreation Programmer

Vacant

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



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