


February 2020 Activity Calendar

SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Scottish County Dance 10:30 ESL Advanced 10:30 Bingo 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity</p>	<p>4</p> <p>9:00 Aerobics 9:30 Conversational Spanish (Advanced) 9:30 Services for Seniors 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Happy Yoga 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Beginners) 11:00 Beginner's Tai-Chi 11:30 Blood Pressure Check 1:00 Mah jongg 3:00 Pickle Ball 5:00 Teen Tech Tues. 5:00 Movie: "Althea"</p>	<p>5</p> <p>9:00 Curio Sale 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta</p>	<p>6</p> <p>9:00 Aerobics 9:00 Line Dance Step Prep 10:00 Rejuvenating Exer 10:00 Intro. to Line Dancing (Level 1). 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea</p>	<p>7</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Happy Yoga 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 11:15 Lunch Bunch 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo</p>
<p>10</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Scottish County Dance 10:30 ESL Advanced 10:30 Bingo 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity</p>	<p>11</p> <p>9:00 INOVA Blood Pressure Check 9:00 Aerobics 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Happy Yoga 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Beginners) 11:00 Beginner's Tai-Chi 1:00 Mah jongg 1:00 Beginning Spanish II 3:00 Pickle Ball 5:00 Teen Tech Tues. 5:00 Potluck Bingo 5:00 Movie: "Thurgood" 6:00 Us Too (Support Group)</p>	<p>12</p> <p>9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) 10:30 Indian Cultural Group 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check 12:00 Birthday Luncheon 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta</p> <p>TRIPS REGISTRATION 9 a.m.</p>	<p>13</p> <p>9:00 Aerobics 9:00 Line Dance Step Prep 10:00 Rejuvenating Exer 10:00 Intro. to Line Dancing (Level 1). 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea</p>	<p>14</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Happy Yoga 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo 2:00 Valentine's Day Party</p>
<p>17</p> <p style="text-align: center; font-size: 2em;">The Center is CLOSED</p>	<p>18</p> <p>9:00 Aerobics 9:30 Conversational Spanish (Advanced) 9:30 Services for Seniors 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Happy Yoga 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Beginners) 11:00 Beginner's Tai-Chi 11:30 Blood Pressure Check 1:00 Mah jongg 1:00 Beginning Spanish II 1:30 Book Club 3:00 Pickle Ball 5:00 Teen Tech Tues. 5:00 Movie: "I am MLK Jr."</p>	<p>19</p> <p>9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) 10:30 African American History Month 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta 1:30 Movie Day: "Hidden Figures"</p>	<p>20</p> <p>9:00 Aerobics 9:00 Line Dance Step Prep 10:00 Rejuvenating Exer. 10:00 Intro. to Line Dancing (Level 1) 10:30 Bingo 11:00 Blood Pressure Check 11:00 Zumba Gold 11:00 Pinochle 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea</p>	<p>21</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Happy Yoga 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Scottish County Dance 10:30 ESL Advanced 10:30 Bingo 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity	25 ✓ 9:00 INOVA Blood Pressure Check 9:00 Aerobics 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Happy Yoga 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Beginners) 11:00 Beginner's Tai-Chi 11:30 Blood Pressure Check 1:00 Mah jongg 1:00 Beginning Spanish II 3:00 Pickle Ball 5:00 Teen Tech Tues. ✓ 5:00 Movie: "A Raisin in the Sun"	26 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta	27 9:00 Aerobics 9:00 Line Dance Step Prep 10:00 Rejuvenating Exer. 10:00 Intro. to Line Dancing (Level 1) 10:30 Bingo 11:00 Blood Pressure Check 11:00 Zumba Gold 11:00 Pinochle 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	28 9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Happy Yoga 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;">  </div> <div style="text-align: center;"> <p><i>The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA).</i></p> <p><i>If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343) two weeks prior to the start of the activity.</i></p> </div> </div> <p style="text-align: center; font-weight: bold; margin-top: 20px;">*Activities at the Senior Center are subject to change.</p>				

The Advisory Board would like to thank:

Devika Sachdev & Rebecca Sachdev in honor of their parents Kailash & Jagdish Sachdev

If you would like to donate to the advisory board in honor or memory of someone, (checks payable to LCSCC Advisory Board) see the manager at the center office.



thank you!