

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

571-258-3280

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

Part of the Area Agency  
on Aging a Division of



**Staff:**

**Manager:**

*Brenda Davis*

**Assistant Manager:**

*Judith Mangilin*

**Café Supervisor:**

*Carrie Randolph*

**Customer Service:**

*Haley Moore*

**Vehicle Operator:**

*Felix Duran*

**Vehicle Operator:**

*Satish Sharma*

**Recreation**

**Programmer:**

*Paul Torrible*

**Center Hours:**

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

**Tuesdays  
9:00am-8:00pm**

**Saturdays/Sundays  
CLOSED  
(Available for Rental)**



# SENIOR CENTER REVIEW

## March 2020 Edition

### Manager's Notes

I am very excited to share with you that "Honor Flight Top of VA" will be hosting one of their Day of Honor events at the Senior Center at Cascades on June 6, 2020. The Department of Parks, Recreation and Community Services (PRCS) is proud to serve as a co-sponsor of this very special event.

The Day of Honor activities are hosted to honor **veterans who served prior to 1975**. The event will include an early morning breakfast at the center, bus tour of WWII, Korean War, and Vietnam Veterans memorials, and other sites in Washington DC, then a program at the center in the afternoon upon their return.

If you are a veteran who served prior to 1975, or know a veteran who would like to participate, visit the Honor Flight Top of VA website to apply [www.honorflight-tov.org](http://www.honorflight-tov.org) or pick up a copy of their brochure at the center office.

### Make-up, Skin and Hair Tips

Dr. Monika Virk is back! She'll have skin, hair and make-up tips on **Wednesday, March 4<sup>th</sup> at 10:30 a.m.** She'll present some all-natural treatments that can be made from things you have around the house and pass along tips from make-up artists and other experts on what types of products work well for the skin as we get older. She will have samples from Nordstrom's that you can try.



### St. Patrick's Day Luncheon

Be sure to wear your green! Join us for our annual St. Patrick's Day Luncheon on **Tuesday, March 17<sup>th</sup> from 11:30 a.m.-1:00 p.m.** Special live musical guest will be Finn McCool! Enjoy traditional Irish Corned beef and cabbage. Lunch sign up is required.

### March is Women's History Month

Women's History Month honors and celebrates the struggles and achievements of American women throughout the history of the United States. Join our guest lecturer, Priscilla Godfrey, from the League of Women Voters on **Wednesday, March 18<sup>th</sup> at 10:30 a.m.** We will also feature special movie presentations throughout the month that deepen our understanding of the accomplishments of women throughout history.



## SENIOR PROGRAMS & ACTIVITIES

The following programs are provided at **NO COST**

**Services for Seniors** helps people 55+ and their family members to find resources and answers to questions around needs and well-being as we age. Lori Stahl, Elder Resources Case Manager for Loudoun County's AAA, provides one-on-one, confidential, supportive assistance to navigate issues around transportation, housing, Medicare/Medicaid, grief, loss and the financial impact of chronic disease. Appointments are available on **Tuesdays, March 3 and March 17, 2020.**

Services for Seniors is provided at each of the four senior centers in Loudoun County located in Dulles South, Leesburg, Purcellville and Sterling. To make an appointment with Lori (individual, caregiver and/or family), at the Senior Center at Cascades call 571-258-3280 or call the Area Agency on Aging at 703-777-0257 for more information.

### GRIEF SUPPORT

If you or someone you know have recently lost a loved one, the grief table that is located in the main entry area of the Senior Center provides free information and complimentary booklets dealing on the topic of grief and loss. There is also a "Caring Thoughts Box," which is designed to inform the staff of members who are ill or unable to come to the Senior Center due to health or related issues. For further information, contact Paul Torrible at paul.torrible@loudoun.gov, or (571) 258-3280.

### TEEN TECH TUESDAY

Tuesdays

5:00 p.m. -7:00 p.m.

Knowledgeable and helpful teens will be here in the Computer Lab to answer questions, help install apps, give pointers on how to navigate the internet or to assist with your smart phones, tablets, or laptop. Sign-up in the office for ½ hour time slots.

### BUNCO

First Wednesday of every month at 1:00 p.m.  
March 4, 2019

### LINE DANCE

STEP PREP

Thursdays 9:00 a.m.

If you are new to Line Dancing and need a little help practicing those steps, feel free to drop in for an informal group activity to practice specific steps (grapevine, etc.) – no music, no routines, just practice steps.  
Led by Celeste Mullally.

### THE CASCADES CURIO CABINET

Wednesday

March 4, 2020

9:00 a.m.—11:30 a.m.

Lots of beautiful items for sale!

### HAPPY YOGA

Tuesdays & Fridays  
at 10:30 a.m.

Instructors:

Jagdish and Kailash Sachdev guide you through breathing techniques, poses and meditation to help improve your health and happiness.

### SCOTTISH COUNTRY DANCE

MONDAYS 10:30 a.m.-11:30 a.m.

If you enjoy Line Dancing or Aerobics, Scottish Country Dance is a fun exercise activity that will get you stepping. It's broken down into simple steps that are woven into a larger group dance. Come walk "through the highlands" (no hopping required).

### CROCHET ACTIVITY

Mondays at 1:30 p.m.

Join Monday afternoon's "Crochet Activity" with instructor Sandi Wickham.

She'll answer your questions and guide you through crocheting.

### INDIAN CULTURAL GROUP

Wednesday,  
March 11, 2020

10:30 a.m.-1:30 p.m.

Open to anyone interested in attending to celebrate Indian Culture.

### CURRENT EVENTS DISCUSSION GROUP

WEDNESDAYS

1:00 p.m.-2:30 p.m.

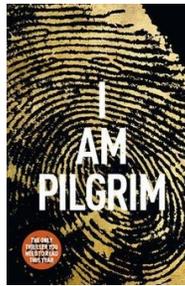
Are you interested in domestic and international affairs? Would you like to share your perspectives on today's important national and global issues? Join us for our lively and informative discussions on current events at the center.

## **\*\*CLUBS/GROUPS\*\***

### **BOOK CLUB**

This month's selection will be **I Am Pilgrim** a thriller by Terry Hayes. The book club will meet on **Tuesday, March 17<sup>th</sup> at 1:30 p.m.**

Come join in, new members are always welcome!



### **CASCADES MAMAS**

Luncheon at Cafesano, Dulles Town Center 21305 Windmill Parc Drive, Dulles, VA on **Wednesday, March 18<sup>th</sup> at 1:00 p.m.** Hosted by Rita, Carmen, Cecilia. For more information, please contact Mary Ann Smith (703)430-2056.

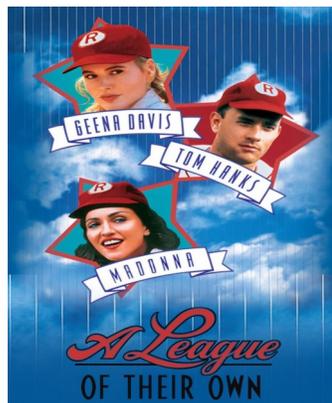
## **\*\*SPECIAL ACTIVITIES\*\***

### **CLASSIC MOVIE NIGHT**

Celebrating Women's History Month  
Every Tuesday Night in March at 5:00 p.m.  
(Admission is free)



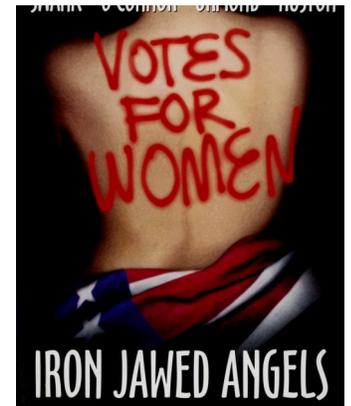
Tuesday, March 3rd  
"RGB"



Tuesday, March 10<sup>th</sup>  
"A League of Their Own"



Tuesday, March 17<sup>th</sup>  
"Amelia"



Tuesday, March 24<sup>th</sup>  
"Iron Jawed Angels"



Tuesday, March 31<sup>st</sup>  
"Jackie"

### **POPCORN, MOVIE & SODA**

"Second Act" (2018) Rated PG-13  
Wednesday, March 18<sup>th</sup> at 1:30 p.m.  
\$3.00 (includes movie, popcorn & soda)



Value Shop assistant manager Maya Vargas (Jennifer Lopez) wants only one thing for her 43rd birthday -- a promotion. While her résumé may not scream upper management, her track record certainly does. Vargas is an innovator who listens to her customers and delivers results. When she loses the job to a college-educated candidate, Maya sets out to prove to Madison Avenue that street smarts are as valuable as book smarts -- and it's never too late for a second act.

### **GUEST SPEAKERS**

#### **Census Day 2020**

Every 10 years the Government counts the population in our country. Census Project Manager Stacy Whitehouse will be giving a presentation during lunch (at noon) on **Thursday, March 5<sup>th</sup>** in the cafeteria regarding the importance of being counted.

#### **Ambulance/911 Presentation**

Join Danielle Brosan from Loudoun County Fire and Rescue, **Thursday, March 12<sup>th</sup> at 10:30am** to answer questions about billing for emergency transports stemming from a 911 call, and how much it will cost. She will also address how your Medicare comes in to play.

# March 2020 Activity Calendar

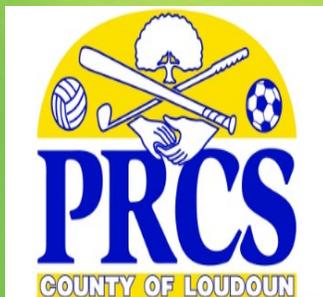
## SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 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	<b>3</b> 9:00 Aerobics 9:30 Conversational Spanish (Advanced) ✓ <b>9:30 Services for Seniors</b> 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. ✓ <b>5:00 Movie: "RGB"</b>	<b>4</b> ✓ <b>9:00 Curio Sale</b> 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) ✓ <b>10:30 Guest Speaker: Make-up, Skin and Hair</b> 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check 12:30 Trip to Store ✓ <b>1:00 Bunco</b> 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta	<b>5</b> 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 ✓ <b>12:00 Guest Speaker: Census 2020</b> 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	<b>6</b> 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 ✓ <b>11:15 Lunch Bunch</b> 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo
<b>9</b> 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	✓ <b>10</b> ✓ <b>9:00 INOVA Blood Pressure Check</b> 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. ✓ <b>5:00 Potluck Bingo</b> ✓ <b>5:00 Movie: "A League Of Their Own"</b> ✓ <b>6:00 Us Too (Support Group)</b>	<b>11</b> 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) ✓ <b>10:30 Indian Cultural Group</b> 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check ✓ <b>12:00 Birthday Luncheon</b> 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta	<b>12</b> 9:00 Aerobics 9:00 Line Dance Step Prep 10:00 Rejuvenating Exer 10:00 Intro. to Line Dancing (Level 1). 10:30 Bingo ✓ <b>10:30 Guest Speaker: Ambulance/911</b> 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	<b>13</b> 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
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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>23</b></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><b>24</b></p> <p>✓ 9:00 <b>INOVA Blood Pressure Check</b></p> <p>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 <b>Movie: "Iron Jawed Angels"</b></p>	<p><b>25</b></p> <p>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><b>26</b></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 &amp; Tea</p>	<p><b>27</b></p> <p>9:00 Aerobics            10:00 Aerobics            10:00 Knit &amp; Crocheting            10:15 Canasta            10:30 Happy Yoga            11:00 Blood Pressure Check            11:00 Tai Chi w/Mabel &amp; Marlene            1:15 Improver/Low Intermediate Line Dancing (Level 3)            1:30 Bingo</p>
<p><b>*Activities at the Senior Center are subject to change.</b></p>				
<p><b>30</b></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><b>31</b></p> <p>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 <b>Movie: "Jackie"</b></p>			



*The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). 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.*

**ADULT DAY CENTERS**

Loudoun County Adult Day Centers are County owned and operated licensed adult day centers for seniors with physical limitations or memory loss. Safe, inviting, well-staffed centers are located in Ashburn (571-258-3232), Leesburg (703-771-5334), and Purcellville (571-258-3402). Centers are open weekdays 7:30 a.m. - 5:30 p.m. Video and information available online at: [www.loudoun.gov/adultday](http://www.loudoun.gov/adultday)



**\*\*CLASSES\*\***

**ZUMBA GOLD**

Thursdays at 11:00 a.m.

\$10/class for members  
\$12/non-members



**LEARN MANDARIN**

**CHINESE**

Wednesdays

11:00 a.m.-12:00 p.m.

Instructor: Susan (Xiaoping) Su

The class will be all levels and kept informal.  
Seating is limited.

**WATER AEROBICS**

Wednesdays & Fridays

1:30-2:15 p.m.

at Falcon's Landing

Register at the Cascades Senior Center office, pay fee for class to instructor on the first day of class.

Session1:

**March 11- April 17th**

\$60.00 (6 weeks)

Session2:

**April 22-May15th**

\$40.00 (4 weeks)

**CONVERSATIONAL SPANISH ACTIVITY**

**Leader: Ana Mahoney**

For those who would like to practice their Spanish skills this **free activity** offers a great opportunity to converse, read and discuss current topics while improving their grammar skills. Designed for the intermediate or advanced student. **Drop-in students are always welcome!**

**Advanced Level:** Tuesdays 9:30 - 10:45 Ongoing

**Intermediate Level:** Tuesdays 10:45 - 12:00 Ongoing

**English as a Second Language (ESL) CLASSES**

**BEGINNERS ESL:**  
**TUESDAYS at 10:30 a.m.**

**ADVANCED ESL:**  
**MONDAYS at 10:30 a.m.**

**\*SPECIAL ANNOUNCEMENTS\***



**Friday, March 6**

Miller's Ale House in Sterling  
Bus departs at 11:15 a.m.

We will return to the  
Senior Center at 1:15pm.

Transportation is \$1.00.

You order and pay for lunch on

your own at the restaurant. Sign-up sheet is in the lobby. **DEADLINE FOR SIGN UP IS WEDNESDAY MARCH 4<sup>th</sup>.**



**BIRTHDAY LUNCHEON**

(2<sup>nd</sup> Wednesdays)

**Wednesday, March 11  
at Noon**

Is your birthday in March? Come join us for the birthday luncheon so we may honor you! Get your picture taken and be recognized.

## SPECIAL ANNOUNCEMENT

The Senior Center at Cascades is a well and able center. All members must be able to fully and completely negotiate the Senior Center facility independently, safely and appropriately without assistance.

For those members who need assistance in order to come to the center, they may attend with a caregiver. Caregivers, however, must follow the rules contained in the guidelines in order to be in our facility with the person they are caring for:

- Caregivers are required to be with the participant at all times in the center or on property
- Only caregivers 55+ who are center members or pay a daily drop-in fee are eligible to participate in lunch, activities, events, programs or transportation
- Neglect or insufficient/inappropriate care or behavior by a caregiver/companion will result in notification of participant family and/or Adult Protective Services (APS)

Caregivers under the age of 55 are in the center to provide care, not to be an active participant. If you or your family has hired a caregiver to come to the center, please remind them of these rules. The only reason caregivers under the age of 55 are permitted to be in the center is to focus their attention on the person they are caring for. Those who are ignoring the rules will not be permitted to come to the center.

Thanks for your cooperation  
Brenda Davis, Manager

## UPCOMING EVENTS

### CULTURAL SPRING FLING

The Cultural Spring Fling is scheduled for **Friday, April 17<sup>th</sup> from 11:00 a.m.-1:00 p.m.** Lunch sign up is required. There are a limited number of spots for models so come to the office and sign up early.

### PING PONG TOURNAMENT

Come play in our Ping Pong Tournament Wednesday April 1<sup>st</sup> at 10:30am. It's scheduled to be a co-ed, one on one, double elimination tournament. Medals will be awarded to the top three finalists. Tickets are \$7 or \$5 for members. Come see Paul in the office to sign up!



### BAKE SALE

The Advisory Board will have their bake sale on **Friday, April 3<sup>rd</sup>**. We hope our fabulous bakers will be ready to help us again!

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## MONTHLY RESOURCES

**Us Too (Prostate Cancer Educational & Support Group) –**  
The group will meet the **2nd Tues. (March 10) at 6:00 p.m.**

**INOVA Health Van -** does blood pressure checks on **March 10 & 24 at 9 a.m.**

## DONATIONS



The Advisory Board would like to thank:

*Usha Barkasy* for her donation in memory of her late husband Frank on the 5<sup>th</sup> anniversary of his death.

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!

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

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## SENIOR CENTER HIGHLIGHTS



Special thanks to local historian Richard Gillespie for his presentation focused on Loudoun's Black History, in particular, the struggle for civil rights. We hope to have him back soon.



# March NEWSLETTER

### GO PAPERLESS!

Let us know if you wish to receive your monthly newsletter electronically!

