



CASCADES SENIOR CENTER

SEPTEMBER 3, 2021

newsletter



Join this fun, new online program to play
Bingo and be active - BINGOCIZE!

A 10-week health promotion program
that combines the game of bingo with
exercise. Play bingo with friends while
learning about techniques to stay healthy
and reduce falls.

**Meets one hour twice per week, starting
September 14.**

Tues. 10:30am & Thurs. 1:00pm

**Limited spots available, so call soon to
register 571-258-3280.**

TRY BINGOCIZE®!

Bingo + Exercise = BINGOCIZE®



21	1	24	29	8	34
15	13	30	18	19	3
17	9	31	20	22	5
16	10	28	12	35	2
11	6	23	36	25	27
26	14	32	33	4	7

HONOR FLIGHT “Day of Honor” Comes to Cascades

Honor Flight Top of VA will be hosting one of their Day of Honor events
at the Senior Center at Cascades on October 9, 2021. 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 in WWII,
the Korean War and Vietnam (prior to 1975)**. The event will include an early
morning breakfast at the center, bus tour of monuments in Washington DC, then
a program at the center in the afternoon upon their return.

There are still spots available for the October 9 Day of Honor event. **If you are a
veteran who served prior to 1975 and are fully vaccinated**, or know a veteran
who would like to participate, visit the Honor Flight Top of VA website to apply
www.honorflight-tov.org. Face masks are required on the bus and at the senior
center.



**The Advisory Board at the Cascades Senior Center presents
Cascades Arts & Crafts Fair**



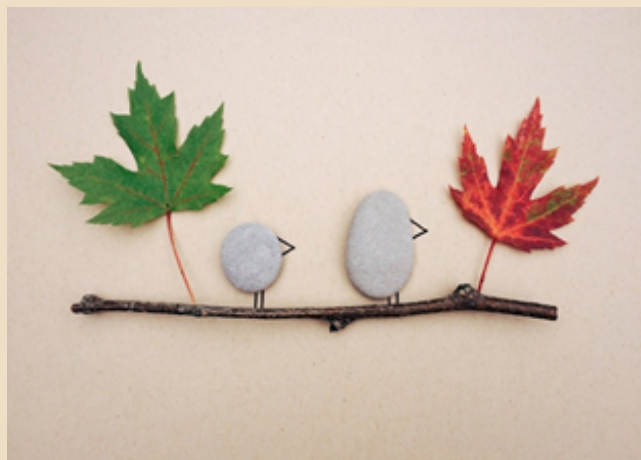
**Saturday,
November 6, 2021
9:00am-3:00pm**



ATTENTION

Local Artists & Crafters

**You are invited to reserve a space!
Call Brenda Davis for more info 571-258-3280
or visit www.mycascadescenter.org**



**Located indoors only this year
Senior Center at Cascades
21060 Whitfield Place
Sterling, VA 20165
www.mycascadescenter.org**



COVID-19 Vaccine Clinic

Saturdays | 11 a.m. - 4 p.m.

Sterling Elementary
200 West Church Road
Sterling, VA 20164

**NEW
LOCATION!**

Make an appointment:

Visit loudoun.gov/covid19vaccine to schedule your vaccination appointment.

Anyone without internet access can call the COVID-19 Information Line at 703-737-8300 to make an appointment.

Find other vaccine providers:

Find the vaccine online from another community provider near you by visiting vaccines.gov.



Vaccinations are free for everyone, regardless of immigration status or health insurance.

Benefits of the COVID-19 Vaccine

- Studies show that COVID-19 vaccines are very effective in keeping you from getting the disease.
- These vaccines cannot give you the disease.
- Vaccines against COVID-19 are safe and effective. After completing your vaccination, you can resume some of the activities that you stopped doing because of the pandemic.

For more information, visit

loudoun.gov/covid19vaccine

**LOUDOUN
COUNTY**
VIRGINIA

FREE COVID-19 TESTING EVENTS

- Open to everyone; no age or residency requirements.
- Drive-thru only.
- No prescriptions or appointments necessary.
- Be prepared to complete a registration form that asks for general information including name, date of birth, address, phone number and current symptoms, if any. Your information will be kept **PRIVATE**.

September & October 2021

10:00 a.m. - 1:00 p.m.

- **Tuesday, September 7**

Philip A. Bolen Memorial Park
42405 Claudia Drive, Leesburg

- **Tuesday, September 21**

Claude Moore Park
46150 Loudoun Park Lane, Sterling

- **Tuesday, October 5**

Franklin Park
17501 Franklin Park Drive, Purcellville

- **Tuesday, October 19**

Philip A. Bolen Memorial Park
42405 Claudia Drive, Leesburg

Rain or Shine

Visit loudoun.gov/COVID19testing to complete the registration form in advance.

Testing will end when the site reaches capacity or by 1 p.m.
As many tests as possible will be administered during each event.

September Activity Calendar

SATURDAY



Beginning September 11
the center will be open for
limited activities
on Saturdays from 8am-12pm.



Pickle Ball

8:00am-11:30am

Open Computer Lab

8:00am-11:30am



Aerobics & Exercise Rooms



8:00am-11:30am



Game Time & Billiards Room

8:00am-11:30am



MON 9/6	TUES 9/7	WED 9/8	THURS 9/9	FRI 9/10
 <p>Senior Center is Closed</p>	<p>9:00a Aerobics Video 10:00a Aerobics Video 10:00a Intermediate Conversational Spanish 10:30a Yoga Class (Virtual) 11:00a Advanced Conversational Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 1:00p Ukulele Jam Session 1:00p Game Time 2:30p Teen Tech (Virtual) 3:00p Pickle Ball</p>	<p>9:00a Aerobics Video 10:00a Aerobics Video 10:00a Indian Cultural Group 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga Class (Virtual) 12:00p Lunch 12:30p Movie Day 1:00p Party Bridge 1:00p Special Presentation: "Learn to Uber"</p> 	<p>9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dancing 10:00a Aerobics Video 10:30a Learn Mandarin (Virtual) 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Music Jam Session 1:00p Game Time 2:00p Current Events 3:00p Pickle Ball</p>	<p>9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga Class (Virtual) 11:00a Tai Chi 12:00p Lunch 1:00p Bingo 1:15p Line Dancing Improver/Low Intermediate 2:00p Game Time</p>

Lunch Menu

[CLICK HERE](#)



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

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

MON 9/13	TUES 9/14	WED 9/15	THURS 9/16	FRI 9/17
9:00a Aerobics Video 9:30a Beginner's Line Dancing 9:30a Walking Group (Outdoor) 10:00a Aerobics Video 10:30a Yoga Class (Virtual) 10:45a Scottish Dance 11:00a Yoga DVD 12:00p Lunch 12:30p Duplicate Bridge 1:00p Bingo 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 9:00a INOVA Blood Pressure Chk 10:00a Aerobics Video 10:00a Intermediate Conv. Spanish 10:30a BINGOCIZE! (Virtual) 10:30a Yoga Class (Virtual) 11:00a Advanced Conv. Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:30p Ukulele Jam Session 1:15p Beginners Ukulele 1:00p Game Time 2:30p Teen Tech (Virtual) 3:00p Pickle Ball	9:00a Aerobics Video 9:00a Curio Sale 10:00a Aerobics Video 10:00a Indian Cultural Group 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga Class (Virtual) 12:00p Lunch 12:30p Movie Day 1:00p Party Bridge <div>Curio Sale</div>	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dancing 10:00a Aerobics Video 10:30a Learn Mandarin (Virtual) 10:30a Bingo 11:00a Pinochle 11:00a Zumba 12:00p Lunch 1:00p BINGOCIZE! (Virtual) 1:00p Music Jam 1:00p "Hearing Health" 1:00p Game Time 2:00p Current Events 3:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga Class (Virtual) 11:00a Tai Chi 12:00p Lunch 1:00p Bingo 1:15p Line Dancing Improver/Low Intermediate 2:00p Game Time
9/20	9/21	9/22	9/23	9/24
9:00a Aerobics Video 9:30a Beginner's Line Dancing 9:30a Walking Group (Outdoor) 10:00a Aerobics Video 10:30a Yoga Class 10:45a Scottish Dance 11:00a Yoga DVD 12:00p Lunch 12:30p Duplicate Bridge 1:00p Bingo 1:00p Game Time 1:30p Crochet Activity 2:00p Book Club	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Intermediate Conv Spanish 10:30a BINGOCIZE! (Virtual) 10:30a Yoga Class 11:00a Advanced Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 1:00p Adv. Ukulele Jam 1:15p Beginners Ukulele Jam 1:00p Game Time 2:30p Teen Tech (Virtual) 3:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Indian Cultural Group 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga Class (Virtual) 12:00p Lunch 12:30p Movie Day 1:00p Party Bridge	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dancing 10:00a Aerobics Video 10:30a Learn Mandarin (Virtual) 10:30a Bingo 11:00a Pinochle 11:00a Zumba 12:00p Lunch 1:00p BINGOCIZE! (Virtual) 1:00p Music Jam Session 1:00p Game Time 2:00p Current Events 3:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga Class (Virtual) 11:00a Tai Chi 12:00p Lunch 1:00p Bingo 1:15p Line Dancing Improver/Low Intermediate 2:00p Game Time
9/27	9/28	9/29	9/30	<div>Curio SALE</div> <div>WEDNESDAY SEPTEMBER 15 9AM-11AM</div>
9:00a Aerobics Video 9:30a Beginner's Line Dancing 9:30a Walking Group (Outdoor) 10:00a Aerobics Video 10:30a Yoga Class (Virtual) 10:45a Scottish Dance 11:00a Yoga DVD 12:00p Lunch 12:30p Duplicate Bridge 1:00p Bingo 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 9:00a INOVA Blood Pressure Chk 10:00a Aerobics Video 10:00a Intermediate Conv Spanish 10:30a BINGOCIZE! (Virtual) 10:30a Yoga Class (Virtual) 11:00a Advanced Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 1:00p Advanced Ukulele Jam 1:15p Beginners Ukulele Jam 1:00p Game Time 2:30p Teen Tech (Virtual) 3:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Indian Cultural Group 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga Class (Virtual) 12:00p Lunch 12:30p Movie Day 1:00p Party Bridge	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dancing 10:00a Aerobics Video 10:30a Learn Mandarin (Virtual) 10:30a Bingo 11:00a Pinochle 11:00a Zumba 12:00p Lunch 1:00p BINGOCIZE! (Virtual) 1:00p Music Jam Session 1:00p Game Time 2:00p Current Events 3:00p Pickle Ball	

Virtual Programming Announcement: Teen Tech on Zoom

Teen Tech has moved to Tuesdays from 2:30pm-3:30pm. If you need help with your smartphone, tablet or computer, sign up for virtual help with Teen Tech.

Each Zoom session varies in length.
Call Paul to sign up, 571-258-3280.

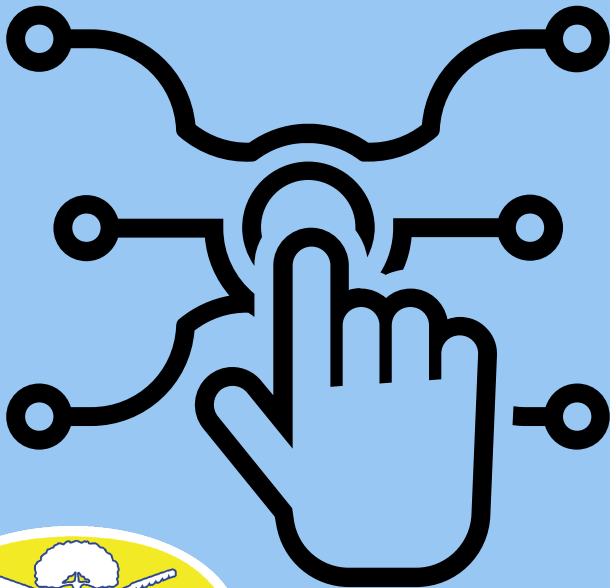


Computer Tech Presentation: "Learn to use Uber"

Learn simple and easy steps to order a ride from Uber.

Wednesday September 8th @ 1:00pm
Cascades Senior Center Computer Lab
Limited seating, must register to attend.
Call Paul, 571-258-3280

This is the first in a series of basic in-person presentations aimed at helping our members embrace technology.



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On the Big Screen



@ Cascades Senior Center
free for senior center members

Wednesday September 8th @

12:30pm

"Forrest Gump" 1994 (PG-13)

Slow-witted Forrest Gump (Tom Hanks) has never thought of himself as disadvantaged, and thanks to his supportive mother (Sally Field), he leads anything but a restricted life.

Whether dominating on the gridiron as a college football star, fighting in Vietnam or captaining a shrimp boat, Forrest inspires people with his childlike optimism. But one person Forrest cares about most may be the most difficult to save – his childhood love, the sweet but troubled Jenny (Robin Wright).



Wednesday September 15th @

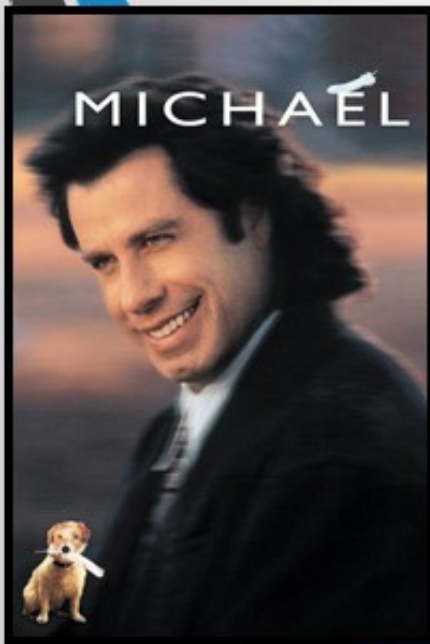
12:30pm

"Michael" 1996 (PG)

When jaded journalists Frank (William Hurt) and Huey (Robert Pastorelli), along with "angel expert" Dorothy (Andie MacDowell), travel to a small town in Iowa to investigate a story, they find Michael (John Travolta), a disheveled man claiming to be an angel. But

Michael is less than angelic: he drinks, smokes and basks in the attention of women.

As the group travels to Chicago, Michael teaches them about relationships, faith and miracles, suggesting that he may be exactly whom he says he is..



The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodation in order to participate in PRCS activities, please contact the location/program manager or PRCS administrative office at 703-777-0343/TTY-711.

Three business days advance notice is requested.



Northern Virginia Resource Center for Deaf & Hard of Hearing Persons

Improving Communication, Changing Lives

NVRC Presents



Hearing Health and Hearing Loss: Coping and Communicating

Cascades Senior Center
in the

Movie Room

Thursday, September 16 at 1:00 p.m.

Presenters:

Joan Ehrlich, Outreach Specialist

Debbie Jones, Resource & Technology Manager

Join NVRC staff for a presentation on resources for dealing with hearing loss, from strategies for staying connected with friends and family to technologies and gadgets you can put to use.



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Virtual Workshop

Your Guide to Planting Perennials in the Fall



Thursday, September 16th at 12:00 p.m.

Zoom Virtual Workshop

Are you looking to extend your planting season into the Fall? Master Gardener, Carol Ivory, from the Virginia Cooperative Extension Program will be here to review the types of perennials that can be planted in the fall. She will also review some money saving tips that will help you landscape your yard on a budget!

Free and open to the public, this virtual workshop is designed to connect people to resources and build a toolbox of skills for a more sustainable future. Click on the image below to register.

REGISTER NOW





ZUMBA CLASS IS BACK!

Join Vivian for Zumba Gold!
A dance fitness program with a
Latin/International beat. It is
geared toward active adults
learning Zumba or those who
prefer low-impact version.

**STARTING
THURSDAY
SEPTEMBER 16**

11AM

AEROBICS ROOM

**\$10
MEMBERS**

**\$13
NON-MEMBERS**



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LOUDOUN COUNTY
AREA AGENCY ON AGING

**VIRTUAL FAMILY
CAREGIVER
EDUCATION SERIES**

LEGAL PLANNING FOR CAREGIVERS

Tuesday, September 21, 2021 at 1:30pm-2:30pm EST

Presented by Rory Clark, Esq., The Legacy Elder Law Center

WHEN & WHY TO CONSIDER MEMORY CARE

Wednesday, September 29, 2021 at 1:30pm-2:30pm EST

Presented by Rachael Wonderlin, MS, Dementia By Day

**To register for these free, virtual programs, please
send an email to aaasupport@loudoun.gov**



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September is National Preparedness Month

2
0
2
1

**National
Preparedness Month**
Prepare to Protect



The impact of Hurricane Ida on the Gulf Coast and the ongoing COVID-19 pandemic serve as reminders to Loudoun County residents and businesses to take time to prepare for all types of emergencies.

You can get a printed emergency preparedness guide in our lobby. For more information, you can also visit the Loudoun County Emergency Management website.



REDUCE REUSE RECYCLE

✓ ACCEPTED FOR RECYCLING

Loudoun County, in partnership with local curbside recycling service providers, offers the following guidance on what to recycle and how to do it correctly. The full range of what is accepted for recycling may vary among service providers, but the information in this brochure includes the majority of what is actually recyclable through local programs.

If an item is not listed here, assume it is not accepted for curbside recycling. Contact your service provider **before** placing unlisted items into your recycling container.

- ✓ Cardboard
- ✓ Paper Boxes (cereal boxes, etc.)
- ✓ Aluminum Cans
- ✓ Steel Cans, Tin Cans
- ✓ Disposable Aluminum Pans
- ✓ Plastic Bottles, Jugs & Jars
- ✓ Newspaper, Magazines, Catalogs
- ✓ Office Paper
- ✓ Mail
- ✓ Paper Bags
- ✓ Books (remove and discard hard cover)
- ✓ Glass Bottles and Jars (county residents only; town residents should check with their town office)
- ✓ Yard Waste (set out separately)



Plastic bottles, jugs and jars **only**



Cardboard and paper



Aluminum cans



Steel cans

✗ NOT ACCEPTED FOR RECYCLING

Any item **not** listed in the Accepted For Recycling section should not be included with curbside recycling, and here are some specific items that are **absolutely not accepted**:

- ✗ Food / Food Waste
- ✗ Plastic Bags of any type
- ✗ Any plastic item that is not a bottle, jug, or jar
- ✗ Styrofoam
- ✗ Pesticide / Herbicide Containers
- ✗ Pool Chemical Containers
- ✗ Hazardous Material Containers
- ✗ Motor Oil / Antifreeze Containers
- ✗ Pressurized Tanks
- ✗ Batteries, Electronics, Light Bulbs
- ✗ Diapers, Clothing, Textiles
- ✗ Pizza Boxes, Napkins, Tissues, Paper Towels
- ✗ Paper Plates
- ✗ Shredded Paper
- ✗ Twine, String, Wire, Cables, Cords, Hoses
- ✗ Medical Waste, Syringes, Needles
- ✗ Rubber Hoses, Latex Gloves, Face Masks
- ✗ Scrap Metal

GLASS BOTTLE AND JAR RECYCLING

A separate collection program for glass bottles and jars is being established at Loudoun County Recycling Centers. Look for the purple recycling bin and follow the instructions for how to recycle glass bottles and jars.

Currently glass collected through curbside recycling programs is used as aggregate for landfill road construction, cover material for landfilled waste or the glass is simply disposed of as waste.

Companies that provide curbside recycling service within the county's jurisdiction (i.e. not the towns) are still required to collect glass bottles and jars for recycling.



Labor Day is Monday, September 6th

It is a federal holiday and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership – the American worker!



Patriot Day is Saturday, September 11th

It is a day of mourning in America. It occurs on September 11 of each year in memory of the people killed in the September 11 attacks of the year 2001. The flag of the United States is flown at half-mast at the White House and on all U.S. government buildings and establishments throughout the world; Americans are also encouraged to display flags in and outside their homes. Additionally, a moment of silence is observed to correspond with the attacks, beginning at 8:46 a.m.



9.11

★ ★ ★ ★ ★ WE WILL NEVER FORGET ★ ★ ★ ★ ★

PATRIOT DAY

★ ★ ★ ★ NATIONAL DAY OF REMEMBRANCE ★ ★ ★ ★

YOUR CASACADES TEAM

Brenda Davis

Manager

Judith Mangilin

Assistant Manager

Carrie Randolph

Cafe Supervisor

Paul Torrible

Recreation Programmer

Haley Moore

Customer Service

Felix Duran

Vehicle Operator

Satish Sharma

Vehicle Operator



Face Masks Required Inside Loudoun County Facilities, Effective August 9, 2021

Face Masks:



- **Required:** In Loudoun County facilities, regardless of vaccination status
- **Recommended:** In all public indoor settings

loudoun.gov/coronavirus

LOUDOUN
COUNTY
VIRGINIA

**The Senior Center at Cascades
21060 Whitfield Place
Sterling, VA 20165**



571-258-3280

**Area Agency on Aging
Parks, Recreation & Community
Services**

**CASCADES
SENIOR CENTER**

www.loudoun.gov/seniors-cascades