

CASCADES SENIOR CENTER

November 2021 *newsletter*

COVID-19 BOOSTER & FLU SHOT CLINIC



**Saturday, November 13
8:30-11:30am
Senior Center at Cascades
21060 Whitfield Place
Sterling, VA**

COVID-19 vaccine boosters will be available to anyone who received their two-dose series of the **Pfizer** or **Moderna** vaccine and are in one of the eligible groups:

- People 65 years and older
- Residents of long-term care facilities
- People 18-64 years old with underlying medical conditions
- People 18-64 years old who are at increased risk for COVID-19 exposure and transmission (PDF) because of occupational or institutional settings, such as, but not limited to, health care workers and caregivers for frail or immunocompromised people

Anyone who received the **J&J vaccine** can receive a booster dose of any of the three vaccine types at least two months following their initial vaccination.

Please call the center at 571-258-3280 by Wednesday, November 10 to RSVP.



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

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

*The Advisory Board at the Cascades Senior Center
presents*

Arts & Crafts Fair



Friday, November 5, 2021
(Knit & Crochet and Curio)

9:00am-2:00pm

Saturday, November 6, 2021
(All Vendors)

9:00am-3:00pm

Located indoors only this year

Senior Center at Cascades
21060 Whitfield Place
Sterling, VA 20165

The Advisory Board is seeking donated baked goods to sell at the Arts & Crafts Fair. All items must be individually wrapped and dropped off at the center by Friday, 11/5/2021.



HAPPY
DIWALI



Happy Diwali!

The Indian Culture Group of Cascades presented a fantastic Diwali festival on October 22nd. Click below to see a video of the highlights of the celebration here at Cascades Senior Center.

Watch
the
Video!

[CLICK HERE](#)



Medicare Open Enrollment

October 15 - December 7

We can help find:

- Better coverage
- Lower copays
- Lower plan premiums



Loudoun County VICAP Free, Unbiased Medicare Counseling

Send us your Medicare Part D Worksheet for an analysis of your prescription insurance options in 2022.

Worksheets are available:



- At Loudoun County Senior Centers
- Online at www.loudoun.gov/aaa
- By calling 703-737-8036

OR

CLICK HERE



November Activity Calendar

MON 11/1	TUES 11/2	WED 11/3	THURS 11/4	FRI 11/5
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a ESL Class 10:45a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 12:50p Bingo 1:00p Game Time 1:00p Bingocize! (V) 1:15p Walking Group (O) 1:30p Crochet Activity	Senior Center is Closed 	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Indian Cultural Gp 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga Class (V) 10:30a Presentation: "Home Safety with LOCo Fire Dept." 11:00a Ballroom Dancing 12:00p Lunch 12:30p Trip to Store 12:30p Movie Day 1:00p Party Bridge No Computer Tech Help Today	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dancing 10:00a Aerobics Video 10:30a Learn Mandarin (V) 10:30a Bingo 11:00a Pinochle 11:00a Zumba 12:00p Lunch 1:00p Bingocize! (V) 1:00p Music Jam 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 (V) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:15p Line Dancing Improver/Low Intermediate 2:00p Game Time 2:00p Bunco Members Only Indoor Arts & Carfts Festival (9am-2pm)
11/8	11/9	11/10	11/11	11/12
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a ESL Class 10:45a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 12:50p Bingo 1:00p Game Time 1:15p Walking Group (O) 1:30p Crochet Activity	9:00a Aerobics Video 9:00a INOVA Blood Pressure Check 10:00a Aerobics Video 10:00a Intermediate Conversational Spanish 11:00a Advanced Conversational Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:30p Adv. Ukulele Jam 1:00p Bingocize! (V) 1:00p Beg. Spanish I 1:15p Beginner's Ukulele 2:30p Teen Tech (V) 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 (V) 11:00a Ballroom Dancing 12:00p Veterans Day Luncheon 12:30p Trip to Store 12:30p Movie Day 1:00p Party Bridge 1:00p Computer Tech Help	Senior Center is Closed 	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga Class (V) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Bingocize! (V) 1:15p Line Dancing Improver/Low Intermediate 2:00p Game Time

V = Virtual
O = Outdoor



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Lunch Menu
CLICK HERE

MON 11/15	TUES 11/16	WED 11/17	THURS 11/18	FRI 11/19
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a ESL Class 10:45a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 12:50p Bingo 1:00p Game Time 1:15p Walking Group (O) 1:30p Crochet Activity	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Intermediate Conv. Spanish 11:00a Adv. Conv. Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:30p Adv. Ukulele Jam 1:00p Beginning Spanish I 1:00p Bingocize! (V) 1:15p Beginners Ukulele 2:00p Book Club 2:30p Teen Tech (V) 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 (V) 11:00a Ballroom Dancing 12:00p Lunch 12:30p Movie Day 1:00p Party Bridge 1:00p Computer Presentation: "Google Does More Than Search"	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dancing 10:00a Aerobics Video 10:30a Learn Mandarin (V) 10:30a Bingo 11:00a Pinochle 11:00a Zumba 12:00p Thanksgiving Luncheon 1:00p Bingocize! (V) 1:00p Music Jam 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 (V) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:15p Line Dancing Improver/Low Intermediate 2:00p Game Time
11/22	11/23	11/24	11/25	11/26
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a ESL Class 10:45a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 12:50p Bingo 1:00p Game Time 1:15p Walking Group (O) 1:30p Crochet Activity	9:00a Aerobics Video 9:00a Blood Pressure Chk 10:00a Aerobics Video 10:00a Intermediate Conv Spanish 11:00a Adv. Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:30p Adv. Ukulele Jam 1:00p Beginning Spanish I 1:15p Beginners Ukulele 2:30p Teen Tech (V) 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 (V) 11:00a Ballroom Dancing Senior Center is CLOSED after 12pm	Senior Center is Closed Happy Thanksgiving	
11/29	11/30	SATURDAY SCHEDULE NOTE: Sat. 11/6 Arts & Crafts Fair (9am-3pm) All center activities cancelled Sat. 11/27 CENTER IS CLOSED NEW! Decluttering Class (9:00am-10:00am) Knit & Crochet Class (9:00am-11:00am) 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)		
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a ESL Class 10:45a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 12:50p Bingo 1:00p Game Time 1:15p Walking Group (O) 1:30p Crochet Activity	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Interm Conv Spanish 11:00a Adv. Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:30p Adv. Ukulele Jam 1:00p Beginning Spanish I 1:15p Beg. Ukulele Jam 2:30p Teen Tech (V) 3:00p Pickle Ball			

ESL Class returns to Cascades Senior Center!



English as a second language class with Judy V.

Classes start Monday November 1st at 10:30am
At Cascades Senior Center

No sign-up required



**Lunch Bunch Is Back at
Cascades Senior Center!!
Friday, November 12th**

Sweet Water Tavern in Sterling

Bus Departs at 11:15am from Cascades Senior Center

We will return to the senior center at 1:15pm

Transportation Fee is \$1.00

You must order and pay for lunch on your own at the
restaurant.

Must Sign up. Sign up sheet is in the lobby.



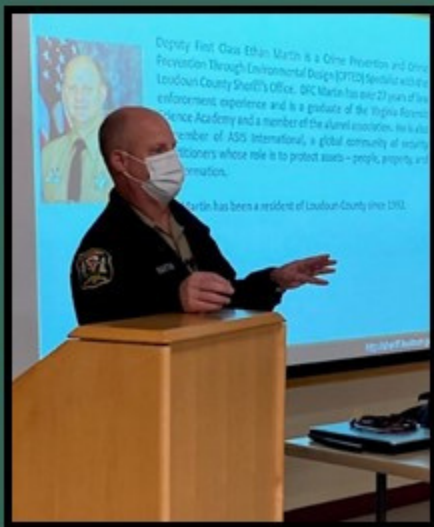
Special Presentation: “Safety Around the Home”

Featuring Lisa Braun-Montalvo
from the Loudoun County Fire
Marshall's Office

Cascades Senior Center
Wednesday, November 3rd
10:30am-11:30am

Call to reserve your seat (571-252-3280)

Thanks to Joan Ehrlich and Debbie Williams from the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons for demonstrating the newest technology that benefits those with hearing loss.



And thanks to Deputy Ethan Williams for coming out and giving an in-depth presentation regarding the latest scams affecting our area.

On the Big Screen
@ Cascades Senior Center
free for senior center members



"Something's Gotta Give"

Wednesday, November 3rd at 12:30pm

Rated PG-13 (2003)

Starring Jack Nicolas and Dianne Keaton

"The Guns of Navarone"

Wednesday, November 10th at 12:30pm

Rated PG (1961)

Starring Gregory Peck, Anthony Quinn and David Niven



**Veterans
Day Classic**



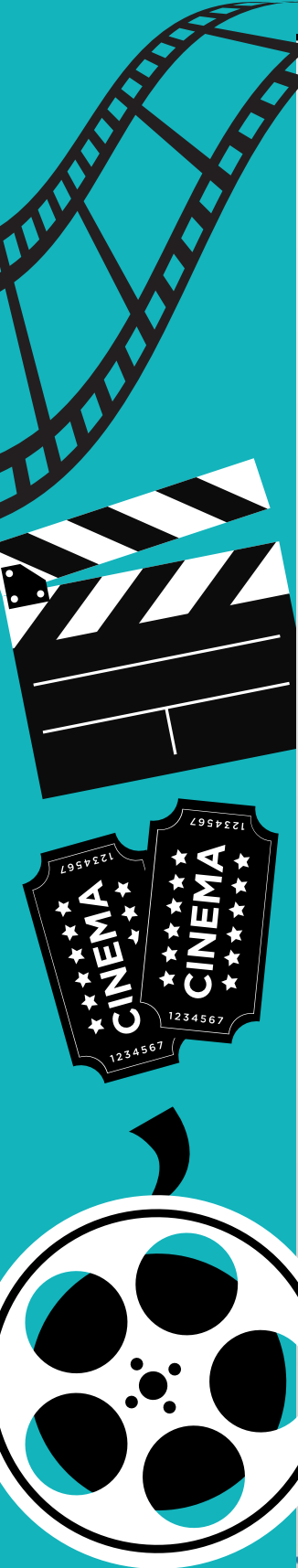
"Planes, Trains and Automobiles"

Wednesday, November 17th at 12:30pm

Rated R (1987)

Starring Steve Martin and John Candy

**Thanksgiving
Classic**



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.

CASCADES SENIOR CENTER

THANKSGIVING LUNCHEON

***THURSDAY, NOVEMBER 18TH
AT 12:00PM***



**Enjoy a special
Thanksgiving Lunch
with all the fixings.
Must Sign up for lunch!**

ENJOY MUSIC WITH STROLLING QUARTET "SIX FOOT THREE"





Thank You
Veterans!

Veterans Day Luncheon

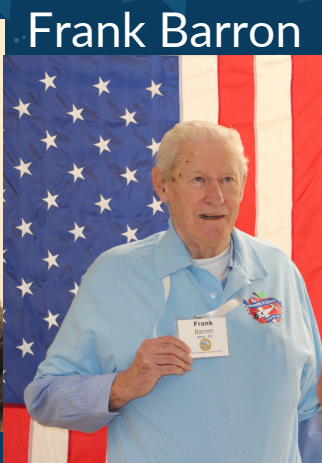
Wednesday, November 10th @ 12:00pm

Cascades Senior Center will have a Luncheon to honor of our military veterans! There will be a patriotic sing-along, roast beef for lunch and flags to be handed out to our veterans!

Lunch signup is required.



Joe Vukinoch



Frank Barron



Paul Hoot



David Wilson Sr.

Thank you for your service!
Honor Flight Top of Virginia 2021 at Cascades Senior Center

New Language Class
coming to Cascades
Senior Center!



Russian for the Beginner

A FREE introductory course helping you to learn the Russian language.

Learn the Russian Alphabet, Common Expressions, and Common Phrases.

Space is limited!

Classes will take place on Wednesdays from 10:30am-11:30am. Call Paul at the Cascades Senior Center for information, or to reserve your seat.

571-258-3280



November Tech Help in the Cascades Senior Center Computer Lab

*Wednesday, November 10th at 1:00pm
Walk in Tech Help Available*

*Wednesday, November 17th at 1:00pm
Presentation: "Google Does More than Search"*

Must sign up in advance for presentation.
Call the senior center at 571-258-3280.



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ZUMBA CLASS

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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TRIP TO STORE

Wed.
November
10th



**REGISTRATION
REQUIRED!**

**BUS LEAVES AT
12:30 PM**

**Our members are the best!
Thanks so much to Arlene,
Terry and Brenda for taking
time out of their schedules to
plant such gorgeous pansies
and ornamental cabbage in
the front of the building!**



Member Spotlight

What do you remember about the place you grew up?

Savannah GA was and still is full of charm and has so many beaches to go to in the summer.

What was your first car?

My first car was my husband's Fleetwood Cadillac.

Which invention from your lifetime are you most amazed by?

Believe it or not,The FAX Machine.....

When did you move to this area?

Moved to this area in 1963.

How did you first find out about the Cascades Senior Center?

Looked up "senior center" in the Sterling area on the internet and the reviews were great! I became a member in 2021.

What was your favorite movie when you were younger?

Love is a Many Splendored Thing

What was your first job?

Worked at Catholic University in their purchasing department.

What are the most important lessons you've learned in life?

The most important lesson is to love your self.

What life advice would you pass along?

Always respect PEOPLE and never look down on anyone.



Nancy H.

New
Cascades
Senior
Center
Member!

Thanksgiving Word Search



T	E	F	D	J	V	H	G	G	S	G	T	S	L	H	M	A	Y	F	L	O	W	E	R	E
A	R	I	A	P	K	O	T	N	T	H	H	K	C	T	U	E	T	H	U	R	S	D	A	Y
M	R	E	P	L	B	S	R	U	A	H	K	N	Y	O	N	L	F	Z	O	J	S	T	D	I
E	N	C	S	B	L	O	E	N	O	L	E	A	W	L	N	I	K	P	M	U	P	N	C	U
R	M	M	L	S	C	A	K	L	T	M	S	H	U	C	F	E	A	S	T	N	K	M	I	G
I	C	E	Z	A	E	S	Q	S	B	H	Y	T	M	E	L	G	C	J	B	O	Y	Y	L	M
C	D	T	C	P	G	D	M	G	A	A	S	L	G	L	X	J	H	I	T	A	T	S	N	E
A	J	G	D	I	A	I	R	R	Z	X	T	X	P	B	C	W	S	E	V	A	E	L	Q	O
H	K	O	V	A	R	A	V	J	Z	N	D	E	J	A	I	O	I	U	V	A	M	D	S	A
S	T	I	W	G	T	E	S	K	T	W	Z	B	G	T	Q	Y	L	S	P	T	E	R	O	F
V	N	M	L	I	S	Y	O	U	R	H	D	F	E	E	B	P	I	O	H	U	G	K	T	A
G	C	I	T	T	V	Y	R	Y	A	W	X	W	D	V	L	E	X	N	B	D	A	S	M	
Q	P	U	L	A	D	Q	S	E	I	R	R	E	B	N	A	R	C	N	Z	I	O	R	I	I
M	D	F	R	F	Q	D	U	P	T	U	R	K	E	Y	Z	R	C	X	M	K	S	N	R	L
E	W	G	Q	V	R	H	O	L	L	B	A	U	B	Z	O	P	A	O	W	X	C	T	E	Y
V	X	K	S	T	I	C	G	R	I	L	Q	U	S	Z	S	C	G	P	W	V	F	P	S	J
T	O	O	Q	Z	U	D	E	E	D	E	Q	D	T	S	A	O	T	N	O	V	J	P	S	N
G	J	F	R	N	E	X	C	B	A	S	J	V	J	U	J	R	C	J	J	K	Y	M	M	A
P	A	N	R	P	E	R	X	M	Q	S	D	W	H	Z	M	N	T	B	S	W	D	D	A	D
A	L	O	C	Y	V	U	G	E	E	I	I	W	K	V	F	N	E	C	N	F	X	L	D	P
K	C	H	W	V	R	A	K	V	J	N	T	V	F	S	X	E	X	Q	A	D	L	L	H	V
V	H	X	R	L	E	G	Z	O	U	G	T	C	A	G	U	Y	V	D	I	M	B	B	T	Y
G	N	I	F	F	U	T	S	N	W	S	G	U	F	E	G	Z	C	H	D	Z	A	R	S	G
P	W	R	E	X	D	L	J	G	T	E	V	W	W	Z	Y	E	K	D	N	K	D	Q	O	B
U	J	R	F	G	G	G	X	X	J	Z	X	Q	A	Q	I	P	W	B	I	D	A	H	E	H



Acorns
America
Autumn
Blessings
Colonists
Corn
Cornucopia
Cranberries
Dessert
Eat
Fall
Family
Feast

Gobble
Gratitude
Gravy
Harvest
Indians
Leaves
Mayflower
Nap
November
Parade
Pie
Pilgrims
Plymouth
Pumpkin

Stuffing
Tablecloth
Thanks
Thanksgiving
Thursday
Turkey
Vegetables
Wishbone

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



CASCADES SENIOR CENTER



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



www.loudoun.gov/seniors-cascades