

# CASCADES SENIOR CENTER newsletter

## Manager's Note

As we enter this holiday season and come to the close of another year, I invite you to take a moment to reflect on the strength, patience and determination that has carried us through this challenging year. The staff has been inspired by your energy and enthusiasm to come back together and re-establish our Cascades Senior Center community of friends.

However you celebrate your winter holidays, (Hannukah, Winter Solstice, Christmas, Kwanzaa and New Years' Eve), the staff at the center wishes you a happy and healthy winter season and we look forward to working with you to explore a New Year full of possibilities.

# Happy Holidays!

MUCH LOVE,  
CASCADES STAFF



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

## LOUDOUN.GOV/PRCS

FOR ACCESSIBILITY REQUESTS: CONTACT [ADAPTREC@LOUDOUN.GOV](mailto:ADAPTREC@LOUDOUN.GOV), 703-777-0343, TTY: 711



***Need some help?***

## Wednesday Tech Classes in the Cascades Senior Center Computer Lab

*December 1, Digital Photography with your iPhone*

*December 8, Walk-in Tech Help*

*December 15, Windows and Browsers*

*December 22, Walk-in Tech Help*

*December 29, Digital Banking: PayPal & Venmo*

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



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# Yoga Class Update

Yoga class with Jagdish and Kailash has resumed in-person!

**Cascades Senior Center, Tuesdays and Fridays  
10:30am-11:30am**

**Ashburn Senior Center, Mondays and  
Wednesdays 10:30am-11:30am**

If you are unable to attend the classes in-person, you can participate in these Yoga classes on Zoom.

Welcome back Jagdish and Kailash, we missed you!

*Reminder: All virtual classes are for Loudoun County Senior Center members only. Thank you.*



zoom



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# *Holiday Concert*



Thursday, December 9, 2021

12:15pm-12:45pm

at Cascades Senior Center Cafe'



Enjoy a lunchtime  
concert on the big screen with the  
Dominion High School Orchestra  
featuring the songs of:



CHRISTMAS, HANUKKAH  
and KWANZAA!



MUST SIGN UP FOR LUNCH TO WATCH CONCERT



CASCADES SENIOR CENTER

# CURIO SALE!

WEDNESDAY  
DEC 15

From 9am to 11am  
Cascades Senior Center Lobby

GENEROUSLY PRICED ITEMS FOR EVERY  
OCCASION

Cascades Senior Center presents



Featuring delicious holiday lunchtime fare

Entertainment provided by  
"Joanie and the Silver Uke's"  
and a visit from Santa!

Friday, December 17, 2021

12:00pm

Cascades Senior Center Cafe'

**LUNCH SIGN UP IS REQUIRED**

HAPPY  
NEW  
YEAR!

TICKETS:

\$5  
MEMBERS

\$8  
NON-MEMBERS

2022

TUESDAY 28 DECEMBER  
2:00PM-4:00PM

**CASCADES SENIOR CENTER**

MUSIC WITH DJ SKY   ENJOY DELICIOUS FOOD  
PRIZES TO LOCAL BUSINESSES   TOAST THE NEW YEAR



# December Activity Calendar

## SATURDAY SCHEDULE

**NOTE: CLOSED SATURDAY 12/25 & 1/1/2022**

**Decluttering Class** (9:00am-10:00am)

**Knit & Crochet Class** (9:00am-11:00am)

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

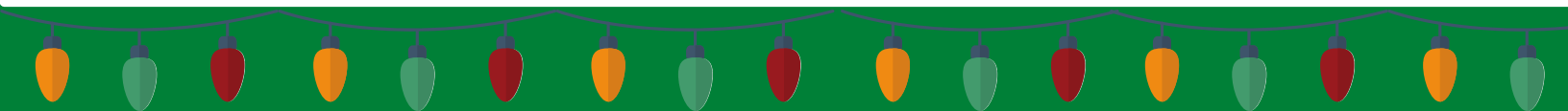
**Open Computer Lab** (8:00am-11:30am)

**Aerobics & Exercise Rooms** (8:00am-11:30am)

**Game Time & Billiards Room** (8:00am-11:30am)

**V = Virtual**

		WED 12/1	THURS 12/2	FRI 12/3
		<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cultural Gp <b>10:00a</b> O'Heck <b>10:15a</b> Beginner's Line Dancing <b>10:30a</b> Yoga (V) <b>11:00a</b> Ballroom Dancing <b>12:00p</b> Lunch <b>12:30p</b> Trip to Store <b>12:30p</b> Movie Day <b>1:00p</b> Party Bridge <b>1:00p</b> Computer Tech Presentation: "Digital Photography with your iPhone"	<b>9:00a</b> Aerobics Video <b>9:00a</b> Line Dance Step Prep <b>10:00a</b> Intro to Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Learn Mandarin (V) <b>10:30a</b> Bingo <b>11:00a</b> Pinochle <b>11:00a</b> Zumba <b>12:00p</b> Lunch <b>1:00p</b> Bingocize! (V) <b>1:00p</b> Game Time <b>2:00p</b> Current Events <b>2:00p</b> Pickle Ball	<b>9:00a</b> Aerobics Video <b>9:30a</b> Knit & Crochet <b>10:00a</b> Aerobics Video <b>10:00a</b> Canasta <b>10:30a</b> Yoga (Live & V) <b>11:00a</b> Tai Chi <b>12:00p</b> Lunch <b>12:50p</b> Bingo <b>1:15p</b> Line Dancing Improver/Low Intermediate <b>2:00p</b> Game Time <b>2:00p</b> Bunco
12/6	12/7	12/8	12/9	12/10
<b>9:00a</b> Aerobics Video <b>9:15a</b> ESL Class (V) <b>9:30a</b> Beginner's Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:45a</b> Scottish Dance <b>12:00p</b> Lunch <b>12:30p</b> Duplicate Bridge <b>12:50p</b> Bingo <b>1:00p</b> Game Time <b>1:30p</b> Crochet Activity	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Intermediate Conversational Spanish <b>10:30a</b> Yoga (Live & V) <b>11:00a</b> Advanced Conversational Spanish <b>11:00a</b> Beginner's Tai Chi <b>12:00p</b> Lunch <b>12:30p</b> Adv. Ukulele Jam <b>1:00p</b> Beg. Spanish I <b>1:15p</b> Beginner's Ukulele <b>2:30p</b> Teen Tech (V) <b>2:00p</b> Pickle Ball	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cultural Group <b>10:00a</b> O'Heck <b>10:15a</b> Beginner's Line Dancing <b>10:30a</b> Yoga (V) <b>11:00a</b> Ballroom Dancing <b>12:00p</b> Lunch <b>12:30p</b> Trip to Store <b>12:30p</b> Movie Day <b>1:00p</b> Party Bridge <b>1:00p</b> Computer Tech Walk-in Help	<b>9:00a</b> Aerobics Video <b>9:00a</b> Line Dance Step Prep <b>10:00a</b> Intro to Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Learn Mandarin (V) <b>10:30a</b> Bingo <b>11:00a</b> Pinochle <b>11:00a</b> Zumba <b>12:00p</b> Lunch <b>12:15p</b> VIRTUAL HOLIDAY CONCERT <b>1:00p</b> Game Time <b>2:00p</b> Current Events <b>2:00p</b> Pickle Ball	<b>9:00a</b> Aerobics Video <b>9:30a</b> Knit & Crochet <b>10:00a</b> Aerobics Video <b>10:00a</b> Canasta <b>10:30a</b> Yoga (Live & V) <b>11:00a</b> Tai Chi <b>12:00p</b> Lunch <b>12:50p</b> Bingo <b>1:00p</b> Bingocize! (V) <b>1:15p</b> Line Dancing Improver/Low Intermediate <b>2:00p</b> Game Time



# Happy Holidays

**Lunch Menu**

**CLICK HERE**



MON 12/13	TUES 12/14	WED 12/15	THURS 12/16	FRI 12/17
<b>9:00a</b> Aerobics Video <b>9:15a</b> ESL Class (V) <b>9:30a</b> Beginner's Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:45a</b> Scottish Dance <b>12:00p</b> Lunch <b>12:30p</b> Duplicate Bridge <b>12:50p</b> Bingo <b>1:00p</b> Game Time <b>1:30p</b> Crochet Activity	<b>9:00a</b> Aerobics Video <b>9:00a</b> INOVA Blood Pressure Check <b>10:00a</b> Aerobics Video <b>10:00a</b> Intermediate Conv. Spanish <b>10:30a</b> Yoga (Live & V) <b>11:00a</b> Adv. Conv. Spanish <b>11:00a</b> Beginner's Tai Chi <b>12:00p</b> Lunch <b>12:30p</b> Adv. Ukulele Jam <b>1:00p</b> Beginning Spanish I <b>1:15p</b> Beginners Ukulele <b>2:30p</b> Teen Tech (V) <b>2:00p</b> Pickle Ball	<b>9:00a</b> Aerobics Video <b>9:00a</b> CURIO SALE <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cultural Group <b>10:00a</b> O'Heck <b>10:15a</b> Beginner's Line Dancing <b>10:30a</b> Yoga (V) <b>11:00a</b> Ballroom Dancing <b>12:00p</b> Lunch <b>12:30p</b> Movie Day <b>1:00p</b> Party Bridge <b>1:00p</b> Computer Tech Presentation: "Windows and Browsers"	<b>9:00a</b> Aerobics Video <b>9:00a</b> Line Dance Step Prep <b>10:00a</b> Intro to Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Learn Mandarin (V) <b>10:30a</b> Bingo <b>11:00a</b> Pinochle <b>11:00a</b> Zumba <b>12:00p</b> Lunch <b>1:00p</b> Game Time <b>2:00p</b> Current Events <b>2:00p</b> Pickle Ball	<b>9:00a</b> Aerobics Video <b>9:30a</b> Knit & Crochet <b>10:00a</b> Aerobics Video <b>10:00a</b> Canasta <b>10:30a</b> Yoga (Live & V) <b>11:00a</b> Tai Chi <b>12:00p</b> Lunch <b>12:50p</b> Bingo <b>1:15p</b> Line Dancing Improver/Low Intermediate <b>2:00p</b> Game Time
12/20	12/21	12/22	12/23	12/24
<b>9:00a</b> Aerobics Video <b>9:30a</b> Beginner's Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:45a</b> Scottish Dance <b>12:00p</b> Lunch <b>12:30p</b> Duplicate Bridge <b>12:50p</b> Bingo <b>1:00p</b> Game Time <b>1:30p</b> Crochet Activity  NO ESL CLASS TODAY	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Intermediate Conv Spanish <b>10:30a</b> Yoga (Live & V) <b>11:00a</b> Adv. Conv Spanish <b>11:00a</b> Beginner's Tai Chi <b>12:00p</b> Lunch <b>12:30p</b> Adv. Ukulele Jam <b>1:00p</b> Beginning Spanish I <b>1:15p</b> Beginners Ukulele <b>2:00p</b> Book Club <b>2:30p</b> Teen Tech (V) <b>2:00p</b> Pickle Ball	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cultural Group <b>10:00a</b> O'Heck <b>10:15a</b> Beginner's Line Dancing <b>10:30a</b> Yoga (V) <b>11:00a</b> Ballroom Dancing <b>12:00p</b> Lunch <b>12:30p</b> Movie Day <b>1:00p</b> Party Bridge <b>1:00p</b> Computer Tech Walk-in help	<div> <div>Senior Center is Closed</div>  </div>	
12/27	12/28	12/29	12/30	12/31
<b>9:00a</b> Aerobics Video <b>9:30a</b> Beginner's Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:45a</b> Scottish Dance <b>12:00p</b> Lunch <b>12:30p</b> Duplicate Bridge <b>12:50p</b> Bingo <b>1:00p</b> Game Time <b>1:30p</b> Crochet Activity  NO ESL CLASS TODAY	<b>9:00a</b> Aerobics Video <b>9:00a</b> INOVA Blood Pressure Check <b>10:00a</b> Aerobics Video <b>10:00a</b> Interm Conv Spanish <b>10:30a</b> Yoga (Live & V) <b>11:00a</b> Adv. Conv Spanish <b>11:00a</b> Beginner's Tai Chi <b>12:00p</b> Lunch <b>12:30p</b> Adv. Ukulele Jam <b>1:00p</b> Beginning Spanish I <b>1:15p</b> Beg. Ukulele Jam <b>2:30p</b> Teen Tech (V) <b>2:00p</b> NEW YEARS PARTY  NO PICKLEBALL TODAY	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cultural Grp <b>10:00a</b> O'Heck <b>10:15a</b> Beginner's Line Dancing <b>10:30a</b> Yoga (V) <b>11:00a</b> Ballroom Dancing <b>12:00p</b> Lunch <b>12:30p</b> Movie Day <b>1:00p</b> Party Bridge <b>1:00p</b> Computer Tech Class: "Digital Banking-PayPal and Venmo"	<b>9:00a</b> Aerobics Video <b>9:00a</b> Line Dance Step Prep <b>10:00a</b> Intro to Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Learn Mandarin (V) <b>10:30a</b> Bingo <b>11:00a</b> Pinochle <b>11:00a</b> Zumba <b>12:00p</b> Lunch <b>1:00p</b> Game Time <b>2:00p</b> Current Events <b>2:00p</b> Pickle Ball	<div> <div>Senior Center is Closed</div>  </div> <div>  </div>

# 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](http://www.loudoun.gov/aaa)
- By calling 703-737-8036

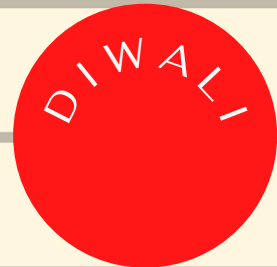
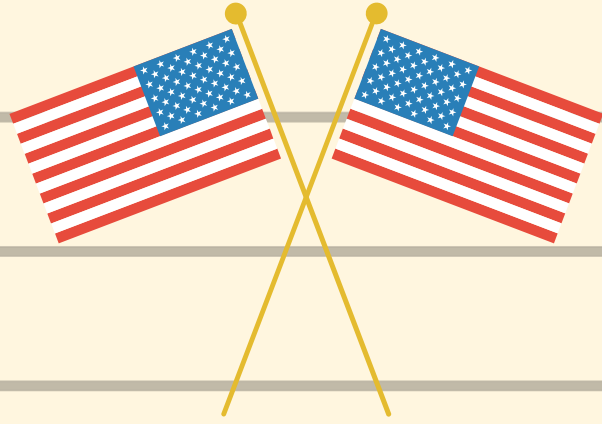
**OR**

**CLICK HERE**



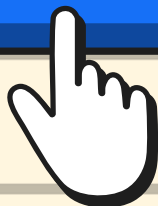


# Highlights from November



Click to see the Six Foot Three  
Barbershop Quartet

**WATCH VIDEO**





# Holiday Word Search



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



# Holiday Word Search

Advent  
Angels  
Announcement  
Bells  
Bethlehem  
Blitzen  
boxes  
Candles  
Candy  
Candy canes  
Cards  
Cedar  
Celebrate  
Ceremonies  
Chimney  
Christmas  
Christmas  
Cold  
Comet  
cookies  
Cranberry  
Crowds  
Cupid  
Dancer  
Dasher  
December  
Decorations  
Dolls  
Donner  
Dressing  
Eggnog  
Elves  
Family  
Festival  
Fir  
Frosty  
Fruitcake  
Gift  
Gifts  
Goodwill  
green  
Greetings

Ham  
Happy  
Holiday  
Holly  
Holy  
Icicles  
Jolly  
Lights  
Lists  
Merry  
Miracle  
Mistletoe  
New  
Nick  
Noel  
North  
Pageant  
paper  
Parades  
Party  
Pie  
Pine  
Plum  
Poinsettia  
Pole  
potato  
Prancer  
Presents  
pudding  
Pumpkin  
Punch  
Red  
Reindeer  
reunion  
Ribbon  
Rudolph  
Sacred  
Sales  
Sauce  
Scrooge  
Season  
Sled

Sleighbells  
Spirit  
St  
Stand  
Star  
Stickers  
Stocking  
stuffers  
Sweet  
Tidings  
Tinsel  
Toys  
Tradition  
Traffic  
tree  
Trips  
Turkey  
Vacation  
Vixen  
Winter  
Wrapping  
Wreath  
Year  
Yule





# YOUR CASCADES 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](https://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](https://www.loudoun.gov/seniors-cascades)