

CASCADES SENIOR CENTER

January 2022 newsletter

Manager's Note

As I look toward another year, I also look back on the year we are leaving behind. It was not the year I expected when we rang in 2021! I thought the pandemic would be over and we would be back to “normal.” But that “normal” was based on an outdated definition and each New Year we must look forward and understand that nothing remains the same. So, ringing in this New Year reaffirms that life is all about change and adapting to “New Norms,” while still finding the joy and love in what we do.

Wishing you all a very Happy New Year with friends, laughs, joy and a few surprises along the way (the good kind) and the fortitude to face whatever challenges come our way.



*“I close my eyes to old ends and open my heart
to new beginnings.”*

Nick Frederickson



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

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



Need some help?

**Wednesday Tech Classes @ 1:00pm
in the Cascades Senior Center Computer Lab**

January 5: Walk-in Tech help

January 12: Intro to Digital Banking (Pay pal, Venmo)

January 19: Walk-in Tech help

January 26: Digital Games (Solitaire, Poker, Sudoku)

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



FREE Hearing Screenings
Wednesday, January 19, 2022
10:00 a.m. – 1:00 p.m.
Cascades Senior Center
Sponsored by NVRC

The purpose of the screening is to see if you could benefit from an evaluation by an audiologist. NVRC is a non-profit, there are no sales involved.

Hearing Screenings take approximately 30 minutes.

Limited number of seats available.

**To sign up, you must contact Paul at the Cascades Senior Center at
571-258-3280.**

Screenings will be conducted by:

Joan Ehrlich

Loudoun County Outreach Specialist

For more information, email jehrich@nvrc.org



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Mardi Gras Luncheon

Wednesday, January 26 at 11:45am



Enjoy delicious gumbo and vegetarian gumbo!

Must sign up for lunch!!

Enjoy good Jazz,
good food, and
good friends!!



Wear your Mardi Gras colors
and let the good times roll!



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Wednesday is

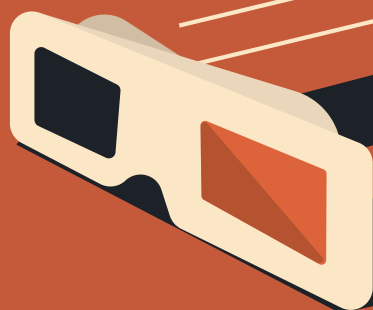


MOVIE DAY!

**12:30
PM**



WED



Every Wednesday is Movie Day @
12:30pm at Cascades Senior Center.
Wednesday's feature will be emailed
out to members on Monday.

W E D N E S D A Y

TRIP TO STORE

Wed.
Jan. 5

Walmart 
Save money. Live better.

& Wed.
Jan. 19



**REGISTRATION
REQUIRED!**

**BUS LEAVES AT
12:30 PM**



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January Activity Calendar

MON 1/3	TUES 1/4	WED 1/5	THURS 1/6	FRI 1/7
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Yoga (V) 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 12:50p Bingo 1:00p Game Time 1:30p Crochet Activity NO ESL TODAY	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Intermediate Conversational Spanish 10:30a Yoga (Live & V) 11:00a Advanced Conversational Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 2:00p Pickle Ball 2:30p Teen Tech (V)	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 (V) 10:30a Learn Russian (NEW!) 11:00a Ballroom Dancing 12:00p Lunch 12:30p Trip to Store 12:30p Movie Day 1:00p Party Bridge 1:00p Computer Lab Walk-in Tech Help	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dancing 10:00a Aerobics Video 10:00a Learn Mandarin (V) 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Game Time 2:00p Current Events 2:00p Pickle Ball NO ZUMBA TODAY	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga (Live & 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 (First Friday Only)
1/10	1/11	1/12	1/13	1/14
9:00a Aerobics Video 9:15a ESL Class (V) 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Yoga (V) 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 12:50p Bingo 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 9:00a INOVA Blood Pressure Check 10:00a Aerobics Video 10:00a Intermediate Conversational Spanish 10:30a Yoga (Live & V) 11:00a Advanced Conversational Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:30p Adv. Ukulele Jam 1:15p Beginner's Ukulele 2:00p Pickle Ball 2:30p Teen Tech (V)	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 (V) 10:30a Learn Russian (NEW!) 11:00a Ballroom Dancing 12:00p Lunch 1:00p Party Bridge 1:00p Computer Lab: Intro to Digital Finance (PayPal, Venmo) NO MOVIE TODAY	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dancing 10:00a Aerobics Video 10:00a Learn Mandarin (V) 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Game Time 2:00p Current Events 2:00p Pickle Ball NO ZUMBA TODAY	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga (Live & V) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:15p Line Dancing Improver/Low Intermediate 2:00p Game Time

"With the new day comes new strength and new thoughts."

Eleanor Roosevelt

Happy New Year!

Lunch Menu

CLICK HERE



MON 1/17	TUES 1/18	WED 1/19	THURS 1/20	FRI 1/21
Senior Center is Closed 	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Intermediate Conv. Spanish 10:30a Yoga (Live & V) 11:00a Adv. Conv. Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:30p Adv. Ukulele Jam 1:15p Beginners Ukulele 2:00p Pickle Ball 2:00p Book Club 2:30p Teen Tech (V)	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Indian Cultural Group 10:00a O'Heck 10:00a Hearing Screenings 10:15a Beginner's Line Dancing 10:30a Yoga (V) 10:30a Learn Russian 11:00a Ballroom Dancing 12:00p Lunch 12:30p Trip to Store 12:30p Movie Day 1:00p Party Bridge 1:00p Computer Lab Walk-in Tech	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dancing 10:00a Aerobics Video 10:00a Learn Mandarin (V) 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Game Time 2:00p Current Events 2:00p Pickle Ball NO ZUMBA TODAY	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga (Live & V) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:15p Line Dancing Improver/Low Intermediate 2:00p Game Time

1/24	1/25	1/26	1/27	1/28
9:00a Aerobics Video 9:15a ESL Class (V) 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Yoga (V) 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 12:50p Bingo 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 9:00a INOVA Blood Pressure Check 10:00a Aerobics Video 10:00a Intermediate Conv Spanish 10:30a Yoga (Live & V) 11:00a Adv. Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:30p Adv. Ukulele Jam 1:15p Beginners Ukulele 2:00p Pickle Ball 2:30p Teen Tech (V)	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Indian Cult'l Grp 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga (V) 10:30a Learn Russian 11:00a Ballroom Dancing 11:45a Mardi Gras Luncheon 12:30p Movie Day 1:00p Party Bridge 1:00p Computer Lab: Digital Games (Poker, Solitaire, Soduku)	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dancing 10:00a Aerobics Video 10:00a Learn Mandarin (V) 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Game Time 2:00p Current Events 2:00p Pickle Ball NO ZUMBA TODAY	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga (Live & V) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:15p Line Dancing Improver/Low Intermediate 2:00p Game Time

1/31
9:00a Aerobics Video 9:15a ESL Class 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Yoga (V) 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 12:50p Bingo 1:00p Game Time 1:30p Crochet Activity

SATURDAY SCHEDULE
NOTE: CLOSED SATURDAY 1/1 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)



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PARTY BRIDGE PLAYERS WANTED!

If you already know how to play Party Bridge and you'd like to play in a group, come to Cascades Senior Center on Wednesdays at 1:00pm. For more information, call the senior center at 571-258-3280.

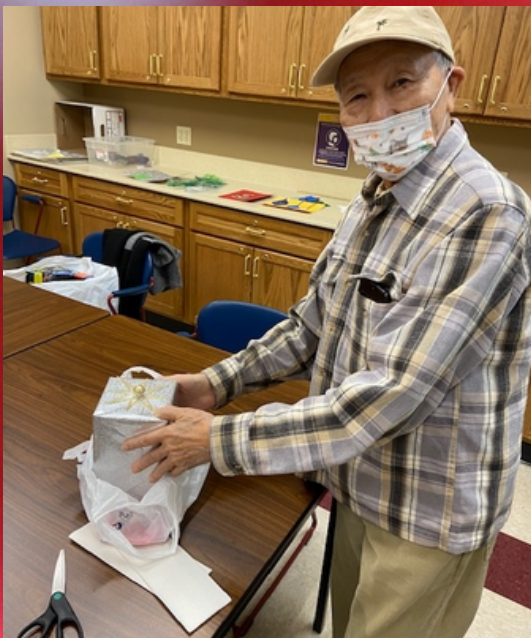


MEMBERS ARE LOOKING TO START A CHESS CLUB.

If you enjoy the game of chess and interested in starting a chess club call the senior center.



Highlights from December



Highlights from December



INCLEMENT WEATHER



If Loudoun County Government is closed, Senior Center is CLOSED

If Loudoun County Government issues "Unscheduled Leave" for staff, Senior Center is OPEN and lunch is available, but no transportation

If Loudoun County Public Schools are closed, Senior Center is OPEN and lunch/transportation available

Call for possible program changes

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

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