

CASCADES SENIOR CENTER

newsletter

March 2024

Manager's Note

March is Women's History Month!

The idea to recognize the successes, struggles, and contributions of women started in the early 1900's with a Women's Day, then International Women's Day in 1910, and then a Women's History Week in the 1970's before it was officially designated as "Women's History Month" by the U.S. Congress in 1987.

The purpose of celebrating Women's History Month is to honor the efforts and bravery of past generations of women who faced obstacles in order to exercise their right to vote, attend school, and work in certain fields that were reserved for men.

The history of the Suffrage movement is fascinating and impressive. Strong, smart, and persistent women fought for decades often facing opposition from their families, their churches, and their communities. But they didn't let that stop them.

For more information on Women's History and the Suffrage Movement (and to study up for the Women's History Trivia!!) visit www.history.com/topics/womens-history/the-fight-for-womens-suffrage.



Cascades 25th Anniversary

Every Friday in April we will celebrate!

Friday, April 5 - Advisory Board Breakfast

Friday, April 12 - Cascades Senior Center Trivia Game

Friday, April 19 - 25th Year Anniversary Party
(Early bird member tickets go on sale 3/18)

Friday, April 26 - Anniversary Luncheon
(lunch registration required)

Join us to celebrate this very special Silver Anniversary!

Donations in honor of the 25th Anniversary may be made to the Advisory Board (make checks payable to LCSCC Advisory Board). Donations received by March 22 will be listed in a special section of the April newsletter.

\$25 = Silver Anniversary Sponsor
\$10 = Silver Anniversary Supporter
\$5 = Silver Anniversary Friend



Cascades T-Shirt Sale!



During March the Advisory Board is selling t-shirts for \$15. Limited sizes and colors, no reorders. Get them while you can. Cash or Check

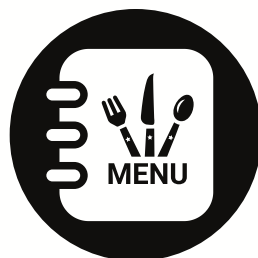
March Activity Calendar

Trip to Store

WALMART 3/13

COCOS/LIDL 3/27

REGISTRATION REQUIRED



CLICK HERE



• BUS LEAVES AT 12:30 pm •

Saturday Schedule

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)

Knit & Crochet Class (9:30am-11:45am)

Decluttering 8 Week Session

Saturday, March 2, 9, 16 and 23 (9:00am)

**FRI
3/1**

9:00a Aerobics Video
9:30a Knit & Crochet
10:00a Aerobics Video
10:00a Canasta
11:00a Tai Chi
11:00a Yoga (Live & Virtual)
12:00p Lunch
12:50p Bingo
1:00p Rejuvenating Exercise
2:00p Game Time: Bunco
& Dominoes

**MON
3/4**

**TUES
3/5**

**WED
3/6**

**THURS
3/7**

3/8



9:00a Aerobics Video
9:30a Beginner's Line
Dancing
10:00a Aerobics Video
10:30a Bingo
10:30a Scottish Dance
12:00p Lunch
1:00p Yoga with Tatis
12:30p Duplicate Bridge
1:00p Game Time
1:30p Crochet Activity

9:00a Aerobics Video
9:00a Elder Case Resource
10:00a SAIL
10:00a Interm. Conv Spanish
11:00a Yoga (Live & Virtual)
11:00a Beginner's Tai Chi
11:00a Adv Conv Spanish
12:00p Lunch
12:00p Level 2: Flamenco/Castanets
12:45p Basic Scottish Dance
1:00p Beginner: Flamenco/Fan
1:00p Intro to Chair Beach Volleyball
1:30p Interm. Scottish Dance
2:00p Pickle Ball

9:00a Aerobics Video
10:00a Aerobics Video
10:00a O'Heck
10:15a High Beginner's Line
Dancing
11:00a Ballroom Dancing
12:00p Lunch
12:30p Trip to Store
(Walmart)
1:00p Mindful Meditation
1:00p Rejuvenating
Exercise
2:30p Intro to Cardio
Drumming
3:00p Cardio Drumming

9:00a Aerobics Video
9:00a Step Prep
10:00a SAIL
10:00a Yoga with Tatis
10:00a Intro to Line Dancing
10:30a Bingo
11:00a Pinochle
12:00p Lunch
1:00p Yoga with Tatis
1:00p Game Time: Canasta
1:00p Current Events
2:00p Pickle Ball

9:00a Aerobics Video
9:30a Knit & Crochet
10:00a Aerobics Video
10:00a Canasta
10:30a Stress Management
11:00a Yoga (Live & Virtual)
11:00a Tai Chi
12:00p Lunch
12:50p Bingo
1:00p Rejuvenating Exercise
2:00p Game Time: Dominos

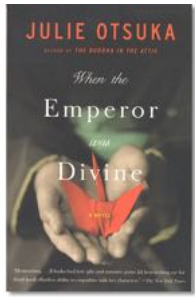
MON 3/11	TUES 3/12	WED 3/13	THURS 3/14	FRI 3/15
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 1:00p Yoga with Tatis 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 10:00a SAIL 10:00a INOVA Blood Pressure Check 10:00a Interm. Conv Spanish 11:00a Yoga (Live & Virtual) 11:00a Adv Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:00p Level 2: Flamenco/Castanets 12:45p Basic Scottish Dance 1:00p Beginner: Flamenco/Fan 1:00p Chair Beach Volleyball 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15a High Beginner's Line Dancing 11:00a Ballroom Dancing 11:30a Virtual Tech Class 1:00p Rejuvenating Exercise 3:00p Cardio Drumming	9:00a Aerobics Video 9:00a Step Prep 10:00a SAIL 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Yoga with Tatis 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 11:00a Yoga (LIVE & V) 11:00a Tai Chi 12:00p St. Patrick's Day Luncheon  12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes
3/18	3/19	3/20	3/21	3/22
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 1:00p Yoga with Tatis 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 9:00a Elder Case Resource 10:00a SAIL 10:00a Interm. Conv Spanish 11:00a Yoga (Live & Virtual) 11:00a Adv Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:00p Level 2: Flamenco/Castanets 12:45p Basic Scottish Dance 1:00p Beginner: Flamenco/Fan 1:00p Book Club 1:00p Chair Beach Volleyball 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15p High Beginner's Line Dancing 11:00a Ballroom Dancing 11:30a Virtual Tech Class 12:00p Lunch 12:30p Movie Day 12:30p Trip to Store (Cocos/Lidl)  1:00p Mindful Meditation 1:00p Rejuvenating Exercise 3:00p Cardio Drumming	9:00a Aerobics Video 9:00a Step Prep 9:00a Medicare Counseling 10:00a SAIL 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Yoga with Tatis 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 11:00a Yoga (LIVE & V) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes
3/25	3/26	3/27	3/28	3/29
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LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact adaptrec@loudoun.gov, 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.

CLASSES/PROGRAMS/ACTIVITIES



Book Club New Time

**3rd Tuesday of the month
at 1pm**

New members always welcome!
The book selection for this month: "When the Emperor was Divine" by Julie Otsuka



Flamenco & Castanets



LEVEL 2: Tuesdays 12:00pm-1:00pm
Beginners: Tuesdays 1:00pm-2:00pm
(must wear Flamenco shoes or support shoes with heels)

Instructor: Nancy Bloomfield

An ongoing practice of traditional folkloric arm and footwork

Current Events Discussion Group

Thursdays at 1pm



Life Transitions Empowerment Group

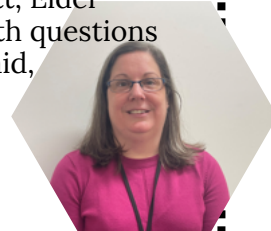
**New Day
and Time**

REGISTRATION REQUIRED
Thursday, March 7 2024
10:30am-11:30am

Enjoy discussions with peers on various topics important to active seniors (eg: relationships, family, health and wellness, finances, dating, etc). Make new friends, improve self-esteem, ward off depression and anxiety, and come up with strategies for a more meaningful life.

Need Assistance?

Schedule an appointment with Erin Nesbitt, Elder Resources Case Manager. She can help with questions regarding housing, transportation, Medicaid, caregiver challenges and more.



1st and 3rd Tuesdays of the month
9am-12pm

ONE-ON-ONE MEDICARE COUNSELING
Thursday, February 22 (9am-12pm)

WHAT WE DO . . .

We provide comprehensive, unbiased Medicare, and related information and assistance.
Sign up to meet with a counselor!

Conversational Spanish

Intermediate Level: Tuesdays (10am- 11am)
Advanced Level: Tuesdays (11am-12pm)

Instructor: 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. New students are always welcome!

Scottish dance



Mondays: 10:30am-11:45am
Tuesdays: 12:45pm and 1:30pm

Basic Scottish Dancing: 12:45pm - 1:30pm
Intermediate Scottish Dancing: 1:30pm - 2:15pm

Exercise your mind, your body, and your smile.

It's social dancing!

Come make new friends!

Do you know about the Grief Table?

*It is located at the lobby
(near the rear exit, next to Multi-purpose Room 2)*

You can find resources related to grief and loss displayed at our grief table. You can also find information regarding members who have passed away in this area. If you have any questions, you can come to the office or email us at cascadesenior@loudoun.gov

CLASSES/PROGRAMS/ACTIVITIES

Chair Beach Ball Volleyball



INTRODUCTION

TUESDAY, MARCH 5

1:00PM

Learn about this fun, friendly and competitive game!

Chair beach ball volleyball is played indoors.

Players sit on chairs and the ball is a beach ball.

NEW!

Monthly Health Seminar Stress Management 101

FRIDAY, MARCH 8

10:30AM

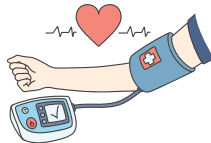
Led by Dr. Linda Silverman

- What is stress?
- Physical manifestations of stress
- Social Readjustment Scale (stress test)
- Types of stress
- Solutions and Management
- Discussion time
- Q & A



Blood Pressure Check

2nd Tuesday of the month
10am-12pm



REJUVENATING EXERCISE

Wednesday & Friday
1:00pm-1:50pm



YOGA with Tatis

Monday & Thursday
1:00pm-1:50pm
Thursday
10:00am-11:00am



Mindful Meditation (in-person)

REGISTRATION REQUIRED

**New Day
and Time**

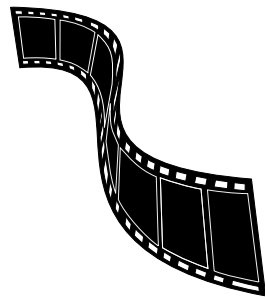
First and Third Wednesday

March 6 and 20 from 1:00-1:45pm

Meditation has been practiced in cultures all over the world for thousands of years to develop intentional focus and minimize random thoughts about the past or future.

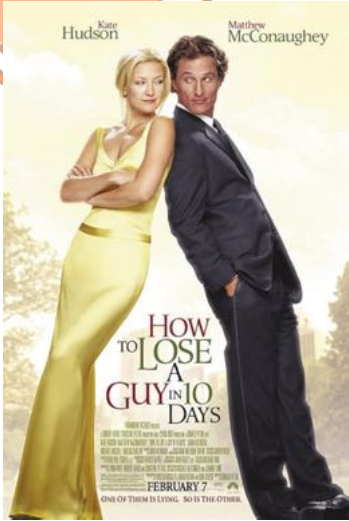


MOVIE DAY



Wednesday, March 20, 2024
12:30pm

Reserve your seat
and free snacks by
signing up at the
office!



How to Lose a Guy in 10 Days

An advice columnist, Andie Anderson (Kate Hudson), tries pushing the boundaries of what she can write about in her new piece about how to get a man to leave you in 10 days. Her editor, Lana (Bebe Neuwirth), loves it, and Andie goes off to find a man she can use for the experiment. Enter executive Ben Berry (Matthew McConaughey), who is so confident in his romantic prowess that he thinks he can make any woman fall in love with him in 10 days. When Andie and Ben meet, their plans backfire.

*Happy
Birthday!*



Join us Wednesday,
March 27, 2024 to
celebrate all who have a
birthday in March.

Enjoy a special treat at lunch, and
special greetings from your Advisory
Board!

*Lunch registration is
required*

VIRTUAL TECH CLASSES

March 6: Playing with Voice
Assistant Echo-Show



March 13: Foreign Language
Instruction Online, Babel, Duolingo

March 20: CarPlay and Android
Auto

March 27: Journaling with Notes or
Simplenote

CALL THE CENTER TO RECIEVE THE
LINK

Cascades Senior Center

ST. PATRICKS DAY LUNCHEON

**FRIDAY, MARCH
15, 2024
12:00PM**

**LIVE CELTIC MUSIC BY
FINN MCCOOL**

**Wear green
for good luck!**

Lunch registration required



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Cascades Senior Center

Women's
HISTORY MONTH



Wednesday, March 20
10:00am

Enjoy the documentary
100 Years of Womens Voting Rights
Stay for a trivia game about the suffrage
movement and see if you can win a prize!



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**Like Us on
Our New
Facebook
Page**



Click Here

Get Connected for
Our Latest News & Updates

Book Club

**New
Time**

Have you read a book lately? Would you like to read and chat about it with a group of friends?

Learn more about the Book Club!

Meet and greet with our members and find out what this month's book read is all about.

New members are welcome!

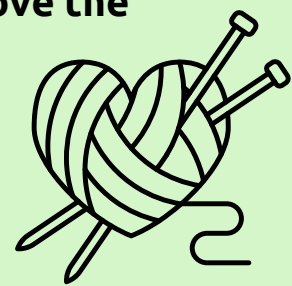
3rd Tuesday of the month at 1pm



Knit & Crochet Items for Sale!

**SALE
SALE
SALE
SALE**

As a reminder to new members and current members alike, the Knit & Crochet Group often sells some of their beautiful handmade items during their regular meetings on Friday mornings, 9:30 to 11:30am. Stop by to see if they have items to sell and check out what is on their table! Inventory goes fast, so get there early. Proceeds benefit the Advisory Board, which supports special events and activities at the center to improve the member experience.



Senior Center Highlights

Pal-entine's Day Celebration



Senior Center Highlights

Sully Visits Cascades



Thank you Amy O'Connor, from Walter Reed National Military Medical Center, for bringing Sully H.W Bush to visit us. Sully served with former President George H.W Bush during the last 6 months of his life. In accordance with President Bush's wishes, as of February 2019, Sully joined the Walter Reed National Military Medical Center's Facility Dog Program in Bethesda, Maryland. Sully was given the Honorary rank of Hospital Corpsman Second Class (HM2).

AARP Foundation®

TAX-AIDE

Free tax assistance for those who need it most

In-Person Federal and Virginia tax return preparation by appointment only beginning February 1, 2024

Loudoun County locations:			Make appointment online or call:
HealthWorks for Northern VA, 163 Fort Evans Road NE, Leesburg VA	Saturday	9:45 am – 1:30 pm	703-829-0394
	Tuesday	6:00 pm – 8:00 pm	
Cascades Library, 21030 Whitfield Place, Sterling, VA	Tuesday	10:00 am - 3:00 pm	240-812-9783
	Thursday	10:00 am - 3:00 pm	
Gum Spring Library, 24600 Millstream Drive, Stone Ridge, VA	Monday	9:30 am – 3:00 pm	240-812-9154
	Tuesday	12:30 pm – 5:00 pm	
Purcellville Library, 220 East Main Street, Purcellville, VA	Tuesday	10:00 am - 2:00 pm	443-530-7871
	Thursday	10:00 am - 2:00 pm	
Falcons Landing, 20522 Falcons Landing Circle, Potomac Falls, VA	Monday	12:45 pm - 5:00 pm	703-404-5179
	Thursday	12:45 pm - 5:00 pm	
		12:45 pm - 5:00 pm	
Sterling Library, 22330 S Sterling Blvd, St. A117, Sterling, VA	Saturday	10:00 am - 3:00 pm	703-651-6410
	Beginning Feb 10		

Appointments: <http://www.taxaideloudoun.org/>

Appointments are required for all tax services. Bring all tax documents, photo ID, and Social Security cards. Intake form available to fill out in advance at Cascades Library. See Taxpayer Checklist on our website.



WEEKEND RETREAT for those with VISION LOSS

You are invited to apply to attend one of Silver BELLS weekend retreat!

The retreat will include discussions and information about technology, home management, travel, and communications to build independence and confidence.. The retreats are scheduled to begin on a Thursday evening and end by 10 a.m. on Sunday.

April 25th through the 28th in Sterling

Requirements:
55 years and older
Experiencing vision loss
Virginia Resident

SPACE IS LIMITED!

Visit <https://www.nfbv.org/silverbells> for more information and a short video. Access the online application directly from the website by clicking on the words highlighted in blue, “Register for the program”, or you can click on this link <https://www.nfbv.org/silverbells-registration>.

If you have any questions or need assistance accessing or completing the online application, contact Sandy Halverson via phone at: 703-400-6890, or by email at: silverbells@nfbv.org. Spaces fill quickly so reserve your spot today!

YOUR CASCADES TEAM

Brenda Davis
Manager

Judith Mangilin
Assistant Manager

Carrie Randolph
Cafe Supervisor

Haley Moore
Recreation Programmer

Teresa dela Vina
Customer Service

Felix Duran
Vehicle Operator

Satish Sharma
Vehicle Operator



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



571-258-3280

Area Agency on Aging
Parks, Recreation & Community
Services



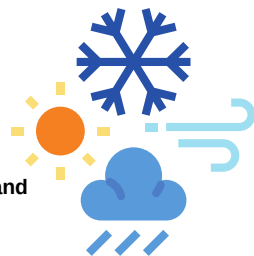
Inclement Weather Operations

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



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