



# CASCADES SENIOR CENTER newsletter

April 2022

## Manager's Note

April is National Poetry Month - one of my favorite poets is . . .

Dr. Maya Angelou was a poet, dancer, singer, activist, and scholar and a world-famous author. She was best known for her unique and pioneering autobiographical writing style.

Enjoy the quotes and poems sprinkled throughout this newsletter and click [here](#) to find out more about the amazing life and work of Dr. Maya Angelou.

*I have learned  
that people will  
forget what you  
said, people will  
forget what you  
did, but people  
will never forget  
how you made  
them feel.*

**Maya Angelou**  
1928-2014



*Photo by Michael Collopy*



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

**LOUDOUN.GOV/PRCS**

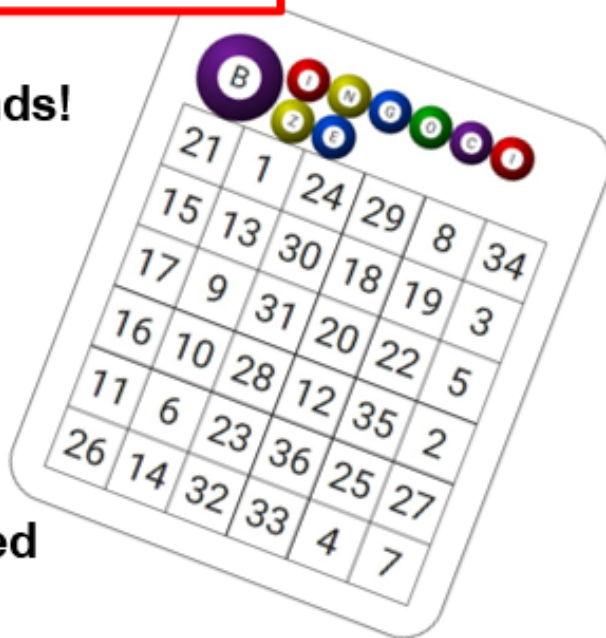
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# JOIN THE FUN! PLAY BINGOCIZE® IN-PERSON OR ON ZOOM Starting April 1



**Bingo + Exercise = Bingocize®**

- Play Bingocize® with friends!
- Learn & Practice *gentle exercises*
- Win prizes!
- Exercise bands, stress balls, bingo cards provided



**First session on April 1** will be to review the game, practice and get ready for the start of the workshop.

**The workshop sessions meet:**

- ✓ In-person at Cascades Senior Center or Zoom Online
- ✓ Wed & Fri, April 6 – June 3
- ✓ 3:00-4:00pm

*Limited space available. Contact the Cascades Senior Center, 571-258-3280, for more information or to register.*



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## The Walking Group is back!

Monday, April 4th at 9:15am



Join us every Monday at 9:15am for a mild  
25-minute walk on even terrain around  
Cascades/Nova Community College.

Please wear comfortable shoes to walk in  
and bring water too.

# April Activity Calendar

## Saturday Schedule

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

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

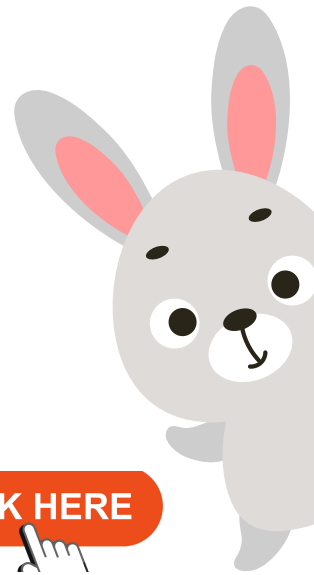
**Open Computer Lab (8:00am-11:30am)**

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

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

**Lunch Menu**

**CLICK HERE**



**FRI  
4/1**

9:00a Aerobics Video  
9:30a Knit & Crochet  
10:00a Aerobics Video  
10:00a Canasta  
10:30a Yoga (V & Live)  
11:00a Tai Chi  
12:00p Lunch  
12:50p Bingo  
1:00p Line Dancing  
Improver/Low  
Intermediate  
2:00p Game Time &  
Bunco  
3:00p Bingocize  
(V & Live)

MON 4/4	TUES 4/5	WED 4/6	THURS 4/7	FRI 4/8
<p>9:00a Aerobics Video</p> <p>9:15a Walking Group</p> <p>9:30a Beginner's Line Dancing</p> <p>10:00a Aerobics Video</p> <p>10:30a Yoga (V)</p> <p>10:30a Scottish Dance</p> <p>12:00p Lunch</p> <p>12:30p Duplicate Bridge</p> <p>12:50p Bingo</p> <p>1:00p Game Time</p> <p>1:30p Crochet Activity</p>	<p>9:00a Aerobics Video</p> <p>10:00a Aerobics Video</p> <p>10:00a Intermediate Conversational Spanish</p> <p>10:30a Yoga (V &amp; Live)</p> <p>11:00a Advanced Conversational Spanish</p> <p>11:00a Beginner's Tai Chi</p> <p>12:00p Lunch</p> <p>12:30p Adv. Ukulele Jam</p> <p>1:15p Beginner's Ukulele</p> <p>2:00p Pickle Ball</p> <p>2:30p Teen Tech (V)</p>	<p>9:00a Aerobics Video</p> <p>10:00a Aerobics Video</p> <p>10:00a Indian Cult'l Group</p> <p>10:00a O'Heck</p> <p>10:00a Ping Pong Tournament</p> <p>10:15a Beginner's Line Dancing</p> <p>10:30a Yoga (V)</p> <p>11:00a Ballroom Dancing</p> <p>12:00p Lunch</p> <p>1:00p Computer Lab Presents: Smartphone Tools</p> <p>1:00p Beginners Spanish II</p> <p>3:00p Bingocize (V &amp; Live)</p> <p>Today's Movie isCancelled</p>	<p>9:00a Aerobics Video</p> <p>9:00a Line Dance Step Prep</p> <p>10:00a Intro to Line Dance</p> <p>10:00a Aerobics Video</p> <p>10:30a Bingo</p> <p>11:00a Pinochle</p> <p>11:00a Zumba</p> <p>12:00p Lunch</p> <p>1:00p Game Time</p> <p>2:00p Current Events</p> <p>2:00p Pickle Ball</p>	<p>9:00a Aerobics Video</p> <p>9:30a Knit &amp; Crochet</p> <p>10:00a Aerobics Video</p> <p>10:00a Canasta</p> <p>10:30a Yoga (V &amp; Live)</p> <p>11:00a Tai Chi</p> <p>12:00p Lunch</p> <p>12:50p Bingo</p> <p>1:00p Line Dancing Improver/Low Intermediate</p> <p>2:00p Game Time</p> <p>3:00p Bingocize (V &amp; Live)</p>

**FREE**  
For Senior Center Members!

**Sterling Playmakers Presents:  
Dirty Work Afoot**

**or**

**The Trials of a Working Girl  
Saturday, 4/30 at 10:00 a.m.  
at the Cascades Senior Center**

<b>MON</b> <b>4/11</b>	<b>TUES</b> <b>4/12</b>	<b>WED</b> <b>4/13</b>	<b>THURS</b> <b>4/14</b>	<b>FRI</b> <b>4/15</b>
<b>9:00a</b> Aerobics Video <b>9:15a</b> Walking Group <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:30a</b> Cultural Spring Fling <b>10:30a</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>No Line Dance Today</b>	<b>9:00a</b> Aerobics Video <b>9:00a</b> <b>INOVA Blood Pressure Check</b> <b>10:00a</b> Aerobics Video <b>10:00a</b> Intermediate Conv. Spanish <b>10:30a</b> Yoga (V & Live) <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>1:15p</b> Beginners Ukulele <b>2:00p</b> Pickle Ball <b>2:30p</b> Teen Tech (V)	<b>9:00a</b> Aerobics Video <b>9:00a</b> <b>CURIO SALE</b> <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> Computer Lab Walk-in Tech <b>1:00p</b> Beginners Spanish II <b>3:00p</b> Bingocize (V & Live)	<b>9:00a</b> Aerobics Video <b>9:00a</b> Line Dance Step Prep <b>10:00a</b> Intro to Line Dance <b>10:00a</b> Aerobics Video <b>10:30a</b> Bingo <b>11:00a</b> Pinochle <b>1:00p</b> Game Time <b>2:00p</b> Current Events <b>2:00p</b> Pickle Ball  No Zumba Today	<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 (V & Live) <b>11:00a</b> Tai Chi <b>12:00p</b> Lunch <b>12:50p</b> Bingo <b>1:00p</b> Line Dancing Improver/Low Intermediate <b>2:00p</b> Game Time <b>3:00p</b> Bingocize (V & Live)
<b>4/18</b>	<b>4/19</b>	<b>4/20</b>	<b>4/21</b>	<b>4/22</b>
<b>9:00a</b> Aerobics Video <b>9:15a</b> Walking Group <b>9:30a</b> Beginner's Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:30a</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 Conv Spanish <b>10:30a</b> Yoga (V & Live) <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>1:15p</b> Beginners Ukulele <b>2:00p</b> Pickle Ball <b>2:00p</b> <b>Book Club</b> (3rd Tuesday Only) <b>2:30p</b> Teen Tech (V)	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cult'l Grp <b>10:00a</b> O'Heck <b>10:00a</b> <b>Nutrition Presentation (Cafe)</b> <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> Computer Lab: MS Word Basics <b>1:00p</b> Beginners Spanish II <b>3:00p</b> Bingocize (V & Live)	<b>9:00a</b> Aerobics Video <b>9:00a</b> Line Dance Step Prep <b>10:00a</b> Intro to Line Dance <b>10:00a</b> Aerobics Video <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 (V & Live) <b>11:00a</b> Tai Chi <b>12:00p</b> Lunch <b>12:50p</b> Bingo <b>1:00p</b> Line Dancing Improver/Low Intermediate <b>2:00p</b> Game Time <b>3:00p</b> Bingocize (V & Live)
<b>4/25</b>	<b>4/26</b>	<b>4/27</b>	<b>4/28</b>	<b>4/29</b>
<b>9:00a</b> Aerobics Video <b>9:15a</b> Walking Group <b>9:30a</b> Beginner's Line Dancing <b>10:00a</b> Aerobics Video <b>10:30a</b> Yoga (V) <b>10:30a</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> <b>INOVA Blood Pressure Check</b> <b>10:00a</b> Aerobics Video <b>10:00a</b> Intermediate Conv Spanish <b>10:30a</b> Yoga (V & Live) <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>1:15p</b> Beginners Ukulele <b>2:00p</b> Pickle Ball <b>2:30p</b> Teen Tech (V)	<b>9:00a</b> Aerobics Video <b>10:00a</b> Aerobics Video <b>10:00a</b> Indian Cult'l 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> Computer Lab: Walk-in Tech help <b>1:00p</b> Beginners Spanish II <b>3:00p</b> Bingocize (V & Live)	<b>9:00a</b> Aerobics Video <b>9:00a</b> Line Dance Step Prep <b>10:00a</b> Intro to Line Dance <b>10:00a</b> Aerobics Video <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 (V & Live) <b>11:00a</b> Tai Chi <b>12:00p</b> Lunch <b>12:50p</b> Bingo <b>1:00p</b> Line Dancing Improver/Low Intermediate <b>2:00p</b> Game Time <b>3:00p</b> Bingocize (V & Live)



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**Sterling Playmakers Play is tomorrow, Saturday, April 30th at 10:00 a.m.**

Free  
Entry

Cascades Senior Center's

# PING PONG Tournament

If you are interested in playing in this co-ed, single elimination tournament, you must contact Paul (571-258-3280) no later than April 5th.

**WEDNESDAY APRIL 6th**  
**10:00am-2:00pm**



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CASCADES SENIOR CENTER PRESENTS

# THE CULTURAL SPRING FLING!

COME SEE THE CASCADES MODELS SHOW OFF  
AN OUTFIT THAT REPRESENTS THEIR CULTURAL  
HERITAGE!

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**MONDAY, APRIL 11**  
**10:30 AM - 12:00 PM**  
**CASCADES SENIOR CENTER CAFE'**

**LUNCH SIGN-UP IS REQUIRED**

INTERESTED MODELS AND ESCORTS SHOULD  
SIGN-UP IN THE OFFICE NO LATER THAN  
THURSDAY APRIL 7th.

SEE PAUL FOR SIGN-UP AND INFORMATION.



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***Need some help?***

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

*Smartphone tools, April 6th*  
*Walk-in Tech, April 13th*  
*Microsoft Word basics, April 20th*  
*Walk-in Tech, April 27th*

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



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*Having courage*

does not mean  
that we are unafraid.

Having courage  
and showing courage  
mean we face our fears.

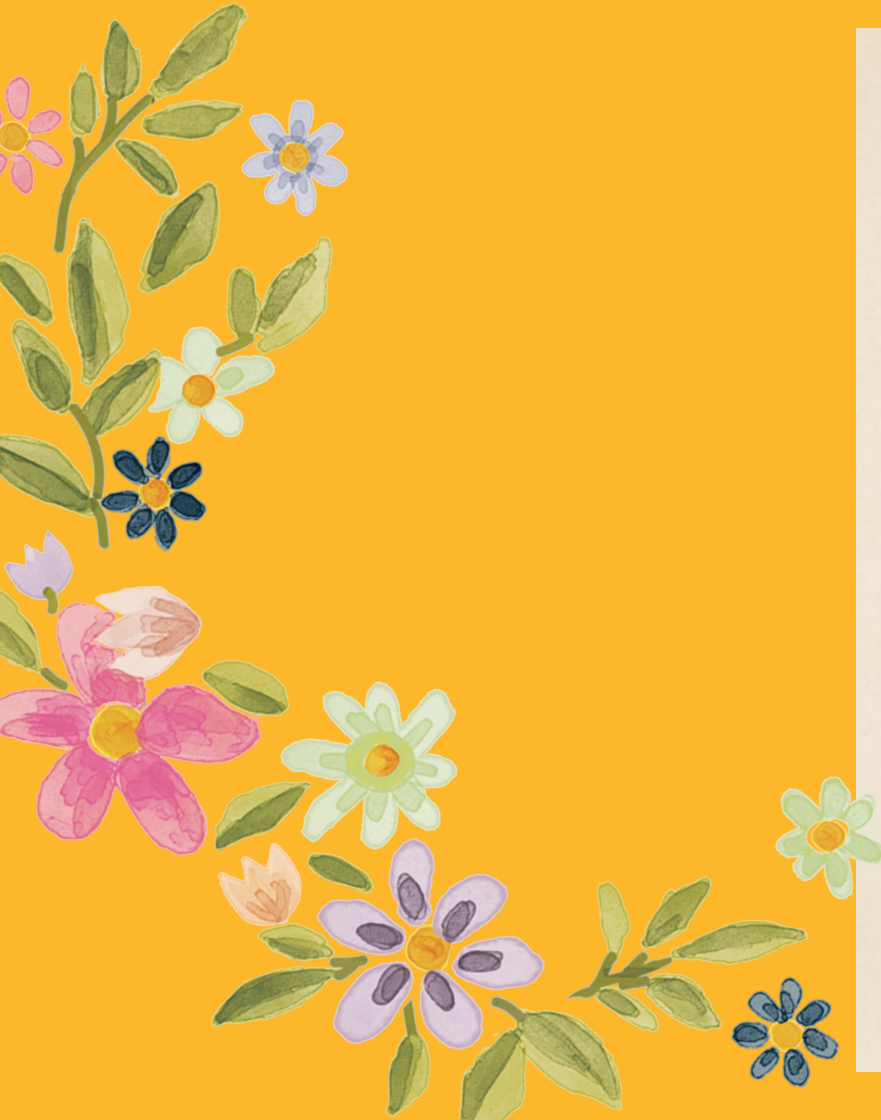
We are able to say,  
*"I have fallen,  
but I will get up."*

MAYA ANGELOU



MAYA ANGELOU  
ALONE

---



"Lying, thinking  
Last night  
How to find my soul a home  
Where water is not thirsty  
And bread loaf is not stone  
I came up with one thing  
And I don't believe I'm wrong  
That nobody,  
But nobody  
Can make it out here alone."

**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.

CASCADES SENIOR CENTER

# CURIO SALE!



From 9am to 11am  
Cascades Senior Center  
Multi Purpose Movie Room

WEDNESDAY APRIL 13TH

GENEROUSLY PRICED ITEMS FOR EVERY  
OCCASION



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# New Line dancing Schedule

Beginner's Line Dancing - Monday's 9:30am

Beginner's Line Dancing - Wednesday's 10:15am,

Line Dance Step Prep - Thursday's 9:00am

Intro to Line Dancing - Thursday's 10:00am

Line Dancing Improver Low Maintenance -  
Friday's, 1:00pm



# TRIP TO STORE



**APRIL 6**

**WALMART**

**APRIL 20**

**LIDL & COCOS**

**REGISTRATION REQUIRED**

**BUS LEAVES AT 12:30 PM**



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 **Sterling Playmakers** PRESENTS

A Non-Profit Community Theatre Group in Partnership  
with LCPRCS - Sterling Community Center

# DIRTY WORK AFOOT

OR  
**THE TRIALS OF  
A WORKING GIRL**



Written by  
Terry Nelson DiMurro  
and Jerry Starks

Produced by  
Lora Buckman  
and Angela Hepola

Directed by  
Terry Nelson DiMurro

**Saturday,  
April 30<sup>th</sup>  
10:00am**

Loudoun County Senior Center  
at Cascades  
21060 Whitfield Pl., Sterling, VA 20165

***FREE PERFORMANCE FOR SENIOR  
CENTER MEMBERS!***

**One Show only!  
Cascades Senior Center Café**



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## *On Aging*

When you see me sitting quietly,  
Like a sack left on the shelf,  
Don't think I need your chattering.  
I'm listening to myself.  
Hold! Stop! Don't pity me!  
Hold! Stop your sympathy!  
Understanding if you got it,  
Otherwise I'll do without it!

When my bones are stiff and aching  
And my feet won't climb the stair,  
I will only ask one favor:  
Don't bring me no rocking chair.

When you see me walking, stumbling,  
Don't study and get it wrong.  
'Cause tired don't mean lazy  
And every goodbye ain't gone.  
I'm the same person I was back then,  
A little less hair, a little less chin,  
A lot less lungs and much less wind.  
But ain't I lucky I can still breathe in.



**Maya Angelou**

# ONE RING "WANGIRI" PHONE SCAM



**IF YOUR PHONE RINGS ONCE AND  
NOT AGAIN.....**

**DO NOT CALL BACK**

**DO NOT ANSWER ANY CALLS FROM  
NUMBERS YOU DON'T RECOGNIZE**

**INTERNATIONAL CALL RATES MAY BE  
CHARGED IF YOU CALL BACK**

**THIS IS A SCAM**

**LOUDOUN COUNTY  
SHERIFF'S OFFICE  
CRIME PREVENTION UNIT**  
[SHERIFFS\\_CRIME\\_PREVENTION@LOUDOUN.GOV](mailto:SHERIFFS_CRIME_PREVENTION@LOUDOUN.GOV)



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# Caged Bird

## By Maya Angelou

A free bird leaps  
on the back of the wind  
and floats downstream  
till the current ends  
and dips his wing  
in the orange sun rays  
and dares to claim the sky.

But a bird that stalks  
down his narrow cage  
can seldom see through  
his bars of rage  
his wings are clipped and  
his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill  
for the caged bird  
sings of freedom.



The free bird thinks  
of another breeze  
and the trade winds soft  
through the sighing trees  
and the fat works waiting  
on a dawn bright lawn  
and he names the sky his own.

But a caged bird stands  
on the grave of dreams  
his shadow shouts  
on a nightmare scream  
his wings are clipped and  
his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill  
for the caged bird  
sings of freedom.



**CLICK HERE** to go  
to our Facebook  
Page. Then click  
"join."



join us on  
**facebook**

## **Why join the Cascades Senior Center Facebook page?**

- 1) If you missed an event, you can see the latest pictures and download your favorites.**
- 2) See videos that you can't see in the e-newsletter.**
- 3) You'll be alerted to the newest posting of information.**
- 4) Get instant access to your friends, so you can meet up at the senior center for activities.**
- 5) It's free!**

# What's Happening at Cascades Senior Center?



Be sure to check the Events Board in the hallway for special events or presentations going on throughout the month.



Thank you to Deputy Ethan Martin of the Loudoun County Sheriff's Department for his in-depth presentation on the local scams hitting our area and the best ways to protect ourselves.

And thank you to Anne Marie Chiriesion for her presentation about the Dutton sisters of Waterford in observance of Women's History Month.



## St. Patrick's Day Celebration with Irish Dancers!



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# Still I Rise

**Maya Angelou, 1928-2014**

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.





# Honor Flight is Back!

Honor Flight - Top of Virginia will be honoring local WWII, Korea, and Vietnam-era Veterans with a bus trip to DC to see their memorials on **Saturday, May 14** at Ashburn Senior Center. Any Veteran who served prior to 1975 is eligible to participate. There is absolutely no cost to the Veteran, Honor Flight simply wants to honor Veterans for their service.



Sites visited include WWII, Korea, and Vietnam Memorials, the Air Force and Marine Corps Memorials, and special access to the Changing of the Guard at Arlington National Cemetery.

Lunch and dinner are provided, again at no cost. To reserve a seat, please fill out the Veteran application that can be found on their website:

<https://www.honorflight-tov.org/forms>, or if you would prefer a paper application, please call and request one. The deadline to register is April 14. Please don't hesitate to reach out by calling 540-692-9197 if you have any questions.



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# SMOKED SALMON EGG BITES

*Kitchen  
Corner*

## INGREDIENTS

<input type="checkbox"/>	8 large eggs
<input type="checkbox"/>	1/2 cup milk
<input type="checkbox"/>	2 tablespoons fresh dill, minced
<input type="checkbox"/>	2 cups packed spinach, destemmed
<input type="checkbox"/>	3-4 mushrooms (you can customize these to your favorite veggies!)
<input type="checkbox"/>	1/2 shallot, finely minced
<input type="checkbox"/>	5 oz. smoked salmon filet, pulled apart into small pieces
<input type="checkbox"/>	1/4 cup cream cheese



## INSTRUCTIONS

1. Preheat the oven to 350°F and spray a nonstick muffin tin with cooking spray. Crack eggs into a medium size bowl and whisk. Add milk and dill to eggs and whisk until combined. Set aside.
2. Evenly distribute spinach, shallot, mushrooms and smoked salmon into each of the muffins.
3. Next, fill each muffin about 3/4 of the way with the egg mixture and then dollop a small amount of cream cheese into each. Stir so that everything is combined.
4. Place muffin pan into the oven and bake at 350°F for approx. 17 minutes. Remove from the oven and let cool. Remove each muffin from the tin and serve!



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

**LOUDOUN.GOV/PRCS**

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

# 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

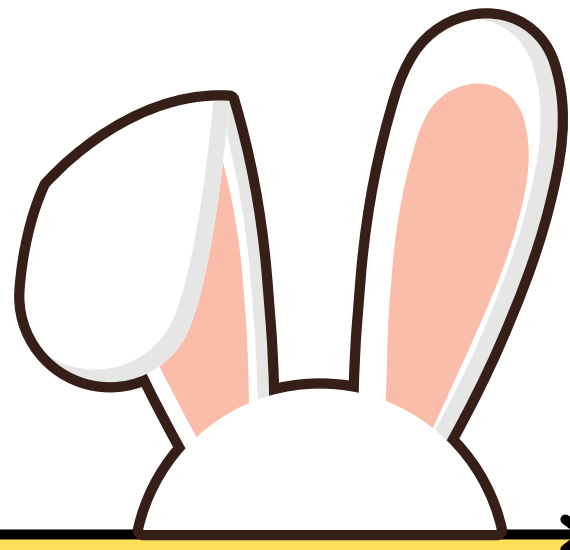


**The Senior Center at Cascades  
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**Area Agency on Aging  
Parks, Recreation & Community  
Services**



**CASCADES  
SENIOR CENTER**

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