

CASCADES SENIOR CENTER

newsletter

AUGUST 2022

Calling All Artists & Crafters! SAVE THE DATE!



The annual Cascades Arts & Crafts Fair is scheduled for Saturday, October 29 from 9am-3pm. Vendors are invited to send in an application for their spaces early as spaces fill up fast! The Arts & Crafts Fair will be both indoor and outdoor this year and live music will be performed inside the building.

All Arts & Crafts sold at the Fair must be handmade by the vendor.

Click [here](#) for more information and an application.



SENIOR TRIPS REGISTRATION

Wednesday

August 10

9:00 am

in-person or online

TRIP TO STORE

AUG 10 WALMART
AUG 24 COCOS/LIDL

• BUS LEAVES AT 12:30 pm •

Registration
Required



What does the Advisory Board do for you?

The Cascades Senior Center Advisory Board works with the center staff to plan, develop, fund and implement center activities.

You may have already participated in some of the board's efforts, such as:

Raffles and bake sales
Curio Cabinet sales

Annual Arts & Crafts Fair
(scheduled this year for
October 29!)

Member Donations
(sometimes in honor or in
memory of someone)

All of the funds raised at these special events go toward supporting Senior Center activities and programs:

- *Performers, music, décor, prizes and/or refreshments for Mardi Gras, Valentine's Day, St. Patrick's Day, Independence Day
- *Awards for Ping Pong, Corn Hole and flowers for models at Spring Fling
- *Stipends for presentations for African American & Women's History Months
- *Funding of yarn for Knit & Crochet group to create hats, scarves, blankets, etc., for local charities and patients in the local hospital.

If you've attended any of these activities or programs, you've benefitted from the work of your Advisory Board!

Upcoming board sponsored events in 2022 include the Ice Cream Social, End of Summer Party, Pickle Ball Tournament, Halloween Party, Veterans Day Program, Thanksgiving Lunch, Holiday Party and New Year's Eve Party.

Meet your Advisory Board members!

Executive Committee:

Cary Osborne, President
Brenda Black, Vice President
Alison Imbriaco, Secretary
Albert Piesco, Treasurer

Members at-large:

Sonia Ballinger
Sandi Buchspics
Larry Eskridge
Zif Saif
Jeff Warren

Non-Voting Members:

Brenda Davis,
Cascades Senior Center
Manager
Susan Pease, Senior Housing
Rep (Falcons Landing)

Interested in joining the fun and serving on the Advisory Board? Visit the Advisory Board [website](#) to learn more and apply for a position on the board.



August 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

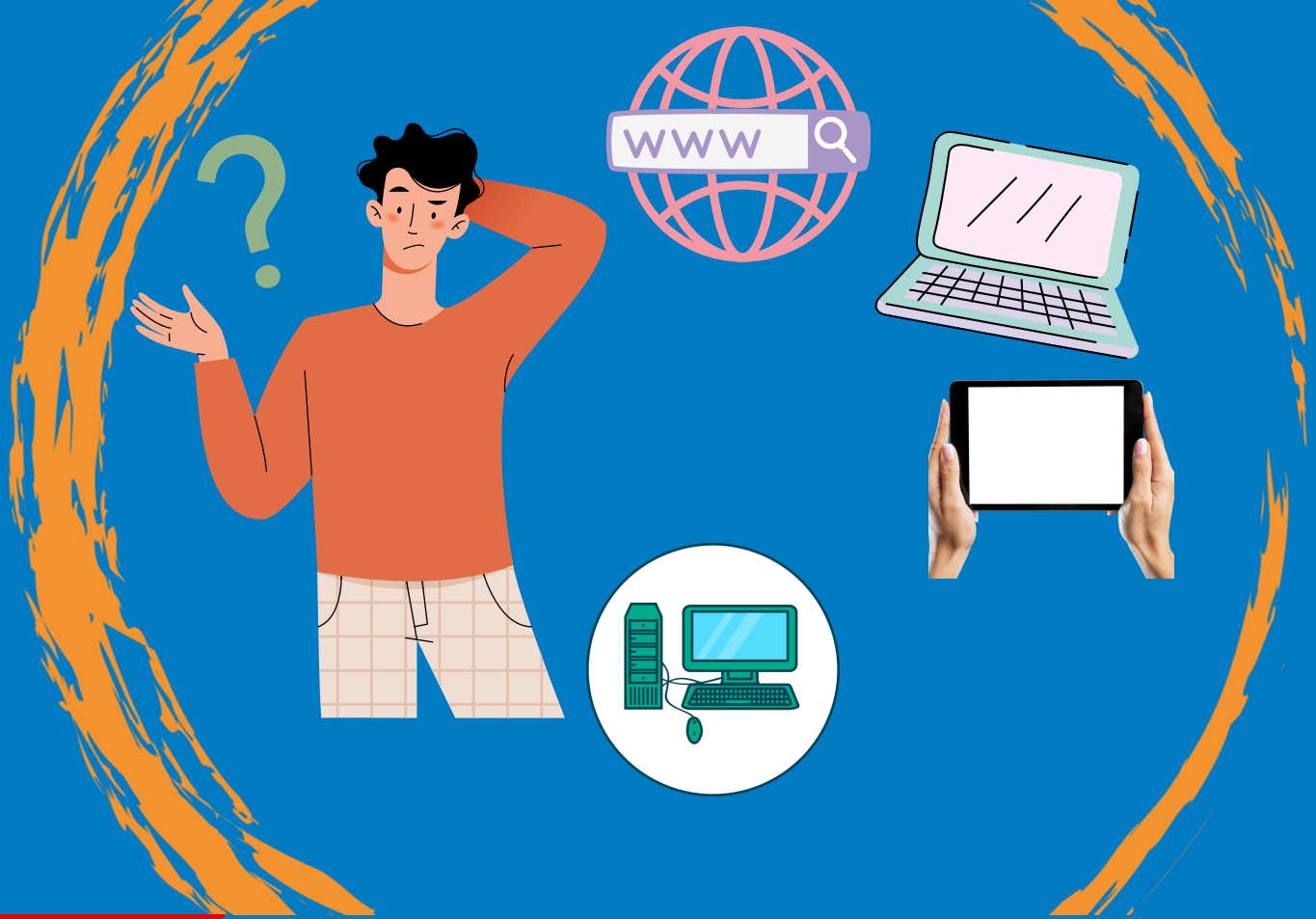
CLICK HERE



8/1	8/2	8/3	8/4	8/5
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Yoga (V) 10:30a Scottish Dance 10:30a ESL 12:00p Lunch 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 9:00a Elder Resource Case Manager 10:00a Aerobics Video 10:00a Intermediate Conversational Spanish 10:30a Yoga (V) 11:00a Advanced Conversational Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:45p Scottish Dance 2:00p Pickle Ball 2:30p Teen Tech (V)	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:00a Indian Cult'l Group 10:15a Beginner's Line Dancing 10:30a Yoga (V) 11:00a Ballroom Dancing 12:00p Lunch 12:30p Movie Day	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a Aerobics Video 10:30a Bingo 11:00a Pinochle 12:00p Lunch 12:30p Computer Tech Help 1:00p Game Time 2:00p Current Events 2:00p Pickle Ball 3:00p Learn Mandarin (V)	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga (V) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Line Dancing Improver/Low Intermediate 2:00p Game Time
8/8	8/9	8/10	8/11	8/12
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Yoga (V) 10:30a Scottish Dance 10:30a ESL 12:00p Lunch 12:30p Duplicate Bridge 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 (V) 11:00a Advanced Conversational Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:45p Scottish Dance 2:00p Pickle Ball 2:30p Teen Tech (V)	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:00a Indian Cult'l Group 10:15a Beginner's Line Dancing 10:30a Yoga (V) 11:00a Ballroom Dancing 12:00p Lunch 12:30p Ice Cream Social & Karaoke 12:30p Movie Day 12:30p Trip to Store (Walmart) SENIOR TRIPS REGISTRATION STARTS AT 9:00 am	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a Aerobics Video 10:30a Bingo 11:00a Pinochle 12:00p Lunch 12:30p Computer Tech Help 1:00p Game Time 2:00p Current Events 2:00p Pickle Ball 3:00p Learn Mandarin (V)	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga (V) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Line Dancing Improver/Low Intermediate 2:00p Game Time

MON 8/15	TUES 8/16	WED 8/17	THURS 8/18	FRI 8/19
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Yoga (V) 10:30a Scottish Dance 10:30a ESL 11:00a Cardio Drumming 12:00p Lunch 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 9:00a Elder Resource Case Manager 10:00a Aerobics Video 10:00a Interm. Conv Spanish 10:30a Yoga (V) 11:00a Adv. Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:45p Scottish Dance 1:00p Intro to Acting/Theater Class 2:00p Pickle Ball 2:00p Book Club	9:00a Aerobics Video 9:00a CURIO SALE 10:00a Aerobics Video 10:00a Indian Cult'l Grp 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga (V) 11:00a Ballroom Dancing 12:00p Lunch 12:30p Movie Day	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a Aerobics Video 10:30a Bingo 11:00a Pinochle 12:00p Lunch 12:30p Computer Tech Help 1:00p Game Time 2:00p Current Events 2:00p Pickle Ball 3:00p Learn Mandarin(V)	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga (V) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Line Dancing Improver/Low Intermediate 2:00p Game Time
8/22	8/23	8/24	8/25	8/26
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8/29	8/30	8/31		
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NEW

Schedule for Computer Tech Help

Mike our volunteer computer tech guru is offering 30 minute,
one-on-one computer help for our members on:

Thursdays, between 12:30pm-2:30pm

These are one-on-one sessions. Mike can help you with tablet
and smart phone issues as well. Must sign-up in advance.

Call the senior center at 571-258-3280.



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

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

NEW

Introducing Cardio Drumming

Mondays at 11 am
Starting August 15th

Please sign up in the office
to reserve your spot
Space limited



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New Class!

English as a Second Language Class will be Monday's at 10:30am starting August 1st.

La clase de inglés como segundo idioma será los lunes a las 10:30 am a partir del 1 de agosto.

从 8 月 1 日开始，英语作为第二语言课程将于周一上午 10:30 上课。

ਦੂਜੀ ਭਾਸ਼ਾ ਦੇ ਤੌਰ 'ਤੇ ਅੰਗਰੇਜ਼ੀ ਦੀ ਕਲਾਸ ਸੋਮਵਾਰ ਨੂੰ 1 ਅਗਸਤ ਤੋਂ ਸਵੇਰੇ 10:30 ਵਜੇ ਹੋਵੇਗੀ।

کلاس زبان انگلیسی به عنوان زبان دوم از اول
آگوست دوشنبه
ساعت 10:30 صبح خواهد بود.



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ONGOING EDUCATION

AT CASCADES SENIOR CENTER

- **Coming in October!** Beginning Spanish I
- **Coming this Fall!** Beginner's Ukulele'
- **New for August!** ESL (English as a Second Language): Mondays at 10:30am
- **Crochet Activity:** Mondays at 1:30pm
- **Conversational Spanish:** Tuesdays at 10:00am & 11:00am
- **Computer Tech Help:** Thursdays at 12:30pm (call for appointment)
- **Informative Presentations:** check your e-newsletter for times and dates



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CASCADES SENIOR CENTER PRESENTS

Introduction to Acting/Theater Class for beginners!

Tuesday, August 16th at 1:00pm

About the instructor: Liz Mykietyn is an original member of the Sterling Playmakers Community Theater Group and she has directed several shows with local community theater groups. Liz has taught theater locally with Stagecoach and Farmwell Station Middle School.

Sign-up is required for this one time class.

Call 571-258-3280 to reserve your spot.

Depending on interest, this may become an ongoing course.



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CASCADES SENIOR CENTER'S

ICE CREAM SOCIAL & HOME-STYLE KARAOKE

WEDNESDAY, AUGUST 10TH

12:30pm-1:30pm

MUST SIGN UP IN THE OFFICE



**WE ALL
SCREAM FOR
ICE CREAM**

Bring a friend to this free event!



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CASCADES SENIOR CENTER'S

CURIO SALE!



WEDNESDAY AUGUST 17

9:00am-11:30AM

In the Multi-purpose room



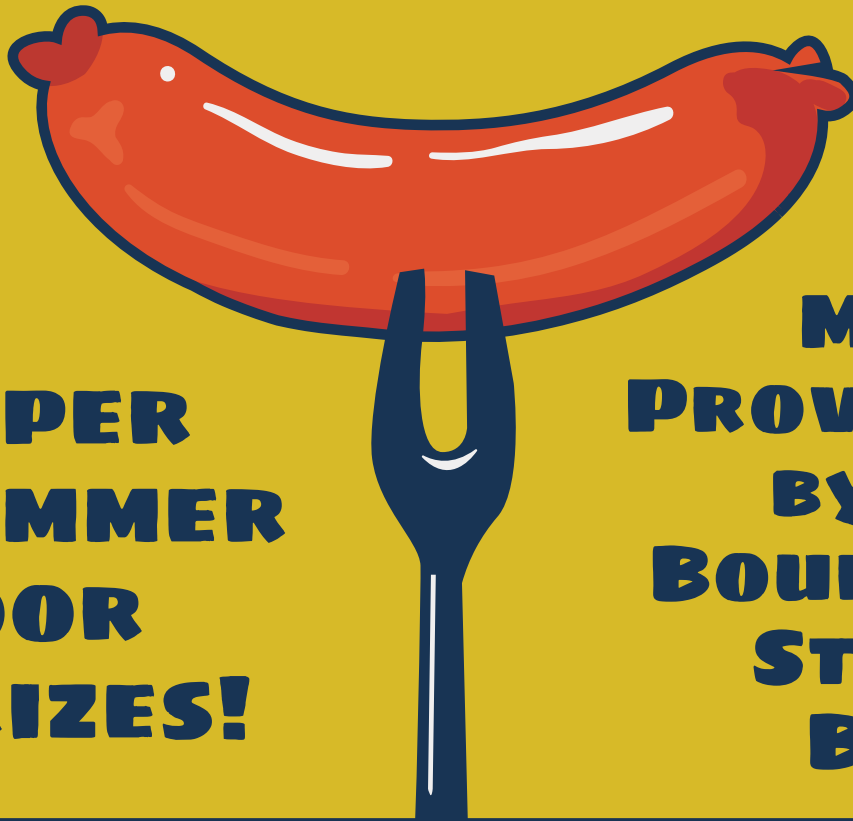
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CASCADES SENIOR CENTER'S
END OF SUMMER BBQ
Party

SPONSORED BY THE CASCADES
SENIOR CENTER ADVISORY
BOARD



**SUPER
SUMMER
DOOR
PRIZES!**

**MUSIC
PROVIDED
BY THE
BOURBON
STREET
BOYS!**

WEDNESDAY, AUGUST 24TH

12:00PM-1:30PM

LUNCH SIGN-UP IS REQUIRED



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NEW

Virtual Class: Beginning Spanish I

This fun 10-session Zoom course is for new student or anyone who needs a refresher.

Cost is \$21 for senior center members
\$41 for non-members

Students must purchase a textbook (\$20)
Instructor is Lea Nigon
Minimum 8 students for class to proceed



**Virtual Zoom class time:
Tuesdays 1:00pm-2:15pm
October 4th-December 13th**

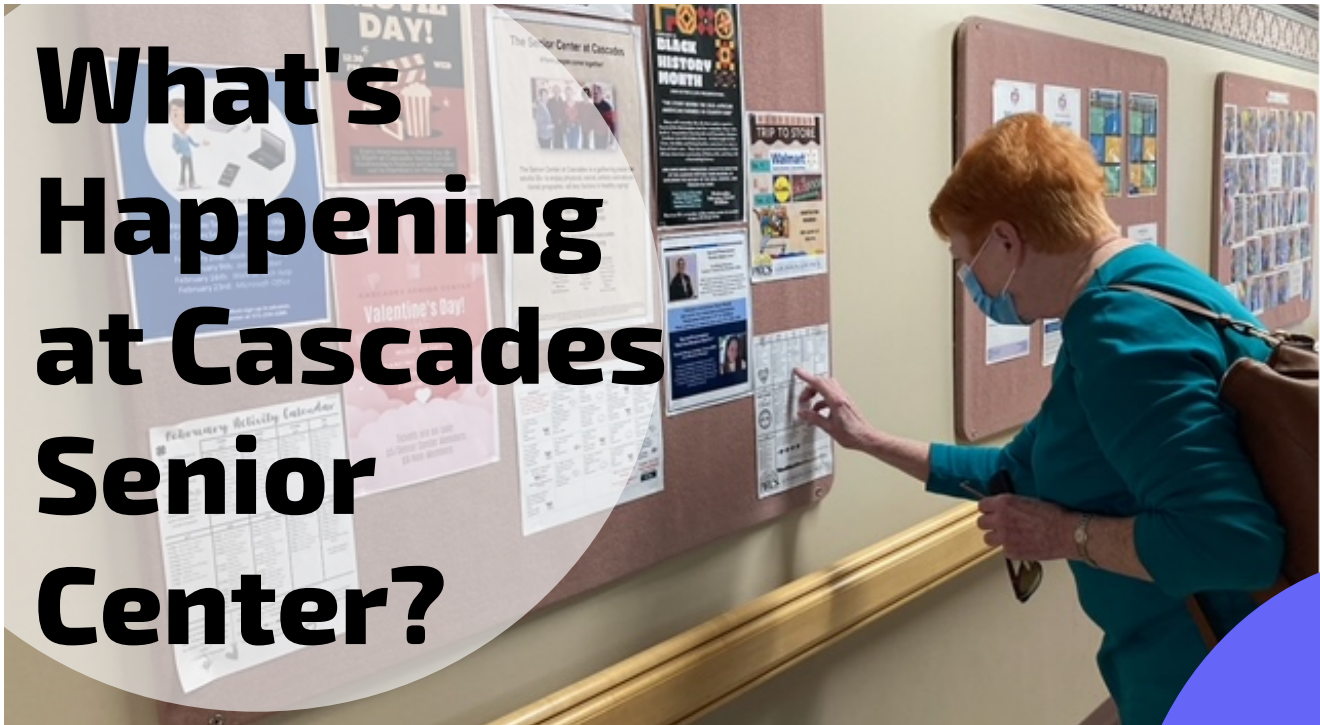


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What's Happening at Cascades Senior Center?



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



Thanks to Lisa and Lynn from the Loudoun County Health Department for administering free Covid-19 boosters and vaccinations here at the senior center.

And thanks to Amanda from Habitat for Humanity for her presentation regarding Habitat's Home Repair Program. It was very informative.



VOLUNTEER SPOTLIGHT

What are your volunteer duties for Cascades Senior Center?

I volunteered in the kitchen for a while until my health didn't allow me to anymore. Now I am the teacher for the ukulele classes. We have a ukulele program that includes all of the nearby senior centers

How did you first find out about Cascades Senior Center?

I heard about the senior center in 2005 when I retired. They offered bingo so I signed up to play.

When did you move to this area?

I moved to Sterling in 1995 from Herndon. We love this area.

What was your first car?

My first car was a white Volkswagen Dasher. It was a lemon!

Which invention from your lifetime are you most amazed by?

My favorite technology is Waze. I never get lost when I use it.

What was your favorite movie when you were younger?

I enjoy anything with John Wayne. Those are my favorite movies.

What was your first job?

My first job was at my grade school thru the work program. I pulled weeds and cleaned the boys and girls bathrooms.

What are the most important lessons in life?

I think the most important lessons I have learned in life is to respect your seniors because they have more living experiences and good work ethics.

What life advice would you pass along?

My advice is to be good to others and listen to what they say.

J O A N I E





SHINING STAR

CONNIE CHON

The Cascades Senior Center Advisory Board would like to recognize Connie Chon for having the highest attendance at the center during the month of June. Thank you Connie for being such an active member at the center. We appreciate you and celebrate you!

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
21060 Whitfield Place
Sterling, VA 20165

 **571-258-3280**

Area Agency on Aging
Parks, Recreation & Community
Services



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