

CASCADES SENIOR CENTER

newsletter

APRIL 2023

Manager's Note

Membership Fee Increase

The Loudoun County Senior Center membership fees will be increased in 2023. Beginning July 1, membership fees will go from \$32 to \$36 for people who live in Loudoun County. For those who live outside Loudoun County, membership fees will go from \$48 to \$54.

To find out when your membership is due for renewal, contact your local senior center office. If you have questions or concerns about the increase, please contact your senior center manager.



Knit & Crochet Donates to New Community Groups

The Cascades Knit & Crochet group has adopted two new community organizations to receive their handmade items.

Knitted afghans, cuddle loveys, and octopi were dropped off at Loudoun County Sheriff's Office (Eastern Loudoun Station) for comforting children suffering from trauma at the **Sheriff's Care Room** in Leesburg.

Julie Dixon, volunteer coordinator at **Capital Caring Health Hospice** facility (pictured on left), accepts donations of lap afghan, caps, and octopi for their patients.



ATTENTION

**Yard Sale and Vendor Fair
on April 22 CANCELLED**



**NEW FEES
IN 2023**

LOUDOUN COUNTY SENIOR CENTER MEMBERSHIP FEE ADJUSTMENT

**NEW SENIOR
CENTER ANNUAL
MEMBERSHIP
FEES**

\$ 3 6

COUNTY RESIDENTS

\$ 5 4

OUT OF COUNTY

EFFECTIVE DATE ***JULY 1, 2023***

TO FIND OUT WHEN YOUR MEMBERSHIP IS DUE FOR RENEWAL, CONTACT YOUR LOCAL SENIOR CENTER OFFICE. IF YOU HAVE QUESTIONS OR CONCERNS ABOUT THE INCREASE, PLEASE CONTACT YOUR SENIOR CENTER MANAGER.



April Activity Calendar



Trip to the Store

WALMART 4/5
COCOS/LIDL 4/19 
REGISTRATION REQUIRED

• BUS LEAVES AT 12:30 pm •

Lunch Menu

CLICK HERE 

MON
4/3

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

TUES
4/4

9:00a Aerobics Video
 9:00a Elder Case
 Resource Manager
 10:00a Interm. Conv Spanish
 10:30a Yoga (Virtual)
 11:00a Adv. Conv Spanish
 11:00a Beginner's Tai Chi
 12:00p Lunch
 12:15p Castanets
 12:45p Flamenco Dance
 12:45p Scottish Dance
 1:00p Mindful Meditation
 1:15p Beginning Spanish II
 2:00p Pickle Ball

WED
4/5

9:00a Aerobics Video
 10:00a Aerobics Video
 10:00a O'Heck
 10:15a Beginner's Line
 Dancing
 10:30a Yoga (Virtual)
 11:00a Ballroom Dancing
 12:00p Lunch
 12:30p Trip to Store
 (Walmart)

THURS
4/6

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

NO ZUMBA TODAY
4/6

FRI
4/7

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

4/10

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

4/11

9:00a Aerobics Video
 10:00a SAIL
 10:00a Interm. Conv.
 Spanish
 10:30a Yoga (Virtual)
 11:00a Adv. Conv Spanish
 11:00a Beginner's Tai Chi
 12:00p Lunch
 12:15p Castanets
 12:45p Flamenco Dance
 12:45p Scottish Dance
 1:15p Beginning Spanish II
 2:00p Pickle Ball

4/12

9:00a Aerobics Video
 9:00a AARP Driver
 Safety Course
 10:00a Aerobics Video
 10:00a O'Heck
 10:15a Beginner's Line
 Dancing
 11:00a Ballroom Dancing
 12:00p Lunch
 1:00p Computer Tech
 Class

NO YOGA TODAY
4/12

4/13

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

NO ZUMBA TODAY
4/13

4/14

9:00a Aerobics Video
 9:30a Knit & Crochet
 10:00a Aerobics Video
 10:00a Canasta
 11:00a Tai Chi
 12:00p Lunch
 12:50p Bingo
 2:00p Game Time:
 Dominoes

NO YOGA TODAY
4/14

MON 4/17	TUES 4/18	WED 4/19	THURS 4/20	FRI 4/21
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Bingo 10:30a Yoga (Virtual) 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 9:00a Elder Case Resource Manager 10:00a SAIL 10:00a Interm. Conv Spanish 10:30a Yoga (LIVE & V) 11:00a Adv. Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:15p Castanets 12:45p Flamenco Dance 12:45p Scottish Dance 1:00p Mindful Meditation 1:15p Beginning Spanish II 2:00p Pickle Ball 2:00p Book Club	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:00a Hearing Screenings 10:15a Beginner's Line Dancing 10:30a Yoga (Virtual) 10:30a Container Gardening 11:00a Ballroom Dancing 12:00p Lunch 12:30p Trip to Store (Cocos/Lidl) 12:30p Movie Day 1:00p Computer Tech Class	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a SAIL 10:30a Bingo 11:00a Pinochle 11:00a Zumba Gold 12:00p Lunch 1:00p Game Time: Canasta 2:00p Current Events 2:00p Pickle Ball	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 2:00p Game Time: Dominoes
4/24	4/25	4/26	4/27	4/28
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Bingo 10:30a Yoga (Virtual) 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 10:00a INOVA Blood Pressure Check 10:00a SAIL 10:00a Interm. Conv Spanish 10:30a Yoga (LIVE & V) 11:00a Adv. Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:15p Castanets 12:45p Flamenco Dance 12:45p Scottish Dance 1:00p Arts & Crafts Activity 1:15p Beginning Spanish II 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga (Virtual) 10:30a Spring Cultural Talent Show 11:00a Ballroom Dancing 12:00p Lunch & Birthday Celebration 1:00p Computer Tech Class	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a SAIL 10:30a Bingo 11:00a Pinochle 11:00a Zumba Gold 12:00p Lunch 1:00p Game Time: Canasta 2:00p Current Events 2:00p Pickle Ball	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 2:00p Game Time: Dominoes

This month's movie:

Shall We Dance?

A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons.

April 19 at 12:30pm



Saturday Schedule

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

Open Computer Lab (8:00a-11:30a)

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

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

Knit & Crochet Class (9:30am-11:00am)

4/8/2023 Life Transitions

Empowerment Group

(10:30am-11:45am)



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

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

CLASSES/PROGRAMS/ACTIVITIES

Castanets



Tuesdays
12:15pm-12:45pm

Instructor:
Nancy Bloomfield

An ongoing practice of basic Spanish dance steps!

Zumba Gold

Thursdays
11:00am-12pm



Instructor: Vivian Monroe

Fee per class: \$10/member \$13/Non-Member

3rd Tuesday of the month at 2pm

New members always welcome!

The book this month is:
The Hundred Foot Journey
by Richard C. Morais



Bunco

1st Friday of the month at 2pm



Need Assistance?

Schedule an appointment with Lori Stahl, 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

Flamenco

Tuesdays 12:45pm-1:45pm

Instructor: Nancy Bloomfield

An ongoing practice of traditional folkloric arm and footwork



ATTENTION:



If you are interested in joining a Friday Flamenco class from 1pm-2pm, please sign-up in the office. Spots are limited! Hurry and sign-up!

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!



Mondays
10:00am-11am

Crochet Activity

Mondays 1:30pm-2:30pm

Instructor: Sandi Wickham



Health Programs



The purpose of the free screening is to see if you could benefit from an evaluation by an audiologist. NVRC is a non-profit. Hearing Screenings take approximately 30 minutes. Limited number of seats available.

To sign up, please contact 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

Mindful Meditation (New Group!)

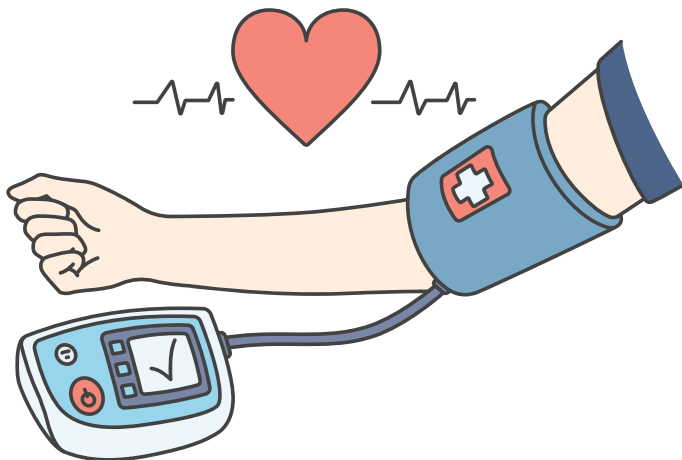
Meditation has been practiced in cultures all over the world for thousands of years to develop intentional focus and minimize random thoughts about the past or future.

This NEW group will be offered on the **April (4 & 18) from 1:00-1:45pm**
Sign-up is recommended, but walk-ins are welcome.



Blood Pressure Check

2nd and 4th Tuesdays of the month
10am-12pm



Life Transitions Empowerment Group

2nd Saturday of the month
April 8
10:30am-11:45am

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.



Container Gardening

**Wednesday, April 19, 2023
at 10:30am**

Container gardening presentation

Join the Loudoun County Master
Gardeners as they give a
presentation on container gardening

Multiple chances to win door prizes!

Door prizes include a container garden starter
kit.

**All participants
receive seeds to start
their own garden**



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Cascades Senior Center Spring Cultural Talent Show

Wednesday, April 26, 2023
at 10:30am

Enjoy Performances from the Flamenco, Castanets,
Scottish Dance and Ukulele groups.



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Earth Day Arts & Crafts Activity

Tuesday, April 25 at 1:00pm

Join Sarah to paint your own flower pot
All are welcomed

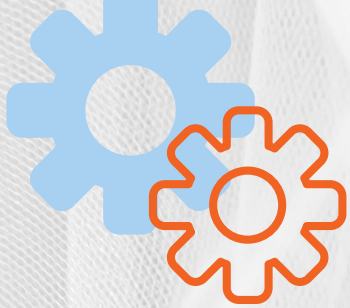
Space is limited. Sign up is required.

Bring an old shirt or smock to paint in



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TECH CLASSES



Instructor: Mike Fitzsimmon

Wednesday, April 5, 2023 (1:00pm-2:30pm)

Introduction to artificial intelligence ChatCBT



Wednesday, April 12, 2023 (1:00pm-2:30pm)

Introduction to Apple Watch

Wednesday, April 19, 2023 (1:00pm-2:30pm)

World of Google

Wednesday, April 26, 2023 (1:00pm-2:30pm)

Microsoft Office



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Driver Safety



Wednesday, April 12, 2023

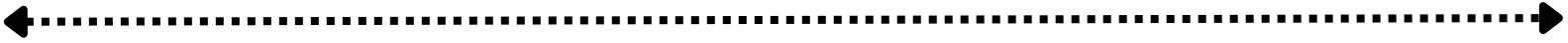
From 9:00am - 5:00pm

AARP members: \$20

Non AARP members: \$25

Free to AARP UHC Medicare Supplemental insurance holders

Space is limited. Sign up is required.

A cluster of colorful balloons (pink, yellow, purple, green, blue) and multi-colored confetti stars on the left side of the page.

Happy Birthday!

A long, flowing yellow ribbon that starts near the 'Happy Birthday!' text and curves down towards the bottom right corner of the page.

Join us Wednesday, April 26, 2023 to
celebrate all who have a birthday in April.

ENJOY A SPECIAL TREAT DURING LUNCH!

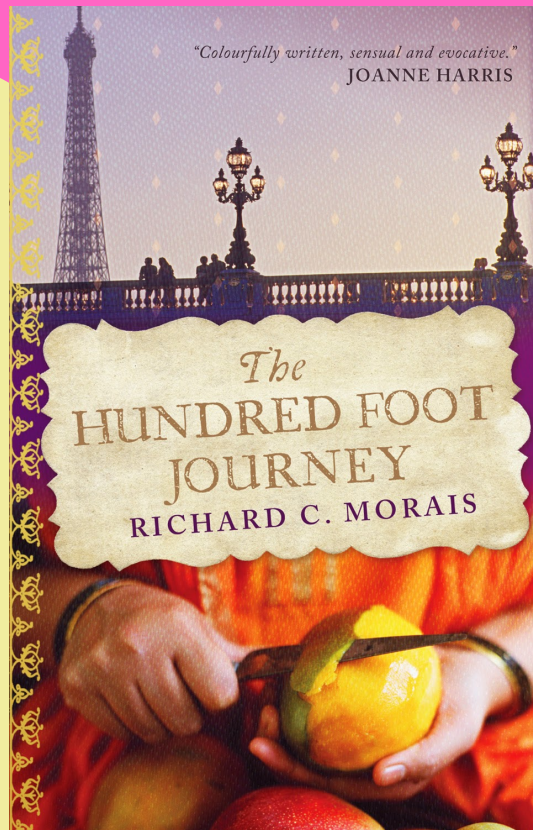
Lunch registration is required.

Book Club

Meets the third Tuesday
of every month



Book selection for April:



New members are always welcomed!

Call 571-258-3280 if interested

Tuesday,
April 18, 2023
2:00pm



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Senior Center Highlights

HAPPY
ST. PATRICK'S
DAY



Our Indian Cultural Group celebrated Holi on March 8, 2023. The festival of colors, Holi, is the most vibrant of all Hindu festivals. It marks the end of winter in India and welcomes the spring season.

The group also made a donation to the Advisory Board to help support programs and special events at the center.

for Caregivers



2023 VIRTUAL EDUCATION SERIES

The Loudoun County Area Agency on Aging offers family caregivers numerous resources including support groups and educational events to provide support and insight.

To register for these free programs call **571-258-3490** or email the Area Agency on Aging at aaasupport@loudoun.gov.

Certificates are available upon request.

THE JOURNEY OF CAREGIVING & FINANCIAL RESPONSIBILITY

Tuesday, April 11, 1-2 pm EST

Presented by Brandt Zimmerman, Merrill Lynch Wealth Management

PARKINSON'S: MOVING FORWARD AFTER A DIAGNOSIS

Tuesday, April 25, 1-2 pm EST

Presented by Sonia Gow, Inova Parkinson's and Movement Disorders Center

ALCOHOL & DEMENTIA: HEAVY DRINKING & HOW TO HANDLE IT

Thursday, May 4, 11 am - 12 pm EST

Presented by Rachael Wonderlin, Dementia By Day

LIVE WITH THE AAA RHYTHM MAKERS

Tuesday, May 9, 10:15 am EST

Spring Concert at Leesburg Senior Center, 102 North Street, NW



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YOUR CASACADES TEAM

Brenda Davis

Manager

Judith Mangilin

Assistant Manager

Carrie Randolph

Cafe Supervisor

Haley Moore

Recreation Programmer

Vacant

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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