

CASCADES SENIOR CENTER

newsletter

July 2023

Manager's Note

FREE Morning Coffee & Refreshments?

Yes! Courtesy of Your Advisory Board!

Your Advisory Board is picking up the tab for you and a friend (no guest drop-in fee that day!) to enjoy a **fresh cup of morning coffee and refreshments from 9:30-10:30am on Thursday, July 13** at the center. **Bring a friend** (55+, not already a member) and they'll receive a special "Guest Goodie Bag" just for coming.

Members of the Advisory Board will be on hand if you'd like to chat and learn about some of the other ways they work to enhance your experience at the center, such as:

- Entertainment, decorations and sometimes food at special events (parties, luncheons, Open House, Arts & Crafts Fair)
- Birthday Lunch Celebration goodies and cards
- Funding for yarn for Knit & Crochet projects to support local organizations that serve the community
- iTunes cards for Line Dance instructors
- Provide funding/matching funding for furnishings and supplies
- [My Cascades Center Facebook](#)

No need to RSVP, just come on by – Thursday, July 13, 9:30-10:30am!



Virginia Senior Games

2023 Virginia Senior Games Sept 6th-10th!

They've brought back some favorite sports & a few new ones!

Racquetball, Badminton, Shuffleboard, Trap/Skeet & Mountain biking

Partnership with Pickleball Brackets for registration and pickleball tournament management/coordination!



For more information, [click here!](#)

**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.



July Activity Calendar

Trip to the Store



WALMART 7/5
COCOS/LIDL 7/19
REGISTRATION REQUIRED

• BUS LEAVES AT 12:30 pm •

Lunch Menu

CLICK HERE

MON 7/3	TUES 7/4	WED 7/5	THURS 7/6	FRI 7/7
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Bingo 10:30a Yoga (Virtual) 10:30a Scottish Dance 11:00a Flamenco Basic 12:00p Lunch 1:00p Yoga en Español 1:00p Game Time 1:30p Crochet Activity <i>No Duplicate Bridge</i>	<p>Senior Center is CLOSED</p> <p>HAPPY Fourth OF July</p>	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:30a Yoga (Virtual) 10:15a Beginner's Line Dancing 11:00a Ballroom Dancing 12:00p Independence Day Luncheon 12:30p Trip to Store (Walmart) 1:00p Rejuvenating Exercise 3:00p Cardio Drumming	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Yoga en Español 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 & Virtual) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Mindful Meditation (Virtual) 1:00p Rejuvenating Exercise 2:00p Game Time: Bunco & Dominoes
7/10	7/11	7/12	7/13	7/14
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Bingo 10:30a Yoga (Virtual) 10:30a Scottish Dance 11:00a Flamenco Basic 12:00p Lunch 12:30p Duplicate Bridge 1:00p Yoga en Español 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 10:00a INOVA Blood Pressure Check 10:30a Yoga (Live & Virtual) 11:00a Beginner's Tai Chi 12:00p Lunch 12:15p Castanets 12:45p Intermediate Flamenco 1:45p Beginner's Flamenco 12:45p Scottish Dance 2:00p Pickle Ball <i>No Intermediate and Advanced Conversational Spanish</i>	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:30a Yoga (Virtual) 10:15a Beginner's Line Dancing 11:00a Ballroom Dancing 12:00p Lunch 1:00p Rejuvenating Exercise 3:00p Cardio Drumming	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a SAIL (INTRO) 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Yoga en Español 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 & Virtual) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes

MON 7/17	TUES 7/18	WED 7/19	THURS 7/20	FRI 7/21
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Bingo 10:30a Yoga (Virtual) 10:30a Scottish Dance 11:00a Flamenco Basic 12:00p Lunch 1:00p Yoga en Español 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 & Virtual) 11:00a Adv. Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:15p Castanets 12:45p Intermediate Flamenco 1:45p Beginner's Flamenco 12:45p Scottish Dance 2:00p Pickle Ball 2:00p Book Club	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 (Cocos/Lidl)  12:30p Movie Day 1:00p Rejuvenating Exercise 3:00p Cardio Drumming	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 12:00p Lunch 1:00p Yoga en Español 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 1:00p Mindful Meditation (Virtual) 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes
7/24	7/25	7/26	7/27	7/28
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Bingo 10:30a Yoga (Virtual) 10:30a Scottish Dance 11:00a Flamenco Basic 12:00p Lunch 1:00p Yoga en Español 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 Intermed. Flamenco 1:45p Beginner's Flamenco 12:45p Scottish Dance 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) 11:00a Ballroom Dancing 12:00p Birthday Luncheon 1:00p Rejuvenating Exercise 	9:00a Medicare Counseling 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 12:00p Lunch 1:00p Yoga en Español 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 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes

7/31
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Bingo 10:30a Yoga (Virtual) 10:30a Scottish Dance 11:00a Flamenco Basic 12:00p Lunch 1:00p Yoga en Español 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity



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-11:00am)

7/22/2023 Flamenco Scarf Dance (10:00am-11:15am)

Sign-up is required

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!



3rd Tuesday of the month at 2pm
New members always welcome!

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



BASIC: Mondays 11:00am-12:00pm
INTERMEDIATE: Tuesdays 12:45pm-1:45pm
BEGINNERS: Tuesdays 1:45pm-2:30pm

Instructor: Nancy Bloomfield

An ongoing practice of traditional folkloric arm and footwork

NEW 7/22/2023 Flamenco Scarf Dance

10:00am-11:15a.m.

Sign up is required

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

CLASSES/PROGRAMS/ACTIVITIES

NEW

ONE-ON-ONE

MEDICARE COUNSELING



WHO WE ARE?

VICAP is part of a national network of State Health Insurance Assistance Programs (SHIP)

WHAT WE DO?

We provide comprehensive, unbiased Medicare, and related information and assistance.



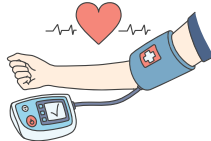
703-737-8036

aaamedicare@loudoun.gov

*If you need help
we will be at
Senior Center at
Cascades
on the 4th Thursday
of each month.
Sign up
to meet with a
counselor!*

Blood Pressure Check

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



Mindful Meditation (Virtual)

July (7 & 21) 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.

If interested, call the center to obtain the link for the virtual class.

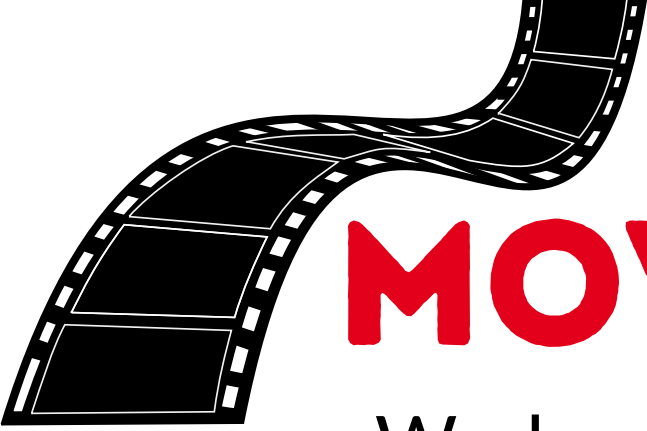
REJUVENATING EXERCISE

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

NEW!

YOGA en Español
Monday & Thursday
1:00pm-1:50pm





MOVIE DAY

Wednesday, July 19, 2023

Mama Mia! (2008, PG-13)

MAMMA MIA!
—THE MOVIE—



Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends.

Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.



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



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The Senior Center at Cascades

Stay Active & Independent for Life (SAIL)



SAIL is a program with exercises specifically designed to help maintain and improve balance while listening to GREAT music.

Exercises can be done sitting or standing -
exercises are adapted for all physical
abilities.

Join us **Thursday, July 13, 2023** for a free **SAIL
Introduction Class.**

Participate in a demonstration and complete the
pre class fitness checks.

Registrations will be accepted after the intro
class for the 12 week session on Tuesdays and
Thursdays beginning July 18, 2023 at 10:00am.



Sign up is required. Space is limited.

Call 571-258-3280



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Cascades Senior Center

INDEPENDENCE DAY LUNCHEON



FIREWORKS SHOW | PATRIOTIC MUSIC SING ALONG

Wednesday, July 5, 2023

Wear red, white and blue

Lunch sign-up is required



WALKING GROUP

Mondays at
9:15am



Wear appropriate shoes.
You may want to bring a water bottle
and hat.



Happy Birthday!



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

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

Lunch registration is required



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Senior Center Highlights



ALOHA!

SUMMER SENIOR COOLING PROGRAM



MAY 1 – OCTOBER 30

WHAT IS SENIOR COOL CARE?

SENIOR COOL CARE HELPS REDUCE RISK TO EXTREME HEAT CONDITIONS. 2023 MARKS THE 33RD YEAR DOMINION ENERGY HAS PROVIDED FANS, WINDOW AIR CONDITIONERS, AND NOW PORTABLE AIR CONDITIONERS, FOR ELIGIBLE ADULTS, AGE 60 AND OLDER, WHO NEED ADDITIONAL COOLING IN THEIR HOMES.

GENERAL INFORMATION

- SPONSORED BY DOMINION ENERGY
- PROGRAM RUNS FROM MAY 1 THROUGH OCTOBER 31, 2023

PROVIDES

- ELECTRIC FANS AND AIR CONDITIONERS

ELIGIBILITY

- 60+ AND LIVES IN LOUDOUN COUNTY
- MEETS MONTHLY INCOME GUIDELINES

**TO APPLY FOR A FAN OR AIR
CONDITIONER EMAIL OR CALL**

LOUDOUN COUNTY AREA AGENCY ON AGING
703-777-0257
AAA@LOUDOUN.GOV



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AARP on Tap



Where fighting fraud and happy hour find common ground.

Like craft beer? Like trivia? Want to protect your hard-earned money from con artists?

Then join us for AARP on Tap for a fun evening of trivia to help you learn how to spot and avoid fraud. Grab friends to form your own trivia team or make new friends when you arrive. Winning teams from each of the two rounds of trivia will receive prizes, but everyone goes home a winner.

AARP supplies a drink ticket (cash bar and dining services are available), trivia, and prizes. You bring a willingness to have fun and learn about protecting yourself and your loved ones from scammers' tactics. AARP offers free tools and guidance to help you spot and avoid fraud.

The event is free, but advance registration is required. Anyone 21 and over welcome.

Happy Hour Timeline

6:00 p.m. – Mix and Mingle

6:45 p.m. – 1st Trivia Round

7:15 p.m. – 2nd Trivia Round

7:30 p.m. – Final Announcements

**Thursday, July 20
6:00 – 7:30 pm**

Old Ox Brewery

44652 Guilford Dr
#114 Ashburn, VA
20147

The event is free, but advance registration is required. Space is limited. Anyone 21 and over welcome.

Register online at events.aarp.org/Ashburn07202023



YOUR CASACADES 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



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