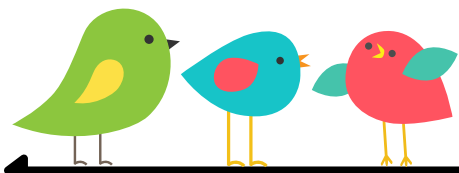


CASCADES SENIOR CENTER



newsletter

June 2023

Manager's Note

Meet Our NEW Customer Service Assistant

We welcome our new Customer Service Assistant, Teresa dela Vina! Teresa is from the Philippines and has a bachelor's degree in Computer Science. She worked as an administrative assistant in Dubai for twelve years and migrated to the United States in 2016 and has worked in the retail industry for the last seven years.

Whenever she can, Teresa loves to travel and has visited many countries. Her favorite travel destinations are Dubai and Japan. She is also an avid collector of anything related to the Peanuts character Snoopy.

We're excited to have Teresa join us. If you haven't met Teresa yet, please come by the office and introduce yourself and say hello!



Cascades Advisory Board Welcomes You!

The Sunshine Committee of the Cascades Senior Center Advisory Board sends out a note of welcome to each and every new and renewing member. Sometimes that's as many as 80 or more in a month.

The Advisory Board works to enhance the experience of people 55+ to connect and reconnect with each other. It's a place to grow and learn and share knowledge, exercise and improve our health, socialize with members of our community, flex our creative muscles, relax and play some games and volunteer to help others.

Cascades Senior Center is your center and the Advisory Board extends a warm welcome to all!

WELCOME

**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.



June Activity Calendar

Trip to the Store

WALMART 6/7
COCOS/LIDL 6/21
REGISTRATION REQUIRED

• BUS LEAVES AT 12:30 pm •

Lunch Menu

CLICK HERE

Saturday Schedule

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

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

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

**check schedule for 6/24 for aerobics room use*

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

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

6/10/2023 Life Transitions Empowerment Group

NEW

10:30am-11:45am

6/24/2023 Beading Workshop

NEW

9:30am Registration Required

6/24/2023 Flamenco Workshop (Intermediate Level)

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

THURS
6/1

9:00a Aerobics Video

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

Note: SAIL class is FULL

FRI
6/2

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

2:00p Game Time:

Bunco & Dominoes

6/5

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

12:00p Lunch

12:30p Duplicate Bridge

1:00p Game Time

1:30p Crochet Activity

6/6

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

1:00p **Mindful Meditation**

1:15p Beginning Spanish II

2:00p Pickle Ball

Note: SAIL class is FULL

6/7

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

12:30p **Trip to Store**
(Walmart)

1:00p Computer Tech

Class

6/8

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 Game Time:

Canasta

2:00p Current Events

2:00p Pickle Ball

Note: SAIL class is FULL

6/9

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

2:00p Game Time:
Dominoes

MON 6/12	TUES 6/13	WED 6/14	THURS 6/15	FRI 6/16
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 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 10:30a 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 1:15p Beginning Spanish II 2:00p Pickle Ball <i>Note: SAIL class is FULL</i>	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 1:00p Computer Tech Class 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 Game Time: Canasta 2:00p Current Events 2:00p Pickle Ball <i>Note: SAIL class is FULL</i>	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
6/19	6/20	6/21	6/22	6/23
Senior Center is CLOSED 	9:00a Aerobics Video 9:00a Elder Case Resource Manager 10:00a SAIL (class is FULL) 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 Interm. Flamenco 1:45p Beginner's Flamenco 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 10:15a 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 Computer Tech Class 3:00p Cardio Drumming	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a Hearing Screenings 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 <i>Note: SAIL class is FULL</i>	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
6/26	6/27	6/28	6/29	6/30
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 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 (class is FULL) 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 Intermediate Flamenco 1:45p Beginner's Flamenco 12:45p Scottish Dance 1:15p Beginning Spanish II 2:00p Pickle Ball	9:00a Aerobics Video 9:30a CURIO SALE 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 & Birthday Celebration 1:00p Computer Tech Class 3:00p Cardio Drumming	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a SAIL (class is FULL) 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Game Time: Canasta 2:00p Current Events 2:00p Pickle Ball 2:00p 60's, 70's, 80's Dance Party	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
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!

The book this month is:
The Good Lord Bird
by James McBride

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



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

6/24/2023 Flamenco Workshop
(Intermediate Level)
10:00am-11:15a.m.

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 Julie Greenfield (Loudoun County Outreach Specialist)

Mindful Meditation

June (6 & 20) from 1:00-1:45pm

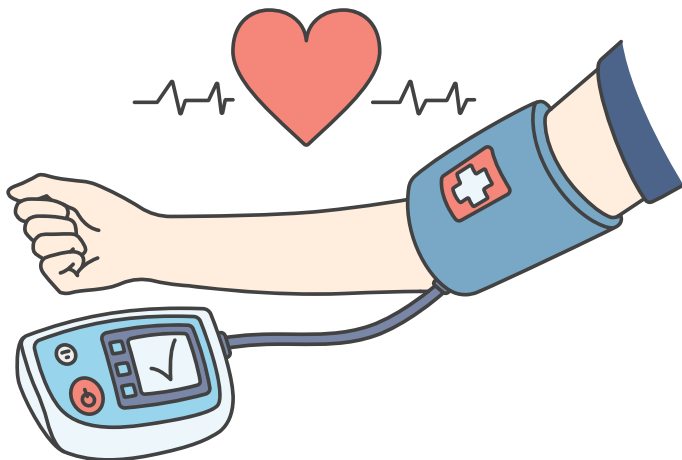
Meditation has been practiced in cultures all over the world for thousands of years to develop intentional focus and minimize random thoughts about the past or future.

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
June 10
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.





Juneteenth

What is Juneteenth?

**You're invited to attend a special presentation
at Dulles South Senior Center**

Thursday, June 15th at 1:00 p.m.

Come watch a special presentation created by the Dulles South Black History Committee where members can learn about the history and significance of the now recognized U.S. Holiday, Juneteenth.
Light refreshments will be served!

REGISTRATION REQUIRED

Bus will leave at noon and return by 3 p.m.


Bus riders will be taken home afterward





Aloha!

Join us on Tuesday, June 20 beginning at 11:45am for a
Luau Luncheon



Enjoy a performace from the Ukulele
group

Wear your favorite Hawaiian Shirt!

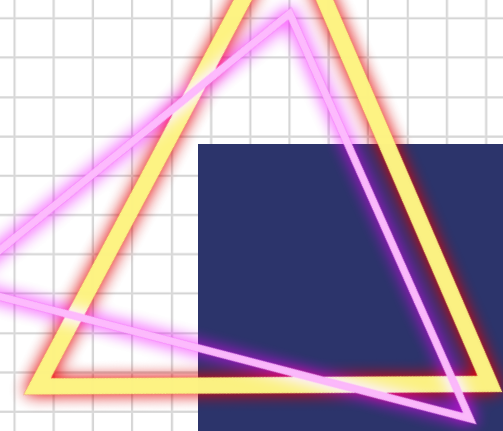
Lunch sign up is required



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RETRO 60's 70's 80's PARTY



Thursday, June 29th
2:00pm - 4:00pm

Dress up in your favorite decade and
dance to 60's, 70's and 80's music from
DJ Sky

\$5 for members
\$8 for non-members



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Beading Workshop

**Saturday June, 24, 2023
9:30am**

**Come and make a beaded
project. All supplies will be
provided.**

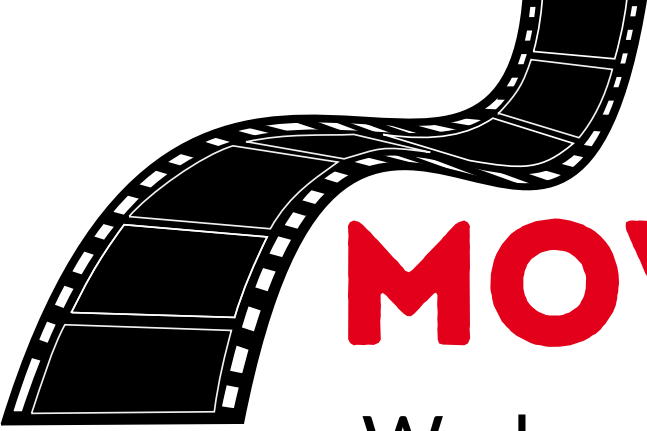
**Sign up is required. Class size
is limited.**



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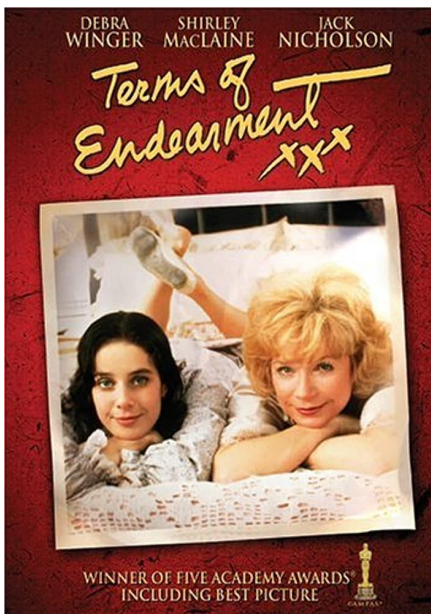
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MOVIE DAY

Wednesday, June 21, 2023

Terms of Endearment (1983, PG)



Widow Aurora Greenway (Shirley MacLaine) and her daughter, Emma (Debra Winger), have a strong bond, but Emma marries teacher Flap Horton (Jeff Daniels) against her mother's wishes. When the marriage grows sour due to Flap's cheating, Emma eventually splits from him, returning to her mother, who is involved with a former astronaut (Jack Nicholson). Soon, Emma learns that she has terminal cancer. In the hospital, supported by Aurora, she tries to make peace with Flap and her children.



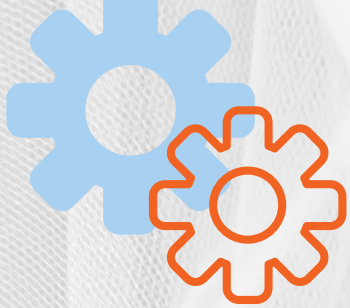
Reserve your seat
and free snacks by
signing up at the
office!



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TECH CLASSES



Instructor: Mike Fitzsimmon

Wednesday, June 7, 2023 (1:00pm-2:30pm)

Apple CarPlay



Wednesday, June 14, 2023 (1:00pm-2:30pm)

Apple Pay

Wednesday, June 21, 2023 (1:00pm-2:30pm)

Finding Tech Help Online

Wednesday, June 28, 2023 (1:00pm-2:30pm)

Directions: Waze, Apple Maps, Google Maps



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WALKING GROUP

**Mondays at
9:15am**



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



Happy Birthday!

Join us Wednesday, June 28, 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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CLASSES/PROGRAMS/ACTIVITIES

CARDIO DRUMMING

INTRO CLASS

June 7, 2023

3:00pm-4:00pm

CARDIO DRUMMING

June 14-July 19

3:00pm-4:00pm

- All new participants must attend the intro class to participate in the 6-week class which begins June 14
- Participants must plan to attend at least 4 of the 6 classes

Class size is limited, so please sign up at the office to reserve your space

**IMPORTANT
INFORMATION!**



CURIO SALE!

WEDNESDAY
JUNE 28

9:30am-11:30AM

In the Multi-purpose room

The Senior Center at Cascades Advisory Board needs donated items to sell. You can donate items such as costume jewelry, handbags, small household items & decor. The items collected will be available to purchase by members at our monthly Curio Sale. The Advisory Board sells items to raise funds and help support the center's programs, special events and activities.

Senior Center Highlights

HELLO SUMMER!



Cascades Senior Center volunteers Arlene Bajusz, Brenda Black, Terry Garczynski spent one lovely sunny afternoon outdoors to plant some summer blooms.

CONGRATULATIONS!

Tessie Barcenal is the winner of the Advisory Board Lunch Time Give-Away for the month of May!



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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Special PROGRAMS

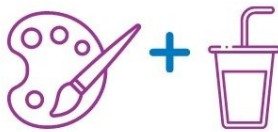


“I ALREADY DRANK WATER” TIPS ON HYDRATION & MEMORY LOSS

Wednesday, June 14, 11:00am EST

Virtual Program

Caregivers face various hurdles to ensure that those they care for are well hydrated. Join us to learn positive tips and creative solutions to work toward healthy hydration for people with dementia.



PAINT & SIP

Thursday, June 29, 6:00pm-7:00pm EST

Eastern Loudoun Adult Day Center

45140 Bles Park Drive, Ashburn, VA 20147

Join us at the Eastern Loudoun Adult Day Center for an evening of art, appetizers, and healthy sips. For early stage individuals and mild cognitive individuals with a caregiver.

PRE-REGISTRATION IS REQUIRED FOR THESE FREE EVENTS. CALL 571-258-3490 OR EMAIL AAASUPPORT@LOUDOUN.GOV TO SIGN-UP.



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Free Dental Clinic

Open to individuals 60 years or older without dental insurance.

Services provided by The Fenwick Foundation and may include:

- Oral exams
- Dental scaling & root planning
- X-Rays
- Restorations (cavity “drilling and filling”)
- Dental cleanings
- Simple extractions
- Debridements
- Fluoride varnish
- Caries-arresting applications
- Minor denture adjustments

Wednesday, June 28, 2023

9:00 a.m. - 2:45 p.m.

Leesburg Senior Center
102 N Street NW, Leesburg, VA 20176

Registration required by June 12.

Contact: Jennifer Price at 703-737-8980

Please be prepared to complete medical forms prior to receiving any dental services.

If you require a reasonable accommodation for any type of disability in order to participate, please contact us at 703-777-0353. Three days advance notice is requested.

**LOUDOUN
COUNTY**
VIRGINIA

**Family
Services**

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



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

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