

CASCADES SENIOR CENTER

newsletter

May 2023

Manager's Note

The Advisory Board of the Cascades Senior Center is proud to support the good work of the Knit & Crochet group to support community organizations. The Knit & Crochet group accepts donations of yarn and also completed items like shawls, loaves, lap blankets, baby items, etc. Please contact the office about making a donation.

Interested in joining the Advisory Board to make a difference at your senior center? Call or stop by the office for an application or visit www.mycascadescenter.org and click on "About" to find out about the board and print out an application.



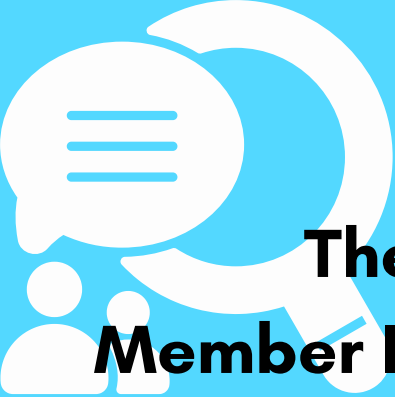
Above picture: Joint project between Cascades and Leesburg Senior Centers to provide for the Care Room at LCSO.



Celebrating 24 years....



Knit & Crochet Group



The Senior Center at Cascades Member Information and Satisfaction Survey

It's that time once again to complete a Satisfaction Survey for the Senior Center at Cascades.

This is your opportunity to let us know how we are doing and any changes or additions you might like to see. The survey will be open until May 31st.

Click on the image below to take the survey.



**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.



May Activity Calendar

Trip to the Store


WALMART 5/10
COCOS/LIDL 5/24
REGISTRATION REQUIRED

• BUS LEAVES AT 12:30 pm •



Lunch Menu

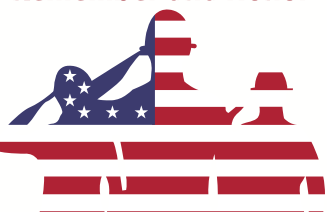


CLICK HERE



MON 5/1	TUES 5/2	WED 5/3	THURS 5/4	FRI 5/5
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	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 <i>Note: SAIL class is FULL</i>	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 1:00p Computer Tech Class 3:00p Cardio Drumming <i>Note: Cardio Drumming class is FULL</i>	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a SAIL 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 <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 & Virtual) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 2:00p Game Time: Bunco & Dominoes
5/8	5/9	5/10	5/11	5/12
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Yoga (Virtual) 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity <i>NO ESL 5/8</i>	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>NO Interm and Adv. Spanish</i> <i>Note: SAIL class is FULL</i>	9:00a Trips Registration 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 3:00p Cardio Drumming <i>Note: Cardio Drumming class is FULL</i>	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 <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 & Virtual) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 2:00p Game Time: Dominoes

MON 5/15	TUES 5/16	WED 5/17	THURS 5/18	FRI 5/19
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Yoga (Virtual) 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity <i>NO ESL 5/15</i>	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 Intermed. 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 Movie Day 1:00p Computer Tech Class 3:00p Cardio Drumming <i>Note: Cardio Drumming class is FULL</i>	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

5/22	5/23	5/24	5/25	5/26
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 10:00a Aerobics Video 10:00a O'Heck 10:15a Beginner's Line Dancing 10:30a Yoga (Virtual) 11:00a Ballroom Dancing 12:30p Trip to Store (Cocos/Lidl)  1:00p Computer Tech Class 3:00p Cardio Drumming <i>Note: Cardio Drumming class is FULL</i>	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 11:45p Memorial Day Luncheon 12:50p Bingo 2:00p Game Time: Dominoes 

5/29	5/30	5/31	<u><i>Saturday Schedule</i></u> CLOSED on 5/27/2023	
Senior Center is CLOSED <div>  <p>MEMORIAL DAY Remember and Honor</p> </div> <div>  <p>PRCS COUNTY OF LOUDOUN</p> </div>	9:00a Aerobics Video 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 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 & Birthday Celebration 1:00p Computer Tech Class 3:00p Cardio Drumming <i>Note: Cardio Drumming class is FULL</i>	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) 5/13/2023 Life Transitions Empowerment Group (10:30am-11:45am) 5/20 Arts & Crafts Activity (10:00am-11:00am; Registration 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!

The book this month is:
Dress Your Family in Corduroy
and Denim
by David Sedaris

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



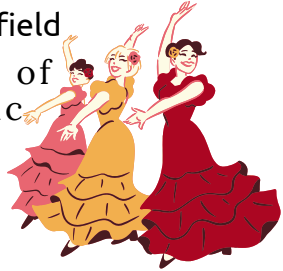
Flamenco

INTERMEDIATE: Tuesdays 12:45pm-1:45pm

BEGINNERS: Tuesdays 1:45pm-2:30pm

Instructor: Nancy Bloomfield

An ongoing practice of
traditional folkloric
arm and footwork



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

May (2 & 16) from 1:00-1:45pm

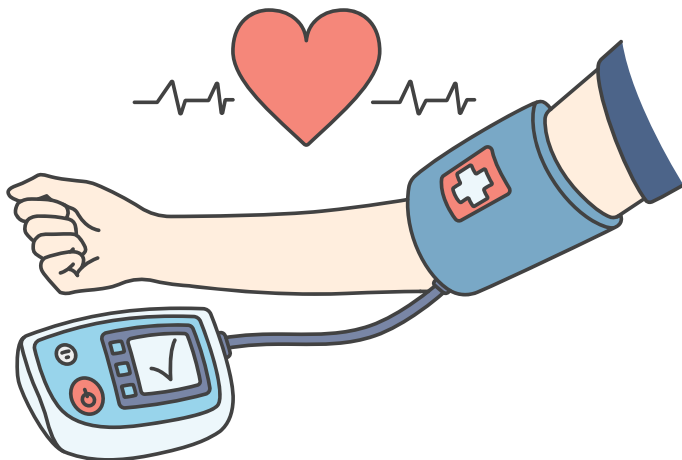
Meditation has been practiced in cultures all over the world for thousands of years to develop intentional focus and minimize random thoughts about the past or future.

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
May 13
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.



WALKING GROUP

Mondays at 9:15am
beginning May 1

Enjoy a 30 minute walk around the area.



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



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Memorial Day Luncheon

Friday, May 26, 2023
11:45am

Memorial Day is a day to honor service members who died while serving during active duty in the military and veterans who we have lost since their service.

If you would like to send in a picture of a loved one to remember this Memorial day, please email the picture to Haley at Haley.Moore@loudoun.gov

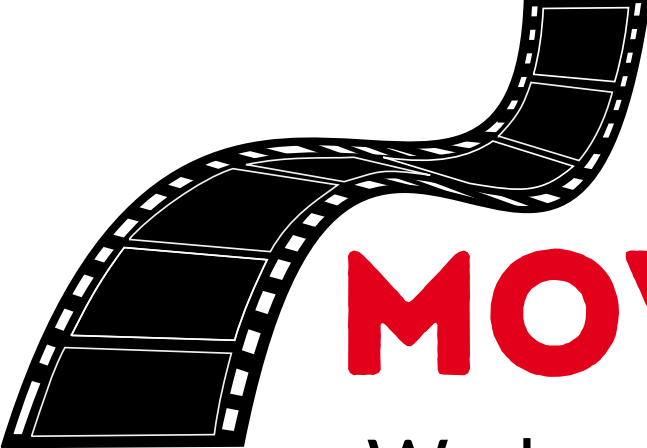
Lunch sign up is required



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MOVIE DAY

Wednesday, May 17, 2023

Sabrina (1995, PG)

Sabrina Fairchild is a chauffeur's daughter who grew up with the wealthy Larrabee family. She always had unreciprocated feelings for David, the family's younger son and playboy. But after returning from Paris, Sabrina has become a glamorous woman who gets David's attention. His older, work-minded brother Linus thinks their courtship is bad for the family business and tries to break them up -- but then he starts to fall for her too.



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



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TECH CLASSES

Instructor: Mike Fitzsimmon

Wednesday, May 3, 2023 (1:00pm-2:30pm)

Uber is Easy, Safe and Useful



Wednesday, May 10, 2023 (1:00pm-2:30pm)

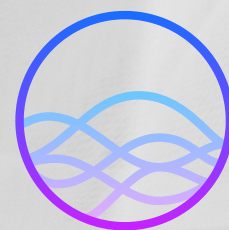
iPhone Features Built into the Phone

Wednesday, May 17, 2023 (1:00pm-2:30pm)

Online News Sources

Wednesday, May 24, 2023 (1:00pm-2:30pm)

Voice Assistants Google, Siri, Alexa



Wednesday, May 31, 2023 (1:00pm-2:30pm)

USA.gov the U.S Government Website



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Book Club



Meets the third Tuesday
of every month

New members are always welcomed!
Call 571-258-3280 if interested

**Tuesday,
May 16, 2023
2:00pm**

**Book selection for
May:**

**Dress Your Family in Corduroy and Denim
by David Sedaris**

Happy Birthday!

Join us Wednesday, May 31, 2023 to
celebrate all who have a birthday in May.

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

Lunch registration is required



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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.

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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Senior Center Highlights

Container Gardening at Cascades Senior Center



Georgi Hall from the Loudoun County Master Gardeners at Cascades.



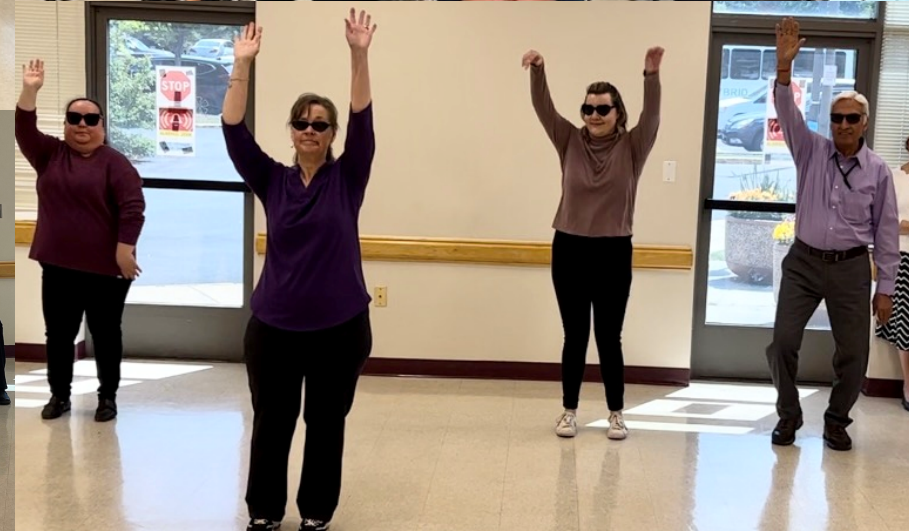
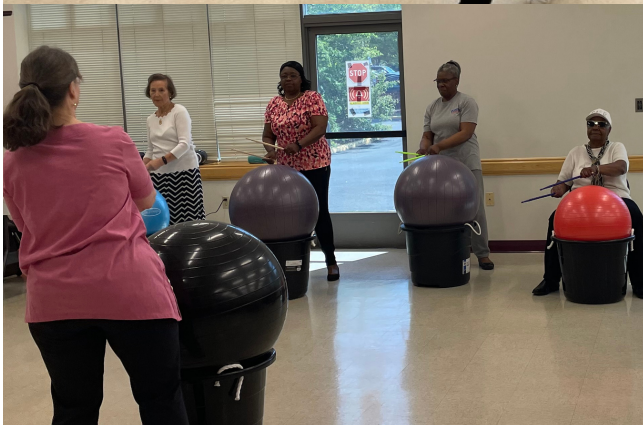
In
BLOOM


at Cascades



Senior Center Highlights

SPRING CULTURAL TALENT SHOW



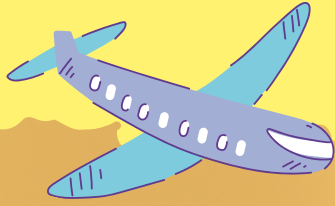


MEET YOUR CASCADES SENIOR CENTER ADVISORY BOARD



**Front Row (L-R) – Zif Saif, President; Brenda Black, Vice President;
Jeff Warren, Member**

**Back Row (L-R) – Albert Piesco, Treasurer; Sonia Ballinger, Outreach;
Sandi Buchspics, Governance; Dr. Linda Silverman, Associate;
Musharaf Zaki, Member; Alison Imbriaco,
Secretary; Larry Eskridge, Member**



SENIOR TRIPS

SUMMER 2023



REGISTRATION DATE & TIME:

**Wednesday
May 10, 2023**

9:00 AM

For non-members who do not live in Loudoun County registration begins on 5/17/23.

You can register for trips:

In-person

(day trips and long distance trips)

OR

Online

(day trips only)

**Say YES:
to NEW
ADVENTURES**

REGISTRATION REMINDERS

If you are registering for trips in person at Cascades Senior Center:

- Doors open at 8:00 a.m.
- You will be given a number at the reception desk
- Multi-Purpose Room 2 is where you will wait until 9:00 a.m. when actual registration starts
- Be ready to have all your trips including the corresponding trip number on a sheet of paper
- Complete your form in the order of priority - list the trips you want most at the top
- You are allowed to register yourself plus one person (spouse/friend/family member)
- If you are not a member and would like to become a member or renew your membership before you register for a trip to get member pricing, go to the office before registration date

To view the Summer 2023 Senior Trips click [here](#).

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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