

CASCADES SENIOR CENTER

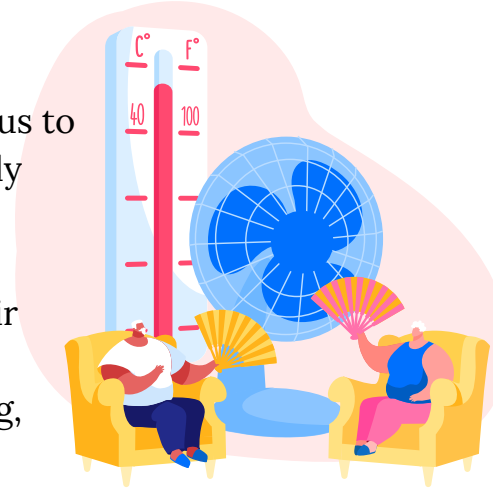
newsletter August 2023



Manager's Note

Stay Cool

The hazy, hot, and humid weather is upon us and it's important for us to remember to drink lots of water to stay hydrated. Go out in the early morning or early evening hours to do your gardening to catch the coolest temps of the day. If you need help keeping your home cool, contact the Summer Senior Cooling Program to apply for a fan or air conditioner (eligibility - 60+, Loudoun resident, meets monthly income requirements) at the Loudoun County Area Agency on Aging, 703-777-0257 or send an email aaa@loudoun.gov.



Health & Wellness Month Coming Up in September!

September is Health & Wellness Month and the center will be brimming with activities and presentations to explore. Learn about Brain Health at a presentation from AARP, try out an exercise class you've never tried before, check out the mini "pop-up" health fair with information on holistic ways to improve your well-being.

Get a passport in the office and collect stamps when you participate in exercise, education, or health activities throughout the month! Prizes available for the passport holder with the most stamps, and runner-up prizes too!



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!](#)



Cascades Senior Center

August Activity Calendar

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)



Trip to Store

WALMART 8/9

COCOS/LIDL 8/23

REGISTRATION REQUIRED

BUS LEAVES AT 12:30 pm



8/26/2023 Flamenco Scarf Dance (10:00am-11:15am)

Sign-up is required

Lunch Menu

CLICK HERE



**ADVENTURE
AWAITS**

**SENIOR
TRIPS**

REGISTRATION

Wednesday,

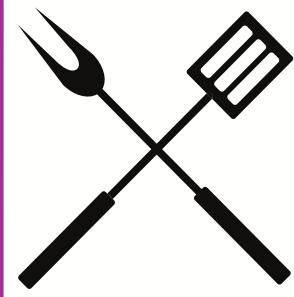
8/9/23

at

9:00 am

TUES 8/1	WED 8/2	THURS 8/3	FRI 8/4
9:00a Aerobics Video 10:00a Elder Case Resource Manager 10:00a Interm. Conv Spanish 10:00a SAIL 10:30a Yoga (Live & Virtual) 11:00a Adv Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:15p Flamenco Level 2 12:45p Basic Scottish Dance 1:00p Castanets 1:30p Interm. Scottish Dance 1:45p Flamenco Level 1 2:00p Pickle Ball	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	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 with Tatis 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: Bunco & Dominoes
8/8	8/9	8/10	8/11
9:00a Aerobics Video 10:00a INOVA Blood Pressure Check 10:00a Interm. Conv Spanish 10:00a SAIL 10:30a Yoga (Live & Virtual) 11:00a Adv Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:15p Flamenco Level 2 12:45p Basic Scottish Dance 1:00p Castanets 1:30p Interm. Scottish Dance 1:45p Flamenco Level 1 2:00p Pickle Ball	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 Rejuvenating Exercise	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 with Tatis 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 8/14	TUES 8/15	WED 8/16	THURS 8/17	FRI 8/18
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 with Tatis 12:30p Duplicate Bridge 1:00p Game Time No Crochet Activity	9:00a Aerobics Video 9:00a Elder Case Resource Manager 10:00a SAIL 10:00a Interm. Conv Spanish 11:00a Adv. Conv Spanish 11:00a Beginner's Tai Chi 11:30p End of Summer BBQ 12:15p Flamenco Level 2 12:45p Basic Scottish Dance 1:00p Castanets 1:30p Interm. Scottish Dance 1:45p Flamenco Level 1 2:00p Pickle Ball 2:00p Book Club No Yoga (Live)	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 Rejuvenating Exercise	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 with Tatis 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
8/21	8/22	8/23	8/24	8/25
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 with Tatis 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 12:30p Ice Cream Social 12:15p Flamenco Level 2 12:45p Basic Scottish Dance 1:00p Castanets 1:30p Interm. Scottish Dance 1:45p Flamenco Level 1 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 Lunch with Rising Phoenix Performers 12:30p Trip to Store (Cocos/Lidl)  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
8/28	8/29	8/30	8/31	
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 with Tatis 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	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 Flamenco Level 2 12:45p Basic Scottish Dance 1:00p Castanets 1:30p Interm. Scottish Dance 1:45p Flamenco Level 1 2:00p Pickle Ball	9:00a Aerobics Video 9:00a 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 Birthday Luncheon 1:00p Rejuvenating Exercise 	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a SAIL 10:00a Hearing Screening 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Yoga with Tatis 1:00p Game Time: Canasta 2:00p Current Events 2:00p Pickle Ball	



CLASSES/PROGRAMS/ACTIVITIES

Castanets



Tuesdays
1:00pm-1:45pm

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

LEVEL 2: Tuesdays 12:15pm-1:00pm

(must wear Flamenco shoes or support shoes with heels)

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

Instructor: Nancy Bloomfield

An ongoing practice of traditional folkloric arm and footwork

NEW 8/26/2023 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

Scottish dance

Mondays: 10:30am-11:45am

Tuesdays:

Basic Scottish Dancing: 12:45pm - 1:30pm
Intermediate Scottish Dancing: 1:30pm - 2:15pm



Exercise your mind, your body, and your smile. It's social dancing!
Come make new friends!

CLASSES/PROGRAMS/ACTIVITIES

ONE-ON-ONE

MEDICARE COUNSELING

Thursday, August 24 (9am-12pm)

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.

Sign up to meet with a counselor!



703-737-8036

aaamedicare@loudoun.gov

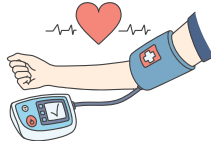


The purpose of the free screening is to see if you could benefit from an evaluation by an audiologist. NVRC is a non-profit. Hearing Screenings take approximately 30 minutes. Limited number of seats available.

To sign up, please contact the Cascades Senior Center at 571-258-3280.

Blood Pressure Check

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



Mindful Meditation (Virtual)

August 18 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



YOGA with Tatis

Monday & Thursday
1:00pm-1:50pm



CASCADES SENIOR CENTER

END OF SUMMER BBQ

Tuesday, August 15, 2023

11:30am - 1:00pm

Live Music from *Part of the Crowd*
Summer BBQ Lunch
Fun BBQ Games
Prizes!



LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 771




CASCADES SENIOR CENTER

ICE CREAM SOCIAL



**MONDAY
AUGUST
22, 2023
12:30PM**

MAKE ICE CREAM SUNDAES AND
PLAY ICE CREAM TRIVIA WITH
CHANCES TO WIN PRIZES



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RIISING PHOENIX PERFORMERS

Wednesday, August 23, 2023
during lunch

Singalong to music from the 1950's
to current, with the Rising Phoenix
Performers.

Lunch Sign up is required.



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ADVISORY BOARD MORNING COFFEE AND REFRESHMENTS



Wednesday, August 16, 2023

FREE morning coffee and refreshments from the Advisory Board. The Advisory Board is paying for you and a friend (no drop in fee for non-members/guest) to enjoy coffee and refreshments from 9:30am – 10:30am. Guests will receive a special "Goodie Bag" for visiting.

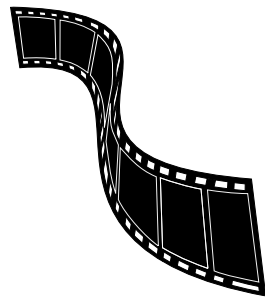


LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact adaptrec@loudoun.gov, 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.

MOVIE DAY

Wednesday, August 16, 2023



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

Where The Wild Things Are (2009, PG)



Feeling misunderstood at home and at school, mischievous Max (Max Records) escapes to the land of the Wild Things, majestic -- and sometimes fierce -- creatures. They allow Max to become their leader, and he promises to create a kingdom where everyone will be happy. However, Max soon finds that being king is not easy and that, even being with the Wild Things, there is something missing.

Happy Birthday!



Join us Wednesday, August 30 2023 to celebrate all who have a birthday in August.

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

Lunch registration is required



Virtual Computer Tech Class

August 2: FaceTime, Google Meet or Zoom video calls

August 9: Understanding The cloud and the Internet

August 16: Blocking unwanted email, texts, calls.

August 23: Social Media FaceBook, LinkedIn, Instagram WhatsApp

August 30: Free online Education, Google Certification

To receive the link, call the center



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SENIOR TRIPS

FALL 2023



REGISTRATION DATE & TIME:

Wednesday
August 9, 2023
9:00 AM

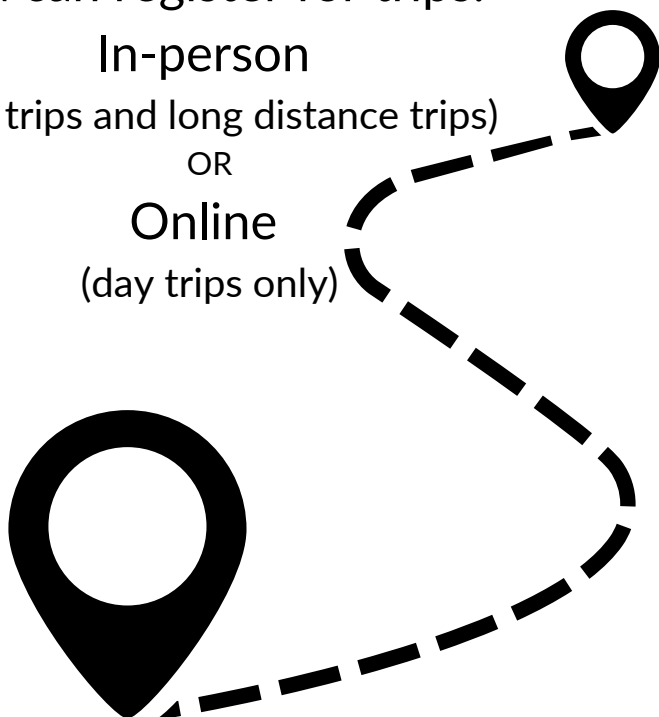
For non-members who do not live in Loudoun County registration begins on August 16, 2023 .

You can register for trips:

In-person
(day trips and long distance trips)

OR

Online
(day trips only)

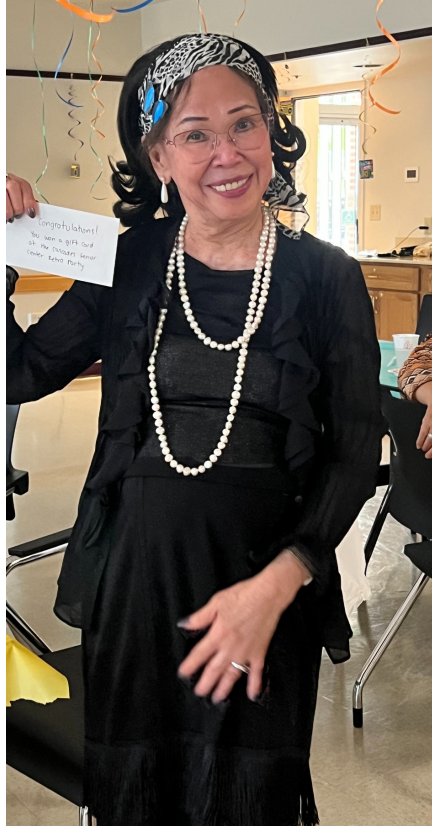


REGISTRATION REMINDERS

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

Senior Center Highlights



GO'S 70's
80's Party



Senior Center Highlights

4TH
OF JULY



Great turn out for our second
batch of SAIL participants!



**Stay Active
& Independent
for Life (SAIL)**

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

LOUDOUN.GOV/PRCS

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