

CASCADES SENIOR CENTER

newsletter

September 2023

Manager's Note

Senior Trips is at Your Fingertips!!



PRCS
connect

There is now an improved and easier way to sign up for Senior Trips!! Try out the new online PRCS Connect system and save time on registration day. You can register from home and may even have better luck getting into the trips that fill up so fast.

The new PRCS Connect is your online registration system (formerly WebTrac) for Loudoun County Department of Parks, Recreation, and Community Services (PRCS). It has improved search capabilities and mobile viewing (on your smart phone) while you register for senior trips or other PRCS classes, events or special activities. You can even rent a pavilion online!

Check it out at www.loudoun.gov/prcsconnect

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!



The Cascades Senior Center Advisory Board's Annual

Cascades Arts & Crafts Fair

Saturday,

November 4, 2023

9:00am - 3:00pm



CALL FOR Local Artists & Crafters



You are invited to reserve a space!

visit www.mycascadescenter.org

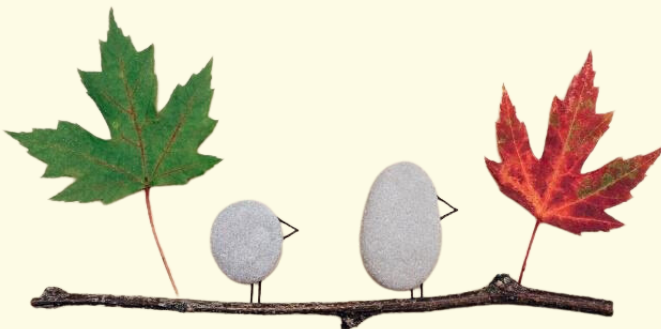
or call 571-258-3280

Live music!



Located indoors at:

Senior Center at Cascades
21060 Whitfield Place
Sterling, VA 20165



September Activity Calendar

Lunch Menu

CLICK HERE

Trip to Store

WALMART 9/6
COCOS/LIDL 9/20



REGISTRATION REQUIRED

• BUS LEAVES AT 12:30 pm •

Saturday Schedule

CLOSED ON 9/2/2023

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)

(No Knit & Crochet on 9/16, 9/23, 9/30)

Life Transitions empowerment group lead by
Dr. Linda Silverman on

Saturday, September 9 at 10:30am

Flamenco Scarf Dance (10:00am-11:15am) on
Saturday, September 30
Sign-up is required

FRI
9/1

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

MON
9/4

TUES
9/5

WED
9/6

THURS
9/7

FRI
9/8

The Senior
Center is
Closed

HAPPY
LABOR
DAY

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](#)
1:00p [Mindful Meditation](#)
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 [High Beginner's Line Dancing](#)
10:30a [AARP: "Six Pillars of Brain Health"](#)
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 \(Live & Virtual\)](#)
10:30a [Wellness Series](#)
11:00a [Tai Chi](#)
12:00p Lunch
12:50p Bingo
1:00p [Rejuvenating Exercise](#)
2:00p Game Time:
Dominoes

MON 9/11	TUES 9/12	WED 9/13	THURS 9/14	FRI 9/15
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 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 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 10:15a High Beginner's Line Dancing 10:30a Yoga (Virtual) 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 & V) 10:30a Wellness Series 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes
9/18	9/19	9/20	9/21	9/22
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 1:00p Yoga with Tatis 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 12:15p Flamenco Level 2 12:45p Basic Scottish Dance 1:00p Castanets 1:00p Mindful Meditation 1:30p Interm. Scottish Dance 1:45p Flamenco Level 1 2:00p Pickle Ball 2:00p Book Club	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15a High Beginner's Line Dancing 10:30a Yoga (Virtual) 10:30a Fall Prevention Presentation 11:00a Ballroom Dancing 12:00p Lunch 12:30p Movie Day 12:30p Trip to Store (Cocos/Lidl)  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	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Canasta 10:30a Yoga (LIVE & V) 10:30a Wellness Series 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes
9/25	9/26	9/27	9/28	9/29
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 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 10:00a Aerobics Video 10:00a O'Heck 10:15a High Beginner's Line Dancing 10:30a Yoga (Virtual) 10:30a NVRC Assisted Tech Presentation 11:00a Ballroom Dancing 12:00p Birthday Luncheon 1:00p Rejuvenating Exercise  3:00p Intro to Cardio Drumming	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 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) 10:30a Wellness Series 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes



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.

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



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 9/30/2023 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, September 28 (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



FREE Hearing Screenings
Thursday, September 21
10:00 a.m. – 1:30 p.m.
Cascades Senior Center

*Sponsored by the Northern Virginia
Resource Center for Deaf and Hard of
Hearing Persons*

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 Tuesday of the month
10am-12pm



REJUVENATING EXERCISE

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



YOGA with Tatis

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



Mindful Meditation

September 5 and 19 from 1:00-1:45pm

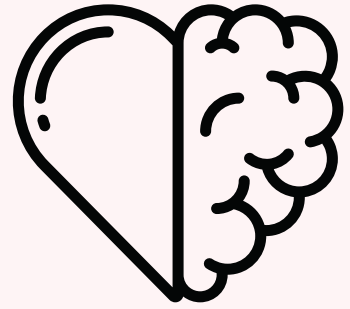
Meditation has been practiced in cultures all over the world for thousands of years to develop intentional focus and minimize random thoughts about the past or future.



Cascades Senior Center

Health and Wellness Month

- Pick up your passport on September 6 during Morning Cafe Kickoff
- Get your passport stamped every time you participate in a qualifying exercise or health activity/presentation
- Prizes will be awarded to the people with the most stamps at the end of the month



Health and Wellness Month

Qualifying Activities

Any current Cascades Senior Center exercise or health activity such as aerobics, walking group, line dancing, yoga, Scottish dance, Flamenco, castanets, SAIL, Tai Chi, pickleball, rejuvenating exercise, ballroom dancing, hearing screenings, INOVA blood pressure check and mindful meditation.

These special presentations and health classes also count:

- AARP "Six Pillars of Brain Health" on
Wednesday, September 6 at 10:30am
- 5 week wellness series by Dr. Linda Silverman beginning on
Friday, September 8 at 10:30am
- Life Transitions empowerment group lead by Dr. Linda Silverman on
Saturday, September 9 at 10:30am
- Fall Prevention presentation by Lisa Braun Montalvo of the Loudoun
County Fire and Rescue on
Wednesday, September 20 at 10:30am
- Northern Virginia Resource Center assisted technology presentation on
Wednesday, September 27 at 10:30am



LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

Si usted requiere asistencia para cualquier tipo de discapacidad o asistencia en su idioma para participar, comuníquese con adaptrec@loudoun.gov, 703-777-0343, TTY-711. Haga su solicitud con tres días hábiles de anticipación; algunas solicitudes pueden requerir más de tres días.

Dr. Linda Silverman Weekly Wellness Series

Fridays at 10:30am

September 8, 15, 22, 29 and October 6

SESSION ONE, SEPT 8 - STRESS AND STRESS MANAGEMENT

*What is stress? *Physical manifestations of stress *Social Readjustment Scale (stress test) *Types of stress *Solutions and Management *Discussion time *Q & A

SESSION TWO, SEPT 15 - UNDERSTANDING EMOTIONS

*List of emotions *Physical and behavioral awareness of emotions *Managing emotions before escalation *Nutrition for emotional wellness *Addiction awareness *Discussion time *Q & A

SESSION THREE, SEPT 22 - GOAL SETTING

*Short-term and long-term goals *4 criteria for goal setting *Areas of life goal setting *Setting a 24-hour goal and a short-term/one week goal and accomplishing *Discussion time *Q & A

SESSION FOUR, SEPT 29 - TIME MANAGEMENT/STRUCTURE

*Review of Session Three accomplished goals *Planning long-term goals *Setting up a daytimer/calendar *Discussion time *Q & A

SESSION FIVE, OCT 6 - DISCUSSION, Q&A AND WRAP-UP



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HEALTH AND WELLNESS MONTH MORNING CAFE KICK OFF



Wednesday, September 6, 2023
9:30am – 10:30am



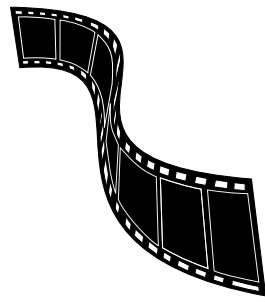
FREE morning coffee and refreshments provided by
Advisory Board. Stop by to receive your passport and
learn more about health and wellness month at the
Cascades Senior Center.



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MOVIE DAY



Wednesday, September 20, 2023

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

Something's Gotta Give (2003, PG-13)

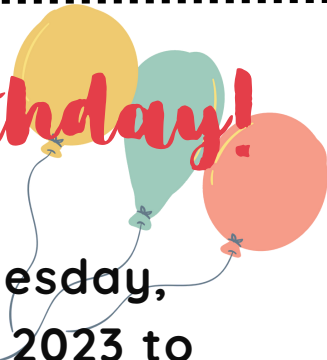


Something's
Gotta Give



When aging womanizer Harry Sanborn (Jack Nicholson) and his young girlfriend, Marin (Amanda Peet), arrive at her family's beach house in the Hamptons, they find that her mother, dramatist Erica Barry (Diane Keaton), also plans to stay for the weekend. Erica is scandalized by the relationship and Harry's sexist ways. But when Harry has a heart attack, and a doctor (Keanu Reeves) prescribes bed rest at the Barry home, he finds himself falling for Erica -- who, for once, may be out of his league.

Happy Birthday!



Join us Wednesday,
September 27 2023 to
celebrate all who have a
birthday in September.

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

Lunch registration is required

Virtual Computer Tech Class

September 6: Popular Online Games and
Puzzles

September 13: Wikipedia and how it is
Verified

September 20: Fact Checking
Techniques

September 27: Microsoft Word
Introduction



To receive the link, call the center



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Senior Center Highlights



ADVISORY BOARD MORNING COFFEE AND REFRESHMENTS

*with Algonkian District
Board of Supervisor Juli Briskman*



End of Summer BBQ



Senior Center Highlights



Ice Cream Social



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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