

CASCADES SENIOR CENTER

newsletter November 2023

Manager's Note

A Time For Gratitude

Who are you grateful for?

Most of us would probably say family, friends, neighbors, etc. But there are so many people who make a difference in our lives every day who we may forget to express gratitude for.

Someone brings our mail to our home every day, the staff at the grocery store stock the shelves with the food we buy, and the waiters at the restaurants where we eat work hard to be sure we enjoy our meal.

Here at the Senior Center at Cascades, our volunteers are those hidden people who we sometimes forget to thank. They provide an incredible amount of support every day that keeps this center running smoothly. So next time you see a volunteer who is answering phones at the front desk, or serving lunch, or calling tables in the lunch room, or teaching a class, or leading an activity, or serving on the Advisory Board, please be kind and let them know how grateful you are for everything they do to make your day a little better.

"Showing gratitude is one of the simplest, yet most powerful things we can do for each other."

Randy Pausch



The Loudoun County Senior Center at Cascades Advisory Board would like to thank the following people for their monetary donations:

- S. Puri made a donation to the Advisory Board in honor of his wife's birthday
- Anonymous donation made to the Advisory Board
- Mary Paige in support of center activities and programs

If you would like to donate to the advisory board in honor or memory someone or to support center programs and activities, (checks payable to LCSCC Advisory Board) see the manager at the office.



CASCADES ARTS & CRAFTS FAIR

FRIDAY, NOVEMBER 3

(KNIT & CROCHET AND CURIO)

SATURDAY, NOVEMBER 4

(ALL VENDORS)

9:00AM-3:00PM

LOCAL ARTISTS ● CRAFTERS ● LIVE MUSIC

**Located indoors at:
Senior Center at Cascades
21060 Whitfield Place
Sterling, VA 20165**

**571-258-3280
or visit
www.mycascadescenter.org**

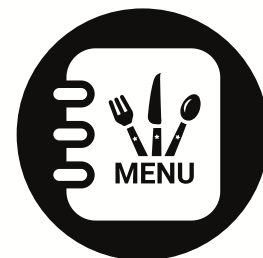


November Activity Calendar

Trip to Store

WALMART 11/1
COCOS/LIDL 11/15 
REGISTRATION REQUIRED

• BUS LEAVES AT 12:30 pm •

[CLICK HERE](#)

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)

ARTS & CRAFTS FAIR

Saturday, November 4 (9am-3pm)


LIFE TRANSITIONS EMPOWERMENT GROUP



lead by Dr. Silverman





Saturday, November 18 (10:30am-11:30am)

CLOSED ON

Saturday, November 11 & November 25

WED 11/1	THURS 11/2	FRI 11/3
9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15p High Beginner's Line Dancing 11:00a Ballroom Dancing 12:00p Lunch  12:30p Trip to Store (Walmart) 1:00p Rejuvenating Exercise 3:00 Cardio Drumming (FULL) AARP DRIVER SAFETY	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a SAIL (FULL) 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Yoga with Tatis 1:00p Game Time: Canasta 1:00p 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 ARTS & CRAFTS FAIR

11/6	11/7	11/8	11/9	11/10
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Fraud and Scams Presentation 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 1:00p Yoga with Tatis 12:30p Duplicate Bridge 1:00p SAIL (Make-up Class) 1:00p Game Time 1:30p Crochet Activity	 The Senior Center is Closed	9:00a Senior Trips Registration 9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15a High Beginner's Line Dancing 10:30a Fire Prevention Presentation 11:00a Ballroom Dancing 12:00p Lunch 1:00p Rejuvenating Exercise 3:00 Cardio Drumming (FULL)	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a SAIL (FULL) 10:30a Bingo 11:00a Pinochle 12:00p Veterans Day Luncheon 1:00p Yoga with Tatis 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball	 The Senior Center is Closed

MON 11/13	TUES 11/14	WED 11/15	THURS 11/16	FRI 11/17
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Bingo 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 10:00a Interm. Conv Spanish 10:00a SAIL (FULL) 10:30a Yoga (Live & Virtual) 11:00a Adv Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:00p Level 2: Flamenco & Castanets 12:45p Basic Scottish Dance 1:00p Mindful Meditation 1:00p Beginner: Flamenco & Castanets 1:00p Chair Beach Volleyball 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15a High Beginner's Line Dancing 11:00a Ballroom Dancing 12:00p Lunch 12:30p Movie Day 12:30p Trip to Store  (Cocos/Lidl) 1:00p Rejuvenating Exercise ADVISORY BOARD MORNING COFFEE & REFRESHMENTS (9:30am-10:30am)	9:00a Aerobics Video 9:00a Line Dance Step Prep 10:00a Intro to Line Dance 10:00a SAIL (FULL) 10:30a Bingo 11:00a Pinochle 12:00p Thanksgiving Luncheon 1:00p Yoga with Tatis 1:00p Game Time: Canasta 1:00p 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
11/20	11/21	11/22	11/23	11/24
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Bingo 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 (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 12:00p Level 2: Flamenco & Castanets 12:45p Basic Scottish Dance 1:00p Beginner: Flamenco & Castanets 1:00p Chair Beach Volleyball 1:30p Interm. Scottish Dance 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 11:00a Ballroom Dancing The Senior Center is Closed at NOON	 The Senior Center is Closed	
11/27	11/28	11/29	11/30	SENIOR TRIPS REGISTRATION 
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:00a ESL 10:30a Bingo 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 SAIL (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 12:00p Level 2: Flamenco & Castanets 12:45p Basic Scottish Dance 1:00p Beginner: Flamenco & Castanets 1:00p Chair Beach Volleyball 1:30p Interm. Scottish Dance	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15a High Beginner's Line Dancing 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 (FULL) 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Yoga with Tatis 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball NO MEDICARE COUSLING	



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.

Cascades Senior Center

VETERANS

★ ★ ★ DAY ★ ★ ★

LUNCHEON

WEDNESDAY, NOVEMBER 9, 2023
BEGINNING AT 12:00PM



PATRIOTIC SING ALONG WITH LORI STAHL

Lunch sign up is required.



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CASCADES SENIOR CENTER

THANKSGIVING

Luncheon



THURSDAY, NOVEMBER 16, 2023
BEGINNING AT 12:00PM

MUSIC ENTERTAINMENT PROVIDED BY
PART OF THE
CROWD

Lunch sign up is required



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Senior Center Highlights

Celebrating Hispanic Heritage Month



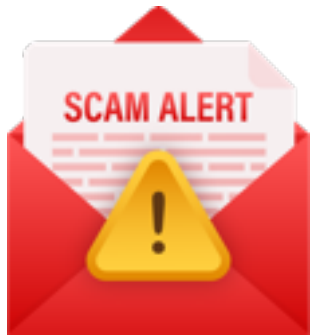
POP UP Fall Arts & Crafts



Fall Gardening

Our Gardening Group spent a nice afternoon doing some clean-up and replanting for the fall!

Special Presentations!



Fraud and Scams

Monday, November 6
at 10:30am

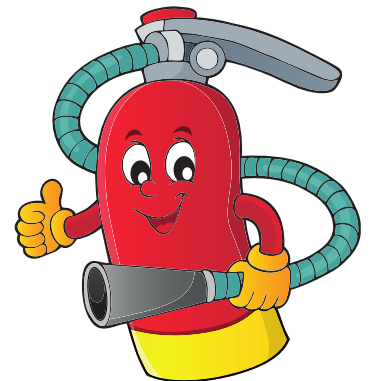


Patti Menders, Community Liaison Officer with the VA Office of the Attorney General will be presenting on all the latest frauds and scams affecting seniors.



Fire Prevention

Wednesday, November 8
at 10:30am



Join Lisa Montalvo from Loudoun County Fire and Rescue to learn about fire safety.

CLASSES/PROGRAMS/ACTIVITIES

Book Club

**3rd Tuesday of the month
at 2pm**

New members always
welcome!

The book selection for this
month:

“The Handmaid’s Tale”
by Margaret Atwood



Flamenco & Castanets



LEVEL 2: Tuesdays 12:00pm-1:00pm
Beginners: Tuesdays 1:00pm-2:00pm
(must wear Flamenco shoes or support shoes with heels)

Instructor: Nancy Bloomfield

An ongoing practice of traditional
folkloric arm and footwork



Current Events Discussion Group

Thursdays at 1pm New Time!



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**

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

Chair Beach Ball Volleyball



TUESDAYS

1:00PM

Fun, friendly and competitive!
Chair beach ball volleyball is played indoors.
Players sit on chairs and the ball is a beach ball.

AARP

Driver Safety



Wednesday, November 1, 2023

From 9:00am - 5:00pm

AARP members: \$20

Non AARP members: \$25

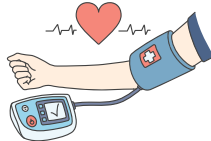
Free to AARP UHC Medicare Supplemental insurance holders



Space is limited. Sign up is required.

Blood Pressure Check

2nd Tuesday of the month
10am-12pm



Mindful Meditation (in-person)

November 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.



REJUVENATING EXERCISE

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



YOGA with Tatis

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





SENIOR TRIPS



FALL 2023



REGISTRATION DATE & TIME:

Wednesday

November 8, 2023

9:00 AM

For non-members who do not live in Loudoun County registration begins on November 15, 2023.

You can register for trips:

In-person

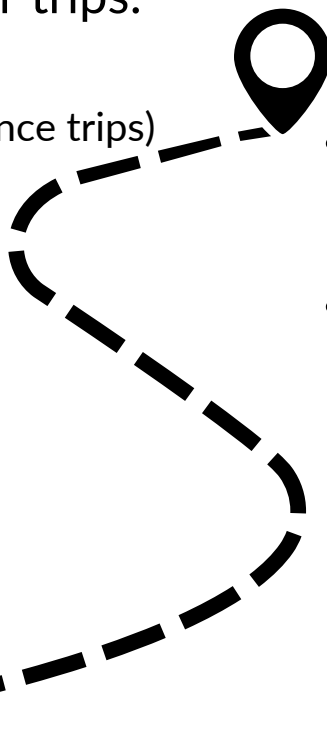
(day trips and long distance trips)

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
- 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 other 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 trips registration begins

Congratulations

Health and Wellness Month Winners!

1st place (\$60)

Catherine Connor

2nd place (\$50)

Diane Fochtman

3rd place (\$30)

Barbara Cahill

Marta Valenzuela

Oscar Valenzuela

At least 15 Stamps (\$20)

Yoneko Bysura

Betty Hobstetter

Marianne Parente

Jessie Garala

Terry Garczynski

Gail Sudkamp

Bharati Mehta



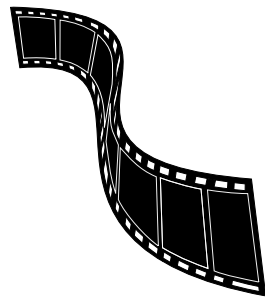
**The rest of the participants will receive an insulated bag.
Cash prizes sponsored by the Cascades Advisory Board.**



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MOVIE DAY



Wednesday, November 15, 2023

Home for the Holidays(1995, PG-13)

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



When her teenage daughter opts out of Thanksgiving, single mother Claudia Larson (Holly Hunter) travels alone to her childhood home for an explosive holiday dinner with her dysfunctional family. Claudia quickly tires of her parents, her long-suffering sister (Cynthia Stevenson), her snobby brother-in-law (Steve Guttenberg) and her nutty aunt (Geraldine Chaplin). But the evening gets interesting when sparks fly between Claudia and her brother's handsome friend Leo Fish (Dylan McDermott)

Happy Birthday!



Join us Wednesday,
November 29, 2023 to
celebrate all who have a
birthday in November.

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

*Lunch registration is
required*

ADVISORY BOARD MORNING COFFEE AND REFRESHMENTS

Wednesday, November 15, 2023
9:30am - 10:30am



FREE morning coffee and
refreshments provided by
Advisory Board.

YOUR CASCADES TEAM

Brenda Davis
Manager

Judith Mangilin
Assistant Manager

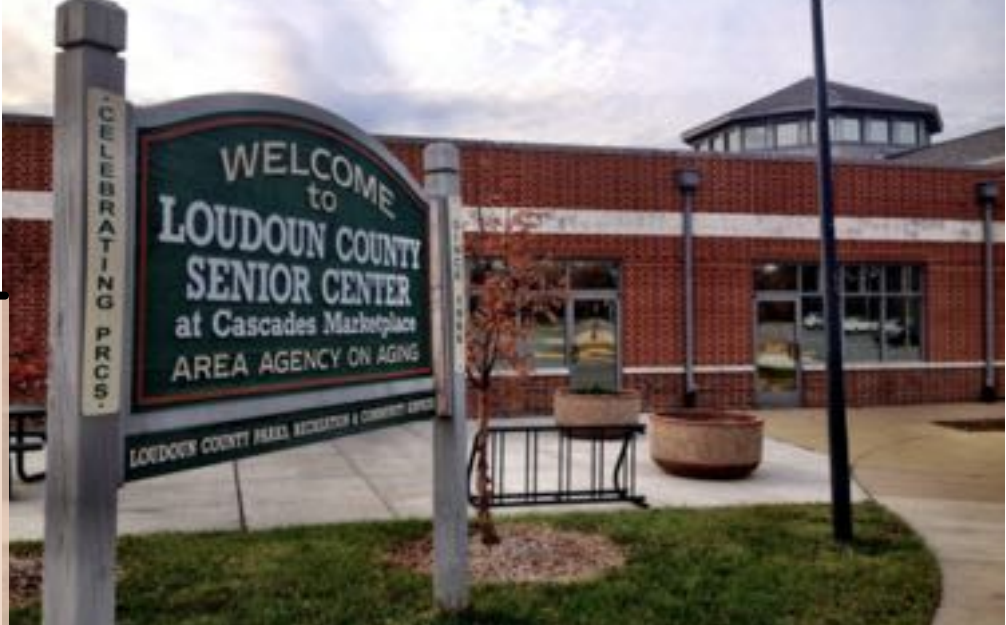
Carrie Randolph
Cafe Supervisor

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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