

# CASCADES SENIOR CENTER



## newsletter December 2023

### Manager's Note

While Christmas gets a lot of attention, the winter holiday season includes many other religious and cultural traditions, as well as celebrations that spring from nature to acknowledge the darkest day of the year and the inevitable return of the sun.

So, whether you celebrate Hanukkah (Dec 7-15), Bodhi Day (Dec 8), Winter Solstice/Soyal (Dec 21 & 22), Kwanzaa (Dec 16-Jan 1), Christmas (Dec 25), or another holiday – we wish you all a very Happy Holiday Season!!



HAPPY  
*holidays*

From  
Your Cascades Team

### Inclement Weather Operations

As we all prepare for the change in seasons and wintry weather, it's time for a reminder of how our operating hours are affected during inclement weather (snow, ice, etc.) conditions. Here are a few things to remember:

**If Loudoun County Government is closed, Senior Center is CLOSED**

**If Loudoun County Government issues "Unscheduled Leave" for staff, Senior Center is OPEN and lunch is available, but no transportation**

**If Loudoun County Public Schools are closed, Senior Center is OPEN and lunch/transportation available**

Call for possible program changes



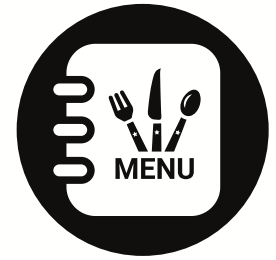
# December Activity Calendar

## Trip to Store

**WALMART 12/6**  
**COCOS/LIDL 12/20**


**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)

## HOLIDAY DECLUTTERING

Saturday, December 2 (9am)

## LIFE TRANSITIONS EMPOWERMENT GROUP

lead by Dr. Silverman

Saturday, December 9 (10:30am-11:30am)

## CLOSED ON

Saturday, December 23 & December 30



**FRI**  
**12/1**

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

**12/4**

**12/5**


**12/6**

**12/7**

**12/8**

9:00a Aerobics Video  
 9:30a Beginner's Line Dancing  
 10:00a Aerobics Video  
 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 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 Yoga with Tatis**  
**10:00a SAIL (FULL)**  
 10:30a Bingo  
 11:00a Pinochle  
 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

| MON<br>12/11   | TUES<br>12/12  | WED<br>12/13  | THURS<br>12/14  | FRI<br>12/15  |
|--|--|---|---|---|
| 9:00a Aerobics Video<br>9:30a Beginner's Line Dancing<br>10:00a Aerobics Video<br>10:30a Bingo<br>10:30a Scottish Dance<br>12:00p Lunch<br>1:00p Yoga with Tatis<br>12:30p Duplicate Bridge<br>1:00p Game Time<br>1:30p Crochet Activity | 9:00a Aerobics Video<br>10:00a Interm. Conv Spanish<br><b>10:00a SAIL (FULL)</b><br>10:30a Yoga (Live & Virtual)<br>11:00a Adv Conv Spanish<br>11:00a Beginner's Tai Chi<br><b>12:00p Lunch and Ukelele Performance</b><br>12:00p Level 2: Flamenco/Castanets<br>12:45p Basic Scottish Dance<br>1:00p Beginner: Flamenco/Castanets<br><b>1:00p Chair Beach Volleyball</b><br>1:30p Interm. Scottish Dance<br>2:00p Pickle Ball | 9:00a Aerobics Video<br>10:00a Aerobics Video<br>10:00a O'Heck<br>10:15a High Beginner's Line Dancing<br>11:00a Ballroom Dancing<br>12:00p Lunch<br>1:00p Rejuvenating Exercise   | 9:00a Line Dance Step Prep<br>10:00a Intro to Line Dance<br><b>10:00a SAIL (FULL)</b><br>11:00a Pinochle<br><b>12:00p Holiday Luncheon</b><br>1:00p Yoga with Tatis<br>1:00p Game Time: Canasta<br>1:00p Current Events<br>2:00p Pickle Ball<br><br><b>No Aerobics Video</b><br><b>No 10:00a Yoga with Tatis</b><br><b>No Bingo</b> | 9:00a Aerobics Video<br>9:30a Knit & Crochet<br>10:00a Aerobics Video<br>10:00a Canasta<br>10:30a Yoga (LIVE & V)<br>11:00a Tai Chi<br>12:00p Lunch<br>12:50p Bingo<br>1:00p Rejuvenating Exercise<br>2:00p Game Time: Dominoes   |
| 12/18  | 12/19  | 12/20   | 12/21   | 12/22   |
| 9:00a Aerobics Video<br>9:30a Beginner's Line Dancing<br>10:00a Aerobics Video<br>10:30a Bingo<br>10:30a Scottish Dance<br>12:00p Lunch<br>1:00p Yoga with Tatis<br>12:30p Duplicate Bridge<br>1:00p Game Time<br>1:30p Crochet Activity | 9:00a Aerobics Video<br><b>9:00a Elder Case Resource</b><br>10:00a Interm. Conv Spanish<br>10:30a Yoga (LIVE & V)<br>11:00a Adv. Conv Spanish<br>11:00a Beginner's Tai Chi<br>12:00p Lunch<br>12:45p Basic Scottish Dance<br><b>1:00p Mindful Meditation</b><br><b>1:00p Chair Beach Volleyball</b><br>1:30p Interm. Scottish Dance<br>2:00p Pickle Ball<br>2:00p Book Club<br><br><b>No Flamenco and Castanets</b>            | 9:00a Aerobics Video<br>10:00a Aerobics Video<br>10:00a O'Heck<br>10:15p High Beginner's Line Dancing<br>11:00a Ballroom Dancing<br>12:00p Lunch<br><b>12:30p Movie Day</b><br><b>12:30p Trip to Store (Cocos/Lidl)</b> <br>1:00p Rejuvenating Exercise<br><br><b>ADVISORY BOARD</b><br><b>MORNING COFFEE &amp; REFRESHMENTS (9:30am-10:30am)</b> | 9:00a Aerobics Video<br>9:00a Line Dance Step Prep<br><b>10:00a Yoga with Tatis</b><br>10:00a Intro to Line Dance<br>10:30a Bingo<br>11:00a Pinochle<br>1:00p Yoga with Tatis<br>1:00p Game Time: Canasta<br>1:00p Current Events<br>2:00p Pickle Ball  | 9:00a Aerobics Video<br>9:30a Knit & Crochet<br>10:00a Aerobics Video<br>10:00a Canasta<br>10:30a Yoga (LIVE & V)<br>11:00a Tai Chi<br><br><b>The Senior Center is Closed at NOON</b>   |
| 12/25  | 12/26  | 12/27   | 12/28   | 12/29   |
| <br><br><b>The Senior Center is Closed</b>   | 9:00a Aerobics Video<br>10:00a Interm. Conv Spanish<br>10:30a Yoga (LIVE & V)<br>11:00a Adv. Conv Spanish<br>11:00a Beginner's Tai Chi<br>12:00p Lunch<br>12:45p Basic Scottish Dance<br><b>1:00p Chair Beach Volleyball</b><br>1:30p Interm. Scottish Dance<br><br><b>No Flamenco and Castanets</b>   | 9:00a Aerobics Video<br>10:00a Aerobics Video<br>10:00a O'Heck<br>10:15a High Beginner's Line Dancing<br>11:00a Ballroom Dancing<br><b>12:00p Birthday Luncheon</b> <br>1:00p Rejuvenating Exercise   | 9:00a Aerobics Video<br>9:00a Line Dance Step Prep<br><b>9:00a Medicare Counseling</b><br><b>10:00a Yoga with Tatis</b><br>10:00a Intro to Line Dance<br>10:30a Bingo<br>11:00a Pinochle<br>12:00p Lunch<br>1:00p Yoga with Tatis<br>1:00p Game Time: Canasta<br>1:00p Current Events<br>2:00p Pickle Ball                          | 9:00a Aerobics Video<br>9:30a Knit & Crochet<br>10:00a Aerobics Video<br>10:00a Canasta<br>10:30a Yoga (LIVE & V)<br>11:00a Tai Chi<br><b>11:30a Noontime New Years Eve Lunch</b><br>12:00p Lunch<br>12:50p Bingo<br>1:00p Rejuvenating Exercise<br>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](mailto: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

# Holiday Decluttering

9:00am

Saturday, December 2, 2023

Learn tips and tricks to  
help you declutter for  
the holiday season.

*Sign-up is required. Class  
size is limited.  
Call 571-258-3280 to sign up*

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CASCADES SENIOR CENTER

# Holiday Luncheon

THURSDAY, DECEMBER 14, 2023  
AT 12:00PM

MUSIC ENTERTAINMENT PROVIDED BY

**OLD DOMINION CHOIR QUARTET**

*LUNCH SIGN UP IS REQUIRED.*

*PLEASE SIGN UP BY MONDAY, DECEMBER 11 AT 12PM*



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CASCADES SENIOR CENTER

2024

NOON YEAR'S EVE

*Lunch Party*

ENJOY

LUNCH WITH FRIENDS AND A NOONTIME NEW  
YEARS TOAST



MUSIC ENTERTAINMENT FROM DJ SKY

FRIDAY, DECEMBER 29, 2023

11:30AM - 1:30PM

LUNCH SIGN UP IS REQUIRED



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# CLASSES/PROGRAMS/ACTIVITIES

## Book Club



3rd Tuesday of the month  
at 2pm

New members always welcome!  
The book selection for this  
month:

*Britt-Marie Was Here*  
By Fredrik Blackman

## Current Events Discussion Group

Thursdays at 1pm



## Life Transitions Empowerment Group

REGISTRATION REQUIRED

Saturday, December 9, 2023  
10:30am-11:30am

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.

## 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 & 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

## 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!

## 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!

## ONE-ON-ONE MEDICARE COUNSELING

Thursday, December 28  
(9am-12pm)

### WHAT WE DO...

We provide comprehensive, unbiased Medicare, and related information and assistance.

Sign up to meet with a counselor!

# 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.

## Holiday Ukulele Performance

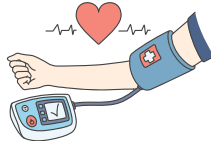
**Tuesday, December 12, 2023  
at 12:00pm**

Enjoy lunch while listening  
to holiday music performed  
by the Cascades Senior  
Center ukulele group.



## 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**

**Thursday**

**10:00am-11:00am**

**New Time**



## Mindful Meditation (in-person)

**REGISTRATION REQUIRED**

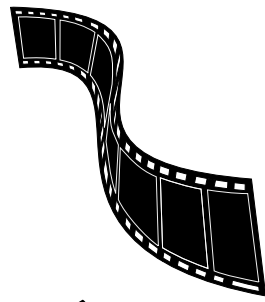
**December 5 and 19 from 1:00-1:45pm**

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.





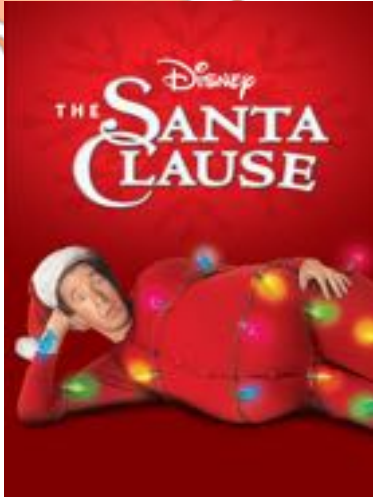
# MOVIE DAY



Wednesday, December 20, 2023

## *The Santa Clause (PG, 1994)*

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



Divorced dad Scott (Tim Allen) has custody of his son (Eric Lloyd) on Christmas Eve. After he accidentally kills a man in a Santa suit, they are magically transported to the North Pole, where an elf explains that Scott must take Santa's place before the next Christmas arrives. Scott thinks he's dreaming, but over the next several months he gains weight and grows an inexplicably white beard. Maybe that night at the North Pole wasn't a dream after all -- and maybe Scott has a lot of work to do.

## Happy Birthday!



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

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

*Lunch registration is  
required*

## ADVISORY BOARD MORNING COFFEE AND REFRESHMENTS

Wednesday, December 20 2023  
9:30am - 10:30am



FREE morning coffee and  
refreshments provided by the  
Advisory Board.



# Free Dental Clinic

*Open to individuals 60 years or older without dental insurance.*

**Services provided by The Fenwick Foundation and may include:**

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

**Friday, January 12, 2024**

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

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

Registration required by December 11, 2023.

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 in advance notice is required.

**LOUDOUN  
COUNTY  
VIRGINIA**

**Family  
Services**



# Senior Center Highlights



## HALLOWEEN PARTY



Door Prize Winner



Best Costume



Scariest Costume



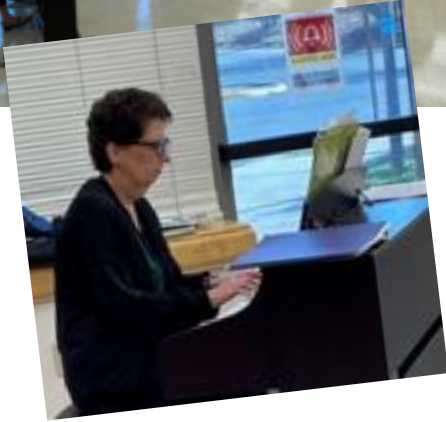
Most Original  
Costume



Most Creative  
Costume



# Senior Center Highlights



★ ★ ★ ★ ★  
**VETERANS DAY**

## ARTS & CRAFTS FAIR





# YOUR CASCADES TEAM

Brenda Davis  
Manager

Judith Mangilin  
Assistant Manager

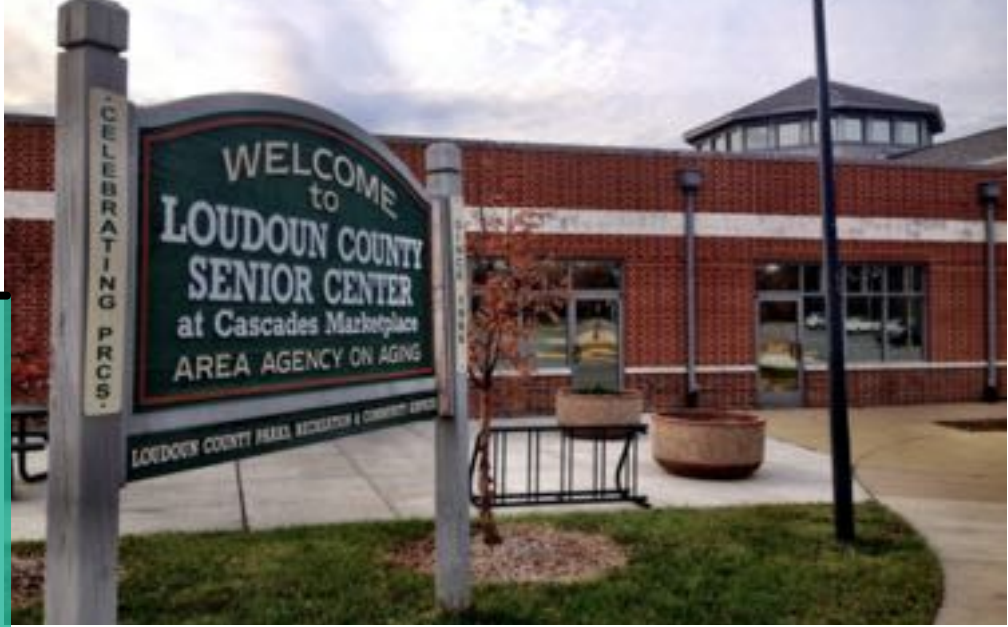
Carrie Randolph  
Cafe Supervisor

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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