

### MANAGER'S NOTE

Looking for a new opportunity to step up your game and share your knowledge, talents, and creativity? Then you are in luck!!

The Senior Center at Cascades is looking for a few talented people to expand our programming. Do you have what it takes to be a part of our talented volunteer team? Check out these great opportunities and contact the office if you are interested:

- **Beading Instructor** (or DIVA, the title is up to you) – you know those people who can make something beautiful out of anything? If that's you, we need to talk! One very generous person donated bins chock full of beautiful beads and beading supplies to the center. They are here waiting for a creative soul to lead a group of participants to make lots of pretty things.
- **ESL Instructor** – some people travel all over the world for the opportunity to teach English as a Second Language to diverse populations. You don't have to go that far. Over 30 languages are spoken here at the center, and some folks speak limited English but are excited to learn.

Prerequisites for ESL Instructor include:

- Leading activities or supporting classroom facilitation
- Some subject matter expertise
- Effective communication and presentation skills
- Respect of different opinions and non-judgmental
- Prompt and dependable



### CASCADES CELEBRATE INTERNATIONAL DAY OF YOGA

The yoga class at Cascades celebrated International Yoga Day! The International Day of Yoga is a day in recognition of Yoga, celebrated across the world annually on June 21.

Many thanks to instructors Jagdish and Kailash Sachdev for organizing this event and volunteering their time to teach yoga at the Cascades Senior Center. Each participant received treats and were given the opportunity to get individual photos taken while doing their favorite yoga poses.





# LUAU LUNCHEON

Summer festivities have begun at Cascades. The Silver Ukulele group and the Aloha Ladies from Dulles South Senior Center performed at the Luau Luncheon. Nancy Bloomfield and Richard Payne also delighted the seniors with a special performance during the event.



## “PLAY” ALL DAY

PRCS kicked off the first day of summer with over 20 free events at facilities and parks across Loudoun County. The seniors at Cascades had fun playing indoor ping-pong and corn hole.

Play All Day VA was a statewide initiative approved by the VRPS: Virginia Recreation & Park Society to celebrate the longest day of the year!



**CASCADES**  
*Senior Center*

571-258-3280

CONNECTING ALL COMMUNITIES



# Cascades Senior Center

## July Activity Calendar

MON 7/1	TUES 7/2	WED 7/3	THURS 7/4	FRI 7/5
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 1:00p Yoga with Tatis 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video <b>9:00a Elder Resources Case Manager</b> 10:00a SAIL 10:00a Interm. Conv Spanish 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Basic Scottish Dance 1:00p Rejuvenating Exercise 1:00p Chair Beach Volleyball 1:30p Interm. Scottish Dance 2:00p Pickle Ball  No Yoga (Live)	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Game Time: O'Heck 10:15a High Beginner's Line Dancing 11:00a Ballroom Dancing 11:30a Virtual Tech Class <b>12:00p 4th of July Luncheon</b> <b>1:00p Mindful Meditation</b> 1:00p Yoga with Tatis	<div> <div>The Senior Center is Closed</div> <div> </div> </div>	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 11:00a Tai Chi 11:00a Yoga (Live) 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise <b>2:00p SAIL (Makeup Class)</b> 2:00p Game Time: Bunco & Dominoes
7/8	7/9	7/10	7/11	7/12
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 1:00p Yoga with Tatis 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video <b>10:00a INOVA Blood Pressure Check</b> 10:00a SAIL 10:00a Interm. Conv Spanish 11:00a Yoga (Live) 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Basic Scottish Dance 1:00p Rejuvenating Exercise 1:00p Chair Beach Volleyball 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Game Time: O'Heck 10:15a High Beginner's Line Dancing 11:00a Ballroom Dancing 11:30a Virtual Tech Class 12:00p Lunch <b>12:30p Trip to Store (Walmart)</b> 1:00p Yoga with Tatis	9:00a Aerobics Video 9:00a Step Prep 10:00a SAIL 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 10:30a Bingo <b>10:30a Life Transitions Empowerment Group</b> 11:00a Pinochle 12:00p Lunch 12:00p Level 2: Flamenco/Castanets 1:00p Beginner: Flamenco/Fan 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 11:00a Yoga (Live) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos

### 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-11:45am)

### Trip to Store

**WALMART 7/10**

**COCOS/LIDL 7/24**


**REGISTRATION REQUIRED**



• BUS LEAVES AT 12:30 pm •

MON 7/15	TUES 7/16	WED 7/17	THURS 7/18	FRI 7/19
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 1:00p Yoga with Tatis 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video <b>9:00a Elder Resources Case Manager</b> 10:00a SAIL 10:00a Interm. Conv Spanish 11:00a Yoga (Live) 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Basic Scottish Dance 1:00p Rejuvenating Exercise 1:00p Chair Beach Volleyball <b>1:00p Book Club</b> 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Game Time: O'Heck 10:15a High Beginner's Line Dancing 11:00a Ballroom Dancing 11:30a Virtual Tech Class 12:00p Lunch <b>12:30p Movie Day</b> <b>1:00 Mindful Meditation</b> 1:00p Yoga with Tatis	9:00a Aerobics Video 9:00a Step Prep 10:00a SAIL 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 10:30a Bingo 11:00a Pinochle 12:00p Lunch 12:00p Level 2: Flamenco/Castanets 1:00p Beginner: Flamenco/Fan 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 11:00a Yoga (Live) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos
7/22	7/23	7/24	7/25	7/26
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 1:00p Yoga with Tatis 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 10:00a SAIL 10:00a Interm. Conv Spanish 11:00a Yoga (Live) 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Basic Scottish Dance 1:00p Rejuvenating Exercise 1:00p Chair Beach Volleyball 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Game Time: O'Heck 10:15p High Beginner's Line Dancing 11:00a Ballroom Dancing 11:30a Virtual Tech Class 12:00p Lunch <b>12:30p Trip to Store</b>  (Cocos/Lidl) 1:00p Yoga with Tatis	9:00a Aerobics Video 9:00a Step Prep <b>9:00a Medicare Counseling</b> 10:00a SAIL 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 10:30a Bingo 11:00a Pinochle 12:00p Lunch 12:00p Level 2: Flamenco/Castanets 1:00p Beginner: Flamenco/Fan 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 11:00a Yoga (Live) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes
7/29	7/30	7/31	<div data-bbox="1156 1478 1448 1759" data-label="Image"> </div> <div data-bbox="1185 1780 1448 1848" data-label="Text"> <p><b>CLICK HERE</b> </p> </div>	
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video <b>10:15a Swimming at Claude Moore</b> 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 12:30p Duplicate Bridge 1:00p Yoga with Tatis 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video 10:00a SAIL 10:00a Interm. Conv Spanish 11:00a Yoga (Live) 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Basic Scottish Dance 1:00p Rejuvenating Exercise 1:00p Chair Beach Volleyball 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Game Time: O'Heck 10:15p High Beginner's Line Dancing 11:00a Ballroom Dancing 11:30a Virtual Tech Class <b>12:00p Birthday Lunch</b>  1:00p Yoga with Tatis		





# HAPPY INDEPENDENCE DAY!

## 4TH OF JULY LUNCHEON

Wednesday, July 3

12:00pm

Wear red, white and blue!



*Lunch sign up is required.*



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.



July is Park and  
Recreation Month



JOIN US FOR A

SWIMMING  
DAY

AT CLAUDE MOORE  
RECREATION CENTER

MONDAY, JULY 29  
10:15AM - 12:00PM

\$1 BUS TRANSPORTATION

Bring a towel and your swimsuit to change  
into at the recreation center.



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# CLASSES/PROGRAMS/ACTIVITIES

## ONE-ON-ONE MEDICARE COUNSELING Thursday, July 25 (9am-12pm)

### WHAT WE DO . . .

We provide comprehensive, unbiased Medicare, and related information and assistance.  
Sign up to meet with a counselor!

## Current Events Discussion Group

Thursdays at 1pm



## Life Transitions Empowerment Group

REGISTRATION REQUIRED

Thursday, July 11 2024  
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 Erin Nesbitt, 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



New  
Day

LEVEL 2: Thursdays 12:00pm-1:00pm  
Beginners: Thursdays 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: 12:45pm and 1:30pm

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!

### Do you know about the Grief Table?

*It is located at the lobby  
(near the rear exit, next to Multi-purpose Room 2)*

You can find resources related to grief and loss displayed at our grief table. You can also find information regarding members who have passed away in this area. If you have any questions, you can come to the office or email us at [cascadesenior@loudoun.gov](mailto:cascadesenior@loudoun.gov)

# CLASSES/PROGRAMS/ACTIVITIES

## VIRTUAL TECH CLASSES

Wednesdays at 11:30am

**July 3:** The Apple Watch, how it saves lives

**July 10:** Internet Browsers, Chrome, Firefox, Safari, Edge

**July 17:** Microsoft 365, Office

**July 24:** Fraud and Identity Theft

**July 31:** Creating and Using QR Codes



CALL THE CENTER TO RECIEVE THE LINK

## Book Club

Have you read a book lately? Would you like to read and chat about it with a group of friends?

Learn more about the Book Club!

Meet and greet with our members and find out what this month's book read is all about.

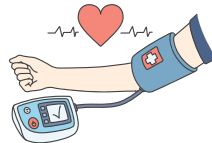
New members are welcome!

**3rd Tuesday of the month at 1pm**



## Blood Pressure Check

**2nd Tuesday of the month**  
**10am-12pm**



## REJUVENATING EXERCISE

**Tuesday & Friday**  
**1:00pm-1:50pm**



**YOGA with Tatis**

**Monday & Wednesday**  
**1:00pm-1:50pm**



**New Days**

## Mindful Meditation (in-person)

**REGISTRATION REQUIRED**

**Wednesday**

**July 3 and 17 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, July 17, 2024  
12:30pm

*A Rainy Day in New  
York*  
(PG-13)



Two sweethearts find their own meanings to life and love when chance circumstances lead them on different paths over the course of a day.

## Happy Birthday!

Join us Wednesday, July 31, 2024 to celebrate all who have a birthday in July.

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

*Lunch registration is required*



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Our Latest News & Updates

# YOUR *Staff*

**Brenda Davis**

Manager

**Judith Mangilin**

Assistant Manager

**Carrie Randolph**

Cafe Supervisor

**Haley Moore**

Recreation Programmer

**Teresa dela Vina**

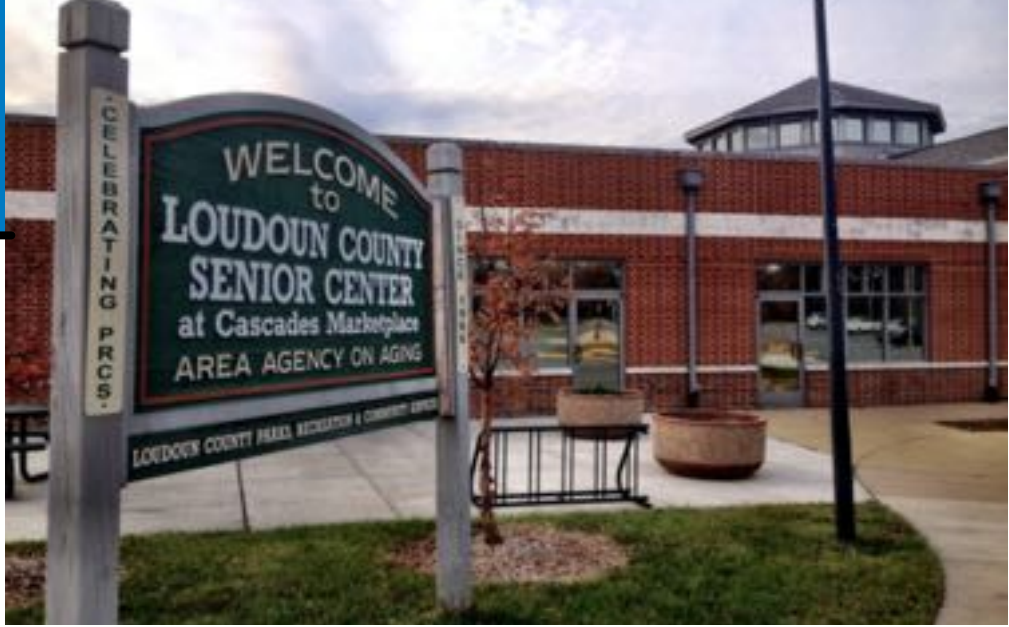
Customer Service

**Felix Duran**

Vehicle Operator

**Satish Sharma**

Vehicle Operator



**The Senior Center at Cascades  
21060 Whitfield Place  
Sterling, VA 20165**



**CASCADES**  
*Senior Center*



CONNECTING ALL COMMUNITIES

571-258-3280