



MANAGER'S NOTE

A big thank you to The Cascades Senior Center Advisory Board for purchasing 15 new card tables for games and activities at the center.

Here's just some of the other ways the Advisory Board supports and enhances your experience at the Cascades Senior Center:

- Monthly Birthday Celebrations at lunch (flowers, cards, cake and/or other treats)
- Get Well and Sympathy cards sent to members (please notify the office if you know someone who is ill or has passed away)
- Welcome cards sent to brand new members
- Goodie bags at Open House events
- Musical entertainment, refreshments, and décor for special events
- New chairs for lobby & tearoom, card tables
- Banners and other signs for Arts & Crafts Fair and other events
- Pizza & ice cream for Cascades Volunteer Pizza Party
- Giveaways and special amenities for 25th Anniversary Celebration (pens, tote bags, etc.)



Remember to thank an Advisory Board member for all they do to make your experience at the Cascades Senior Center more fun and meaningful.



SENIOR TRIPS

FALL 2024

REGISTRATION DATE & TIME:

Wednesday


August 7, 2024

9:00 AM

For non-members who do not live in Loudoun County registration begins on August 14, 2024.

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

PARKS & RECREATION MONTH

Seniors celebrated Parks & Recreation Month last month! Enjoying both outdoors and indoor facilities at Claude Moore Park and Recreation Center.



Picnic



Hiking



Games



Swimming



CASCADES
Senior Center

571-258-3280

CONNECTING ALL COMMUNITIES

FOURTH OF JULY CELEBRATION



CASCADES VOLUNTEER APPRECIATION DAY

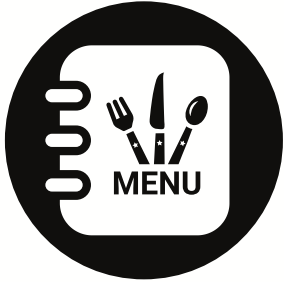


CASCADES
Senior Center

571-258-3280

CONNECTING ALL COMMUNITIES

August Activity Calendar



[CLICK HERE](#)

Puzzle Sale

Wednesday, August 28
9:30am - 11:30am



Trip to Store

WALMART 8/7
COCOS/LIDL 8/21
REGISTRATION REQUIRED



BUS LEAVES AT 12:30 pm

**THURS
8/1**

**FRI
8/2**

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
**10:30a Life Transitions
Empowerment Group**
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 Tai Chi
11:00a Yoga (Live)
12:00p Lunch
12:50p Bingo
1:00p Rejuvenating Exercise
2:00p Game Time: Bunco
& Dominoes

MON

TUES

8/5

8/6

8/7

8/8

8/9

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
9:00a Elder Resources Case Manager
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
**9:30a Advisory Board
Breakfast**
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
**12:30p Trip to Store
(Walmart)**
1:00p Yoga with Tatis
1:00p Mindful Meditation



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

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)

No Knit & Crochet on 8/3

MON 8/12	TUES 8/13	WED 8/14	THURS 8/15	FRI 8/16
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 INOVA Blood Pressure Check 10:00a SAIL 10:00a Intern. 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 Intern. 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 10:30a Cultural Talent Show 11:00a Ballroom Dancing 11:30a Virtual Tech Class 12:00p Lunch 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
8/19	8/20	8/21	8/22	8/23
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 9:00a Elder Resources Case Manager 10:00a SAIL 10:00a Intern. 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 Book Club 1:00p Rejuvenating Exercise 1:00p Chair Beach Volleyball 1:30p Intern. 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 12:30p Sherbet Social 12:30p Trip to Store  (Cocos/Lidl) 12:30p Movie Day 1:00p Yoga with Tatis 1:00p Mindful Meditation	9:00a Aerobics Video 9:00a Step Prep 9:00a Medicare Counseling 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
8/26	8/27	8/28	8/29	8/30
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 Intern. 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 Intern. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Puzzle Sale 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 Birthday Lunch 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 End Of Summer BBQ 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



**CASCADES
SENIOR CENTER**



WEDNESDAY, AUGUST 14

10:30AM – 11:30AM

Enjoy performances from our members and classes from our center. There may even be a special dance from the staff.



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

SHERBET SOCIAL

Wednesday, August 21
12:30pm



After lunch, enjoy a
dessert of sherbet, with
different toppings to
choose from.



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END OF SUMMER BBQ PARTY

**THURSDAY, AUGUST 29
12:00PM - 1:30PM**

ENJOY:

- A SPECIAL BBQ LUNCH
- FUN MUSIC
- SUMMER GAMES

*Lunch sign up is required.
Please sign up August 22.*



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CLASSES/PROGRAMS/ACTIVITIES

ONE-ON-ONE MEDICARE COUNSELING Thursday, August 22 (9am-12pm)

WHAT WE DO . . .

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



Flamenco & Castanets



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

Current Events Discussion Group

Thursdays at 1pm



Life Transitions Empowerment Group

Thursday, August 1, 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.

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!

Need Assistance?

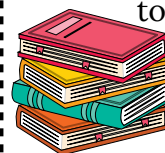
Schedule an appointment with Erin Nesbitt, Elder Resources Case Manager. She can help with questions regarding housing, transportation, Medicaid, caregiver challenges and more.

1st and 3rd Tuesdays of the month
9am-12pm



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

CLASSES/PROGRAMS/ACTIVITIES

VIRTUAL TECH CLASSES

Wednesdays at 11:30am

August 7: Understanding The Cloud and the Internet

August 14: Using Uber for Rides, Food, and Product Deliveries

August 21: Voice Assistants SIRI, Google Assistant, and Alexa

August 28: Using Contactless Apple Pay



CALL THE CENTER TO RECIEVE THE LINK

Advisory Board Breakfast

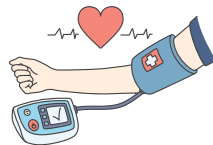
Wednesday, August 7, 2024

FREE morning coffee and refreshments provided by Advisory Board. Stop by to receive your Health & Wellness month passport and learn more about special guest speakers and activities.



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



Mindful Meditation (in-person)

Wednesday

August 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, August 21, 2024
12:30pm

Poms
(PG-13)

Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you.



Happy Birthday!

Join us Wednesday,
August 28, 2024 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



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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



571-258-3280

CONNECTING ALL COMMUNITIES