

MANAGER'S NOTE

HEALTH & WELLNESS MONTH IS HERE!

One of the top reasons people say they come to the Senior Center at Cascades is to improve or maintain their health.

During the month of September, we take the time to focus on the importance of staying physically and mentally active.

According to the National Institute on Aging (a part of the NIH), older adults who lead an active life are:

- Less likely to develop certain diseases
- Have a longer lifespan
- Happier and less depressed
- Better prepared to cope

Be sure to get your "Health & Wellness Passport" at the office, then get a stamp for every eligible activity you attend during the month of September.

Participants will receive cash prizes for the highest number of stamps!

This activity is sponsored by your Advisory Board



Anu Kaur Registered Dietitian Nutritionist (RDN), will be hosting an informational nutritional tea session at Cascades Senior Center.

Ms. Kaur will take time to mingle during lunch and answer your questions about nutrition, followed by a Teatime from 12:45pm-1:45pm to talk about the importance nutrition plays in our health and well-being as we age.

Tuesday, September 17, 2024

12:45pm-1:45pm

CULTURAL TALENT SHOW

The Flamenco Group and Scottish Dance Group put on a wonderful show for us in August. Our Scottish dance instructor, Alison, even taught the audience a Scottish dance.



CASCADES
Senior Center

571-258-3280

CONNECTING ALL COMMUNITIES

FAREWELL ALISON

The Scottish dance group bid farewell to their dance instructor, Alison Imbriaco. Alison has been a long time volunteer at Cascades Senior Center and served as secretary for the Senior Center at Cascades Advisory Board.



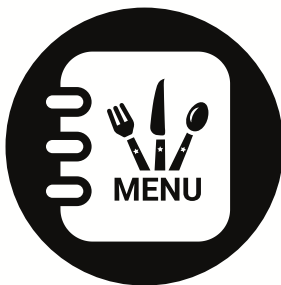
MILDRED'S 99TH BIRTHDAY CELEBRATION IN SAIL

The SAIL class celebrated Mildred's 99th birthday in class during July.



September Activity Calendar

MON 9/2	TUES 9/3	WED 9/4	THURS 9/5	FRI 9/6
<p><i>Closed</i></p> 	<p>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</p>	<p>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</p>	<p>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 12:30p Level 2: Flamenco/Fan 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball</p>	<p>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: Dominoes</p>
9/9	9/10	9/11	9/12	9/13
<p>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</p>	<p>9:00a Aerobics Video 10:00a SAIL 10:00a INOVA Blood Pressure Check 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</p>	<p>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 1:00p Yoga with Tatis</p>	<p>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 12:30p Level 2: Flamenco/Fan 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball 3:00p Weight Training Info Class</p>	<p>9:00a Aerobics Video 9:30a Knit & Crochet 9:45a Swimming at CMRC 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</p>




[CLICK HERE](#) 


Trip to Store

WALMART 9/4
COCOS/LIDL 9/18 

REGISTRATION REQUIRED

• BUS LEAVES AT 12:30 pm •

MON 9/16	TUES 9/17	WED 9/18	THURS 9/19	FRI 9/20
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 12:45p Tea Time with Nutritionist 1:00p Rejuvenating Exercise 1:00p Book Club 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 EMS Billing and Advanced Directives/ DNR Presentation 11:00a Ballroom Dancing 11:30a Virtual Tech Class 12:00p Lunch 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 10:00a SAIL 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 10:30a Bingo 11:00a Pinochle 12:00p Lunch 12:30p Level 2: Flamenco/Fan 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball 3:00p Weight Training Class	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

9/23	9/24	9/25	9/26	9/27
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 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 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 12:30p Level 2: Flamenco/Fan 12:30a Medicare Presentation 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

9/30
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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)

WISER Women Planning for Retirement Presentation 9/7 (9:30 - 10:30)

HEALTH AND WELLNESS MONTH

at the Cascades Senior Center

- Pick up your passport beginning on September 3
- Get your passport stamped every time you participate in a qualifying exercise or health activity/presentation
- Prizes will be awarded to the participants with the most stamps at the end of the month



Check out all the health and wellness events and activities we have going on all month long.



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.

Health and Wellness Month

Cascades Senior Center

Highlights



Qualifying Activities

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

Special Presentations and Activities

- **Advisory Board Breakfast**
 - Wednesday, September 4 at 9:30am
- **WISER Women Retirement Planning Workshop**
 - Saturday, September 7 at 9:30am
- **Tour and Pool Day at Claude Moore Recreation and Community Center** (Sign up is required)
 - Friday, September 13 at 10:00am
- **Weight Training Information Class**
 - Thursday, September 12 at 3pm
- **Tea Time with Nutritionist, Anu Kaur**
 - Tuesday, September 17 at 12:45pm
- **EMS Billing and Advanced Directives/ DNR Presentation**
 - Wednesday, September 18 at 10:30am
- **Weight Training Class (Sign up is required)**
 - Thursday, September 19 at 3pm
- **Medicare Presentation**
 - Thursday, September 26 at 12:30pm



Tour and Swimming at Claude Moore Recreation and Community Center

Bring a towel and your swimsuit to change into at the recreation center. Sign up is required. Bus transportation will be provided for \$1. The bus will depart at 9:45am.

EMS Billing and Advanced Directives/DNR

Having an emergency can require patients and their families to make quick decisions about their medical care. Planning ahead and understanding how first responders approach topics like Advance Directives and “Do Not Resuscitate” orders can help make the decision process easier during a difficult time.

Medicare Presentation

There are some important changes coming to Medicare Part D in 2025. Make sure you are prepared for Open Enrollment Period for Medicare Beneficiaries.



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FINANCIAL STEPS FOR WOMEN

A PATH TO FINANCIAL WELLNESS

Saturday, September 7
9:30 - 10:30am

CASCADES SENIOR CENTER
21060 WHITFIELD PLACE
STERLING, VA 20165
571-258-3280

This workshop will highlight financial choices for people (especially women) to consider as they plan for and enter retirement.

Some of the topics that will be covered are:

1. Challenge Yourself to Save More
2. Pay Your Future Self
3. Prepare to Care
4. Avoid Common Money Mistakes
5. Get to Know Your Social Security Benefit



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BENEFITS OF WEIGHT TRAINING AND BALANCE

TWO PART SERIES

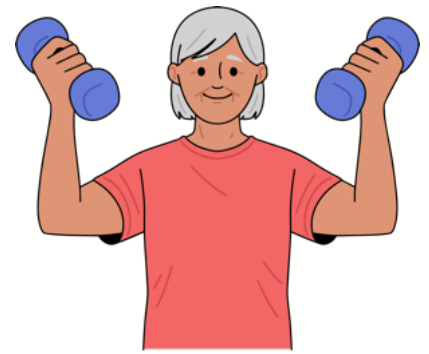
Fitness Programmer, Katie Rubio MS, will share with you the importance of weight training (also known as resistance training) as we all age and how it can directly help with balance.

PART 1

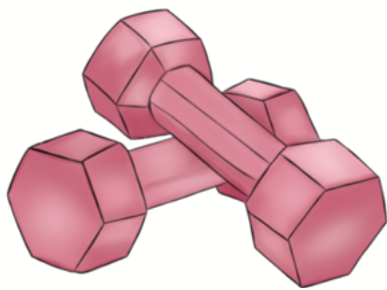
Intro Class

Thursday, September 12

3:00 - 4:00pm



Learn about weight training with a lecture. Finish the introduction class with a question and answer portion.



PART 2

Hands On

Thursday, September 19

3:00 - 4:00pm

Learn specific exercises that you can use at home and at the Senior Center at Cascades to build core strength and maintain/improve mobility.

Part 2 is limited in space. Sign up is required.



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CLASSES/PROGRAMS/ACTIVITIES

Beginners Ukulele

Wednesday at 1pm

Beginning September 17

Instructor: Joanie

Learn to play the ukulele in this beginners class. A ukulele will be provided for you to use during the duration of the class.

Class size is limited. Sign up is required.

NEW!



Flamenco & Castanets



Instructor: Nancy

An ongoing practice of traditional folkloric arm and footwork.

Fall session: September 12 - December 12

LEVEL 2: Thursdays 12:30pm-2:00pm

(Must have previous knowledge of Flamenco and Castanets)

Call the center to sign up for the Level 2 Flamenco and Castanets class. Class size is limited.

(must wear Flamenco shoes or support shoes with heels)

Current Events Discussion Group

Thursdays at 1pm



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!

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

ONE-ON-ONE MEDICARE COUNSELING

Thursday, September 26 (9am-12pm)

WHAT WE DO . . .

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

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!

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**



CLASSES/PROGRAMS/ACTIVITIES

VIRTUAL TECH CLASSES

Wednesdays at 11:30am

September 4: YouTube TV VS Cable

September 11: Using Cloud Backup Photos

September 18: Recycling Laptops, computers or Cellphones

September 25: Apple find my iPad or iPhone, Android Tiles

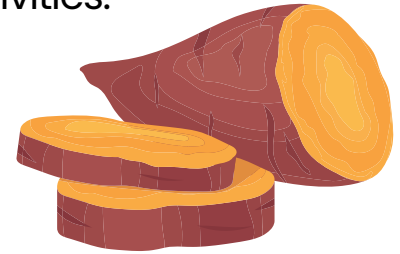


CALL THE CENTER TO RECIEVE THE LINK

Advisory Board Breakfast

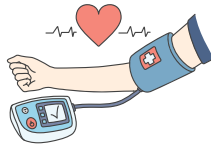
Wednesday, September 4, 2024

FREE morning coffee and refreshments provided by Advisory Board. Stop by to receive your Health & Wellness month passport and **get your first stamp in your Health & Wellness passport!** Learn more about special guest speakers and activities.



Blood Pressure Check

2nd Tuesday of the month
10am-12pm



Life Transitions Empowerment Group

Thursday, September 5, 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.

Mindful Meditation (in-person)

Wednesday

September 4 and 18 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.

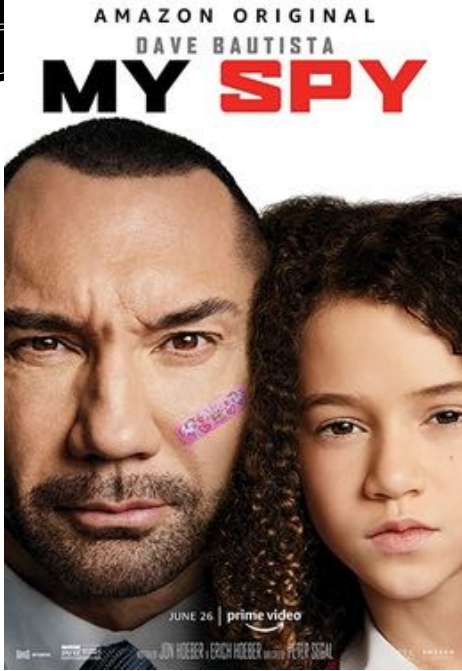


Movie Day

Wednesday, September 18, 2024
12:30pm

My Spy
(PG)

Nine-year-old Sophie catches JJ, a hardened CIA operative, spying on her family during a routine surveillance operation. In exchange for not blowing his cover, JJ begrudgingly agrees to show the precocious girl how to become a spy. What at first seems like an easy task soon turns into a battle of wits as Sophie proves you don't need much experience to outsmart a seasoned agent.



Happy Birthday!

Join us Wednesday,
September 25, 2024 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



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Our Latest News & Updates

The Loudoun County Area Agency on Aging presents

DEMENTIA MAN

An existential journey



Performance & Conversation
Wednesday, September 25
1:00 – 2:30pm

FREE!

Franklin Park Performing & Visual Arts Center
36441 Blueridge View Lane, Purcellville, VA
franklinparkartscenter.org

“Maybe, I should stick around, and figure out how to live a meaningful life as a deeply forgetful and confused person. Maybe I can cause trouble, and advocate for the world to accommodate me as I will be. I have been a troublemaker most of my life...”

– excerpt from *Dementia Man*



Samuel A. Simon

Dementia Man, An Existential Journey is the award-winning autobiographical story of a man who faces his diagnosis of Alzheimer’s disease, by actor and playwright Samuel A. Simon. It is a peek into the head and heart of the struggle with a broken medical system and a personal and family challenge.

After the performance, stay for a short talk and complimentary refreshments.

Questions? Please call 571-233-2583
or email aaasupport@loudoun.gov.

Scan to Register



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● SEPTEMBER 27TH-29TH ●

BOOK SALE



DROP OFF DONATIONS
BOOKS · DVDS · GAMES · PUZZLES · COMICS

SEP 14-26



process
sort
organize
support

VOLUNTEERS NEEDED

FRIENDSOFCASCADESLIB@GMAIL.COM

SEPTEMBER 27TH-29TH



location & supports:

FRI/SAT 9:30A-5P
SUN 12P-3P

CASCADES LIBRARY
21030 WHITFIELD PL.,
POTOMAC FALLS, VA



FRANKLIN PARK ARTS CENTER

Keeping you connected to the arts!



MUSIC FOR DESSERT CONCERT SERIES- ALL AGES

This mid-week series features jazz, classical, bluegrass, country and Americana music for in-person and virtual audiences.

\$15/concert or \$75 for series subscription to all eight concerts.

VISUAL JOURNALS: WHERE THE IMAGE MEETS THE WORD- AGES 16+

Part sketchbook, part scrapbook, and part diary, the visual journal is a place for self-exploration and an art form for self-expression. Discover the creative possibilities of this mixed-media format as we experiment with a variety of materials, techniques, and concepts. All supplies included in this 2-hour workshop.

MANHATTAN SHORT FILM FESTIVAL

ONE WORLD - ONE WEEK - ONE FESTIVAL, when over 100,000 film lovers in over 500 cities across six continents gather for one reason...to view and vote on the Finalists' Films in the 26th Annual MANHATTAN SHORT Film Festival.

Note: These short films are not rated and content may not be suitable for some audiences.



MUSIC FOR DESSERT ON SELECT WEDS, SEPT 4-NOV. 13 TICKETS:

franklinparkartscenter.org
540-338-7973

VISUAL JOURNALS: SAT, SEPT 21 \$55 TICKETS:

LOUDOUN.GOV/PRCSCONNECT
#163726-1

MANHATTAN SHORT FILM FESTIVAL

OCT 3,4,5 \$8
TICKETS:

franklinparkartscenter.org
540-338-7973



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YOUR *Staff*

Brenda Davis
Manager

Judith Mangilin
Assistant Manager

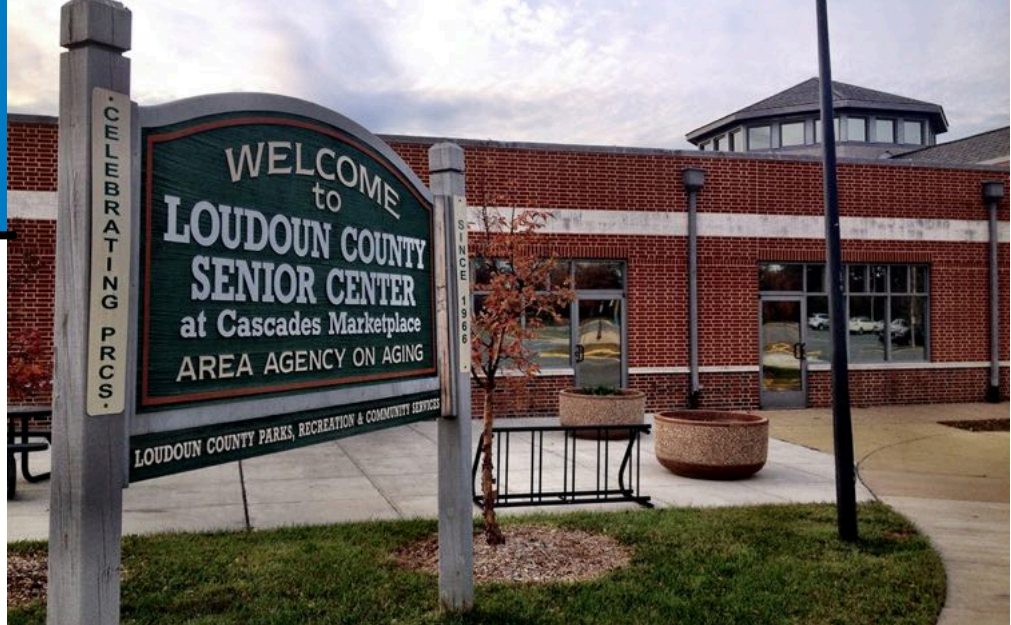
Carrie Randolph
Cafe Supervisor

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