

CASCADES



OCTOBER 2024

Senior Center



MANAGER'S NOTE

The Senior Center at Cascades Advisory Board will be hosting it's annual Cascades Arts & Crafts Fair on **Saturday, October 19 from 9am-3pm**. All are welcome to shop from a variety of local artists and crafters!

Senior Center members will also have a chance to shop early on **Friday, October 18** with our very own Knit & Crochet and Curio groups selling items.

See you there!



Changes to Center Operations on November 1, 2024!

The Senior Center at Cascades will be open 9:00am-5:00pm on **Friday, November 1**, but due to a department-wide staff meeting we will operate with the following changes:

- NO TRANSPORTATION – buses will not be running routes
- Limited Lunch Menu – pizza will be served for lunch (**must sign-up by October 26**)
- No purchases, memberships or senior trips payments will be processed – the center office will be closed


Facility Supervisors will be answering phones, monitoring programming and serving lunch during the day.





October Activity Calendar



	TUES 10/1	WED 10/2	THURS 10/3	FRI 10/4
	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 Rejuvenating Exercise 1:00p Chair Beach Volleyball 1:00p Ukulele Class 1:30p Intern. 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 1:00p Yoga with Tatis 1:00p Mindful Meditation 2:30p Cardio Drumming Intro 3:00p Cardio Drumming	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	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
MON 10/7	10/8	10/9	10/10	10/11
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 INOVA Blood Pressure Check 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 1:00p Ukulele Class 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 Indigenous Peoples Day Presentation 11:00a Ballroom Dancing 11:30a Virtual Tech Class 12:00p Lunch 12:30p Trip to Store (Walmart)  1:00p Yoga with Tatis 3:00p Cardio Drumming	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	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)

PFLAG Grandparents Workshop 10/12 (10 - 11am)

Arts and Crafts Fair 10/19 (9am - 3:00pm)

All other activities cancelled on 10/19

Life Transitions Empowerment Group 10/26 (10:30 - 11:30)

Trip to Store

WALMART 10/9

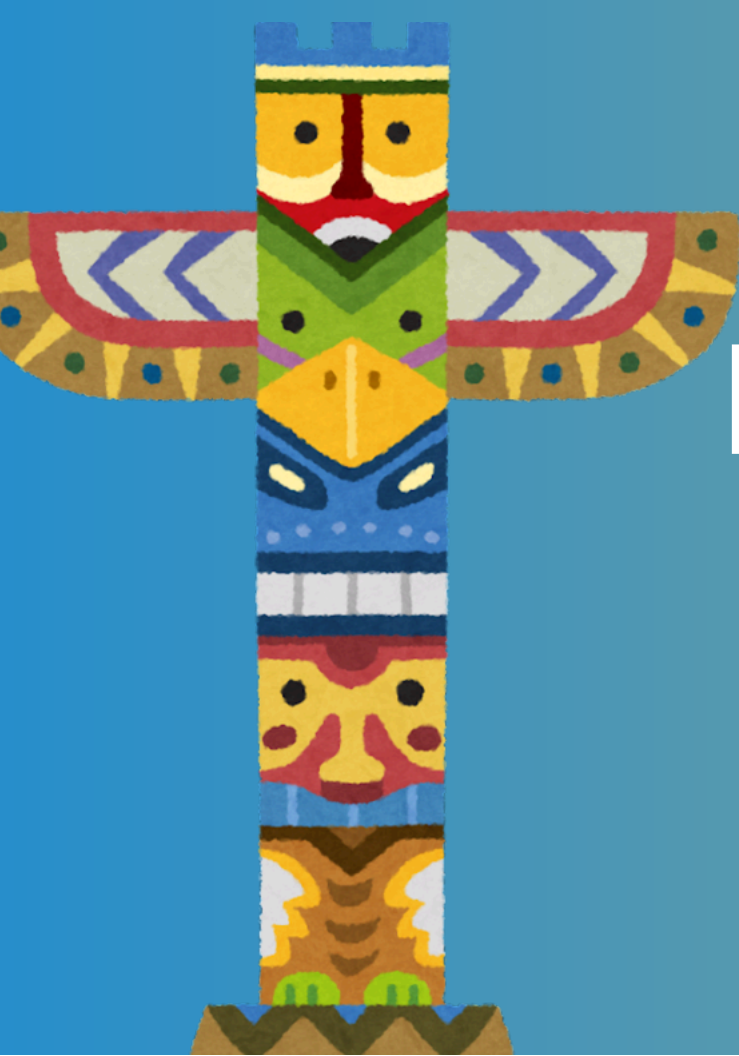
COCOS/LIDL 10/23



REGISTRATION REQUIRED

BUS LEAVES AT 12:30 pm

MON 10/14	TUES 10/15	WED 10/16	THURS 10/17	FRI 10/18
Senior Center <i>is Closed</i> 	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 Book Club 1:00p Chair Beach Volleyball 1:00p Ukulele Class 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 12:30p Movie Day 1:00p Yoga with Tatis 1:00p Mindful Meditation 3:00p Cardio Drumming	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	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
10/21	10/22	10/23	10/24	10/25
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 10:00 Craft Activity: Loom Flowers 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 1:00p Ukulele Class 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 12:30p Trip to Store (Cocos/Lidl)  1:00p Yoga with Tatis 3:00p Cardio Drumming	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 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 Managing the Holidays 10:15a Trip to Loudoun Farm Museum 11:00a Yoga (Live) 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes
10/28	10/29	10/30	10/31	<div>  <p>CLICK HERE </p> </div>
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 1:00p Ukulele Class 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 Birthday Lunch  1:00p Yoga with Tatis 3:00p Cardio Drumming	9:00a Aerobics Video 9:00a Step Prep 10:00a SAIL 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 11:00a Pinochle 12:00p Lunch 12:30p Level 2: Flamenco/Fan 1:00p Game Time: Canasta 1:00p Current Events 2:00p Halloween Party	<div>  </div>



Cascades Senior Center

INDIGENOUS PEOPLES DAY PRESENTATION

**Wednesday, October 9
10:30am**

Learn about local indigenous people from Nicole, of the Loudoun Heritage Farm Museum. This area is full of history and artifacts from Indigenous Peoples.

INDIGENOUS PEOPLES DAY TRIP

**Friday, October 25
10:15 - 11:45am**

Take a trip to the Loudoun Heritage Farm Museum to learn more about local Indigenous Peoples and see artifacts from the local area. You will receive a guided tour of the museum.

Bus transportation is \$1

Sign up is required as space is limited.



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.



METRO DC PFLAG:
LOUDOUN GROUP

SUPPORTING LOVED ONES IN THE LGBTQ COMMUNITY

Saturday, October 12
10:00am

SENIOR CENTER AT CASCADES

21060 Whitfield Place
Sterling, VA 20165

This interactive workshop focuses on:

- **Emotions one may feel when someone they love comes out with a new sexual orientation, gender identity, or both**
- **Common mistakes that people often make without realizing when interacting with LGBTQ loved ones**
- **Shifts in acceptable behaviors and language that have occurred over time**



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CASCADES SENIOR CENTER

HALLOWEEN PARTY

OCTOBER 31, 2024
2:00 - 4:00PM

\$5 FOR MEMBERS
\$8 FOR NONMEMBERS

COSTUME CONTEST,
MUSIC PROVIDED BY
DJ SKY,
HORS D'OEUVRES

*Bus transportation will be provided
after the party for our regular bus
riders.*



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CLASSES/PROGRAMS/ACTIVITIES

ONE-ON-ONE MEDICARE COUNSELING

Thursday, October 24 (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**



Loom Flowers

Come and learn how to make a loom flower!

**Tuesday, October 22
10am-11:30am**

Free

Supplies will be provided

Registration Required

Limited space available



Managing the Holidays

Led by: Linda

**Friday, October 25
10:00 - 11:30am**

Holiday times can be both joyous and stressful. During this interactive seminar, you will learn how to minimize stress, manage your time, deal with family dynamics, and maintain your overall wellness.

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

CLASSES/PROGRAMS/ACTIVITIES

VIRTUAL TECH CLASSES

Wednesdays at 11:30am

October 2: Gemini AI: How Google uses AI

October 11: How Loudoun County Handles Elections

October 18: Top Trending Phone Apps in 2024

October 25: Planning Next Year Subjects



CALL THE CENTER TO RECIEVE THE LINK

Advisory Board Breakfast

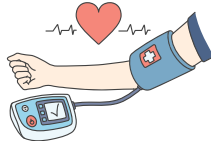
Wednesday, October 2, 2024

FREE morning coffee and refreshments provided by Advisory Board. Stop by and meet members of the Cascades Senior Center Advisory Board.



Blood Pressure Check

2nd Tuesday of the month
10am-12pm



Life Transitions Empowerment Group

Thursday, October 24, 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

Wednesday
October 2 and 16 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, October 16, 2024
12:30pm

Hubie Halloween
(PG-13)

It's October 31st in Salem, Massachusetts, and a town's eccentric, devoted community volunteer and the good-natured object of his fellow citizen's derision and meanest pranks, finds himself in the midst of a real investigation, for a real murderer.



Happy Birthday!

Join us Wednesday,
October 30, 2024 to
celebrate all who have a
birthday in October.

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

Lunch registration is required



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Our
Facebook
Page**



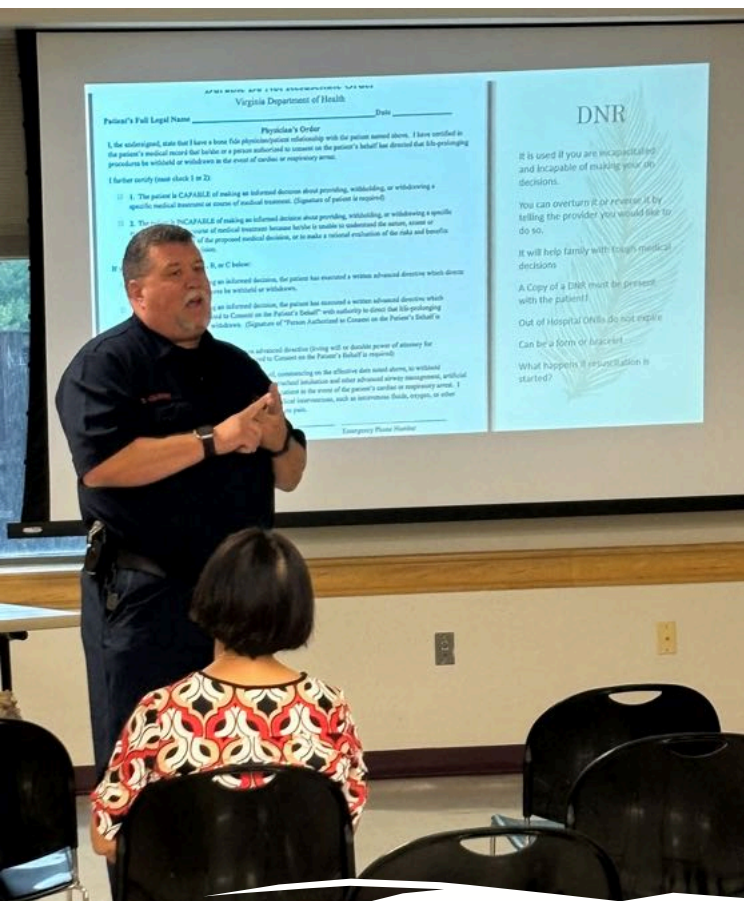
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Get Connected for
Our Latest News & Updates

Health & Wellness Month Highlights

EMS Billing and Advanced Directives/ DNR Presentation

Understanding how first responders approach to topics like Advance Directives and “Do Not Resuscitate” orders can help make the decision process easier during a difficult time.



Weight Training Information Class

As part of the Senior Center's Health and Wellness month, we had the opportunity to share the benefits of weight training as we age and why it is so important to keep as much muscle strength as possible.



CASCADES
Senior Center

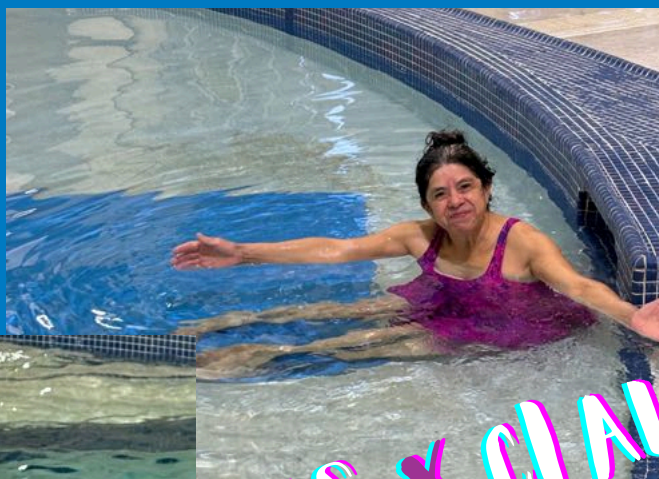
571-258-3280

CONNECTING ALL COMMUNITIES

Health & Wellness Month Highlights



The Senior Center at Cascades and Claude Moore Recreation Center collaborated to provide seniors a weight training session with fitness programmer Katie Rubio and a trip to Claude Moore for a day of fun and swimming!



CASCADES x CLAUDE MOORE



CASCADES
Senior Center

571-258-3280
CONNECTING ALL COMMUNITIES

YOUR *Staff*

Brenda Davis

Manager

Judith Mangilin

Assistant Manager

Carrie Randolph

Cafe Supervisor

Haley Moore

Recreation Programmer

Teresa dela Vina

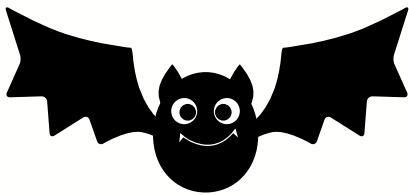
Customer Service

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