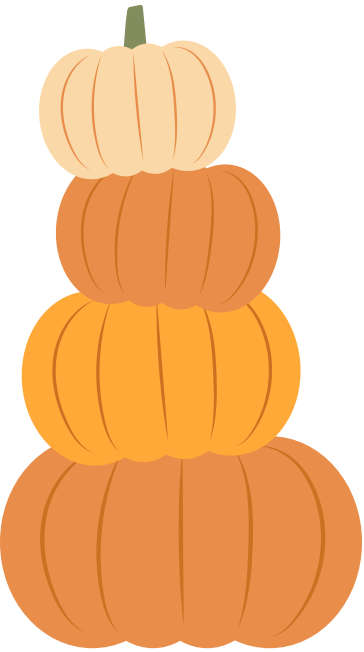




## November



November is the last month of fall  
Opulent fall leaves decorate the trees  
Veteran's Day reminds us to thank  
those who serve  
Embrace the changing seasons  
Make plans for the holidays  
Be thankful for all you've got  
Enjoy a meal with friends and family  
Remember to take care of yourself



## SENIOR TRIPS

WINTER 2024-2025  
REGISTRATION DATE & TIME:

**Wednesday**  
**November 6, 2024**  
**9:00 AM**

For non-members who do not live in Loudoun County registration begins on November 13, 2024.

You can register for trips:  
In-person (day trips and long distance trips)  
OR Online (day trips only)

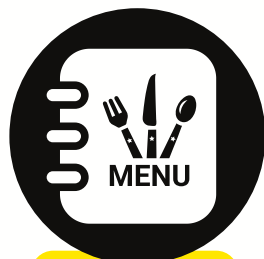
## REGISTRATION REMINDERS

**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*



# November Activity Calendar



**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-11:45am)

**FRI  
11/1**

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

**No Bus Transportation**

\*All programs/activities at the Senior Center are subject to change

\*Activities/Programs that require registration, please contact the office at 571-258-3280

MON 11/4	TUES 11/5	WED 11/6	THURS 11/7	FRI 11/8
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 10:00a SAIL (Make up class) 12:00p Lunch 12:30p Duplicate Bridge 1:00p Yoga with Tatis 1:00p Game Time  No Crochet Activity	<p style="text-align: center;"><b>Senior Center is Closed</b></p>	9:00a Senior Trips Registration 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 1:00p Mindful Meditation 3:00p Cardio Drumming	9:00a Aerobics Video 9:00a Step Prep 9:30a Advisory Board Breakfast 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	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 11:00a Tai Chi 12:00p Veterans Day Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos  No Yoga



## 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 for those who signed up in advance
- 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.

MON 11/11	TUES 11/12	WED 11/13	THURS 11/14	FRI 11/15
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:30p Duplicate Bridge 1:00p Yoga with Tatis 1:00p Game Time 1:30p Crochet Activity  <b>No lunch or transportation.</b>	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 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	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
11/18	11/19	11/20	11/21	11/22
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 <b>1:00p Book Club</b> 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 <b>10:30a Fire Safety Present.</b> 11:00a Ballroom Dancing 11:30a Virtual Tech Class <b>12:00p Birthday Lunch</b> 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 <b>12:00p Thanksgiving Lunch</b> 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
11/25	11/26	11/27	11/28	11/29
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 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 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  <b>The Senior Center closes at noon.</b> <b>No lunch or transportation.</b>	<div style="text-align: center;"> <p><b>Senior Center is Closed</b></p>  </div>	9:00a Aerobics Video 10:00a Aerobics Video 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos  <b>No Knit and Crochet            No Yoga            No Tai Chi</b>  <b>No lunch or transportation.</b>



**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



# VETERANS DAY

## *Luncheon*

FRIDAY  
NOVEMBER  
8, 2024  
12:00PM



Enjoy live patriotic  
music provided by the  
Ukulele group.

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Lunch sign up is required.



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CASCADES SENIOR CENTER

# Thanksgiving LUNCHEON

**THURSDAY, NOVEMBER 21  
BEGINNING AT 12:00PM**

**ENJOY A SPECIAL TURKEY  
LUNCH WHILE WE CELEBRATE  
THANKSGIVING WITH OUR  
MEMBERS.**

**LUNCH SIGN UP IS REQUIRED.  
PLEASE SIGN UP BY  
NOVEMBER 15.**



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# CLASSES/PROGRAMS/ACTIVITIES

## Conversational Spanish Fire Safety Presentation

**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!

**Wednesday, November 20, 2024**

**10:30am**



Join Lisa Montalvo from Loudoun County Fire and Rescue to learn about fire safety.

## 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**



## 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!

## Blood Pressure Check

**2nd Tuesday of the month**

**10am-12pm**



## Life Transitions Empowerment Group

**Thursday, November 7, 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.



## 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**

## Mindful Meditation

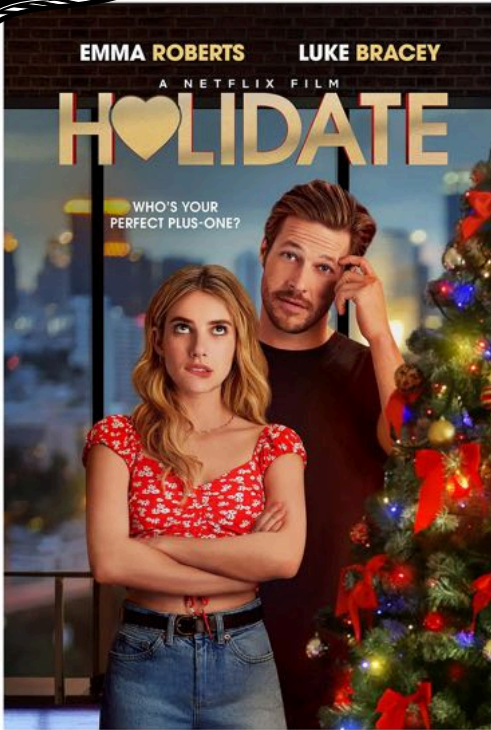
**Wednesday**

**November 6 and 20 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, November 20 2024  
12:30pm

*Holidate*  
(not rated, 2020)

Fed up with being single on holidays, two strangers agree to be each other's platonic plus-ones all year long, only to catch real feelings along the way.

## Happy Birthday!

Join us Wednesday,  
November 20, 2024 to  
celebrate all who have a  
birthday in November.

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

*Lunch registration is required*



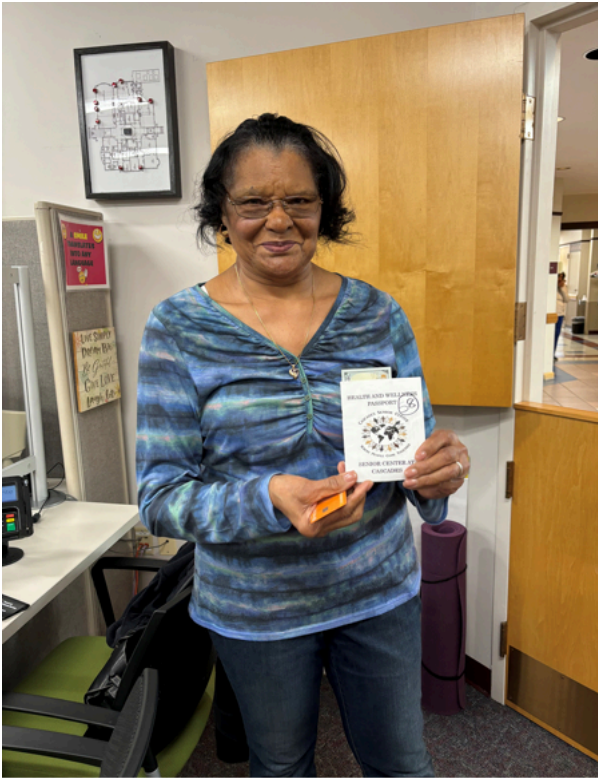
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Get Connected for  
Our Latest News & Updates

# Health & Wellness Month Highlights



And the Winner is...

**Catherine!**

Catherine had a total of 58 stamps! For having the most stamps, Catherine won \$100. Congratulations Catherine!

*Congratulations to all our Health and Wellness Month Winners!*

2nd Place (\$70)- Barbara Cahill

3rd Place (\$60)- Marta Valenzuela

4th Place (\$50)- Mohammad Raees

5th Place (\$40)- Jessie Garala

6th Place (\$20)

- Diane Fochtman
- Betty Hobstetter
- David Tames
- Rita Tames
- Debra Parris



Cash prizes are provided by the Advisory Board.



**CASCADES**  
*Senior Center*

571-258-3280

CONNECTING ALL COMMUNITIES





# Advisory Board Breakfast

Wednesday, November 7, 2024

Celebrate Diwali with a special breakfast provided by the Advisory Board. There will be Cardamom tea and special Indian treats.

# Diwali

## Senior Center Highlights



## Loom Flowers

Pop Up Arts & Crafts Activity

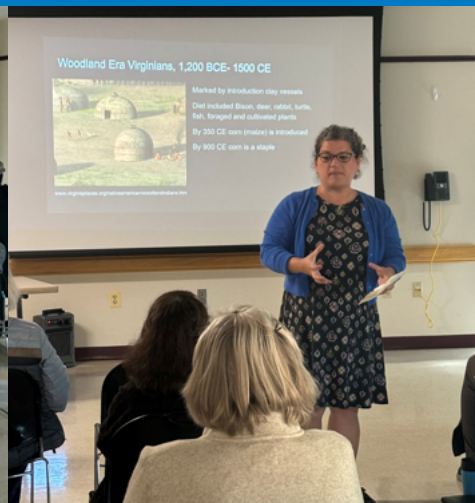


# Senior Center Highlights

**FALL GARDENING**



**HERITAGE FARM MUSEUM TOUR**



**INDIGENOUS  
PEOPLES DAY  
PRESENTATION**



**CASCADES**  
*Senior Center*

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**CONNECTING ALL COMMUNITIES**

# YOUR *Staff*

**Brenda Davis**  
Manager

**Judith Mangilin**  
Assistant Manager

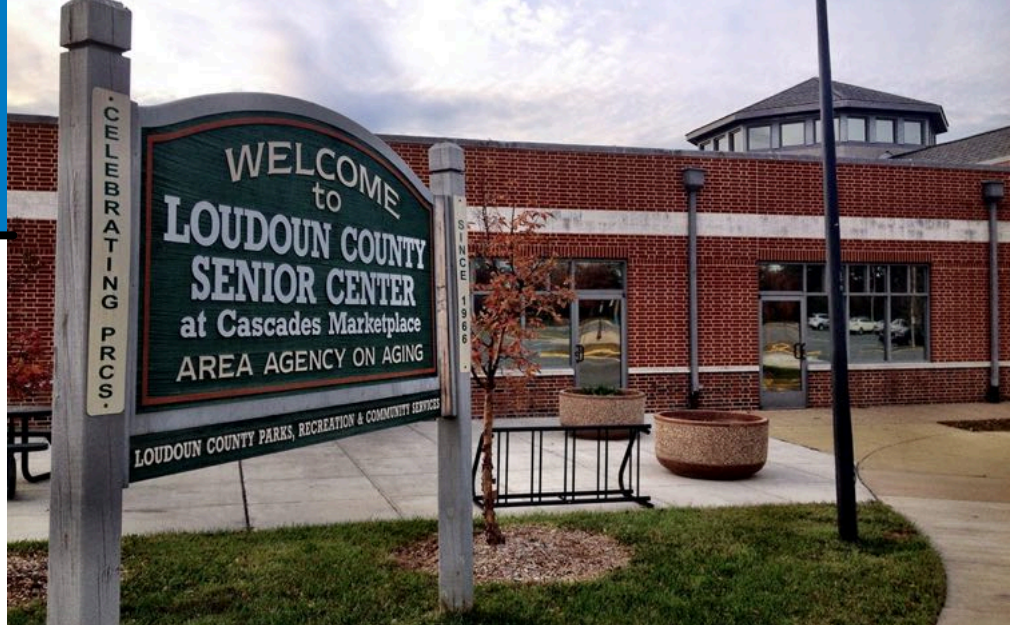
**Carrie Randolph**  
Cafe Supervisor

**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*



571-258-3280

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