

CASCADES



MARCH 2025

Senior Center



Meet the New Café Supervisor, Roula Alfarra!!

Please welcome our newest staff member, Roula Alfarra, Café Supervisor.

Roula comes to us from the Ashburn Senior Center where she served as a Vehicle Operator and substitute Café Supervisor, managing kitchen/lunch operations and volunteer support. Roula also has over 25 years' experience in childcare center operations, including proper food handling and kitchen sanitation standards, customer service, and maintaining policies and safety standards.

Roula is married and has four children and loves to travel!

WELCOME TO CASCADES SENIOR CENTER ROULA!!



≡ Welcome ≡
Roula!

March Activity Calendar



Open Saturday 8am - 12pm

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)



*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 3/3	TUES 3/4	WED 3/5	THURS 3/6	FRI 3/7
9:00a Aerobics Video 9:00a Puzzle Sale 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 Case Resource Manager 10:00a Aerobics Video 10:00a Interm. Conv Spanish 10:00a SAIL 11:00a Beginner's Tai Chi 10:30a Yoga with Tatis 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Basic Scottish Dance 1:00p Ukulele Group 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 10:00a Brain Health Presentation 10:15a High Beginner's Line Dancing 12:00p Lunch 12:30p Trip to Store 1:00p Yoga with Tatis 1:00p Mindful Meditation	9:00a Aerobics Video 9:00a Step Prep 10:00a Intro to Line Dance 10:00a Yoga with Tatis 10:00a SAIL 10:30a Bingo 10:30a Life Transitions Empowerment Group 11:00a Pinochle 12:00p Lunch 12:30p Level 2: Flamenco/Fan 1:00p French Class 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 10:30a Yoga with Tatis 12:00p lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Bunco
3/10	3/11	3/12	3/13	3/14
9:00a Aerobics Video 9:00a Curio Sale 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 Aerobics Video 10:00a Interm. Conv Spanish 10:00a SAIL 10:00a Arts and Crafts 11:00a Beginner's Tai Chi 10:30a Yoga with Tatis 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Basic Scottish Dance 1:00p Ukulele Group 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 10:30a Women's History Trivia 12:00p Lunch 12:30p Shopping Trip 1:00p Yoga with Tatis	9:00a Aerobics Video 9:00a Step Prep 10:00a Intro to Line Dance 10:00a SAIL 10:00a Yoga with Tatis 10:30a Bingo 11:00a Pinochle 12:00p Lunch 12:30p Level 2: Flamenco/Fan 1:00p French Class 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 Hearing Screenings 10:30a Yoga with Tatis 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos

MON 3/17	TUES 3/18	WED 3/19	THURS 3/20	FRI 3/21
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p St. Patrick's Day 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 Case Resource Manager 10:00a Aerobics Video 10:00a Intern. Conv Spanish 10:00a SAIL 10:30a Yoga with Tatis 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Basic Scottish Dance 1:00p Ukulele Group 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 9:30a Advisory Board Breakfast 10:00a Aerobics Video 10:00a Game Time: O'Heck 10:15a High Beginner's Line Dancing 12:00p Lunch 12:30p Movie Day: "Little Women" 12:30p Trip to Store 1:00p Yoga with Tatis 1:00p Mindful Meditation 3:00p Cardio Drumming	9:00a Aerobics Video 9:00a Step Prep 10:00a Intro to Line Dance 10:00a SAIL 10:00a Yoga with Tatis 10:30a Bingo 11:00a Pinochle 12:00p Lunch 12:30p Level 2: Flamenco/Fan 1:00p French Class 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 10:15am Visit Claude Moore 10:30a Yoga with Tatis 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos
3/24	3/25	2/26	3/27	3/28
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 Aerobics Video 10:00a Intern. Conv Spanish 10:00a SAIL 10:00a Arts and Crafts 10:30a Yoga with Tatis 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Basic Scottish Dance 1:00p Ukulele Group 1:00p Rejuvenating Exercise 1:00p Chair Beach Volleyball 1:30p Intern. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 9:00a AARP Safe Drivers Course 10:00a Aerobics Video 10:00a Game Time: O'Heck 10:15a High Beginner's Line Dancing 12:00p Birthday Lunch 12:30p Shopping Trip 1:00p Yoga with Tatis 3:00p Cardio Drumming	9:00a Aerobics Video 9:00a Step Prep 9:00a Medicare Counseling 10:00a Intro to Line Dance 10:00a SAIL 10:00a Yoga with Tatis 10:30a Bingo 11:00a Pinochle 12:00p Lunch 12:30p Level 2: Flamenco/Fan 1:00p French Class 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 10:30a Yoga with Tatis 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos
3/31				

Advisory Board Breakfast

Wednesday, March 19, 2025

9:30 - 10:30am



Enjoy free morning
refreshments provided
by the Advisory
Board.



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.



Senior Center at Cascades

ST. Patrick's Lunch

**Monday, March 17
12:00pm**

Enjoy a special lunch of
Corned Beef and Cabbage.



Special Performance by Finn McCool



**Lunch sign-up is required by
Wednesday, March 12**



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Senior Center at Cascades

Women in Science

Celebrate Women's History Month with a fun trivia game all about women in Science.

Each participant will receive a free giveaway.

Wednesday, March 12

10:30am



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CLASSES/PROGRAMS/ACTIVITIES



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!

Birthday Lunch

Join us **Wednesday, March 26, 2025** to celebrate all who have a birthday in March.

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

Lunch registration is required

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**



ONE-ON-ONE MEDICARE COUNSELING

Thursday, March 27 (9am-12pm)

WHAT WE DO . . .

We provide comprehensive, unbiased Medicare, and related information and assistance.

Sign up to meet with a counselor!

Blood Pressure Check

2nd Tuesday of the month

10am-12pm



Life Transitions Empowerment Group

Thursday, March 6, 2025

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

March 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.

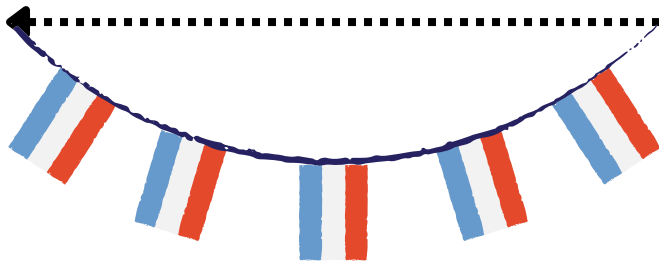
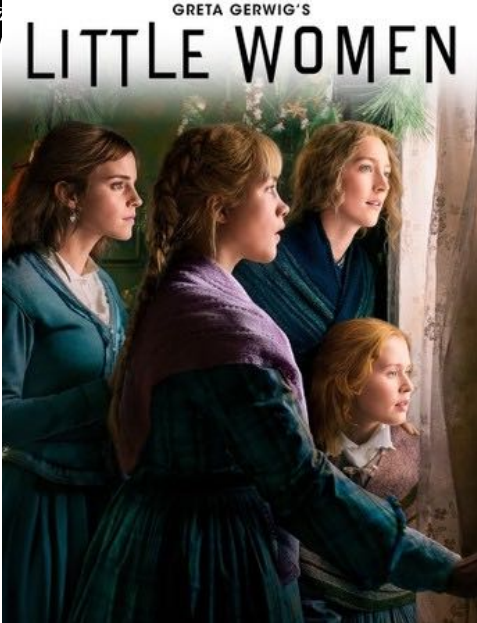


Movie Day

Wednesday, March 19, 2025
12:30pm

Little Women
(PG, 2019)

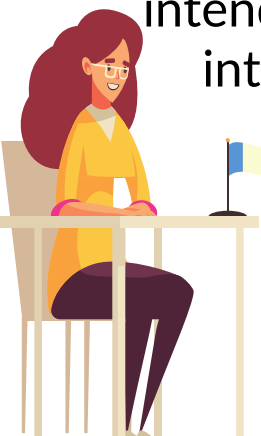
In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together.



Explore the French Language

Thursday's
at 1:00pm

Join Patricia to learn the French language. This class is intended for beginner to intermediate level.



Crafts

Tuesday, March 11 and
Tuesday, March 25
10:00am

Join Ursula and Brenda to make fun crafts. All materials will be provided.

Sign up is required, as space is limited.

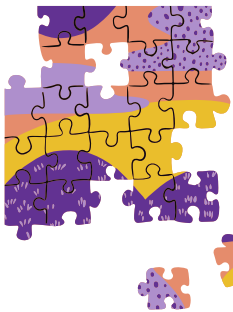


Puzzle Sale

Monday, March 3

9:00 - 11:00am

Stop by the center to shop a variety of puzzles! There will be puzzles of all sizes to choose from. Please bring change, as puzzles are \$0.50 each



Curio Sale

Monday, March 10

9:00 - 11:00am

Shop a variety of different items at the curio sale. You never know what you may find!



Swimming and Walking At Claude Moore

Friday, March 21

Visit Claude Moore Recreation and Community Center to enjoy their pool or their indoor walking track.

The bus will leave the Cascades Senior Center at **10:15am** and return by 12:00pm.

Sign up is required, as space is limited.
The bus transportation fee is \$1.



Brain Health as You Age

Wednesday, March 5
10:00am

Learn more about age-related changes in memory and learning, and practices to keep your brain sharp! Learn what to expect; what's "normal," and when it's time to seek a doctor's input.



Hearing Screenings

Friday, March 14
10:00am - 3:00pm



Northern Virginia Resource Center for the Deaf and Hard of Hearing Persons (NVRC) will be at the center having 30 minute scheduled time slots for hearing screenings. If you would like to sign up for a time slot, please contact the center.

AARP Driver Safety Course

Wednesday, March 26
9:00am - 5:00pm

This course helps refresh your driving skills.

- \$20 for AARP Members
- \$25 for non-AARP Members
- Free to anyone with AARP (Part B) Supplemental Insurance

Sign up is required. Call the center to sign up.

Dental Hygiene



Monday, March 24
10:00am

Learn the importance of dental hygiene. Join two dental hygiene students for a discussion and demonstration of proper dental hygiene. All who attend will receive a toothbrush and toothpaste. One lucky person will win an electric toothbrush!

Sign up is required. Please sign up by March 19. Call the center to sign up.

WWII/Korea/Vietnam Veterans

**WE
WANT
YOU!**



**THANK YOU
FOR YOUR
SERVICE**



Vietnam-era Veteran or older? We would love to honor you with a **FREE** day trip to Washington, DC to see your memorials, including the WWII Memorial, Korean War Memorial, Vietnam Wall, and special access to the Changing of the Guard at Arlington National Cemetery. All meals are provided. There is absolutely no cost, we just want to **THANK YOU for your service.**

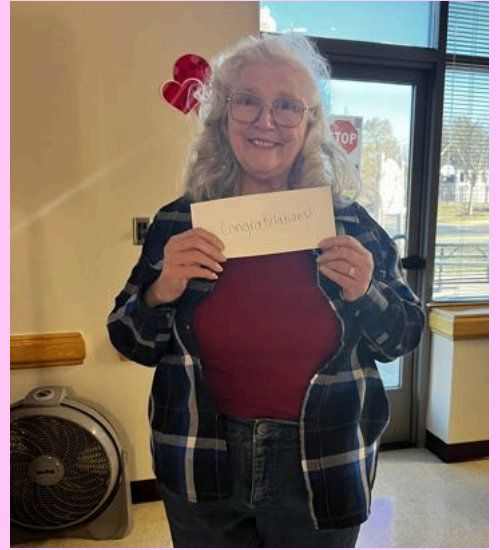


Departs from Ashburn on Saturday, April 26, 2025

Honor Flight - Top of Virginia

To reserve your seat call: 540-692-9197
or register on online: honorflight-tov.org

♡♡ Senior Center Highlights ♡♡



YOUR *Staff*

Brenda Davis
Manager

Judith Mangilin
Assistant Manager

Roula Alfarra
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