

### MANAGER'S NOTE

Summer Solstice is coming on Friday, June 20 and marks the first day of summer. For those of us in the Northern Hemisphere, it marks the longest day of the year. The term "solstice" comes from the Latin words sol (sun) and sistere (still). It is called solstice because the angle between the sun's rays and the plane of the earth's equator appears to stand still.

Join us for special "Play All Day" programming and activities on Friday, June 20 to celebrate the first day of summer and the longest day of the year.



### SENIOR CENTER UPDATES

Members at the Cascades Senior Center had a special guest, Marsha Peltz, who gave an overview on the Commission on Aging and how they represent older adults in Loudoun.

Staff and the Cascades Senior Center Advisory Board provided members updates about the center including transportation, café operations, new equipment and programming.

The Advisory Board informed members about what they do and how to become a member to support the center. Zif Saif, president of the Cascades Senior Center Advisory Board and other board members, and volunteers handed treats at the end of meeting.







## DOMINION HIGH SCHOOL KNIT & CROCHET CLUB

Representatives from the Cascades Senior Center Knit & Crochet group, Velinda and Florence, received a blanket made by the students in Dominion High School's Knit & Crochet club. Florence was impressed with the students' empathy and their interest in creating items from textiles for the benefit and interest of others.

## CHAIR BEACH VOLLEYBALL TEAM

A team of members from the Cascades Senior Center at Ashburn Senior Center's second annual chair beach volleyball tournament. Our members enjoyed their time at Ashburn competing with other teams from surrounding senior centers.



## GARDENING GROUP

It is that time of the year once again! Our very own gardening group made sure that our center is looking great!

The plant boxes are filled with beautiful flowers! Thank you to Arlene, Brenda, Terry and Iyabo.



# June 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 6/2	TUES 6/3	WED 6/4	THURS 6/5	FRI 6/6
9:00a Aerobics Video 9:15a Walking Group 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 1:00p SAIL 1:30p Crochet Activity	9:00a Aerobics Video 9:00a Elder Case Resource Manager 10:00a SAIL 10:00a Aerobics Video 10:00a Interm. Conv Spanish 10:00a Arts and Crafts 11:00a Yoga with Tatis 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Scottish Dance 1:00p Rejuvenating Exercise 1:00p Chair Volleyball 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 12:00p Lunch 1:00p Mindful Meditation 1:00p Yoga with Tatis 3:00p Cardio Drumming	9:00a Aerobics Video 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 1:00p Beginners Flamenco 1:00p French Class 1:00p Game Time: Canasta 1:00p Current Events 2:00p Performance Flamenco 2:00p Pickle Ball	9:00a Aerobics Video 9:00a Yarn Sale 9:30a Knit & Crochet 10:00a Aerobics Video 11:00a Yoga with Tatis 11:00a Tai Chi 12:00p lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Bunco
6/9	6/10	6/11	6/12	6/13
9:00a Aerobics Video 9:15a Walking Group 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 1:00p SAIL 1:30p Crochet Activity	9:00a Aerobics Video 10:00a SAIL 10:00a INOVA Blood Pressure Check 10:00a Aerobics Video 10:00a Interm. Conv Spanish 11:00a Yoga with Tatis 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Scottish Dance 1:00p Balanced Living with Diabetes 1:00p Rejuvenating Exercise 1:00p Chair Volleyball 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 12:00p Lunch 12:30p Trip to Store 1:00p Yoga with Tatis 3:00p Cardio Drumming	9:00a Aerobics Video 10:00a Intro to Line Dance 10:00a SAIL 10:00a Yoga with Tatis 10:30a Bingo 11:00a Step Prep 11:00a Pinochle 12:00p Lunch 1:00p Beginners Flamenco 1:00p French Class 1:00p Game Time: Canasta 1:00p Current Events 2:00p Performance Flamenco 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:15a Visit Claude Moore 11:00a Yoga with Tatis 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos



MON 6/16	TUES 6/17	WED 6/18	THURS 6/19	FRI 6/20
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Hearing Screenings 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 10:00a Arts and Crafts 11:00a Yoga with Tatis 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Scottish Dance 1:00p Balanced Living with Diabetes 1:00p Rejuvenating Exercise 1:00p Chair Beach Volleyball 1:00p Book Club 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Game Time: O'Heck 10:15a High Beg Line Dancing 10:30a Safety Bingo 11:00a Ballroom Dancing 12:00p Lunch 12:30p Movie Day: "Forrest Gump" 1:00p Mindful Meditation 1:00p Yoga with Tatis	9:00a Aerobics Video 10:00a Intro to Line Dance 10:00a SAIL 10:00a Yoga with Tatis 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Beginners Flamenco 1:00p French Class 1:00p Game Time: Canasta 1:00p Current Events 2:00p SAIL 2:00p Performance Flamenco 2:00p Pickle Ball	 9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Ping Pong and Cornhole 10:00a Aerobics Video 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Moto Moto Performance 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos
6/23	6/24	6/25	6/26	6/27
9:00a Aerobics Video 9:15a Walking Group 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 Yoga 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Scottish Dance 1:00p Balanced Living with Diabetes 1:00p Rejuvenating Exercise 1:00p Chair Beach Volleyball 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 12:00p Birthday Lunch 12:30p Trip to Store 1:00p Yoga with Tatis	9:00a Aerobics Video 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 1:00p Beginners Flamenco 1:00p French Class 1:00p Game Time: Canasta 1:00p Current Events 2:00p Performance Flamenco 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:00a Hearing Screenings 11:00a Yoga 11:00a Tai Chi 12:50p Bingo 1:00p Mindful Meditation 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos
6/30				

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 9:15a Walking Group  
 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

## Advisory Board Breakfast

**Wednesday, June 11, 2025**

**9:30 - 10:30am**

Enjoy free morning  
refreshments provided by  
the Advisory Board.



*Play All Day*

**Friday, June 20, 2025**

Enjoy ping pong and cornhole  
from **10:00am - 12:00pm**

Enjoy a fun performance from  
**Moto Moto at 1:00pm**



**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 [prcsaccess@loudoun.gov](mailto:prcsaccess@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.



# THE SENIOR CENTER AT CASCADES

# JUNE TEEN CELEBRATION



JUNE 20TH  
BEGINNING AT 1 PM

ENJOY MUSIC PROVIDED BY MOTO MOTO

MOTO MEANS FIRE IN THE SHONA LANGUAGE FROM ZIMBABWE. THIS AFRICAN DRUMMING GROUP IS VERY ENERGETIC AND ENTERTAINING



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# Play All Day With PRCs!

Enjoy **FREE ADMISSION\*** to all recreation, indoor aquatics, senior, and community centers on this day.



**Friday, June 20 is the longest day of the year, make time to play!**

## **Claude Moore Rec & Comm Ctr**

Family Fun Activities & Games - 5:30am-9:30pm

## **Loudoun Valley Community Center**

Sunrise Yoga - 5:45-6:45am

Water Play Day - 10:00am-3:00pm

## **Franklin Park**

Letterbox Search - 7:00am-8:00pm

Adult Pickleball Clinic - 9:00-11:00am

Touch-A-Truck - 9:00am-2:00pm

## **Franklin Park Performing & Visual Arts Center**

Paint Patriotic Quilt Squares & Art Show  
9:00am-5:00pm

## **Ashburn Senior Center**

Pickleball Open Court

Beginner 9:00-11:30am

Advanced 1:00-4:45pm

## **Area Agency on Aging**

Hosted by The Senior Center of Leesburg

Rhythm Makers Hand Chime Group - 9:00-11:30am

## **Claude Moore Park**

Touch-A-Truck - 9:00am-2:00pm

## **Hal & Berni Hanson Regional Park**

Touch-A-Truck - 9:00am-2:00pm

Family Fun Activities - 9:00am-6:00pm

## **The Senior Center of Leesburg**

SAIL-Stay Active & Independent for Life - 9:15am

## **Lucketts Community Center**

Splash Bash - 10:00am-2:00pm

## **Eastern Loudoun Adult Day Center**

Cornhole & Outdoor Games - 10:30am-12:00pm

## **Philomont Community Center**

Games & Playground Fun- 11:00am-2:00pm

## **Mac Brownell Adult Day Center**

Bounce Baseball & Frisbee Net Toss - 11:00am-12:00pm

## **Sterling Community Center**

Water Day - 11:00am-4:00pm

## **Dulles South Senior Center**

International Dance Expo - Learn To Dance 11:00am-4:00pm

## **Bluemont Community Center**

Chalk It Up To Summer - 12:00-2:00pm

## **Senior Center at Cascades**

Moto Moto: African Drumming Group - 1:00pm

## **Carver Senior Center**

Ukulele Jam Session - 1:00pm

## **Dulles South Rec & Comm Ctr**

Play All Day Festival - 2:00-10:00pm

## **Leesburg Adult Day Center**

Bingocize - Bingo, Trivia & Exercise - 1:30-2:30pm

## **Lovettsville Community Park**

Terrific Trail Trials - 4:00-6:30pm

## **Lovettsville Community Center**

Pickleball - 1:00-3:00pm & Basketball - 4:30-6:00pm

For more ways to play visit [loudoun.gov/PRCSevents](http://loudoun.gov/PRCSevents)

\*Additional fees for programs still apply. Outdoor pool admissions are not included in this promotion.



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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!

## 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**

## Blood Pressure Check

**2nd Tuesday of the month  
10am-12pm**

## Life Transitions Empowerment Group

**Thursday, June 5, 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.

## Birthday Lunch

Join us **Wednesday, June 25, 2025** to celebrate all who have a birthdays in June

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

*Lunch registration is required*

## ONE-on-ONE MEDICARE COUNSELING

**Thursday, June 26 (9am-12pm)**

### WHAT WE DO . . .

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

Sign up to meet with a counselor!

## 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, June 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.

# CLAUDE MOORE VISIT

Friday, June 13  
10:30am - 12:00pm



Visit Claude Moore to enjoy their pool or take a walk on their indoor walking track

*Sign up is required, as space is limited*  
*There is a \$1 bus transportation fee*

## SAFETY BINGO

Wednesday, June 18  
10:30am

Get in  
the game with the Loudoun  
County Combined Fire and  
Rescue System. Learn a few  
safety tips while playing one of  
your favorite games. BINGO!  
No cost to join the fun!

## YARN SALE

Friday, June 6  
9:00am

Stop by the center to shop the  
Knit & Crochet Group Yarn  
Sale! The proceeds from the  
yarn sale will go directly to our  
advisory board to enhance  
center special events and  
activities. Please remember to  
bring change and small bills to  
pay for your purchases.



# CRAFTS

Tuesday, June 3 and 17  
10:00am

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

*Sign up is required, as space is limited.*



# Hearing Screenings

Monday, June 16  
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.

# MOVIE DAY

Wednesday, June 18  
12:30pm

*Forrest Gump (PG-13, 1994)*

Slow-witted Forrest Gump (Tom Hanks) has never thought of himself as disadvantaged, and thanks to his supportive mother (Sally Field), he leads anything but a restricted life. Whether dominating on the gridiron as a college football star, fighting in Vietnam or captaining a shrimp boat, Forrest inspires people with his childlike optimism. But one person Forrest cares about most may be the most difficult to save -- his childhood love, the sweet but troubled Jenny (Robin Wright).



*Movie is subject to change. Call the center before hand to confirm the movie.*

# VCE Loudoun

## Balanced Living with Diabetes



Tuesdays, June 10 to July 15, 2025  
1:00-3:00 p.m. Senior Center at  
Cascades 21060 Whitfield Place,  
Sterling, VA 20165

Registration link: [bit.ly/43jjy9o](https://bit.ly/43jjy9o)



If you have been diagnosed with Type 2 diabetes, join the **Balanced Living with Diabetes** program to take control of your health!

This free six-week program will provide you with support to make healthier food choices, become more active, and manage your blood sugar levels effectively.

A reunion meeting will also be during the week of August 25 (date TBD) to recheck health biomarkers and celebrate finishing the program.

If you have any questions about this program, please contact Nutrition Educator Emily Jacobs at 571-627-6934 or [emily.jacobs@loudoun.gov](mailto:emily.jacobs@loudoun.gov).



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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Loudoun Extension office at 703-777-0373/TDD\* during business hours of 8:30 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120.





# SPECIAL EVENTS HIGHLIGHTS



*Cinco  
De  
Mayo*



*Memorial Day Lunch*



# Loudoun County Area Agency on Aging



## Memory Screenings

PRCS Main Office • 742 Miller Drive SE, Leesburg, VA

*Sign up for a free 30 minute time slot:*

- ✓ May 20 9:00am-12:00pm
- ✓ May 27 1:00pm-4:00pm
- ✓ June 17 9:00am-12:00pm
- ✓ June 22 1:00pm-4:00pm
- ✓ June 24 1:00pm-4:00pm
- ✓ July 15 9:00am-12:00pm

For more information or to register, please call 571-439-9776, or  
email [AAAsupport@loudoun.gov](mailto:AAAsupport@loudoun.gov).



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## 2025 Loudoun County Elder Abuse Awareness Day Program

**Who Should Attend:** Caregivers, community partners, adult protective services, law enforcement, fire and rescue, social workers, attorneys, and healthcare professionals.



### Date

Wednesday, June 11  
9:00am-2:30pm  
Lunch will be provided.



### Location

The Lodge at Hanson Park  
23394 Endeavor Drive  
Aldie, VA 20105



### Registration

Pre-registration required. To reserve your spot, email [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov) or scan the QR code to register.



**9:00-9:15am**  
**Check-In and Coffee**



**9:15-10:30am**

### Introduction to Supported Decision-Making

Jonathan Martinis, The Burton Blatt Institute at Syracuse University



**10:30-11:30am**

### Long-Term Care Planning: Medicaid and Special Needs Trust

Valerie Geiger, Cucinelli Geiger, PC



**11:30am-12:15pm**

**Lunch (complimentary boxed lunch provided)**



**12:15-1:30pm**

### Making it Happen: Moving Supported Decision-Making from Theory to Practice

Jonathan Martinis, The Burton Blatt Institute at Syracuse University



**1:30-2pm**

### Caring for the Caregiver

Sue Vantine, Dementia Matters



**2pm - 2:30pm**

### Harmony in Care: Using Music to Support Emotions, Prevent Burnout & Foster Compassion in Caregiving

Rich Hixon, A Place To Be

*This event is supported by the Virginia Coalition for the Prevention of Elder Abuse, Inc. Its contents are solely the responsibility of the conveners/authors/trainers and do not necessarily represent the views of the Virginia Coalition for the Prevention of Elder Abuse.*



# *Caregiving with Confidence*

## Hearing Matters: Tools and Tech for Better Communications

**Debbie Jones**

**Northern Virginia Resource Center  
for Deaf and Hard of Hearing Persons**

**Tuesday, June 24, 2025**

**10:30am- 12:00pm**

**Loudoun County Area Agency on Aging  
742 Miller Drive SE, Leesburg, VA**

**For more information or to register,  
please call 703-777-0259, scan the QR code,  
or email [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov).**



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# 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**