

MANAGER'S NOTE

July ushers in the hot, sticky summer months we've come to know in this region. As we get older, it is critical that we stay hydrated. We should be drinking 6-8 glasses (48-64 ounces) of water per day. It's easy to do if you take a few good gulps (not just sips) every 15 minutes or so.

And to be more environmentally conscious, we invite you to bring your own water bottle to the center and refill it at the water fountain.



SENIOR CENTER HIGHLIGHTS

The drumming group named Moto Moto performed as part of the Juneteenth celebration at Cascades! Everybody enjoyed the beat of the drums and danced along.

Moto Moto means fire in the shona language from Zimbabwe.





POP UP ARTS & CRAFTS

Last month's project - Bird House!

This project was led by volunteers - Ursula and Brenda.



PLAY ALL DAY

"Play All Day" programming and activities held at Cascades last month included Pingpong and corn hole to celebrate the first day of summer and the longest day of the year.



July 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

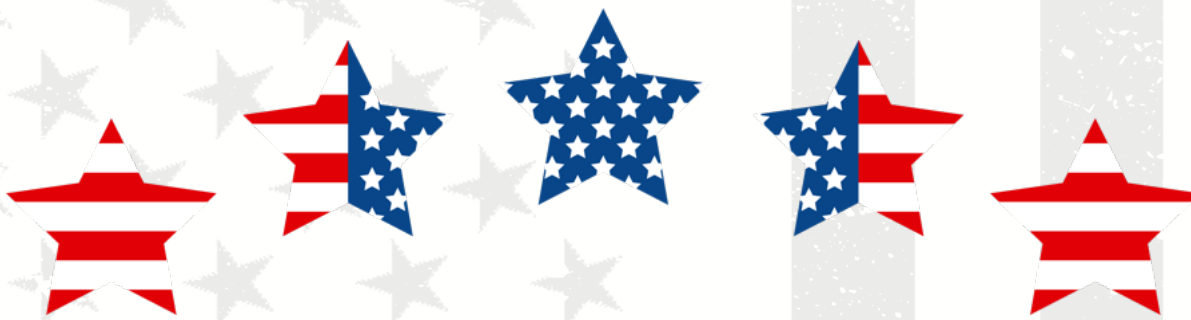
	TUES 7/1	WED 7/2	THURS 7/3	FRI 7/4
	9:00a Aerobics Video 9:00a Elder Case Resource Manager 10:00a SAIL 10:00a Aerobics Video 10:00a Interm. Conv Spanish 10:00a Arts and Crafts 11:00a Yoga 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:45p Scottish Dance 1:00p Balanced Living with Diabetes 1:00p 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	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 Independence Day 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	Senior Center is Closed ★★HAPPY★★ Independence DAY
MON 7/7	7/8	7/9	7/10	7/11
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 10:00a SAIL 10:00a INOVA Blood Pressure Check 10:00a Aerobics Video 10:00a Interm. Conv Spanish 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 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 10:30a Tick and Lyme Disease Education Session 11:00a Ballroom Dancing 12:00p Lunch 12:30p Trip to Store 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 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 11:00a Yoga 11:00a Tai Chi 12:00p Lunch 12:30p Poetry Workshop 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Bunco

MON 7/14	TUES 7/15	WED 7/16	THURS 7/17	FRI 7/18
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 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 Chair Beach Volleyball 1:00p Book Club 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Travel Training 10:00a Aerobics Video 10:00a Game Time: O'Heck 10:15a High Beg Line Dancing 11:00a Ballroom Dancing 12:00p Lunch 12:30p Movie Day: "The Unlikely Pilgrimage of Harold Fry" 1:00p Mindful Meditation 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 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 Tai Chi 12:00p Lunch 12:30p Poetry Workshop 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos
7/21	7/22	7/23	7/24	7/25
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 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 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 Lunch 12:30p Trip to Store 1:00p Yoga with Tatis	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 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 11:00a Yoga 11:00a Tai Chi 12:00p Lunch 12:30p Poetry Workshop 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos
7/28	7/29	7/30	7/31	
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 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 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 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 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	



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, 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.



INDEPENDENCE DAY LUNCHEON

THURSDAY, JULY 3, 2025
12:00PM

Join us for a special lunch to celebrate
Independence Day
Wear your red, white and blue!



Lunch sign up is required



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, 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.



POETRY WORKSHOP

Hosted by
Loudoun Youth Poet Laureate



**Open to
all**

“SENSE OF SELF”

Explore your five senses to make your poetry come to life, while surrounding yourself with like minded inspired poets!

WE WILL...

- ☐ Explore our senses and surroundings
- ☐ Analyze poetry
- ☐ Write, share, & connect

**Fridays at
12:30pm**

1-HOUR LONG

Loudoun County Travel Training Program

Discover how to confidently navigate Loudoun County using public transit with our Travel Training Program!

Wednesday, July 16, 2025
9:30-11:30am

Our Program Teaches You How to:

-  Plan your trips effectively
-  Access & use paratransit
-  Take your bike on transit
-  Safely get on and off transit
-  Pay for transit
-  Navigate the Metrorail system

Transit in Loudoun County

Local Bus

Commuter Bus

Paratransit

Metrorail

*Sign up is required. Please sign up by
Wednesday, July 9*





LYME DISEASE AWARENESS AND TICK PREVENTION

Wednesday, July 9
10:30am

SENIOR CENTER AT CASCADES

During warmer months, there is an increase risk of tick exposure. Join the Loudoun County Health department to for an educational session on:

- **Practical prevention tips for avoiding tick bites**
- **How to safely remove a tick**
- **Signs and symptoms of Lyme disease**
- **A Q&A session**



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.

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, July 3, 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, July 30 2025** to celebrate all who have a birthdays in July

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

Lunch registration is required

ONE-on-ONE MEDICARE COUNSELING

Thursday, July 24 (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, July 2 and 16
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, July 18
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.
\$1 bus transportation fee*

CRAFTS

Tuesday, July 1 and 15
10:00am

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

Sign up is required, as space is limited.



MOVIE DAY

Wednesday, July 16

12:30pm



The
*Unlikely
Pilgrimage
of
Harold Fry*

A seemingly unremarkable man in his sixties named Harold one day learns that his old friend Queenie is dying. He goes to mail a letter, only to keep walking for over 700km until he reaches Queenie's hospice, much to the despair of his wife Maureen.

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

Advisory Board Breakfast

Wednesday, July 9, 2025

9:30 - 10:30am

Enjoy free morning refreshments provided by the Advisory Board

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:

July 15 9:00am-12:00pm

For more information or to register, please call 571-439-9776, or
email AAAsupport@loudoun.gov.



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.

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