

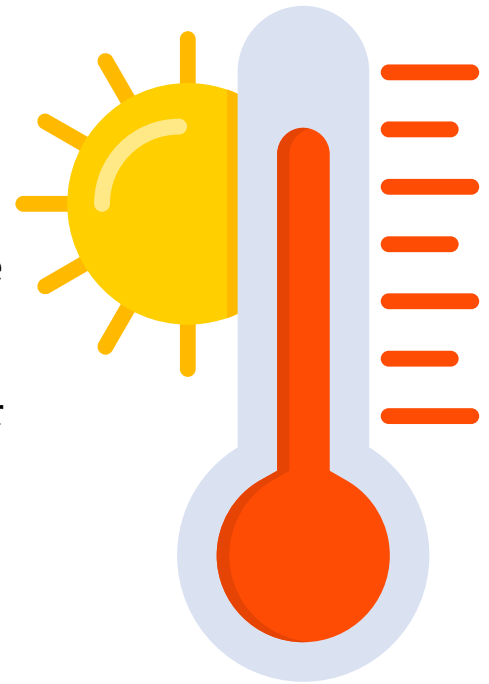
MANAGER'S NOTE

Happy August!

The heat and humidity can feel overwhelming during the summers in our area. But the good news is, August marks the turning point in temperatures.

During the month of August, temperatures run slightly lower (seriously, by only a degree or two) than July. The average temperature progressively goes down as we head toward fall. Even as the temperatures slowly come down, it's always important to remain hydrated.

Stay safe and enjoy the rest of your summer!



SENIOR TRIPS

FALL 2025

REGISTRATION DATE & TIME:



Wednesday
August 6, 2025
9:00 AM

For non-members who do not live in Loudoun County registration begins on August 13, 2025.

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 1 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





POP UP ARTS & CRAFTS

Last month our members created a 4th of July themed craft! They created beautiful red, white and blue flower arrangements.

This project was led by volunteers - Ursula and Brenda.



INDEPENDENCE DAY LUNCH

Members celebrated Independence day with a special lunch. They enjoyed BBQ chicken while watching a virtual fireworks show. They ended lunch with a "bomb popsicle".



August 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)

Decluttering Series: Clothing (August 16 9:30-11:00am)

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

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

Advisory Board Breakfast

Wednesday, August 13, 2025

9:30 - 10:30am

Enjoy free morning
refreshments provided
by the Advisory Board

Yarn and Curio Sale

Wednesday, August 6, 2025

9:00 - 11:30am

Stop by to shop a
variety of yarn and
curio items!

**FRI
8/1**

9:00a Aerobics Video

9:30a Knit & Crochet

10:00a Aerobics Video

11:00a Yoga

12:00p Lunch

12:50p Bingo

1:00p Rejuvenating Exercise

2:00p Game Time: Bunco

No Tai Chi

**MON
8/4**

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
10:45a Teen Tech
12:00p Lunch
12:30p Duplicate Bridge
1:00p Yoga with Tatis
1:00p Game Time
1:30p Crochet Activity

**TUES
8/5**

9:00a Aerobics Video
9:00a Elder Case Resource Manager
9:30a 1-on-1 with nutritionist
10:00a SAIL
10:00a Aerobics Video
10:00a Intern. 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 Chair Volleyball
2:00p Pickle Ball
3:00p Beginners Pickleball

**WED
8/6**

9:00a Aerobics Video
9:00a Yarn and Curio Sale
10:00a Aerobics Video
10:00a Game Time: O'Heck
Dancing
11:00a Ballroom Dancing
12:00p Lunch
1:00p Mindful Meditation
1:00p Yoga with Tatis

Trips Registration at 9am

**THURS
8/7**

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
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
3:00p Beginners Pickleball

8/8

9:00a Aerobics Video
9:30a Knit & Crochet
10:00a Aerobics Video
11:00a Yoga
11:00a Tai Chi
12:00p Lunch
12:50p Bingo
1:00p Rejuvenating Exercise
2:00p Game Time: Dominos

MON 8/11	TUES 8/12	WED 8/13	THURS 8/14	FRI 8/15
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 10:45a Teen Tech 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 Chair Volleyball 2:00p Pickle Ball 3:00p Beginners Pickleball	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	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 3:00p Beginners Pickleball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 10:15a Visit Claude Moore 11:00a Yoga 11:00a Tai Chi 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos
8/18	8/19	8/20	8/21	8/22
9:00a Aerobics Video 9:15a Walking Group 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:45a Teen Tech 12:00p Lunch 12:30p Duplicate Bridge 1:00p Yoga with Tatis 1:00p Game Time 1:30p Crochet Activity No Scottish Dance	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 1:00p Chair Beach Volleyball 1:00p Book Club 2:00p Pickle Ball 3:00p Beginners Pickleball No Scottish Dance	9:00a Aerobics Video 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: "Red Sparrow" 1:00p Mindful Meditation 1:00p Yoga with Tatis 2:00p End of Summer Shindig	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 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos
8/25	8/26	8/27	8/28	8/29
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 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  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 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 Ice Cream Social 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos



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.

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, August 7, 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, August 27 2025** to celebrate all who have a birthday in August

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

Lunch registration is required

ONE-on-ONE MEDICARE COUNSELING

Thursday, August 28 (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, August 6 and 20
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, August 15
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, August 5 and 19
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, August 20

12:30pm



Red Sparrow

Prima ballerina Dominika Egorova faces a bleak and uncertain future after she suffers an injury that ends her career. She soon turns to Sparrow School, a secret intelligence service that trains exceptional young people to use their minds and bodies as weapons. Egorova emerges as the most dangerous Sparrow after completing the sadistic training process. As she comes to terms with her new abilities, Dominika meets a CIA agent who tries to convince her that he is the only person she can trust.

Movie is subject to change.

Call the center before to confirm the movie.

COMING IN SEPTEMBER

Beginners Ukulele
Tuesdays at 1pm
starting September 16
(Sign up is required)

Intermediate Ukulele
Thursdays at 1:30pm beginning September 4

*Prerequisite: Beginners Ukulele or
permission of instructor*

Teen Tech

Mondays
10:45am-12:45pm

Stop by the computer lab anytime between 10:45am and 12:45pm to get help with any tech question you may have. Feel free to bring your phone, laptop or tablet with any questions.

Last tech class will be August 18

Beginners Pickleball

Tuesday and Thursdays
at 3:00pm

Learn the basics of pickleball and play with other beginners.

Last beginners class will be August 19

1-on-1 with a Nutritionist

Tuesday, August 5
9:30am-12:30pm



Anu Kaur will be visiting the center to conduct 1-on-1 nutritional meetings. If you are interested in signing up for a 30-minute appointment with Anu Kaur, please contact the office for available appointments.

SENIOR CENTER AT
CASCADES

End of Summer Shindig



WEDNESDAY, AUGUST 20
2:00-4:00PM

ENJOY LIVE MUSIC BY
LAURIE BLUE
AND FUN PARTY GAMES!

Tickets are \$5 for members and \$8 for
nonmembers

THERE WILL BE A LATE BUS FOR REGULAR BUS RIDERS



LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

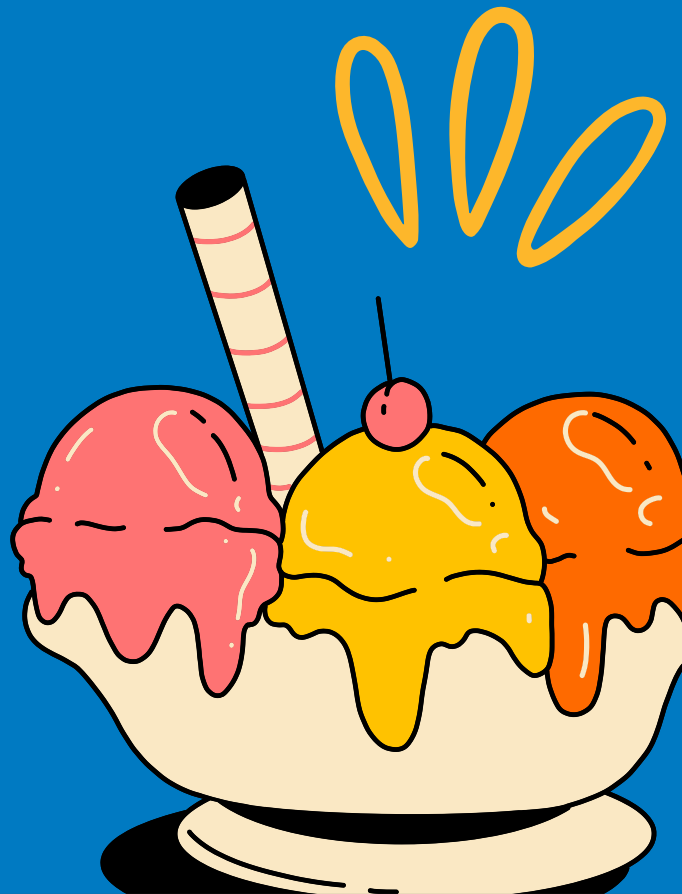
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Ice Cream Social



Enjoy an ice cream bar with multiple topping to choose from.

FRIDAY, AUGUST 29
12:30PM



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DECLUTTERING SERIES

**Third Saturday of the Month
9:30-11:00am**

SENIOR CENTER AT CASCADES

Join Carolyn to learn how to begin the decluttering process. Sign up in the office.

August 16 - Clothing

September 20 - Paperwork

October 18 - Photos

November 15 - Decluttering for the Holidays



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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



CONNECTING ALL COMMUNITIES

571-258-3280