

# CASCADES

JANUARY 2026

## Senior Center



Raise a glass to the moments, both big and small,  
To the laughter, the love, and the memories of all.

May this year bring you joy, peace, and cheer,  
Happy New Year to all, let's make it a great year!



# January 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)

Teen Tech (Saturday, January 10 10:00-11:00am)

\*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, January 14, 2026

9:30 - 10:30am

Join the board for free morning  
refreshments!

THURS  
1/1

Senior Center  
is  
Closed  
HAPPY  
New Year  
2026

FRI  
1/2

9:00a Aerobics Video  
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

MON  
1/5

TUES  
1/6

WED  
1/7

1/8

1/9

9:00a Aerobics Video  
9:30a Beginner's Line  
Dancing  
10:00a Aerobics Video  
10:30a Life Transitions  
Empowerment Group  
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  
11:00a Adv. Conv. Spanish  
11:00a Yoga with Tatis  
11:00a Beginner's Tai Chi  
12:00p Lunch  
12:45p Scottish Dance  
1:00p Rejuvenating Exercise  
2:00p Pickle Ball

9:00a Aerobics Video  
10:00a Aerobics Video  
10:00a Game Time: O'Heck  
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 Yoga with Tatis  
10:30a Bingo  
11:00a Pinochle  
12:00p Lunch  
1:00p French Class  
1:00p Game Time: Canasta  
1:00p Current Events  
1:30p Intermediate  
Ukulele  
1:30p 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 Mindful Meditation  
1:00p Rejuvenating Exercise  
2:00p Game Time: Dominos



<b>MON 1/12</b>	<b>TUES 1/13</b>	<b>WED 1/14</b>	<b>THURS 1/15</b>	<b>FRI 1/16</b>
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 <b>10:00a INOVA Blood Pressure Check</b> 10:00a Aerobics Video 11:00a Adv. Conv. Spanish 11:00a Yoga 11:00a Beginner's Tai Chi 12:00p Lunch 12:45p Scottish Dance 1:00p Rejuvenating Exercise 2:00p Pickle Ball	9:00a Aerobics Video <b>9:30a Advisory Board Breakfast</b> 10:00a Aerobics Video 10:00a Game Time <b>10:30a Claude Moore Visit</b> 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 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p French Class 1:00p Game Time: Canasta 1:00p Current Events 1:30p Intermediate Ukulele 1:30p Flamenco 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet <b>9:30a Hearing Screenings</b> 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
<b>1/19</b>	<b>1/20</b>	<b>1/21</b>	<b>1/22</b>	<b>1/23</b>
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 Bus Transportation No Lunch</b>	9:00a Aerobics Video <b>9:00a Elder Case Resource Manager</b> <b>10:00a Arts and Crafts</b> 10:00a Aerobics Video 10:00a Interm. Conv. Spanish 11:00a Adv. Conv. Spanish 11:00a Yoga 11:00a Beginner's Tai Chi 12:00p Lunch 12:45p Scottish Dance 1:00p Book Club 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Advisory Board Breakfast 10:00a Aerobics Video 10:00a Game Time <b>10:00a Vintage Finds</b> 11:00a Ballroom Dancing 12:00p Lunch <b>12:30p Movie Day: "Senior Moment"</b> <b>12:30p Trip to Store</b> 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 <b>10:00a Health Series</b> 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p French Class 1:00p Game Time: Canasta 1:00p Current Events 1:30p Intermediate Ukulele 1:30p 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
<b>1/26</b>	<b>1/27</b>	<b>1/28</b>	<b>1/29</b>	<b>1/30</b>
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 Interm Conv. Spanish 11:00a Adv. Conv. Spanish 11:00a Yoga 11:00a Beginner's Tai Chi 12:00p Lunch 12:45p Scottish Dance 1:00p Rejuvenating Exercise 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Game Time: O'Heck 11:00a Ballroom Dancing <b>11:00a Tofu Takeover</b> 12:00p Lunch 1:00p Yoga with Tatis	9:00a Aerobics Video 9:00a Step Prep 10:00a Intro to Line Dance 10:00a Yoga with Tatis 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p French Class 1:00p Game Time: Canasta 1:00p Current Events 1:30p Intermediate Ukulele 1:30p 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



#### 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.

# 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

**Monday, January 5  
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, January 28 2026** to celebrate all who have a birthday in December and January

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

*Lunch registration is required*

## Teen Tech

**Second Saturday of the Month  
10:00-11:00am**

**Saturday, January 10**

Bring your laptop, tablet or phone to have teens help with any questions you may have.

## 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**

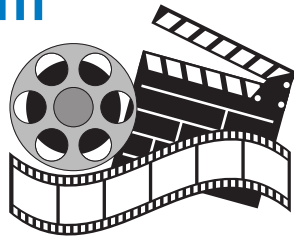
## Mindful Meditation

**Friday, January 9 and Wednesday,  
January 21  
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, January 21  
12:30pm



### Senior Moment

After drag racing his vintage convertible around Palm Springs, Calif., a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again.

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

## CLAUDE MOORE VISIT

Wednesday, January 14  
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*

## HEARING SCREENINGS

Friday, January 16  
9:30am-3:00pm

Sign up in the office for a 30-minute appointment.

## CRAFTS

Tuesday, January 20  
10:00am

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

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



# TOFU TAKEOVER

Wednesday, January 28  
11:00am

Think tofu is boring? Think again. In Tofu Takeover, VCE Nutrition Educator Emily Jacobs will show you how to transform this humble block into a culinary powerhouse. This class will dive into the art of tofu - from choosing the right type of tofu to cooking techniques that make it shine. By the end, you'll walk away with a new appreciation for tofu, delicious recipes, and a recipe sample made during the class.

# HEALTH SERIES

4<sup>th</sup> Thursday of every month

Thursday, January 22  
10:00am

## Goal Setting

Join VCE Loudoun's Nutrition & Financial Literacy Educators for a free, hands-on workshop to get started on your New Year's resolutions!

# VINTAGE FINDS

Wednesday, January 21  
10:15am-2:00pm

Enjoy a day out shopping at Hopes Treasures thrift store, then have lunch out at Firebirds Wood Fired Grill to show off all of your finds.

*You will pay for your own purchases at Hopes Treasures and lunch.  
There is a \$3 bus transportation fee.*

*Sign up is required, as space is limited. Contact the center to sign up.  
Please sign up by January 14.*



# SENIOR CENTER AT CASCADES

## Open House



Thursday, January 22, 2026  
9:00am - 2:00pm

21060 Whitfield Pl.  
Sterling VA 20165



WELCOME

**INVITE A FRIEND OR  
FAMILY MEMBER (55+)  
TO VISIT THE SENIOR  
CENTER AT CASCADES!**



- Learn about multiple fitness, social and educational program offerings
- View class demonstrations
- Tour the center to see where activities, fitness classes and lunch are held
- Meet our senior center staff, Advisory Board members and Volunteers!
- Goodie bags for guests and raffle prizes for new members



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# Senior Center Highlights Holiday Luncheon





# Senior Centers

## Inclement Weather Policies

### *Is My Senior Center Open?*



If the Loudoun County Government is Open, all Loudoun PRCS Senior Centers are open during regular hours.



If Loudoun County Government is on a Delayed Opening, all Loudoun PRCS Senior Centers will open at the specified announced time.

There will be **NO** transportation and  
**NO** home-delivered meals.



If Loudoun County Government is on Unscheduled Leave for staff, all Loudoun PRCS Senior Centers are open during regular hours and lunch will be served.

There will be **NO** bus transportation and  
**NO** home-delivered meals.



If Loudoun County Government is **CLOSED**, all Loudoun PRCS Senior Centers are **CLOSED**.

Senior Centers follow Loudoun County Government weather-related closures,

**NOT**

Loudoun County Public Schools or the federal government



During inclement weather, please visit [loudoun.gov](http://loudoun.gov) for Loudoun County Government announcements.

# YOUR *Staff*

**(Vacant)**

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**