

CASCADES

Senior Center

FEBRUARY 2026



CENTER NOTE

February is packed with exciting special events and programs! Celebrate **Pal-entines Party and Lunar New Year**, learn more about **Cardio & Stroke Awareness**, and stay active by participating in one or more fitness activities.

Don't miss the fantastic lineup of day and overnight senior trips for Spring! **Trips registration begins Wednesday, February 4, 2026.** Please review the following reminders to help make the process smooth:

- Doors open at 8:00 a.m.
- Pick up a number at the reception desk upon arrival
- Wait in Multi-Purpose Room 1 until 9:00 a.m., when registration officially begins
- Complete your registration form in priority order, listing your most desired trips first
- You may register yourself and one additional person (spouse, friend, or family member)
- Non-members who wish to join or renew their membership to receive member pricing must do so before registration begins
- For non-members who do not live in Loudoun County, registration begins on February 11, 2026.

Be sure to check the center calendar for even more activities and special programming throughout the month!

Celebrate the Lunar New Year



**Friday, February 27
12:15pm**

Celebrate the Lunar New Years with a special performance from the Spring Blossom Performing Arts School.

February 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, February 14 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

MON 2/2	TUES 2/3	WED 2/4	THURS 2/5	FRI 2/6
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 Game Time 1:00p Yoga with Tatis 1:30p Crochet Activity 2:00p SAIL	9:00a Aerobics Video 9:00a Elder Case Resource Manager 10:00a Aerobics Video 10:00a Interm. Conv. Spanish 10:00a SAIL 11:00a Adv. Conv. Spanish 11:00a Beginner's Tai Chi 11:00a Yoga 12:00p Lunch 12:45p Scottish Dance 1:00p Beginners Ukelele 1:00p Rejuvenating Exercise 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:30a Cardio and Stroke Awareness Present. 11:00a Ballroom Dancing 12:00p Birthday Lunch (for Dec/Jan birthdays) 1:00p Mindful Meditation 1:00p Yoga with Tatis 2:00p SAIL	9:00a Aerobics Video 9:00a Step Prep 10:00a Intro to Line Dance 10:00a SAIL 10:00a Yoga with Tatis 10:30a Life Transitions Empowerment Group 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Current Events 1:00p French Class 1:00p Game Time: Canasta 1:30p Flamenco 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 11:00a Tai Chi 11:00a Yoga 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Bunco
2/9	2/10	2/11	2/12	2/13
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 Game Time 1:00p Yoga with Tatis 1:30p Crochet Activity 2:00p SAIL	9:00a Aerobics Video 10:00a Aerobics Video 10:00a INOVA Blood Pressure Check 10:00a Arts & Crafts 10:00a Interm. Conv. Spanish 10:00a SAIL 11:00a Adv. Conv. Spanish 11:00a Beginner's Tai Chi 11:00a Yoga 12:00p Lunch 12:45p Scottish Dance 1:00p Beginner's Ukelele 1:00p Rejuvenating Exercise 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Advisory Board Breakfast 10:00a Aerobics Video 10:30a Claude Moore Visit 11:00a Ballroom Dancing 12:00p Lunch 12:30p Trip to Store 1:00p Yoga with Tatis 2:00p SAIL	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 Current Events 1:00p French Class 1:00p Game Time: Canasta 1:30p Flamenco 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 11:00a Tai Chi 11:00a Yoga 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos 2:00p "Pal"entines Party

MON 2/16	TUES 2/17	WED 2/18	THURS 2/19	FRI 2/20
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 Game Time 1:00p Yoga with Tatis 1:30p Crochet Activity 2:00p SAIL No Bus Transportation No Lunch	9:00a Aerobics Video 9:00a Elder Case Resource Manager 10:00a Aerobics Video 10:00a Interm. Conv. Spanish 10:00a SAIL 11:00a Adv. Conv. Spanish 11:00a Beginner's Tai Chi 11:00a Yoga 12:00p Lunch 12:45p Scottish Dance 1:00p Beginner's Ukulele 1:00p Book Club 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 11:00a Ballroom Dancing 12:00p Lunch 12:30p Movie Day: "The Proposal" 1:00p Mindful Meditation 1:00p Yoga with Tatis 2:00p SAIL	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 Current Events 1:00p French Class 1:00p Game Time: Canasta 1:30p Flamenco 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 9:30a Hearing Screenings 10:00a Aerobics Video 11:00a Tai Chi 11:00a Yoga 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos
2/23	2/24	2/25	2/26	2/27
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 Game Time 1:00p Yoga with Tatis 1:30p Crochet Activity 2:00p SAIL	9:00a Aerobics Video 10:00a Aerobics Video 10:00a Interm Conv. Spanish 10:00a SAIL 10:00a Arts & Crafts 11:00a Adv. Conv. Spanish 11:00a Beginner's Tai Chi 11:00a Yoga 12:00p Lunch 12:45p Scottish Dance 1:00p Beginner's Ukulele 1:00p Rejuvenating Exercise 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:30a Black History Month Presentation 11:00a Ballroom Dancing 12:00p Birthday Lunch (for Feb birthdays) 12:30p Trip to Store 1:00p Yoga with Tatis 2:00p SAIL	9:00a Aerobics Video 9:00a Step Prep 9:00a Curio and Yarn Sale 10:00a Intro to Line Dance 10:00a SAIL 10:00a Yoga with Tatis 10:00a Health Series: Heart Health 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Current Events 1:00p French Class 1:00p Game Time: Canasta 1:30p Flamenco 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 11:00a Tai Chi 11:00a Yoga 12:00p Lunch 12:15p Lunar New Years Performance 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos

Advisory Board Breakfast

Wednesday, February 11, 2026

9:30 - 10:30am

Join the board for free morning refreshments!

Curio and Yarn Sale

Thursday, February 26, 2026

9:00 - 11:00am

Stop by to shop items from the curio and yarn!
 Bring small bills and change.



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, February 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 on **Wednesday, February 4** to celebrate December & January birthdays

and Wednesday, February 25
to celebrate February birthdays

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, February 14

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

Wednesday, February 4 and 18
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, February 18
12:30pm

THE PROPOSAL



The Proposal



Faced with deportation to her native Canada, high-powered book editor Margaret Tate says she's engaged to marry Andrew Paxton, her hapless assistant. Andrew agrees to the charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family. With a suspicious immigration official always lurking nearby, Margaret and Andrew must stick to their wedding plan despite numerous mishaps.

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



CRAFTS

Tuesday, February 10 and 24
10:00am

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

Sign up is required, as space is limited.

CLAUDE MOORE VISIT

Wednesday, February 11
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, February 20
9:30am-3:00pm

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



CARDIO AND STROKE AWARENESS

Wednesday, February 4
10:30am

Action Saves Lives – Identifying heart problems or stroke is an important step in taking quick action to help a loved one during a medical emergency. Join Loudoun County Combined Fire and Rescue System during Heart Health Month to learn how you can recognize and prevent heart attacks and strokes.

HEALTH SERIES

4th Thursday of every month
Thursday, February 26
10:00am

Heart Health

Celebrate National Heart Month with the Power of Nutrition! Your heart deserves more than just love - it deserves nourishment. Join VCE Nutrition Educator Emily Jacobs in a FREE nutrition class to discover how making simple dietary changes can make a lasting impact on your heart health.

BLACK HISTORY MONTH PRESENTATION

Wednesday, February 25
10:30am

To celebrate black history month Denise from the Loudoun Heritage Farm Museum will be doing a presentation on local black history.



SENIOR CENTER AT CASCADES

“PAL”ENTINES Party

**FRIDAY, FEBRUARY 13
2:00-4:00PM**

\$5 FOR MEMBERS

\$8 FOR NONMEMBERS

**LIGHT HORS D'OEUVRES AND
MUSIC PROVIDED BY DJ SKY**

THERE WILL BE A LATE BUS FOR REGULAR BUS RIDERS



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Senior Center Highlights

New Years Eve Party



Vintage Finds



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 for Loudoun County Government announcements.

YOUR *Staff*

Judith Mangilin

Manager

(Vacant)

Assistant Manager

Roula Alfarra

Cafe Supervisor

Haley Moore

Recreation Programmer



**The Senior Center at Cascades
21060 Whitfield Place
Sterling, VA 20165**

Teresa dela Vina

Customer Service

Felix Duran

Vehicle Operator

Satish Sharma

Vehicle Operator



CASCADES
Senior Center



CONNECTING ALL COMMUNITIES

571-258-3280