

CENTER NOTE

Welcome Our New Manager

Welcome Judith Mangilin as our new Manager. She has been the assistant manager of The Senior Center at Cascades for over 15 years. We are so excited for her. If you see her around make sure to congratulate her!



New Identity and Logo

The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is excited to unveil and updated logo that reflects the department's ongoing commitment to serving the community. This redesign symbolizes PRCS' evolution as it has expanded its services, built new parks and facilities, and provided programs and events that bring residents and visitors together.



The new logo features a distinctive flourishing leaf, reflecting the department's dedication to creating interconnected spaces and experiences for individuals and communities to thrive and grow.

For more information on the rebrand [click here](#).

March 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, March 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 3/2	TUES 3/3	WED 3/4	THURS 3/5	FRI 3/6
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 Ch 11:00a Yoga 12:00p Lunch 12:45p Scottish Dance 1:00p Beginners Ukelele 1:00p Rejuvenating Exercise 2:30p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:30a Frauds and Scams Presentation 11:00a Ballroom Dancing 12:00p Lunch 12:30p Trip to Store 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
3/9	3/10	3/11	3/12	3/13
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Womens History Trivia 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 Ukulele 1:00p Rejuvenating Exercise 2:30p Pickle Ball	9:00a Aerobics Video 9:30a Advisory Board Breakfast 10:00a Aerobics Video 10:30a Vintage Finds 11:00a Ballroom Dancing 12:00p Lunch 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

MON 3/16	TUES 3/17	WED 3/18	THURS 3/19	FRI 3/20
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 St. Patrick's Lunch 12:45p Scottish Dance 1:00p Beginner's Ukulele 1:00p Book Club 2:30p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:30a Claude Moore Visit 11:00a Ballroom Dancing 12:00p Lunch 12:30p Movie Day: "Grease" 12:30p Trip to Store 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
3/23	3/24	3/25	3/26	3/27
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3/30	3/31			

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Advisory Board Breakfast

Wednesday, March 11
9:30 - 10:30am

Join the board for free morning refreshments!

Hearing Screenings

Friday, March 20
9:30am-3:00pm

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



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, March 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, March 25** to celebrate March 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, March 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, March 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, March 18

12:30pm



Grease

High-spirited musical set in the 1950s America, in which a girl and boy who met on the beach are unexpectedly reunited at high school. She cannot understand how different he has become. Can the leather-clad, tough-talking leader of the T-Birds really be the same person? Perhaps her new friends, the Pink Ladies, can help her win back his heart?

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

CRAFTS

Tuesday, March 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, March 18

10:15am - 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

VINTAGE FINDS

Wednesday, March 11

10:30am - 2:00pm

Enjoy a day out shopping at Twice is Nice thrift store, then have lunch out at Aurora Seafood and Grill Buffet to show off all of your finds.

*You will pay for your own purchases at Twice is Nice 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 February 6.

FRAUD AND SCAMS PRESENTATION

Wednesday, March 4
10:30am

There are so many different types of frauds and scams, with new ones popping up everyday. Join John Miller from the Loudoun County Sheriffs office to learn more about frauds and scams.

FALL PREVENTION PRESENTATION

Wednesday, March 25
10:30am

Do you know someone who has experienced a fall? Or perhaps you have experienced a fall? Falls are not an inevitable part of aging and can be prevented. Join Loudoun County Combined Fire and Rescue System to learn more about how you can reduce your risk of experiencing a fall.

HEALTH SERIES

4th Thursday of every month

Thursday, March 26
10:00am

Thrive After 65

Eat well. Age well. Thrive. Join Loudoun County Nutrition Educator Emily Jacobs to discover how smart, simple nutrition changes can help you feel energized, strong, and vibrant in your later years.

New!

CONVERSATION ESL

Beginning Friday, April 3
11-11:45am

This is an intermediate level ESL conversational class, During the class you will converse with others in English.

Sign up is required. Contact the office to sign up.



Womens History Month TRIVIA

Monday, March 9
10:30am

Celebrate Women's History Month with a trivia game lead by Brenda. There will be a short video followed by trivia questions.

Each participant will receive a free giveaway.



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Cascades Senior Center

St. Patrick's Day

LUNCHEON



TUESDAY, MARCH 17
12:00PM

**SPECIAL LUNCH OF CORNED BEEF AND
CABBAGE**

LIVE MUSIC PROVIDED FROM FINN MCCOOL



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Free Dental Clinic

Open to individuals 60 years or older without dental insurance.

Services provided by The Fenwick Foundation and may include:

- Oral exams
- X-Rays
- Dental cleanings
- Debridements
- Caries-arresting applications
- Dental scaling & root planning
- Restorations (cavity “drilling and filling”)
- Simple extractions
- Fluoride varnish
- Minor denture adjustments

Wednesday, March 25, 2026

8:45 a.m. - 2:10 p.m.

Loudoun County Senior Center at Cascades
21060 Whitfield Place, Sterling, VA 20165

Registration required by March 9, 2026

Contact: Aimee Nestor at 571-420-3807

Please be prepared to complete medical forms prior to receiving any dental services.

If you require a reasonable accommodation for any type of disability in order to participate, please contact us at 703-777-0353. Three days advance notice is requested.

**LOUDOUN
COUNTY**
VIRGINIA

**Family
Services**

Free Tax Assistance in Loudoun County

Federal and Virginia tax return preparation by appointment only
Beginning February 1, 2026

Cascades Library	Tuesday	10:00 am – 4:00 pm
21030 Whitfield Place, Sterling	Thursday	10:00 am – 4:00 pm
In-person service	Info: 240-812-9783	
Falcons Landing	Monday	12:45 to 5:00 pm
20522 Falcons Landing Circle	Thursday	12:45 to 5:00 pm
Potomac Falls	Saturday	12:45 to 5:00 pm
In-person service	Info: 703-404-5179	
HealthWorks for Northern VA	Saturday	9:45 am – 1:30 pm
163 Fort Evans Road NE, Leesburg	Tuesday	6:00 pm – 8:00 pm
In-person service	Info: 703-829-0394	
Purcellville Library	Tuesday	10:00 am – 2:00 pm
220 East Main Street, Purcellville	Thursday	10:00 am – 2:00 pm
In-person service	Info: 443-530-7871	
Sterling Library (opens Jan. 31)	Saturday	10:00 am – 3:00 pm
22330 S. Sterling Blvd, Sterling	Tuesday	5:00 pm - 8:00 pm
In-person service	Info: 703-651-6410	

For appointments: search for AARP Tax-Aide Locator, aarp.org/money/taxes/aarp-taxaide/locations/ or go to taxaideloudoun.org

Bring photo ID, social security cards, and tax documents. Intake forms available at Cascades and Sterling Libraries in advance of your appointment.

Senior Center Highlights



YOUR *Staff*

Judith Mangilin

Manager

(Vacant)

Assistant Manager

Roula Alfarra

Cafe Supervisor

Haley Moore

Recreation Programmer

Teresa dela Vina

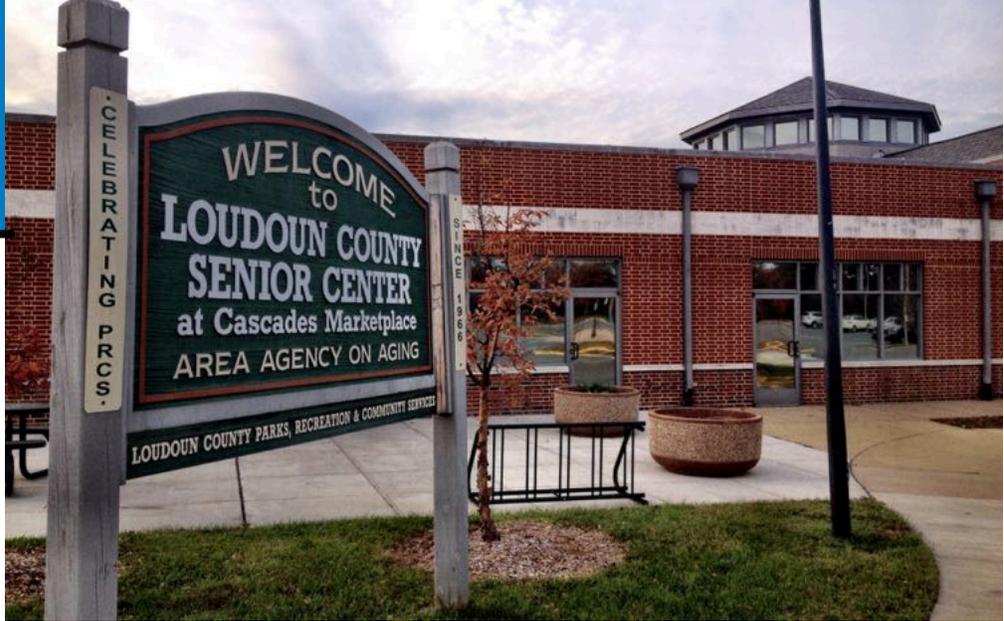
Customer Service

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