

April

Senior Center At Cascades

21060 Whitfield Pl, Sterling, VA 20165
571-258-3280
CascadesSC@loudoun.gov



Curio Donations Needed!

If you have small items around the house that you no longer need, please consider donating them to the center for a curio sale. We kindly ask that donated items be no larger than a bread box so we can easily store and display them. Please note that we are unable to accept clothing or shoes.

The curio sales help raise funds for our Advisory Board, which uses the proceeds to support many of the activities and events our community enjoys throughout the year.

If you have items to donate or any questions, please contact the front desk.

We truly appreciate your generosity!

Cascades Knit & Crochet Gives Back

Our knit and crochet group recently made a donation of handmade afghans to Chariots of Honor. The organization said "each stitch reflects your generosity, care and patriotism. We are continually moved by the stories of veterans who receive these thoughtful gifts."

As a small token of appreciation, Chariots of Honor presented the Knit and Crochet group with a challenge coin.

Pictured is one of the veterans who has received an afghan made by our very own knit and crochet group.



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ESL Conversation

Join us for our new ESL Conversation class starting **Friday, April 3 at 11:00 AM!** This intermediate-level class is perfect for anyone looking to build confidence and improve their English speaking skills through conversation.

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

ENGLISH AS A SECOND LANGUAGE



Habitat for Humanity

Join us on **April 1 at 10:30 AM** for a presentation on the Home Repair Program from Habitat for Humanity. Representatives will share program details, answer questions, and provide helpful materials for homeowners who may benefit.



SmartTrip Tabling



Join us on **Tuesday, April 14 from 10:30 AM to 12:00 PM** for a tabling event with Loudoun County Transit and Commuter Services. Staff will be available to assist you in obtaining a Senior SmarTrip card and to answer any questions you may have about the program.



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Earth Day Picnic

Come along on **Friday, April 24** for a picnic at Claude Moore Park with members from the Ashburn Senior Center. There will be fun games like corning hole and ladder toss. Lunch will be provided. *Sign up is required as space is limited.*

There is a **\$5 fee** for transportation and lunch. The bus will leave the center at **10:30am** and will return by **2:00pm**.

Cultural Talent Show

Come celebrate the amazing talents in our community! Our annual Talent Show will take place on **Wednesday, April 22** from **10:30 to 11:30 AM**—don't miss it!

If you plan to stay for lunch after the talent show, remember to sign up.



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Movie Day

On **Wednesday, April 15 at 12:30pm** watch the movie *Mr. and Mrs. Smith*. Enjoy snacks provided by the Advisory Board.

John and Jane Smith, a couple in a stagnating marriage, live a deceptively mundane existence. However, each has been hiding a secret from the other: they are assassins working for adversarial agencies. When they are both assigned to kill the same target, Benjamin Danz, the truth comes to the surface. Finally free from their cover stories, they discover that they have been assigned to kill each other, sparking a series of explosive attacks.



Arts and Crafts

Join Brenda and Ursula on **Tuesday, April 7 and 21 at 10:00am** for a fun arts and crafts activity.

Sign up is required as space and materials are limited. Please contact the office to sign up.



Health Series

Join Emily on **Thursday, April 23 at 10:00am** for the monthly health series: **Nutrition for Diabetes**. Whether you're newly diagnosed or looking to refresh your knowledge, this class offers practical strategies by a registered dietitian to help you manage your blood sugar and feel confident about your food choices.



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Claude Moore Visit

Visit Claude Moore Recreation and Community Center on **Wednesday, April 15**. The bus will leave the center at **10:15am** and will return by **12:00pm**.

There is a \$1 bus transportation fee. Sign up is required.



Beading Class

Try your hand at creating beautiful beaded projects. A brand new beading class will be held on **April 13** and **April 20** at **11am**. All materials will be provided.

Sign up is required, as space and materials are limited.



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Daily Activities

What's going on at Cascades Senior Center?

Monday

- 9:00a – Aerobics Video
- 9:30a – Beginners Line Dancing
- 10:00a – Aerobics
- 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

Tuesday

- 9:00a- Aerobics Video
- 10:00a – Aerobics Video
- 10:00a – Intermediate Conversational Spanish
- 10:00a – SAIL
- 11:00a – Advanced Conversational Spanish
- 11:00a – Beginner's Tai Chi
- 11:00a – Yoga
- 12:00p – Lunch
- 12:45p – Scottish Dance
- 1:00p- Beginners Ukulele
- 1:00p – Rejuvenating Exercise
- 2:30p – Pickleball

Wednesday

- 9:00a – Aerobics Video
- 10:00a – Aerobics Video
- 11:00a – Ballroom Dancing
- 12:00p – Lunch
- 1:00p – Yoga with Tatis
- 2:00p- SAIL



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Daily Activities

What's going on at Cascades Senior Center?

Thursday

- 9:00a - Aerobics Video
- 9:00a - Step Prep
- 10:00a - Intro to Line Dancing
- 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
- 1:30p - Flamenco
- 2:00p - Pickleball

Friday

- 9:00a - Aerobics Video
- 9:30a - Knit and Crochet
- 10:00a - Aerobics Video
- 11:00 - ESL Conversation
- 11:00a - Tai Chi
- 11:00a - Yoga
- 12:00p - Lunch
- 12:50p - Bingo
- 1:00p - Rejuvenating Exercise
- 2:00p - Game Time
 - First Friday: Bunco

Saturday

- 8:15a- Pickleball
- 8:00a - Open Computer Lab
- 8:00a - Aerobics and Exercise Room
- 8:00a - Game Time and Billiards Room
- 9:30a - Knit and Crochet Class



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Events/Programming

Monday

- 4/13 – 11:00am – Beading Class
- 4/20 – 11:00am – Beading Class

Tuesday

- 4/7 – 9:00am – Elder Case Resouce Manager
- 4/7 – 10:00am – Arts and Crafts
- 4/14 – 10:00am – INOVA Blood Pressure Check
- 4/14 – 10:30am – SmartTrip Tabling
- 4/21 – 9:00am – Elder Case Resource Manager
- 4/21 – 10:00am – Arts and Crafts
- 4/21 – 1:00pm – Book Club

Wednesday

- 4/1 – 10:30am – Habitat for Humanity Presentation
- 4/1 – 1:00pm – Mindful Meditation
- 4/8 – 9:30am – Advisory Board Breakfast
- 4/8 – 12:30pm – Shopping Trip
- 4/15 – 10:15am – Claude Moore Visit
- 4/15 – 12:30am – Movie Day
- 4/15 – 1:00pm – Mindful Meditation
- 4/22 – 10:30am – Cultural Talent Show
- 4/22 – 12:30pm – Shopping Trip
- 4/29 – 12:00pm Birthday Lunch

Thursday

- 4/2 – 10:30am – Life Transitions Empowerment Group
- 4/23 – 9:00am – Medicare Counseling (VICAP)
- 4/23 – 10:00am – Health Series

Friday

- 4/17 – 9:30am – Hearing Screenings
- 4/24 – 10:30am – Picnic at Claude Moore

Saturday

- 4/11 – 10:00am – Teen Tech



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

To request a reasonable accommodation for any type of disability to participate, contact prcsaccess@loudoun.gov - 703-777-0343. Advance notice is requested.



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