

May

Senior Center At Cascades

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



Community Connections

The Advisory Board recently participated in an outreach event at the Park View High School Craft Show sharing information about the center's programs. During the event, board members highlighted the wide range of activities, events, and resources available at the center. This event provided an opportunity to increase awareness and invite new participants to get involved in the center. If you are interested in joining the board, talk to one of the board members.



Cheers to 25 Years!

The Cascades Knit & Crochet group recently celebrated 25-year milestone! Over the years, their talented members have handcrafted countless beautiful items, generously donating them to support local nonprofits and our community.



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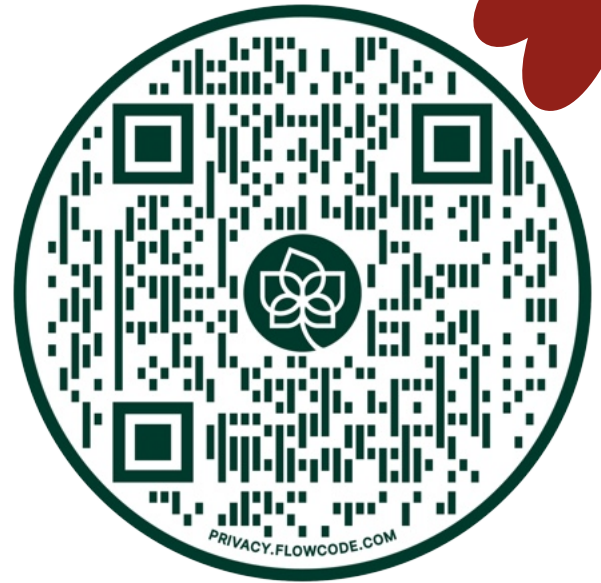
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Senior Center Information and Member Satisfaction Survey

It's that time of year, once again, to complete a Member Information and Satisfaction Survey.

Please take this opportunity to let us know how we are doing, and share any changes or additions you might like to see in programming.

The survey will be open until May 31st.



To access the survey scan QR Code with your phone or click [here](#).

Senior Trip Registration

Don't miss the fantastic lineup of day and overnight senior trips for Spring! **Trips registration begins Wednesday, May 6, 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 May 13, 2026.



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Hearing Screenings

Free hearing screenings will be on **Friday, May 15 from 9:30am-3:00pm**. To sign up for a 30-minute timeslot, please contact the office.



AI Presentation

Join students from George Mason University on **Monday, May 18 at 10:30 AM** for a presentation on Artificial Intelligence (AI). As AI becomes increasingly common across the internet, it can be more difficult to recognize. This session will help you understand what AI is, how it's used online, and provide practical tips for identifying AI-generated content.



AARP Safe Drivers Course

Refresh your driving skills on **Wednesday, May 20 from 9:00am-5:00pm**.

- \$20 for AARP Members
- \$25 for non-AARP Members
- Free to anyone with AARP (Part B) Supplemental Insurance

Sign up is required, as space is limited. Contact the office to sign up.



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Cinco De Mayo Fiesta

Celebrate Cinco de Mayo with us at a festive fiesta on **Tuesday, May 5, from 1:45–3:45 PM!** Enjoy the lively sounds of a live Mariachi Band, sip on refreshing margarita mocktails, and enjoy festive snacks. It's the perfect way to add a little music, flavor, and fun to your afternoon!

Tickets are \$5 for members and \$8 for non-members.

There will be a late bus for our regular bus riders.

Memorial Day Lunch

Honor military members who have passed during our Memorial Day Lunch on **Friday, May 22** beginning at **12:00pm.**

Lunch sign up is required. Lunch donation is requested.



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Arts and Crafts

Join Brenda and Ursula on **Tuesday, May 12 and 26 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.



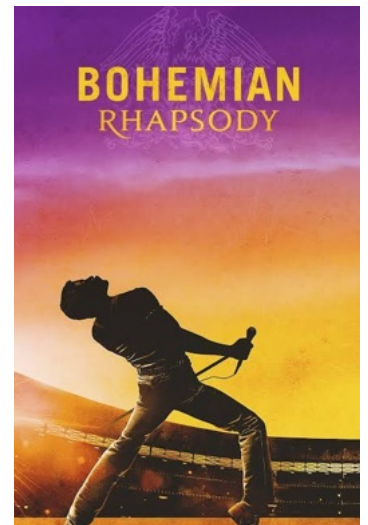
Health Series

Join Emily on **Thursday, May 28 at 10:00am** for the monthly health series: **Cooking for One**. Join the Loudoun County Nutrition team to learn how to cook healthy, budget-friendly meals for one person. We will have a delicious recipe for participants to try.

Movie Day

On **Wednesday, May 20 at 12:30pm** watch the movie *Bohemian Rhapsody*. Enjoy snacks provided by the Advisory Board.

Freddie Mercury -- the lead singer of Queen -- defies stereotypes and convention to become a beloved entertainer; the band's popular songs lead to Queen's rise in the 1970s; after leaving the group to pursue a solo career, Mercury reunites with Queen for the benefit concert Live Aid -- resulting in one of the most memorable performances in rock 'n' roll.



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Car Wash

Come out on **Saturday, May 2** from **9:00–11:00 AM** for a complimentary car wash hosted by the Youth Men's Service League! Drive away with a sparkling clean car. *Advance sign-up is required*—reserve your spot today. Contact the office to sign up.

Claude Moore Visit

Visit Claude Moore Recreation and Community Center on **Wednesday, May 20**. 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.

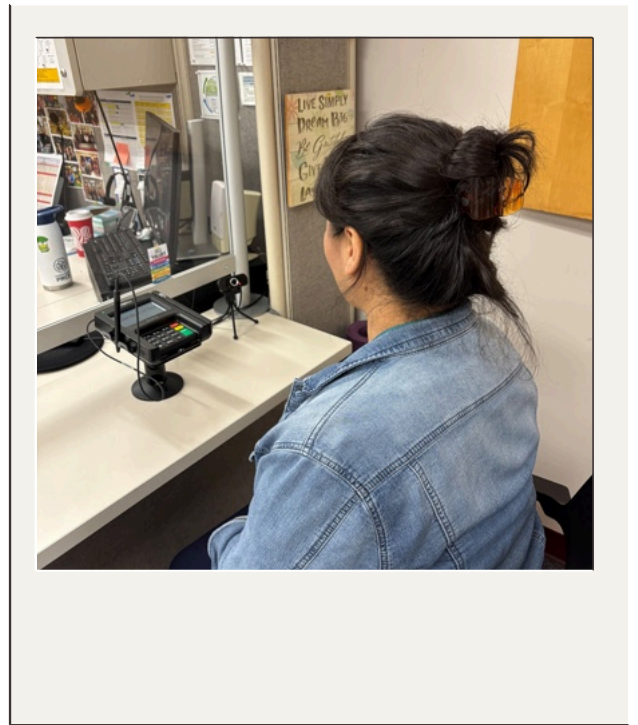


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Picture Day

Smile for the camera! Stop by the office anytime on **Thursday, May 14** to have your photo taken for our system. Please note that all memberships require a photo to be linked to each account.



Cybersecurity Awareness

Seniors are among the most frequently targeted by online scams, phishing emails, and cyber fraud, but staying safe does not have to be complicated. Join Varun Ananthakrishnan, a student from Thomas Jefferson High School for Science & Technology (TJHSST), on **Wednesday, May 27 at 10:30am** for a cybersecurity awareness session designed with seniors in mind. In this workshop, you'll learn simple, practical steps to protect your accounts, spot suspicious emails, secure your home Wi-Fi, and know what to do if something goes wrong. No technical experience required!



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

**Closed on Monday, May 25
for Memorial Day**

Tuesday

- 9:00a- Aerobics Video
- 10:00a - Aerobics Video
- 10:00a - Intermediate Conversational Spanish
- 10:00a - SAIL
(No Class May 26)
- 11:00a - Advanced Conversational Spanish
- 11:00a - Beginner's Tai Chi
- 11:00a - Yoga
(No Class May 5)
- 12:00p - Lunch
- 12:45p - Scottish Dance
- 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
(No Class May 27)



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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
(No Class May 28)
- 10:00a – Yoga with Tatis
- 10:30a – Bingo
- 11:00a – Pinochle
- 12:00p – Lunch
- 1:00p – Current Events
- 1:00p – French Class
(No Class May 14)
- 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

- 5/18 – 10:30am – AI Presentation
- 5/25 – **CLOSED** for Memorial Day

Tuesday

- 5/5 – 9:00am – Elder Case Resource Manager
- 5/5 – 1:45pm – Cinco De Mayo Fiesta
- 5/12 – 10:00am – INOVA Blood Pressure Check
- 5/12 – 10:00am – Arts and Crafts
- 5/19 – 9:00am – Elder Case Resource Manager
- 5/19 – 1:00pm – Book Club
- 5/26 – 10:00am – Arts and Crafts

Wednesday

- 5/6 – 9:00am – Senior Trips Registration (doors open at 8:00am)
- 5/6 – 12:30pm – Shopping Trip
- 5/6 – 1:00pm – Mindful Meditation
- 5/13 – 9:30am – Advisory Board Breakfast
- 5/20 – 9:00am – AARP Safe Drivers Course
- 5/20 – 10:15am – Claude Moore Visit
- 5/20 – 12:30am – Movie Day
- 5/20 – 12:30pm – Shopping Trip
- 5/20 – 1:00pm – Mindful Meditation
- 5/27 – 10:30am – Cybersecurity Awareness
- 5/27- 12:00pm Birthday Lunch

Thursday

- 5/7 – 10:30am – Life Transitions Empowerment Group
- 5/14 – Picture Day
- 5/28 – 9:00am – Medicare Counseling (VICAP)
- 5/28 – 10:00am – Health Series

Friday

- 5/15 – 9:30am – Hearing Screenings
- 5/22 – 12:00pm – Memorial Day Lunch

Saturday

- 5/2 – 9:00am – Car Wash
- 5/9 – 10:00am – Teen Tech



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Learn how to Prevent Lyme Disease

May is Lyme Disease Awareness Month. This spring and beyond, the Loudoun County Health Department wants to ensure all community members know how to protect themselves from tick bites that can transmit Lyme disease. According to the Centers for Disease Control and Prevention, Lyme disease can cause damage to your joints, heart and nervous system.

You can help protect yourself by following these tips:

- Avoid tick-infested areas such as tall grass and wooded areas.
- Check your pets and your items for ticks if they have been taken outside.
- Mow your lawn regularly and remove any yard debris.
- Perform full-body tick checks after spending time outside.
- Shower within two hours of coming indoors.
- Use insect repellent with DEET on your skin and permethrin on your clothing.
- Wear long sleeves, long pants and closed-toe shoes when outdoors.

If you find a tick on your body, remove it promptly with fine-tipped tweezers and clean the area with soap and water. Monitor your body for flu-like symptoms such as chills or a fever, and for signs of a possible rash. Contact your healthcare provider if symptoms persist.

For more tips and information on Lyme disease prevention, visit loudoun.gov/lyme or reach out to the Loudoun County Health Department at 703-777-0234.



For more information about tick safety, visit loudoun.gov/lyme or scan the QR code.



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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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