

June



# Senior Center At Cascades

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## Cafe Lunch Program Update - June & July

Changes are coming to the Café Lunch Program this summer!

The Central Kitchen, which has prepared meals for the Senior Centers, Home Delivered Meal Program, and Adult Day Centers for more than 30 years, will undergo a much-needed renovation during June and July.

During this time, participants may experience temporary menu changes. Please rest assured that meals will continue to be available throughout the renovation process. We appreciate your patience, understanding, and continued support as these important improvements are completed.



## Aerobics Update



Beginning Monday, June 1, the 9:00am Aerobics video class will be moved to one of the Multipurpose Rooms to allow for increased participant capacity.

The 10:00am Aerobics class will continue to be held in the Aerobics Room.

We are testing this change in an effort to better accommodate all participants and evaluate how well this arrangement works. We appreciate your patience and understanding during this transition.



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# General AI Presentation

Join students from George Mason University on **Monday, June 8 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® Brain Health

It's never too late to take charge of your brain health! In this interactive session, on **Wednesday, June 10 at 10:30am**, you will learn about the six pillars of a brain-healthy lifestyle, share your brain-boosting activities, and be inspired by others.



# Caption Call

Join us on **Tuesday, June 16 at 12:30pm** for an informative presentation on CaptionCall and learn how this helpful phone service can make conversations easier for individuals with hearing loss. Discover the features, benefits, and how CaptionCall technology helps people stay connected with family and friends with greater confidence and independence.



# Play All Day With PRCS

Sunday, June 21 is the longest day of the year. Make time to play!



On **PRCS Connect**



# EMS Billing and Advanced Directive/DNR Presentation

In a medical emergency, every second matters. Concerns about ambulance transport costs or questions about how first responders honor advanced directives and Do Not Resuscitate (DNR) orders should never stand in the way of getting the care you need. Join Fire & Rescue on **Wednesday, June 24 at 10:30 a.m.** for an informative presentation addressing these important topics.



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# Car Wash

Come out on **Saturday, June 6** from **9:00–11:00 AM** for a complimentary car wash hosted by the Young 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.



# Vintage Finds

On **Wednesday, June 17**, join us for a fun day of bargain hunting at Twice Is Nice Thrift Store, followed by a delicious lunch at Aurora Seafood & Grill Buffet where you can relax and show off your favorite finds from the day. The bus leaves the center at **10:15am** and will return by 2:00pm

*There is a transportation fee of \$3. Participants are responsible for the cost of their own shopping purchases and lunch.*



# Summer Kick-off

Kick off the summer with an afternoon full of fun, music, and games at our Summer Kick-Off Party on **Friday, June 26** from **2:00–4:00 p.m.**! Enjoy live entertainment by Laurie Blue, dance along to great music, and join in on exciting summer games with friends. It's the perfect way to celebrate the start of the season!

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



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## International Yoga Day

International day of Yoga is a worldwide celebration held every year on June 21 to promote the physical, mental, and spiritual benefits of yoga.

Enjoy live performances from our Yoga group on **June 23 at 10:00am** and experience the joy of yoga, and connect with friends in a peaceful and welcoming atmosphere. Come celebrate health, harmony, and togetherness with us!

Lunch sign-up is required.

## Introduction to Acrylics

Join our new Introduction to Acrylic Painting class on **Thursday, June 25 at 12:30 PM**. This beginner-friendly session is a great way to explore the basics of acrylic painting while experimenting with fun mixed-media techniques.

In this class, students will create textured artwork using tissue paper, watered-down glue, and acrylic paint. You'll paint over layered and ripped tissue paper to add depth and creativity to your piece. Please bring a favorite photo for inspiration, or choose one provided in class.

*This introduction class is free.  
Sign up is required as space is limited.*



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## Arts and Crafts

Join Brenda and Ursula on **Tuesday, June 9 and 23 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.*



## Tick and Lyme Disease Prevention

Join Monserrat Hellman from the Loudoun County Health Department on **Tuesday, June 9 at 12:30 pm** for an informative presentation on tick safety and Lyme disease prevention. Learn practical tips to help protect yourself and your loved ones this season while enjoying the outdoors with confidence

## Movie Day

On **Wednesday, June 17 at 12:30pm** watch the movie *Pretty Women*. Enjoy snacks provided by the Advisory Board.



A prostitute and a wealthy businessman fall for one another, forming an unlikely pair; while on a business trip in Los Angeles, Edward, who makes a living buying and breaking up companies, picks up a prostitute, Vivian, on a lark; after Edward hires Vivian to stay with him for the weekend, the two get closer, only to discover there are significant hurdles to overcome as they try to bridge the gap between their very different worlds.



## Health Series

Join Emily on **Thursday, June 25 at 10:00am** for the monthly health series: **Culinary Herbs and Spices**. Join the Loudoun County Nutrition team to learn how to use herbs and spices to support a low-salt diet for heart health. We will have an herbaceous recipe for participants to try.



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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 - 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



# 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
- 6/19 – Juneteenth
  - Limited Services
    - No Lunch
    - No bus transportation

### 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



# Special Events/Programming

## Monday

- 6/8 - 10:30am - General AI Presentation

## Tuesday

- 6/2- 9:00am - Elder Case Resource Manager
- 6/9 - 10:00am - INOVA Blood Pressure Check
- 6/9 - 10:00am - Arts and Crafts
- 6/9 - 12:30pm - Tick and Lyme Disease Prevention
- 6/16 - 9:00am - Elder Case Resource Manager
- 6/16 - 12:30pm - Caption Call Presentation
- 6/16 - 1:00pm - Book Club
- 6/23 - 10:00am - Arts and Crafts

## Wednesday

- 6/3 - 1:00pm - Mindful Meditation
- 6/10 - 9:30am - Advisory Board Breakfast
- 6/10 - 10:30am - AARP Brain Health Presentation
- 6/10 - 12:30pm - Shopping Trip
- 6/17 - 10:30am - Vintage Finds
- 6/17 - 12:30am - Movie Day
- 6/17- 1:00pm - Mindful Meditation
- 6/24 - 12:30pm - Shopping Trip
- 6/24 - 12:00pm - Birthday Lunch

## Thursday

- 6/4 - 10:30am - Life Transitions Empowerment Group
- 6/25 - 9:00am - Medicare Counseling (VICAP)
- 6/25 - 10:00am - Health Series
- 6/25 - 12:30pm - Introduction to Acrylics

## Friday

- 6/19 - Juneteenth - Limited Services
  - No lunch and no bus transportation
- 6/26 - 2:00pm - Summer Kickoff Party

## Saturday

- 6/6 - 9:00am - Car Wash



# 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](mailto:prcsaccess@loudoun.gov) - 703-777-0343. Advance notice is requested.



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