




July

# Senior Center At Cascades



 21060 Whitfield Pl, Sterling, VA 20165  
 571-258-3280  
 [CascadesSC@loudoun.gov](mailto:CascadesSC@loudoun.gov)

## Thank you From The LCSCC Advisory Board...

The Loudoun County Senior Center at Cascades (LCSCC) Advisory Board extends its heartfelt appreciation to the generous donors for their financial contributions. Because of your kindness and commitment, the board continues to support programs, activities, equipment, and special initiatives that enhance the lives of center members. Your generosity helps create opportunities for friendship, wellness, learning, and joy, making the center an even stronger community for all.

Each contribution, no matter the size, makes a meaningful difference and helps ensure The Senior Center at Cascades remains a vibrant, welcoming place for all.

We hope you will continue to support the board and its mission through your ongoing donations and generosity. Together, we can continue making a lasting impact in the lives of the seniors we serve.

Thank you!

## Curio Donations Needed

The Senior Center Advisory Board is seeking donations for upcoming Curio Sales, including our big sale during our annual Arts and Crafts Fair. Proceeds from the sale help support programs, activities, and special events that benefit our center throughout the year.

We welcome donations of gently used household items, collectibles, décor, puzzles, and other treasures that others may enjoy. Nothing bigger than a bread box. Your donations help raise funds that directly supports the Advisory Board's efforts to enhance the experiences and services offered at the center. Thank you for helping us make a difference!



Loudoun County  
Parks, Recreation  
& Community Services  
Senior Center At Cascades

*Connecting All Communities*

# Health and Human Services Spotlight: Long-term Services and Supports Program



The Long-term Services and Supports (LTSS) program provides assistance to eligible Loudoun residents who need nursing-home-level care. To determine eligibility, the Adult and Aging Unit with the Department of Family Services conducts screenings in partnership with the Health Department to see if a person needs assistance with activities of daily living such as bathing, dressing, and feeding. Individuals must also be approved by Medicaid to receive services. Virginia Medicaid covers LTSS at home and in long-term care facilities, but coverage amounts may vary.

It is important to note that 24-hour care is not provided at home under this program. If a person needs full-time care, then it may be more appropriate to use this program for placement in a long-term care facility. Call the Adult and Aging Unit intake line at 703-771-5742 for more information or questions.

## Where Music Brings Generations Together

What started as an ordinary day quickly turned into a memorable one when two talented young musicians surprised our members with a delightful performance in the Senior Center lobby.

The duo entertained everyone with timeless favorites from The Beatles and other classic hits, filling the center with music, smiles, and plenty of toe-tapping. Members gathered to listen as familiar tunes created a warm and joyful atmosphere.

The surprise performance was a wonderful reminder that music has the power to bring generations together. We are incredibly grateful to these talented young performers for sharing their time and gifts with our seniors.



Loudoun County  
Parks, Recreation  
& Community Services  
Senior Center At Cascades

*Connecting All Communities*

# Dementia and Alzheimer Support Group

A new support group for individuals affected by dementia and Alzheimer's disease will begin on **Tuesday, July 7** and meet weekly from **1:00–2:00 pm** on Tuesdays.

Whether you are living with dementia, caring for a loved one, or know someone affected by these diseases, you may find comfort, encouragement, and understanding through this supportive community. Join us to share experiences, connect with others, and gain valuable support in a welcoming environment.

*This support group is open to everyone. Contact the office for more information.*



## Medicare Counseling

Get one-on-one Medicare counseling the fourth Thursday of every month from **9:00am–12:00pm**. This month the Medicare counselor will be here on **Thursday, July 23**. They can provide comprehensive, unbiased Medicare, and related information and assistance.

Sign up for a 30-minute time slot to meet with a counselor!

## Transit Tabling

Loudoun County will be tabling in our lobby on **Tuesday, July 7** from **10:30am–12:00pm** to discuss the new Sterling On Demand transit Program, as well as handing out Senior SmartTrip cards. Stop by to learn more about Loudoun County Transit and pick up a Senior SmartTrip card.



## Hearing Screenings

Free hearing screenings will be on **Friday, July 17** from **9:30am–3:00pm**. To sign up for a 30-minute timeslot, please contact the office.



## Ukulele Club

Join a group of ukulele enthusiasts to learn and practice together from YouTube and each other. Members of the group have varying levels of experience, but most are beginners. There will be no instructor so be ready to contribute your enthusiasm and skill to the group. The goal is to learn some simple songs and just have fun. **Every Tuesday at 1pm** beginning **Tuesday, July 7**.

# Celebrate America 250

Celebrate America 250 with us! Join our fun lunchtime activities as we honor America's 250th Birthday.



## Wednesday, July 1

Join us on **Wednesday, July 1** beginning at **12:00pm**, for a special lunchtime piano performance by Lori Stahl! Enjoy a selection of patriotic favorites as Lori fills the room with music in celebration of America's 250th Birthday. Feel free to sing along while you enjoy your lunch.

*Lunch sign up is required. Lunch donation is requested.*

## Thursday, July 2

Join us on **Thursday, July 2** for an Independence Day Luncheon. Start your weekend with a meal with friends and a special treat. Virtual fireworks display will be shown while enjoying lunch.

Lunch sign up is required. Lunch donation is requested.



Loudoun County  
Parks, Recreation  
& Community Services  
Senior Center At Cascades

*Connecting All Communities*



## Arts and Crafts

Join Brenda and Ursula on **Tuesday, July 14 and 28 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.*

## Movie Day

On **Wednesday, July 15 at 12:30pm** watch the movie *Kindergarten Cop*. Enjoy snacks provided by the Advisory Board.

In this action-comedy, unusual circumstances find big, brawny cop John Kimble (Arnold Schwarzenegger) posing as a kindergarten teacher in order to apprehend major drug lord Cullen Crisp (Richard Tyson), as well as his ruthless accomplice and mother, Eleanor (Carroll Baker). While pretending to be a kid-friendly instructor, Kimble falls for pretty fellow teacher Joyce Palmieri (Penelope Ann Miller) as he battles both unruly children and dangerous bad guys.



## Health Series

Join Emily on **Thursday, July 23 at 10:00am** for the monthly health series: MIND Diet. Join Registered Dietitian Emily Jacobs to learn about a brain-healthy diet that combines principles from two highly researched diets – the Mediterranean Diet and DASH Diet.



Loudoun County  
Parks, Recreation  
& Community Services  
Senior Center At Cascades

*Connecting All Communities*

# 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
- 1:00p – Dementia and Alzheimer Support Group
- 1:00p – Ukulele Club
- 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
  - No French Class July and August
- 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
  - Last class July 17
- 11:00a – Tai Chi
- 11:00a – Yoga
- 12:00p – Lunch
- 12:50p – Bingo
- 1:00p – Rejuvenating Exercise
- 2:00p – Game Time

Note: 7/3 – CLOSED in  
Observance of Independence Day

### 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



Loudoun County  
Parks, Recreation  
& Community Services  
Senior Center At Cascades

Connecting All Communities

# Special Events/Programming

## Tuesday

- 7/7- 9:00am - Elder Case Resource Manager
- 7/7 - 10:30am - Loudoun Transit Tabling
- 7/14 - 10:00am - INOVA Blood Pressure Check
- 7/14 - 10:00am - Arts and Crafts
- 7/21 - 9:00am - Elder Case Resource Manager
- 7/21 - 1:00pm - Book Club
- 7/28 - 10:00am - Arts and Crafts

## Wednesday

- 7/1 - 12:15pm - Patriotic Music at Lunch
- 7/1 - 1:00pm - Mindful Meditation
- 7/8 - 9:30am - Advisory Board Breakfast
- 7/8 - 12:30pm - Shopping Trip
- 7/15 - 12:30am - Movie Day
- 7/15- 1:00pm - Mindful Meditation
- 7/22 - 12:30pm - Shopping Trip
- 7/29 - 12:00pm - Birthday Lunch

## Thursday

- 7/2 - 12:00pm - Independence Day Luncheon
- 7/9 - 10:30am - Life Transitions Empowerment Group
- 7/23 - 9:00am - Medicare Counseling (VICAP)
- 7/23 - 10:00am - Health Series

## Friday

- 7/3 - Independence Day Observed- CLOSED
- 7/17 - 9:30am - Hearing Screenings





# Dominion Energy<sup>®</sup>

## 2026 Senior Cool Care Program

### What is Senior Cool Care?

2026 marks the 36 year Dominion Energy has provided fans, window air conditioners and now portable air conditioners, for eligible adults, age 60 and older, who need additional cooling in their homes.

### General Information

- Sponsored by Dominion Virginia Energy
- Program runs from May 1<sup>st</sup> through October 31<sup>st</sup>, 2026
- Area Agencies on Aging collaborate with local or online retailers to purchase window air conditioners, portable air conditioners, and fans at the best price

### Program Guidelines

- Local Area Agencies on Aging administer Senior Cool Care by screening applicants for eligibility and distributing window air conditioners, portable air conditioners, or fans.
- Adults must be 60 or older and need additional cooling devices at home.
- Adjusted Gross Income must be at or below 150% of the federal poverty level. (1 person: \$1,995/month; 2 person: \$2,705/month).
- Senior Cool Care funding may not be used for delivery or installation of air conditioners, fans, or for bill payment assistance.
- If bill payment assistance is needed, the applicant may apply through EnergyShare's bill payment program. The customer may contact 2-1-1 for a referral to their local EnergyShare.

---

Loudoun County Area Agency on Aging:  
Areas Served: County of Loudoun  
Website: <http://www.co.loudoun.va.us/prcs/aaa/index.htm>  
Phone: 703-777-0257  
E-mail: [prcs@loudoun.gov](mailto:prcs@loudoun.gov)

# 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.



Loudoun County  
**Parks, Recreation  
& Community Services**  
Senior Center At Cascades

*Connecting All Communities*