

August

Senior Center At Cascades



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CascadesSC@loudoun.gov



Welcome to Our Team!

Please join us in giving a warm welcome to Evan Floyd, who has joined the Cascades Senior Center as our new Assistant Manager.

Evan has been with Loudoun County Parks, Recreation and Community Services (PRCS) for the past 18 years and previously worked in the telecommunications and accounting fields. Throughout his time with PRCS, he had the opportunity to work in a variety of roles, gaining extensive experience in program management, staff leadership, and creating safe, engaging environments for the community.

Outside of work, Evan enjoys reading comic books and spending quality time with his family.

We're excited to have Evan as part of our team and look forward to the positive contributions he will make. If you see him around the center, please take a moment to introduce yourself and help us give Evan a warm Cascades welcome!



Senior Trip Registration

Don't miss the fantastic lineup of day and overnight senior trips for Fall! **Trips registration begins Wednesday, August 5, 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 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 August 12, 2026.



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Health and Wellness Month is Coming

Get ready for our annual Health & Wellness Month in September! Participate in a variety of health and wellness activities and collect stamps in your Health & Wellness Passport for a chance to win a cash prize.

Stay tuned for more details in the September newsletter!

History of Artificial Intelligence (AI)

Join students from George Mason University on **Monday, August 17 at 10:30 am** for a presentation on the history of Artificial Intelligence (AI). As AI becomes increasingly common across the internet, it can be interesting to look into how it began.

This session looks into the very beginnings of AI and how it has become what it is today. By understanding AI's past, you will understand its rapid progress, current capabilities, and the opportunities and challenges that lie ahead.



Acrylics: Experiment with Color



Discover the exciting world of color in this fun, hands-on acrylic painting class! Join us on **Thursday, August 6, at 12:30 pm** as we explore the basics of color theory, learn how to mix and create vibrant new colors, and discuss the meanings and emotions often associated with different colors.

Whether you're new to acrylic painting or looking to strengthen your artistic skills, this class is a great opportunity to experiment, create, and gain confidence using color.

Sign up is required, as space is limited. There is a \$7 fee for the class. All materials will be provided.



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Car Wash

Come out on **Saturday, August 1** 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 recommended*—reserve your spot today. Contact the office to sign up.



Hearing Screenings

Free hearing screenings will be on **Friday, August 14** from **9:30am–3:00pm**. To sign up for a 30-minute timeslot, please contact the office.



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, August 27**. They can provide comprehensive, unbiased Medicare, and related information and assistance.

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

Memory Support Circle

Whether you are living with dementia, caring for a loved one, or know someone affected by these Dementia or Alzheimers, 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. Every **Tuesday from 1:00 – 2:00pm**.

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



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Ice Cream Social



I scream, you scream, we all scream for ice cream! Join us on **Friday, August 7 at 12:30pm** for an ice cream social and karaoke. Create your perfect sundae at our ice cream bar, complete with all your favorite toppings. Then sit back and enjoy the fun as fellow members take the stage—or grab the microphone yourself and sing your favorite song!

If you plan on having lunch before, remember to sign up for lunch in advance.



End of Summer Luau

Celebrate the end of Summer with a Luau on **Wednesday, August 19** beginning at **12:00pm**. While enjoying lunch you will be entertained by the ukulele group and the Aloha Ladies.

Lunch sign up is required. Lunch donation is requested.



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Arts and Crafts

Join Brenda and Ursula on **Tuesday, August 18** 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.



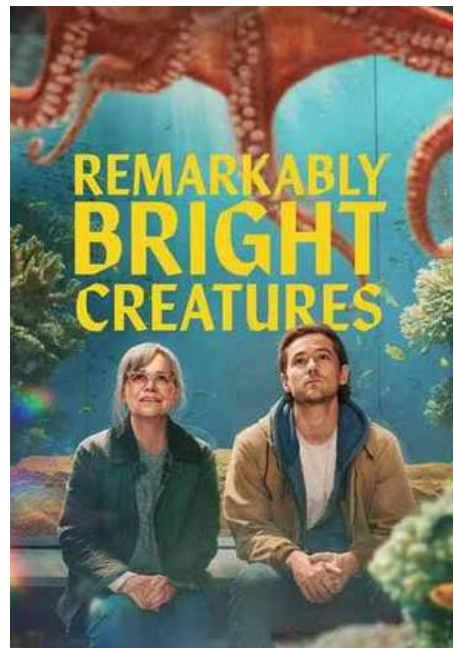
Health Series

Join Emily on **Thursday, August 27 at 10:00am** for the monthly health series: **All About Fiber**. Join the Loudoun County Nutrition team to learn about the importance of fiber for supporting health as we age. Participants will also get to taste an easy Hummus recipe.

Movie Day

On **Wednesday, August 19 at 12:30pm** watch the movie **Remarkably Bright Creatures**. Enjoy snacks provided by the Advisory Board.

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.



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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
 - No SAIL 8/24 and 8/31

Tuesday

- 9:00a – Aerobics Video
- 10:00a – Aerobics Video
- 10:00a – Intermediate Conversational Spanish
- 10:00a – SAIL
 - No SAIL 8/25
- 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 – Memory Support Circle
- 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
 - No SAIL 8/26



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Daily Activities

What's going on at Cascades Senior Center?

Thursday

- 9:00a – Aerobics Video
- 10:00a – SAIL
 - No SAIL 8/27
- 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 in 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
- 11:00a – Tai Chi
- 11:00a – Yoga
- 12:00p – Lunch
- 12:50p – Bingo
- 1:00p – Rejuvenating Exercise
- 2:00p – Game Time

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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Special Events/Programming

Monday

- 8/17- 10:30am - History of AI

Tuesday

- 8/4- 9:00am - Elder Case Resource Manager
- 8/11 - 10:00am - INOVA Blood Pressure Check
- 8/18 - 9:00am - Elder Case Resource Manager
- 8/18 - 10:00am - Arts and Crafts
- 8/18 - 1:00pm - Book Club

Wednesday

- 8/5 - 1:00pm - Mindful Meditation
- 8/12 - 9:30am - Advisory Board Breakfast
- 8/12 - 12:30pm - Shopping Trip
- 8/19 - 12:00pm - Luau Luncheon
- 8/19 - 12:30am - Movie Day
- 8/19- 1:00pm - Mindful Meditation
- 8/26 - 12:30pm - Shopping Trip
- 8/26 - 12:00pm - Birthday Lunch

Thursday

- 8/6 - 10:30am - Life Transitions Empowerment Group
- 8/6 - 12:30pm - Acrylics
- 8/27 - 9:00am - Medicare Counseling (VICAP)
- 8/27 - 10:00am - Health Series

Friday

- 8/7 - 12:30pm - Ice Cream Social
- 8/14 - 9:30am - Hearing Screenings

Saturday

- 8/1- 9:00am - Car Wash



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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 1st through October 31st, 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

Your Staff



Judith Mangilin

Manager



Evan Floyd-Pickett

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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