



Senior Center At Cascades

September



21060 Whitfield Pl, Sterling, VA 20165



571-258-3280



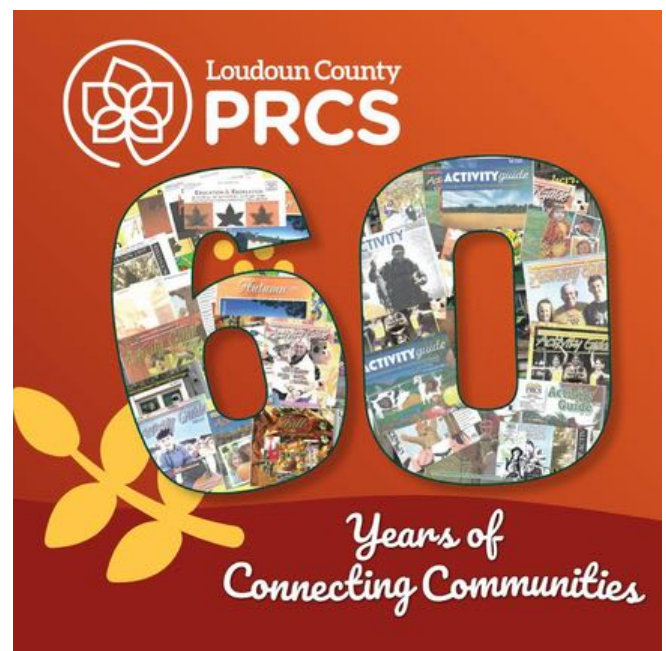
CascadesSC@loudoun.gov

Celebrating 60 Years of PRCS

Loudoun County Parks, Recreation and Community Services (PRCS) will proudly celebrate the department's 60th anniversary beginning in September. Since 1966, PRCS has helped connect communities and support health and wellness by providing a variety of high-quality programs and well-maintained facilities. PRCS will mark this milestone with special events and activities for everyone to enjoy.

The anniversary festivities begin at **Kids Fest on Monday, September 7, 2026**, and continue with a variety of events at locations throughout the county. For more information and to explore all "Celebrate 60" programs, visit PRCS Connect at <https://bit.ly/PRCS60th>.

To celebrate the 60th Anniversary, the Senior center at Cascades will have a special lunch on **Friday, September 11th beginning at 12:00pm**. There will be a special after lunch dessert to celebrate the milestone and a chance to win a prize.



Loudoun County
Parks, Recreation
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Connecting All Communities

Health & Wellness Month

- Pick up your passport beginning on September 1
- Get your passport stamped every time you participate in a qualifying exercise or health activity/presentation
- Everyone with at least 15 stamps will receive a prize
- Cash prizes will be awarded to the participants with the most stamps at the end of the month

Qualifying Activities

Any current Cascades Senior Center exercise or health activity such as aerobics, line dancing, yoga, Scottish dance, Flamenco, SAIL, Tai Chi, pickleball, rejuvenating exercise, ballroom dancing, INOVA blood pressure check and mindful meditation. All activities on the calendar in **red** are qualifying activities.

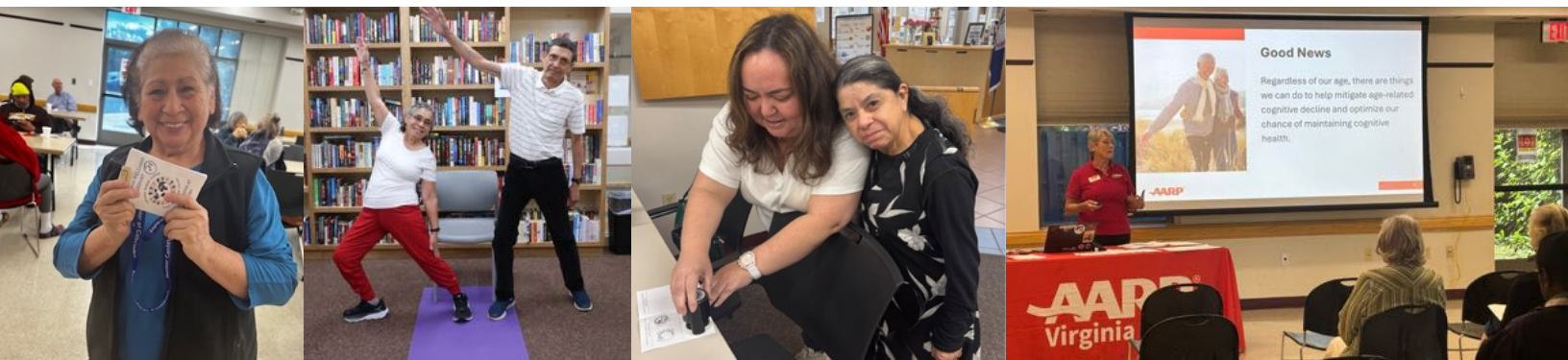
Virginia Guardianship Training

Recent law changes require all court-appointed guardians of adults to complete the Virginia Guardianship Training by specific deadlines:

- Guardians appointed on or after July 1, 2025, must complete the training within 120 days of their qualification.
- Guardians appointed on or before June 30, 2025, must complete the training no later than January 1, 2027.

Loudoun County, in partnership with the Virginia Department for Aging and Rehabilitative Services, will host an in-person Virginia Guardianship Training on Friday, September 25, 2026, from 9:30 to 11:30 a.m. in the program room at 742 Miller Drive SE in Leesburg.

To attend, visit loudoun.gov/APS and register using the [Microsoft Office Form](#) by Friday, September 18, 2026. Seating is limited and will be first-come, first-served.



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Estate Planning 101

Financial Wellness is a big part of your overall awareness. Join Abigail Burnett, Financial Literacy Educator, for a presentation on Estate Planning 101 on **Wednesday, September 2 at 10:30am.**

Arts and Crafts

Join Brenda and Ursula on **Tuesday, September 8 and 22 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.

HomeFit Workshop:

Modify your Home for Safety and Comfort



The AARP HomeFit Workshop provides information to participants on how to decide what type of home modifications are needed to stay in their home as they age. It also provides ideas and inspiration on making those modifications. The goal of the presentation is to educate participants on home updates that can make it easier for them to go about their daily activities while staying comfortable, independent, and injury-free in their home.

Join AARP on **Wednesday, September 9 at 10:30am** for this informational presentation.

Taking Care of ME: Wellness Seminar

This four-part wellness series will empower and encourage you to step back from everyday life, to take a look at how you are doing physically, emotionally, and spiritually. You will learn healthy coping strategies for stress management, move forward with leisure, educational, social and even professional/volunteer pursuits, address any unhealthy habits and behaviors, set short-term and long-term goals and emerge as a healthier individual.

There are four sessions all beginning at 10:30am:

- **Session 1: Monday, September 14**
- **Session 2: Thursday, September 24**
- **Session 3: Monday, September 28**
- **Session 4: Monday, October 5**



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Hearing Screenings

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



Intermediate Ukulele

Beginning on **Wednesday, September 16 at 1:00pm** intermediate Ukulele is back! Take your playing to the next level! We'll focus on chord structure, scales, strumming patterns and SONGS, SONGS, SONGS! Prerequisite: Beginner ukulele or permission of instructor.

Vintage Finds

On **Wednesday, September 16**, join us for a fun day of bargain hunting at Blue Ridge Thrift Shop, 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 **10:30am** 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.



Movie Day

On **Wednesday, September 16 at 12:30pm** watch the movie **Song Sung Blue**. Enjoy snacks provided by the Advisory Board.

A struggling musician and a part-time performer from a Neil Diamond tribute act as success, marriage and tragedy test their bond. Based on a true story.



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Basics of Decluttering

Join Carolyn on **Saturday, September 12 at 9:00 am** for the first session of a monthly decluttering series that will last 4 months! Each month, Carolyn will tackle a different decluttering topic, offering practical tips and simple strategies to help you create a more organized, manageable space.

We're kicking things off with **The Basics of Decluttering**—a great starting point whether you're new to decluttering or looking for a fresh approach. Come learn the fundamentals and get inspired to make a little more room in your home and your life!

Registration is required. Please sign up by Friday, September 11. Contact the office to register.

Medicare Open Enrollment Presentation

Are you ready for 2027?

Loudoun VICAP (Virginia Insurance Counseling and Assistance Program) wants to help you be ready and informed about changes in costs and options for 2027.

Please join us on **Monday, September 21 at 10:00am** for an in-person session focusing on Medicare Part D drug coverage and Medicare Part C – Medicare Advantage Plans. We'll include time for you to ask questions and let you know how to get help from VICAP during this year's Open Enrollment Period.

Come learn, ask questions, and get ready for Medicare Open Enrollment!

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, September 24**. They can provide comprehensive, unbiased Medicare, and related information and assistance.

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

Health Series

Join Emily on **Thursday, September 24 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.



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FREE WORKSHOP:

Supplemental Nutrition Assistance Program (SNAP)

SNAP provides monthly benefits to help lower-income individuals and families buy healthy food. Benefits are issued to a SNAP account and accessed with an Electronic Benefit Transfer (EBT) card. Eligibility is based on household size and income. Attend this workshop to learn more about SNAP and apply for benefits.

Thursday, September 17, 2026

9:00a.m. - 4:00p.m.

Cascades Senior Center

21060 Whitfield Place, Sterling, VA 20165

Walk-ins welcome. Appointments preferred.

Learn more and reserve your time slot!

Stop by our table at the center:

Thursday, September 3, 2026, 10:00 a.m. - 12:00 p.m.

For more information, contact Kiana Morris at 571-577-1187.

If you require a reasonable accommodation for any type of disability in order to participate, please contact us at 703-777-0353. Three days advance notice is requested.

**LOUDOUN
COUNTY**
VIRGINIA

Family
Services

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 – 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
- 1:00p – Intermediate Ukulele
 - Beginning 9/16
- 2:00p – SAIL



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Thursday

- 9:00a – Aerobics Video
- 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
- 11:00a – 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

- 9/7- CLOSED for Labor Day
- 9/14 - 9:30am - Hearing Screenings
- 9/14 - 10:30am - Taking Care of ME
 - Session 1
- 9/21 - 10:00am - Medicare Open Enrollment Presentation
- 9/28 - 10:30am - Taking Care of Me
 - Session 3

Tuesday

- 9/1- 9:00am - Elder Case Resource Manager
- 9/8 - 10:00am - INOVA Blood Pressure Check
- 9/8 - 10:00am - Arts and Crafts
- 9/15 - 9:00am - Elder Case Resource Manager
- 9/15 - 1:00pm - Book Club
- 9/22 - 10:00am - Arts and Crafts

Wednesday

- 9/2 - 9:30am - Advisory Board Breakfast
 - Health and Wellness Month Kickoff Breakfast
- 9/2 - 10:30pm - Estate Planning 101
- 9/9 - 10:30am - HomeFit
- 9/9 - 12:30pm - Shopping Trip
- 9/16 - 10:30am - Vintage Finds
- 9/16 - 12:30pm - Movie Day
- 9/16- 1:00pm - Mindful Meditation
- 9/23 - 12:30pm - Shopping Trip
- 9/30 - 12:00pm - Birthday Lunch

Thursday

- 9/3 - 10:00am - SNAP Tabling
- 9/10 - 1:00pm - Mindful Meditation
- 9/17- 9:00am - SNAP Workshop
- 9/24 - 9:00am - Medicare Counseling (VICAP)
- 9/24- 10:00am - Health Series
- 9/24 - 10:30am - Taking Care of ME
 - Session 2

Friday

- 9/11 - 12:00pm - PRCS 60th Anniversary Lunch

Saturday

- 9/5 - 10:30am - Life Transition Empowerment Group
- 9/12 - 9:30am - Basics of Decluttering



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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