



Senior Center At Cascades

October



21060 Whitfield Pl, Sterling, VA 20165



571-258-3280



CascadesSC@loudoun.gov

Manager's Note

Thank You for Your Patience!

We sincerely thank all of our members for your patience and understanding while work continues in Multi-Purpose Room 1. We know that temporarily relocating programs and activities can be an inconvenience, and we truly appreciate your flexibility and cooperation during this time.

Our staff is doing our best to continue providing you with the programs, activities, and services you enjoy while the work is being completed. We look forward to having our spaces back to normal soon so that programs can return to their original locations and our staff can better serve you.

Thank you for your continued patience, support, and understanding as we work through these temporary adjustments. We appreciate you!

Special Lunch Time Performance!

Enjoy lunch with a side of entertainment! Join us on **Friday, October 16 at 12:15 p.m.** as we welcome the **Spring Blossom Performing Arts Group** for a special lunchtime performance.

This talented Northern Virginia-based group celebrates Chinese culture through music, dance, and traditional and contemporary performing arts. Sit back, enjoy your lunch, and experience a colorful and engaging presentation showcasing the beauty and richness of Chinese culture.

We hope you'll join us for this special performance during lunch and help us give the Spring Blossom performers a warm Cascades welcome!



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

Connecting All Communities

Fall Colors Hayride & Campfire

Enjoy an outdoor Fall adventure at Banshee Reeks Nature Preserve – Loudoun County’s hidden gem on **Wednesday, October 21** from **10:00am–1:30pm**. Learn about local tree species and the science behind our region’s stunning Fall colors including a brief site tour on a tractor-pulled hayride. Afterwards there will be a campfire to sip hot cocoa and roast s’mores. Participants should be comfortable walking on uneven, natural trail surfaces and climbing stairs to get on the hay wagon. Sturdy boots or walking shoes required.



There is a \$15 fee that covers the activity, bus ride and lunch. Registration is required.

Participants should be comfortable walking on uneven, natural trail surfaces and climbing stairs to get on the hay wagon. Sturdy boots or walking shoes required.



Halloween Party



Celebrate Halloween with us at the Center on **Friday, October 30, from 2:00–4:00 p.m.**! Come dressed in your favorite costume and enjoy an afternoon filled with festive fun, music from everyone’s favorite DJ, Sky, and delicious Halloween-themed snacks.

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

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



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Voting in Virginia

Do you want to know about voting in Virginia? Susan Jones is a League of Women Voters volunteer and will present a non-partisan talk on voting in Virginia on **Wednesday, October 7 at 10:30am**. This talk will discuss eligibility to vote in Virginia, registering to vote, Virginia and Loudoun County government structure, who and what will be on your 2026 ballot, and how to vote. You will be able to register to vote or check your registration at this event.

Hearing Screenings



Free hearing screenings will be on **Friday, October 16** from **9:30am–3:00pm**. To sign up for a 30-minute timeslot, please contact the office.

Book Club

Love to read and enjoy good conversation? Join our Book Club, which meets on the third Tuesday of each month at 1:00 pm. Come share your thoughts, discover new perspectives, and connect with fellow book lovers.

Our next meeting is **Tuesday, October 20, at 1:00pm** when we'll discuss Brooklyn by Colm Tóibín. We'd love to have you join us!

Decluttering Series

Join Carolyn on **Saturday, October 10** at **9:30 am** for the second session of a monthly decluttering series that runs through December. 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 **Decluttering Clothing and Jewelry**—simplify your wardrobe and jewelry collection. You'll learn how to sort, organize, and let go of items you no longer need—while keeping the pieces you truly love and wear. Leave with a more organized, functional, and stress-free closet!

Registration is required. Please sign up by Thursday, October 8. Contact the office to register.

Arts and Crafts

Join Brenda and Ursula on **Tuesday, October 6 and 27** 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.



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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, October 22**. 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, October 22 at 10:00am** for the monthly health series: Sugar and Sugar Substitutes.



Movie Day

On **Wednesday, October 21 at 12:30pm** watch the movie **Addams Family**. Enjoy snacks provided by the Advisory Board.

The Addams Family is a fictional family and franchise created by American cartoonist Charles Addams. The Addams are an eccentric old-money clan who delight in the macabre and the grotesque and are seemingly unaware or unconcerned that other people find them bizarre or frightening.

AARP Safe Drivers Course



Refresh your driving skills on **Wednesday, November 4 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.



Loudoun County
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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
 - Cancelled 10/5
- 12:00p – Lunch
- 12:30p – Duplicate Bridge
 - Cancelled 10/5
- 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
 - Cancelled 10/6
- 12:00p – Lunch
- 12:45p – Scottish Dance
- 1:00p – Rejuvenating Exercise
- 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
- 2:00p – SAIL



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Daily Activities

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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
 - Cancelled 10/1 and 10/8

Friday

- 9:00a – Aerobics Video
- 9:30a – Knit and Crochet
- 10:00a – Aerobics Video
- 11:00a – Tai Chi
- 11:00a – Yoga
 - Cancelled 10/2 and 10/9
- 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

All activities are CANCELLED on 10/24



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Special Events/Programming

Monday

- 10/5 - 10:30am - Taking Care of ME
 - Session 4
- 10/12 - CLOSED for Indigenous Peoples Day

Tuesday

- 10/6 - 9:00am - Elder Case Resource Manager
- 10/6 - 10:00am - Arts and Crafts
- 10/13 - 10:00am - INOVA Blood Pressure Check
- 10/20 - 9:00am - Elder Case Resource Manager
- 10/20 - 1:00pm - Book Club
- 10/27 - 10:00am - Arts and Crafts

Wednesday

- 10/7 - 10:30am - Voting in Virginia
- 10/7 - 1:00pm - Mindful Meditation
- 10/14 - 9:30am - Advisory Board Breakfast
- 10/7 - 12:30pm - Shopping Trip
- 10/21 - 10:00am - Banshee Reeks Trip
- 10/21 - 12:30pm - Movie Day
- 10/21 - 12:30pm - Shopping Trip
- 10/21 - 1:00pm - Mindful Meditation
- 10/28 - 12:00pm - Birthday Lunch

Thursday

- 10/22 - 9:00am - Medicare Counseling (VICAP)
- 10/22 - 10:00am - Health Series

Friday

- 10/16 - 9:30am - Hearing Screenings
- 10/16 - 12:15pm - Spring Blossom Performance
- 10/23 - 9:00am - Member Exclusive Arts and Craft Fair
- 10/30 - 2:00pm - Halloween Party

Saturday

- 10/10 - 9:30am - Decluttering Series
- 10/24 - 9:00am - Arts and Crafts Fair
 - All other activities are CANCELLED on 10/24



The Senior Center at Cascades
Advisory Board's Annual

Cascades Arts & Crafts Fair



Saturday, October 24

9:00am - 3:00pm

Candles, Ornaments, Jewelry, Homemade
Confections, Knit & Crochet, Wall Art, Pottery,
Handmade Holiday Decor, AND MORE!

**Local Artists
& Crafters**

**Curio and
Yarn Sale**

Senior Center members will also have a chance to shop early on
Friday, October 23 with our very own Knit & Crochet and Curio
groups selling items.

Senior Center at Cascades

21060 Whitfield Place
Sterling, VA 20165 (Indoor)

For more information please email us
cascadesseniorcenterevent@gmail.com
or call 571-258-3280



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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