



Senior Center *November* At Cascades



21060 Whitfield Pl, Sterling, VA 20165



571-258-3280



CascadesSC@loudoun.gov

Health and Wellness Month Winners!

Throughout September, many of our members participated in our Health and Wellness Month activities and presentations. Members earned stamps for each activity and presentation they attended, encouraging everyone to stay active, engaged, and informed about their health and well-being.

At the end of the month, the five members who collected the most stamps received cash prizes generously provided by our Advisory Board.

Congratulations to our winners, and thank you to everyone who participated in making Health and Wellness Month a success!



Senior Trip Registration

Don't miss the fantastic lineup of day and overnight senior trips for Winter! **Trips registration begins Wednesday, November 4, 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 November 11, 2026.



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

Connecting All Communities

RECONFIGURING THE CASCADES LIBRARY AND SENIOR CENTER COMPLEX PROPERTY FOR ATTAINABLE HOUSING

Join us for an in-person public information meeting to present information about the plan to reconfigure the Cascades Library and Senior Center complex property to accommodate the replacement of the existing Library and Senior Center facilities while also providing a separate portion of the property for future attainable housing development. Attendees will listen to a presentation about the proposal and have an opportunity to ask questions. On September 15, 2026, the Board of Supervisors endorsed a plan for separate buildings, with attainable housing located on a distinct parcel from the library and senior center complex. This initiative aligns with the Board of Supervisors' goal to increase attainable housing in Loudoun County, as outlined in the Unmet Housing Needs Strategic Plan

**MONDAY,
NOVEMBER 2, 2026
6:00 P.M.**

**LOUDOUN COUNTY SENIOR
CENTER AT CASCADES, 21060
WHITFIELD PLACE, STERLING**

**FIND MORE INFORMATION AND
PROVIDE COMMENTS ONLINE BY
NOVEMBER 16, 2026, AT
[LOUDOUN.GOV/CASCADESCOMPLEX](https://loudoun.gov/cascadescomplex)**

IF YOU REQUIRE AN ACCOMMODATION FOR ANY TYPE OF DISABILITY OR NEED LANGUAGE ASSISTANCE IN ORDER TO PARTICIPATE, PLEASE CONTACT DTCI AT 571 627-7108 OR EMAIL DTCI@LOUDOUN.GOV. THREE BUSINESS DAYS ADVANCE NOTICE IS REQUESTED.

MAKE A DIFFERENCE - JOIN OUR ADVISORY BOARD!



Are you looking for a meaningful way to give back to your Senior Center? The Senior Center at Cascades Advisory Board is looking for enthusiastic members who want to share their ideas, talents, and time to help enhance programs, special events, and activities for our members.

Your voice matters! Help make our Senior Center an even better place for everyone. Stop by the office for more information on how to get involved!



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Veterans Day Lunch

Join us at the Senior Center on **Tuesday, November 10 at 12:00pm** as we honor and recognize the brave men and women who have served our country. We will take time to express our gratitude to our veterans for their service, sacrifice, and dedication while enjoying lunch and a special after lunch treat.

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



Thanksgiving Lunch

Join us at the Senior Center for a special Thanksgiving lunch filled with good food, friendship, and gratitude on **Thursday, November 19 beginning at 12:00pm!** Celebrate the season with friends and neighbors as we share a special Thanksgiving meal, enjoy great conversation, and reflect on the many things we are thankful for. We look forward to celebrating Thanksgiving with you!

*Lunch sign up is required. Please sign up by Monday, November 16.
A lunch donation is requested.*



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AARP

Safe Drivers Course

Refresh your driving skills on **Wednesday, November 4 from 9:00am–5:00pm.**

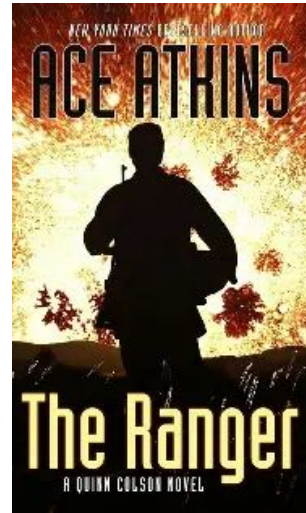
- \$20 for AARP Members
- \$25 for non-AARP Members
- Free to anyone with AARP (Part B) Supplemental Insurance

Sign up is required, as space is limited. Contact the office to sign up.

Book Club

Calling all book lovers! Join us for our next Book Club meeting on **Tuesday, November 17 at 1:00pm**, as we discuss this month's selection, **The Ranger by Ace Atkins.**

Whether you are an avid reader or simply enjoy a good discussion, we invite you to join us for an engaging conversation, share your thoughts, and connect with fellow book enthusiasts.



Decluttering Series

Join Carolyn on **Saturday, November 7 at 9:30 am** for the third 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.

This session will be **Short Term and Paperwork Decluttering**— learn simple, practical strategies to quickly declutter your space and get control of paperwork. This class will focus on easy short-term decluttering techniques, how to make quick decisions about what to keep or let go, and simple systems for organizing important documents. Leave with practical tools and a clear plan to create a more organized, manageable space.

Registration is required. Please sign up by Thursday, November 5. Contact the office to register.

Arts and Crafts

Join Brenda and Ursula on **Tuesday, November 10 and 24 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.

Hearing Screenings



Free hearing screenings will be on **Friday, November 13 from 9:30am–3:00pm**. To sign up for a 30-minute timeslot, please contact the office.



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Fire Prevention

Join Lisa Montalvo from Loudoun County Fire and Rescue on **Wednesday, November 18 at 10:30am** to learn all about fire safety and be educated on hazards around the house. Learn about the proper way to eliminate hazards and adequate ways to plan for and respond to emergencies.

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, November 19**. They can provide comprehensive, unbiased Medicare, and related information and assistance. Sign up for a 30-minute time slot to meet with a counselor!

Movie Day

On **Wednesday, November 18 at 12:30pm** watch the movie **9 to 5**. Enjoy snacks provided by the Advisory Board.

A trio of fed up office workers take matters into their own hands when their sexist boss pushes them too far in this classic workplace comedy.

9 to 5



Health Series

**Monday, November 23
at 10:00am**

Join Emily for the monthly health series:

Healthy Holiday Cooking



Veterans Day Memorial

The National Military Monument presented by USAA is presented as an expression of gratitude, duty and enduring commitment to those who have worn the uniform, and to the families who have served alongside.

Members do not have to be members of USAA to be listed.

The physical monument is on display, Washington, DC until Veterans Day; may also view on line at the site below.

Visit the site to view or add a name at monument250.usaa360.com



Loudoun County
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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
 - Cancelled 10/5
- 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 11/30

Tuesday

- 9:00a – Aerobics Video
- 10:00a – Aerobics Video
- 10:00a – Intermediate Conversational Spanish
- 10:00a – SAIL
 - No SAIL 11/24
- 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
- 11/3 – CLOSED

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
- 11/25 – CLOSED at 12pm (NOON)



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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
- 11/26 – CLOSED

Friday

- 9:00a – Aerobics Video
- 9:30a – Knit and Crochet
 - no Knit and Crochet 11/27
- 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

Tuesday

- 11/3 – CLOSED for Election Day
- 11/10 – 10:00am – Arts and Crafts
- 11/10 – 10:00am – INOVA Blood Pressure Check
- 11/17 – 9:00am – Elder Case Resource Manager
- 11/17 – 1:00pm – Book Club
- 11/24 – 10:00am – Arts and Crafts

Wednesday

- 11/4 – 9:00am – AARP Safe Drivers Course
- 11/4 – 1:00pm – Mindful Meditation
- 11/4 – 12:30pm – Shopping Trip
- 11/18 – 10:30am – Fire Prevention Presentation
- 11/18 – 12:00pm – Birthday Lunch
- 11/18 – 12:30pm – Movie Day
- 11/18 – 12:30pm – Shopping Trip
- 11/18 – 1:00pm – Mindful Meditation
- 11/25 – CLOSED at 12pm (NOON)

Thursday

- 11/19 – 9:00am – Medicare Counseling
- 11/19 – 12:00pm – Thanksgiving Lunch
- 11/26 – CLOSED in observance of Thanksgiving Day

Friday

- 11/13 – 9:30am – Hearing Screenings

Saturday

- 11/7 – 9:30am – Decluttering Series



Loudoun County
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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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