

Senior Center At Cascades

December

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571-258-3280
CascadesSC@loudoun.gov



Happy Holidays!

As we celebrate this wonderful holiday season, we want to wish all our members and their families a Happy Holiday and a Joyful New Year!

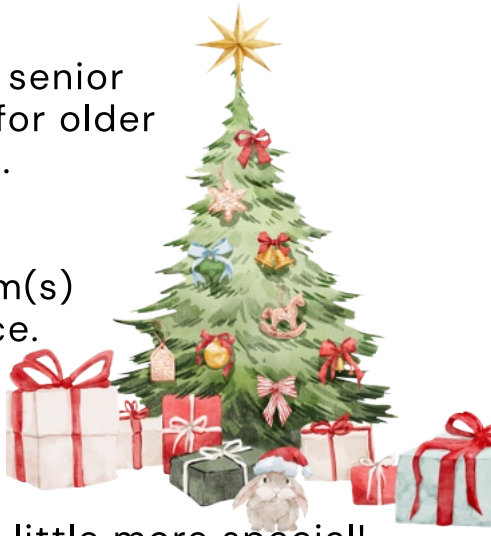
What a great year it has been, filled with laughter, friendships, fun activities, and special memories. We are grateful for each of you who makes our Senior Center such a warm and welcoming place.

May this holiday season bring you peace, happiness, good health, and special moments with loved ones. We look forward to another exciting year of making memories together! Wishing you all a wonderful holiday season and a Happy New Year!

Donate to our Giving Tree

The Department of Family Services has partnered with the senior centers to help make the holiday season warm and caring for older adults in our community who may be vulnerable or in need.

- Pick a wish tag from the tree
- Buy an item or items listed on the tag and wrap the item(s)
- Bring the wrapped item(s) with the wish tag to the office. by December 17, 2026.



For more information: Contact Kiana Morris 571-577-1187

Thank you for taking the time to make someone's holiday a little more special!

Holiday Concert

Join the Loudoun Area Agency on Aging Rhythm Makers as they fill the air with holiday harmony and ring in the joy of the season on **Tuesday, December 8!** After the performance we will have lunch at the Leesburg Senior Center. The bus will leave the center at **10:00am** and will return aorund **1:30pm**.

There is a $3 bus transportation fee. Sign up is required. Space is limited.





Ornament Craft at Hal and Bernie

Spend some time at Hal and Bernie Hanson Park on **Wednesday, December 9** making holiday ornaments. Come and make a variety of holiday ornaments using items found in nature! Choices include woodland animal ornaments, oyster shell ornaments, twig wreaths, and more. The bus will leave at **10:30am** and will return by **2:00pm.**

There is a $8 fee that covers lunch and bus transportation. Sign up is required. Space is limited.

Ukulele Holiday Performance

Get into the holiday spirit with a special musical performance by our Intermediate Ukulele Class! Join us on **Wednesday, December 16**, **during lunch** to enjoy a festive selection of holiday favorites. Come share in the music, cheer, and holiday fun!

Lunch sign up is required. Lunch donation is requested.

Holiday Lunch

Celebrate the holiday season with us! Join us at the Senior Center on **Thursday, December 17, at 12:00 PM** for a festive holiday lunch filled with good food, great company, and special musical entertainment by the Old Dominion Quartet. We look forward to celebrating with you!

Lunch sign up is required. Please sign up by Monday, December 14.
Lunch donation is requested.





New Years Eve Party

Ring in the New Year with us! Join us on **Wednesday, December 30, from 2:00–4:00 PM** for an afternoon of fun, music, and celebration. Enjoy delicious hors d'oeuvres, dance to the tunes of DJ Sky, and raise a glass of cider as we toast to the year ahead. Let's celebrate together and welcome the New Year in style!

Tickets are $5 for members and $8 for non-members. There will be a late bus for our regular bus riders.

Coping and Thriving in the Holiday Season

Is the holiday season a tough one for you? If so, join Linda on **December 1st from 1:00-2:30** (including Q and A) for an interactive seminar on 'Coping and Thriving in the Holiday Season.'

We will discuss:
1. Healthy nutrition for the holidays
2. Managing grief and loss
3. Family interactions/improving relationships
4. Strategies for holiday stress management

Sign up is required. Contact the office to sign up.

Arts and Crafts

Join Brenda and Ursula on **Tuesday, December 1, 8 and 15** 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 **Tuesday, December 15** from **9:30am-3:00pm**. To sign up for a 30-minute timeslot, please contact the office.

Holiday Decluttering

Join Carolyn on **Saturday, December 5 at 9:30am** for a ducluttering class on **Decluttering for the Holidays**.

Get your home holiday-ready with simple, practical decluttering strategies that help reduce stress and create a welcoming, organized space. Learn how to clear the clutter, simplify your surroundings, and make room for holiday traditions, guests, and the things that matter most.

Registration is required. Please sign up by Wednesday, December 2. Contact the office to register.

Movie Day

On **Wednesday, December 16 at 12:30pm** watch the movie **The Christmas Chronicles**. Enjoy snacks provided by the Advisory Board.

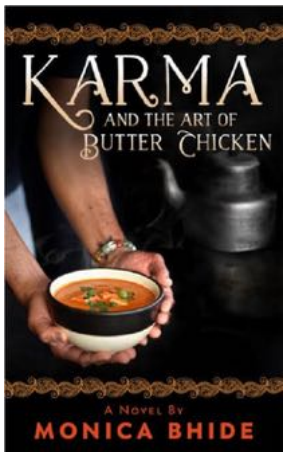
Siblings Kate and Teddy Pierce hatch a scheme to capture Santa Claus on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late.



Book Club

Calling all book lovers! Join us for our next Book Club meeting on **Tuesday, December 15 at 1:00pm**, as we discuss this month's selection, **Karma and the Art of Butter Chicken by Monica Bhide.**

Whether your 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 enthusiast.



Health Series

Monday, December 21 at 10:00am

Join Emily for the monthly health series:

Healthy Holiday Baking

Advisory Board Events

Wednesday, December 9 from 9:30-10:30am the board will have its monthly **Advisory Board Breakfast**. Stop by from some delicious breakfast refreshments. Learn more about our Adviosry Board and talk to our current board memebers.

Wednesday, December 16 during Lunch the board will host its birhtday lunch. Celebrate everyone who has a birthday in November and December. Everyone will get a slice of cake and our memebrs with birthdays will receive a special birhtday treat from the board.

Introduction to West African Drumming

A new class is beginning **Tuesday, January 5**. This class is **every Tuesday for 6 weeks from 2:00-3:00pm**. Learn basics of Djembe drumming, discover the cultural significance behind traditional hand drumming and experience the joy of making music. This is a beginner friendly class. No experience is needed.

Sign up is required as space is VERY limited.

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

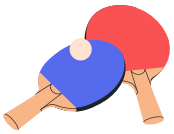
Menu Click Here

Tuesday

- 9:00a- Aerobics Video
- 10:00a - Aerobics Video
- 10:00a - Intermediate Conversational Spanish
- 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

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
- 2:30p - Ping Pong



New! Ping Pong

Calling all ping pong enthusiasts! Starting in December, join us every **Wednesday at 2:30pm** for some friendly games of ping pong!

Whether you're an experienced player or just looking to have some fun, everyone is welcome! Come enjoy a little friendly competition, stay active, and socialize with fellow members.
We hope to see you at the table!







Daily Activities

What's going on at Cascades Senior Center?

Thursday

- 9:00a - Aerobics Video
- 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
- CLOSED 12/24

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
- CLOSED 12/25

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
- 12/26 - CLOSED





Inclement Weather Operations

- If Loudoun County Government is closed, Senior Center is **CLOSED**
- If Loudoun County Government issues **"Unscheduled Leave"** for staff, Senior Center is **OPEN** and **lunch is available, but no transportation**
- If **Loudoun County Public Schools are closed**, Senior Center is **OPEN and lunch/transportation is available**
- Call for possible program changes

Special Events/Programming

Monday

- 12/23 - 10:00am - Health Series

Tuesday

- 12/1 - 9:00am - Elder Case Manager
- 12/1 - 10:00am - Arts and Crafts
- 12/1 - 1:30am - Holiday Seminar
- 12/8 - 10:00am -Chime Performance
- 12/8 - 10:00am - Arts and Crafts
- 12/8 - 10:00am - INOVA Blood Pressure Check
- 12/15 - 9:00am - Elder Case Manager
- 12/15 - 10:00am - Arts and Crafts
- 11/17 - 1:00pm - Book Club
- 11/24 - 10:00am - Arts and Crafts

Wednesday

- 12/2 - 1:00pm - Mindful Meditation
- 12/9 - 9:30am - Advisory Board Breakfast
- 12/9 - 10:30am - Holiday Ornament Craft
- 12/16 - 12:00pm - Birthday Lunch
- 12/16 - 12:30pm - Ukulele Holiday Performance
- 12/16 - 12:30pm - Movie Day
- 12/16 - 1:00pm - Mindful Meditation
- 12/30 - 2:00pm - New Years Eve Party

Thursday

- 12/3 - 10:30am - Life Transitions Empowerment Group
- 12/17 - 12:00pm - Holiday Lunch
- 12/24 - CLOSED

Friday

- 12/13 - 9:30am - Hearing Screenings
- 12/25 - CLOSED

Saturday

- 12/5 - 9:30am - Decluttering for the Holidays



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.