

# CASCADES SENIOR CENTER

## newsletter

April 2024

*Special 25th Anniversary Issue*

### Manager's Note

Happy 25th Anniversary to the Senior Center at Cascades!!

The Senior Center at Cascades opened its' doors in April of 1999 and has been providing an active gathering place for people 55+ for 25 years.

We celebrate this important milestone with gratitude for the dedicated group of Loudoun residents who were the catalyst for the creation of the Senior Center at Cascades. The founding members started with a small group of volunteers and worked for over 10 years to raise money and community awareness, gain supporters, lobby local government to make this center a reality. After the center opened in 1999, they committed their time and talents as volunteers to help run the center once it opened.

We look forward to what the future may hold as we continue to celebrate each other and learn, grow, stay physically and mentally active, and socialize together.

Join us in celebrating the 25th Anniversary throughout the month with a special anniversary activity every Friday.



*Cascades  
Senior Center!*

## Silver Anniversary Sponsors

Marlene Burkgren

Gail Sudkamp

Patti Brouillard

Janet Hillyard

Dennis and Betty Lee

Wilma Sargent

Lorraine Van Brackle

Ursula Lowe

Mary Paige

Anonymous donation in  
memory of Edith Cockburn

*thanks  
for your  
support*

Roberta Haines

Zif and Lynn Saif  
Saundra Buschspics

Sue Clark

Kailash Sachdev

Gloria Corcoran

Varetta Wright

Yone Fasceski

Bharati P. Mehta

Jugnu Kothari

Jessie Garala

Anonymous donation in honor of:

Home Delivery Drivers

Cafe Volunteers, Angels & Podium

Knit & Crochet Group

Lupe Villalta

# BRIEF HISTORY OF THE LOUDOUN COUNTY SENIOR CENTER AT CASCADES MARKETPLACE GRAND OPENING - APRIL 16, 1999

A Senior Center for Loudoun County has been in every *Capital Improvements Plan* adopted by the Board of Supervisors since 1987. In 1987

Cascades developer Kettler and Scott proffered a 2.9 acre site for construction of the Center. In the 1990 *Draft Aging Service Plan*, the Area Agency on Aging (AAA) and Commission on Aging recommended to the Board of Supervisors that the County develop two Senior Centers—one at the proffered site in Cascades and one in Central Loudoun, with other senior activities at existing County facilities. A small Senior Center (3,000 Sq. Ft.) opened in 1989 in Leesburg, adjacent to AAA offices, relocating in 1997 to the County's Shenandoah Square Building.

In June 1992, four members of the Commission on Aging formed a *Senior Center Advisory Group* to encourage development of the **Senior Center at Cascades**. The group met with County and State officials and community organizations to discuss how the Center could help the community and how various agencies might provide services to Senior Center participants. The Advisory Group grew to over 20 participants and changed its name to **Friends of the Senior Center at Cascades (FSCC)**. Monthly open meetings were held at the *Eastern Regional Library*, adjacent to the Senior Center site.

Operating under a 501 C-3 organization, FSCC began fund raising, public awareness and program planning activities. *Second Hand Rose Thrift Shop in Sterling*, managed by senior volunteers, opened in 1993 and immediately became a successful venture. The thrift shop, successful events, and other donations have provided more than \$250,000 for the new facility. FSCC also began sponsoring the "Senior Center



Without Walls," monthly educational presentations at the Eastern Regional Library.

In 1995 the Board of Supervisors scheduled a bond referendum for the \$2.67 million needed to construct a 15,932 sq. Senior Center. FSCC launched a public awareness campaign to explain the mission and benefits to the community of the Senior Center, and on November 5, 1995 more than two-thirds of the public voted "Yes" on the referendum. A County project coordination committee was formed, including County staff and 3 appointed FSCC members, to conduct program planning, and coordinate design and construction phases of facility development. To help meet a shortfall in funding for construction, FSCC donated \$110,500 and the *Department of Parks, Recreation and Community Services (PRCS)* identified more than \$100,000 in proffer funds to help the project.

Managed by the AAA, a Division of the County's Department of PRCS, the Senior Center will provide educational, wellness and volunteer opportunities, and access to services available in the County. The Center will also provide fitness equipment, game room, support groups, trips, special events, arts and crafts, computer classes and multipurpose rooms which can be used by community groups. FSCC will continue to help plan programs and develop financial and volunteer support for the Senior Center. PRCS, AAA and FSCC invite you, the entire Loudoun County community, to participate fully in the life of your new Senior Center at Cascades Marketplace.



SENIOR CENTER AT CASCADES  
**25TH**

# ANNIVERSARY CELEBRATION

**FRIDAY, APRIL 5 AT 9:30AM:** KICK OFF THE  
MONTH WITH AN ADVISORY BOARD  
BREAKFAST

**FRIDAY, APRIL 12 AT 12:30PM:** PLAY  
CASCADES SENIOR CENTER TRIVIA, WITH  
CHANCES TO WIN SMALL PRIZES

**FRIDAY, APRIL 19 AT 2:00PM:** CELEBRATE THE  
25TH ANNIVERSARY WITH A SPECIAL PARTY

**FRIDAY, APRIL 26 AT 12:00PM:** FINISH THE  
MONTH WITH A SPECIAL LUNCH. THERE WILL  
BE SPEAKERS AND A RESOLUTION READ



**LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES**

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact [adaptrec@loudoun.gov](mailto:adaptrec@loudoun.gov), 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.

# Senior Center at Cascades

## Silver Anniversary

### PARTY



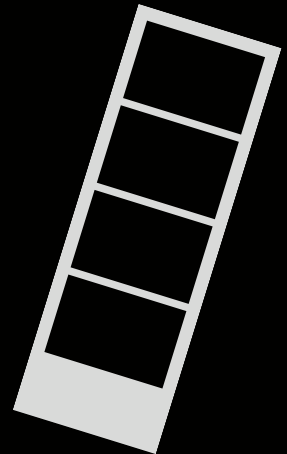
*Friday April 19, 2024*

*2:00pm - 4:00pm*

Celebrate the 25th Anniversary with a special party that will include:



- Photobooth
- Catered Hors d'oeuvres
- DJ Sky
- Anniversary Bags



Early bird member ticket price \$6 until March 29  
Beginning April 1,  
Member tickets \$8, non-member tickets \$11



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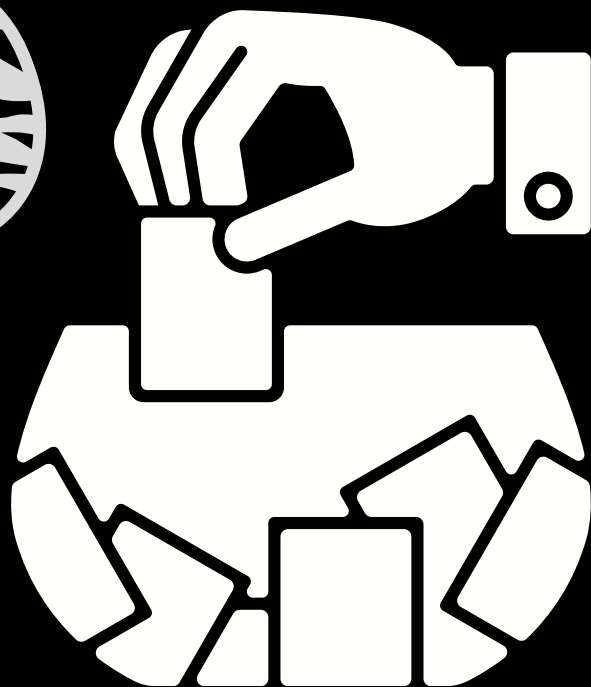
*Enter!  
to Win!*



## ***CAN YOU FIND THE 25'S?***

Look for the number 25 with a silver star scattered throughout the center and find as many as you can or find them all.

Turn in your guesses for a chance to win a prize!!





# April Activity Calendar

## Celebrating — 25 YEARS —

### Trip to Store

**WALMART 4/10**
**COCOS/LIDL 4/24**
**REGISTRATION REQUIRED**


• BUS LEAVES AT 12:30 pm •

MON 4/1	TUES 4/2	WED 4/3	THURS 4/4	FRI 4/5
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 1:00p Yoga with Tatis 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video <b>9:00a Elder Case Resource</b> <b>10:00a SAIL</b> 10:00a Interm. Conv Spanish 11:00a Yoga (Live & Virtual) 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:00p Level 2: Flamenco/Castanets 12:45p Basic Scottish Dance 1:00p Beginner: Flamenco/Fan <b>1:00p Chair Beach Volleyball</b> 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15a High Beginner's Line Dancing 11:00a Ballroom Dancing 12:00p Lunch <b>1:00p Mindful Meditation</b> 1:00p Rejuvenating Exercise <b>3:00p Cardio Drumming</b>	9:00a Aerobics Video 9:00a Step Prep <b>10:00a SAIL</b> 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 10:30a Bingo <b>10:30a Life Transitions</b> <b>Empowerment Group</b> 11:00a Pinochle 12:00p Lunch 1:00p Yoga with Tatis 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball	9:00a Aerobics Video <b>9:30a Advisory Board</b> <b>Breakfast</b>  9:30a Knit & Crochet 10:00a Aerobics Video 11:00a Tai Chi 11:00a Yoga (Live & Virtual) 12:00p Lunch 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Bunco & Dominoes <b>breakfast</b> 
4/8	4/9	4/10	4/11	4/12
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 1:00p Yoga with Tatis 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video <b>10:00a SAIL</b> 10:00a Interm. Conv Spanish 11:00a Yoga (Live & Virtual) 11:00a Beginner's Tai Chi 11:00a Adv Conv Spanish 12:00p Lunch 12:00p Level 2: Flamenco/Castanets 12:45p Basic Scottish Dance 1:00p Beginner: Flamenco/Fan <b>1:00p Chair Beach Volleyball</b> 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15a High Beginner's Line Dancing 11:00a Ballroom Dancing 12:00p Lunch <b>12:30p Trip to Store</b>  <b>(Walmart)</b> 1:00p Rejuvenating Exercise <b>3:00p Cardio Drumming</b>	9:00a Aerobics Video 9:00a Step Prep <b>10:00a SAIL</b> 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Yoga with Tatis 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video <b>10:30a Understanding</b> <b>Emotions</b> 11:00a Yoga (Live & Virtual) 11:00a Tai Chi 12:00p Lunch <b>12:30p Cascades Senior.</b> <b>Center TRIVIA</b>  12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominos



MON 4/15	TUES 4/16	WED 4/17	THURS 4/18	FRI 4/19
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 1:00p Yoga with Tatis 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video <b>10:00a SAIL</b> <b>10:00a INOVA Blood Pressure Check</b> 10:00a Interm. Conv Spanish 11:00a Yoga (Live & Virtual) 11:00a Adv Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:00p Level 2: Flamenco/Castanets 12:45p Basic Scottish Dance 1:00p Beginner: Flamenco/Fan <b>1:00p Chair Beach Volleyball</b> 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15a High Beginner's Line Dancing 11:00a Ballroom Dancing <b>11:30a Virtual Tech Class</b> 12:00p Lunch <b>12:30p Movie Day</b> 1:00p Rejuvenating Exercise <b>1:00p Mindful Meditation</b> <b>3:00p Cardio Drumming</b>	9:00a Aerobics Video 9:00a Step Prep <b>10:00a SAIL</b> 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Yoga with Tatis 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 11:00a Tai Chi 1:00p Rejuvenating Exercise <b>2:00p 25th Anniversary Party</b>  No Yoga No Bingo No Game Time
4/22	4/23	4/24	4/25	4/26
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 1:00p Yoga with Tatis 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video <b>9:00a Elder Case Resource</b> <b>10:00a SAIL</b> 10:00a Interm. Conv Spanish 11:00a Yoga (Live & Virtual) 11:00a Adv Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:00p Level 2: Flamenco/Castanets 12:45p Basic Scottish Dance 1:00p Beginner: Flamenco/Fan 1:00p Book Club <b>1:00p Chair Beach Volleyball</b> 1:30p Interm. Scottish Dance 2:00p Pickle Ball	9:00a Aerobics Video 10:00a Aerobics Video 10:00a O'Heck 10:15p High Beginner's Line Dancing 11:00a Ballroom Dancing <b>11:30a Virtual Tech Class</b> <b>12:00p Birthday Luncheon</b> <b>12:30p Trip to Store (Cocos/Lidl)</b> 1:00p Rejuvenating Exercise 	9:00a Aerobics Video 9:00a Step Prep <b>9:00a Medicare Counseling</b> <b>10:00a SAIL</b> 10:00a Yoga with Tatis 10:00a Intro to Line Dancing 10:30a Bingo 11:00a Pinochle 12:00p Lunch 1:00p Yoga with Tatis 1:00p Game Time: Canasta 1:00p Current Events 2:00p Pickle Ball	9:00a Aerobics Video 9:30a Knit & Crochet 10:00a Aerobics Video 11:00a Yoga (LIVE & V) 11:00a Tai Chi <b>12:00p Anniversary Lunch</b> 12:50p Bingo 1:00p Rejuvenating Exercise 2:00p Game Time: Dominoes 
4/29	4/30	Saturday Schedule Pickle Ball (8:15am-11:30am) Open Computer Lab (8:00am-11:30am) Aerobics & Exercise Rooms (8:00am-11:30am) Game Time & Billiards Room (8:00am-11:30am) Knit & Crochet Class (9:30am-11:45am)		
9:00a Aerobics Video 9:30a Beginner's Line Dancing 10:00a Aerobics Video 10:30a Bingo 10:30a Scottish Dance 12:00p Lunch 1:00p Yoga with Tatis 12:30p Duplicate Bridge 1:00p Game Time 1:30p Crochet Activity	9:00a Aerobics Video <b>10:00a SAIL</b> 10:00a Interm. Conv Spanish 11:00a Yoga (Live & Virtual) 11:00a Adv Conv Spanish 11:00a Beginner's Tai Chi 12:00p Lunch 12:00p Level 2: Flamenco/Castanets 12:45p Basic Scottish Dance 1:00p Beginner: Flamenco/Fan <b>1:00p Chair Beach Volleyball</b> 1:30p Interm. Scottish Dance 2:00p Pickle Ball	 <b>CLICK HERE</b>		



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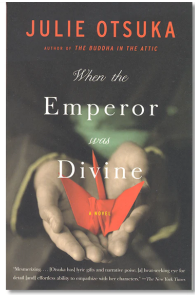
# CLASSES/PROGRAMS/ACTIVITIES

## Book Club

New Time

3rd Tuesday of the month  
at 1pm

New members always welcome!  
The book selection for this month: "When the Emperor was Divine" by Julie Otsuka



## Flamenco & Castanets



LEVEL 2: Tuesdays 12:00pm-1:00pm  
Beginners: Tuesdays 1:00pm-2:00pm  
(must wear Flamenco shoes or support shoes with heels)

Instructor: Nancy Bloomfield

An ongoing practice of traditional folkloric arm and footwork

## Current Events Discussion Group

Thursdays at 1pm



## Life Transitions Empowerment Group

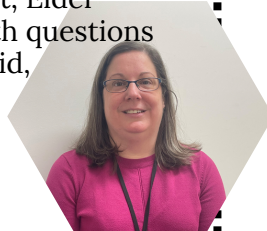
New Day and Time

REGISTRATION REQUIRED  
Thursday, April 4 2024  
10:30am-11:30am

Enjoy discussions with peers on various topics important to active seniors (eg: relationships, family, health and wellness, finances, dating, etc). Make new friends, improve self-esteem, ward off depression and anxiety, and come up with strategies for a more meaningful life.

## Need Assistance?

Schedule an appointment with Erin Nesbitt, Elder Resources Case Manager. She can help with questions regarding housing, transportation, Medicaid, caregiver challenges and more.



1st and 3rd Tuesdays of the month  
9am-12pm

## ONE-ON-ONE MEDICARE COUNSELING

Thursday, April 25 (9am-12pm)

### WHAT WE DO . . .

We provide comprehensive, unbiased Medicare, and related information and assistance.

Sign up to meet with a counselor!

## Conversational Spanish

Intermediate Level: Tuesdays (10am- 11am)  
Advanced Level: Tuesdays (11am-12pm)

Instructor: Ana Mahoney

For those who would like to practice their Spanish skills this free activity offers a great opportunity to converse, read and discuss current topics while improving their grammar skills. Designed for the intermediate or advanced student. New students are always welcome!

## Scottish dance



Mondays: 10:30am-11:45am  
Tuesdays: 12:45pm and 1:30pm

Basic Scottish Dancing: 12:45pm - 1:30pm  
Intermediate Scottish Dancing: 1:30pm - 2:15pm

Exercise your mind, your body, and your smile.

It's social dancing!

Come make new friends!

### Do you know about the Grief Table?

It is located at the lobby  
(near the rear exit, next to Multi-purpose Room 2)

You can find resources related to grief and loss displayed at our grief table. You can also find information regarding members who have passed away in this area. If you have any questions, you can

come to the office or email us at

[cascadesenior@loudoun.gov](mailto:cascadesenior@loudoun.gov)

# CLASSES/PROGRAMS/ACTIVITIES

**NEW!**

## Chair Beach Ball Volleyball



**TUESDAY'S AT  
1:00PM**

Learn about this fun, friendly and competitive game!  
Chair beach ball volleyball is played indoors.  
Players sit on chairs and the ball is a beach ball.

## Monthly Health Seminar Understanding Emotions

**FRIDAY, APRIL 12**

**10:30AM**

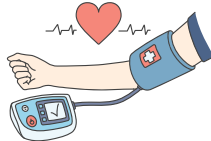
Led by Dr. Linda Silverman

- *List of emotions*
- *Physical and behavioral awareness of emotions*
- *Managing emotions before escalation*
- *Nutrition for emotional wellness*
- *Addiction awareness*
- *Discussion time*
- *Q & A*



## Blood Pressure Check

**2nd Tuesday of the month  
10am-12pm**



## REJUVENATING EXERCISE

**Wednesday & Friday  
1:00pm-1:50pm**



## YOGA with Tatis

**Monday & Thursday  
1:00pm-1:50pm  
Thursday  
10:00am-11:00am**



## Mindful Meditation (in-person)

**REGISTRATION REQUIRED**

**New Day  
and Time**

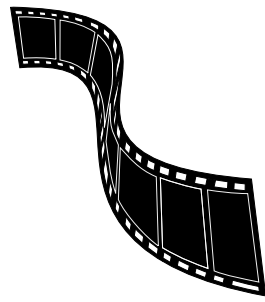
**First and Third Wednesday**

**April 3 and 17 from 1:00-1:45pm**

Meditation has been practiced in cultures all over the world for thousands of years to develop intentional focus and minimize random thoughts about the past or future.



# MOVIE DAY



Wednesday, April 17, 2024  
12:30pm

Reserve your seat  
and free snacks by  
signing up at the  
office!



## *Phenomenon (PG- 1996)*

On his birthday, mechanic George Malley (John Travolta) sees a flash of light and proceeds to exhibit extraordinary mental abilities. He becomes a genius, even showing an ability to move objects with his mind. George wishes to help people, but the government wants to take him in for observation. Soon, George finds out from Dr. Brunder (Robert Duvall) that he has a massive brain tumor. With this new knowledge, George decides to spend his time with girlfriend Lace (Kyra Sedgwick).

Happy  
Birthday!



Join us Wednesday, April  
24, 2024 to celebrate all  
who have a birthday in  
April.

Enjoy a special treat at lunch, and  
special greetings from your Advisory  
Board!

*Lunch registration is  
required*

## VIRTUAL TECH CLASSES

Wednesdays at 11:30am

**April 3:** Using Technology to Save  
money, discounts and tricks

**April 10:** Kim Kamando.com  
newsletters, podcasts

**April 17: NO Tech Class**

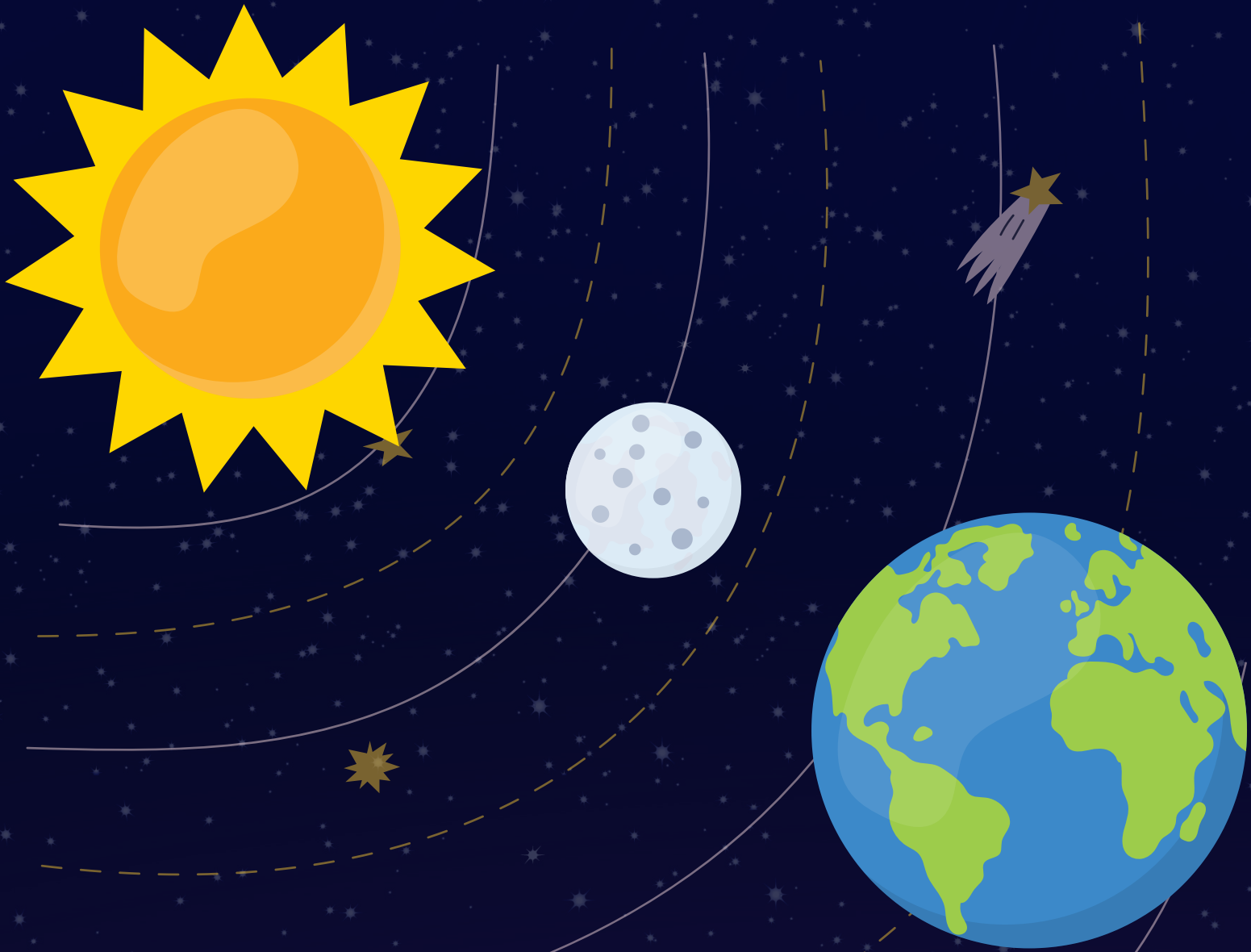
**April 24:** Finding Tech Help Online

CALL THE CENTER TO RECIEVE THE  
LINK





# Solar Eclipse



There will be a solar eclipse on April 8. The center will have eclipse glasses for our members. If you would like a pair of eclipse glasses, stop by the office to pick them up, while supplies last.

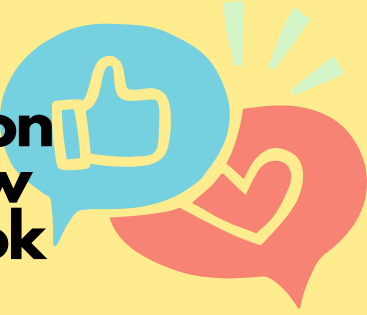


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Get Connected for  
Our Latest News & Updates

# Book Club

Have you read a book lately? Would you like to read and chat about it with a group of friends?

Learn more about the Book Club!

Meet and greet with our members and find out what this month's book read is all about.

New members are welcome!

**3rd Tuesday of the month at 1pm**



## Senior Center Highlights

### *Cardio Drumming Class*



The cardio drummers at Cascades sent a video with part of their routine and well wishes for Sterling Firefighter Brian Diamond. Diamond is also a Loudoun County public school teacher, who is still hospitalized and recovering in a burn unit after being injured in the house explosion in Sterling. Thank you to Catherine Hawkins for the idea and organizing.

The class also collected donations and sent a Giant gift card and greeting card to Brian and his family. Thank you to Bharati Mehta for organizing.



# Senior Center Highlights

Happy  
St. Patrick's  
Day







## **WEEKEND RETREAT for those with VISION LOSS**

You are invited to apply to attend one of Silver BELLS weekend retreat!

The retreat will include discussions and information about technology, home management, travel, and communications to build independence and confidence.. The retreats are scheduled to begin on a Thursday evening and end by 10 a.m. on Sunday.

**April 25th through the 28th in Sterling**

**Requirements:**  
**55 years and older**  
**Experiencing vision loss**  
**Virginia Resident**

**SPACE IS LIMITED!**

Visit <https://www.nfbv.org/silverbells> for more information and a short video. Access the online application directly from the website by clicking on the words highlighted in blue, "Register for the program", or you can click on this link <https://www.nfbv.org/silverbells-registration>.

If you have any questions or need assistance accessing or completing the online application, contact Sandy Halverson via phone at: 703-400-6890, or by email at: [silverbells@nfbv.org](mailto:silverbells@nfbv.org). Spaces fill quickly so reserve your spot today!



# YOUR CASCADES TEAM

Brenda Davis  
Manager

Judith Mangilin  
Assistant Manager

Carrie Randolph  
Cafe Supervisor

Haley Moore  
Recreation Programmer

Teresa dela Vina  
Customer Service

Felix Duran  
Vehicle Operator

Satish Sharma  
Vehicle Operator



**The Senior Center at Cascades  
21060 Whitfield Place  
Sterling, VA 20165**



**571-258-3280**



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