

Loudoun County Senior  
Center at Cascades  
21060 Whitfield Place  
Sterling, VA 20165

571-258-3280  
[www.loudoun.gov/  
seniors-cascades](http://www.loudoun.gov/seniors-cascades)

Part of the Area Agency  
on Aging a Division of



### **Staff:**

**Manager:**

*Brenda Davis*

**Assistant Manager:**

*Judith Mangilin*

**Café Supervisor:**

*Carrie Randolph*

**Customer Service:**

*Paul Torrible*

**Vehicle Operator:**

*Felix Duran*

**Vehicle Operator:**

*(vacant)*

**Recreation**

**Programmer:**

*(vacant)*

**Center Hours:**

**Mon./Wed./Thurs./Fri.**  
**9:00am-5:00pm**

**Tuesdays**  
**9:00am-8:00pm**

**Saturdays/Sundays**  
**CLOSED**

**(Available for Rental)**



# **SENIOR CENTER REVIEW**

*March 2019 Edition*

## **Manager's Notes -**

I am so pleased to welcome our new Customer Service Assistant, Paul Torrible, to our staff. Paul brings over 18 years of customer service experience to his new role at the center. He looks forward to learning more about our center and meeting all of you. Paul resides in Loudoun County with his wife and son and their pet bunny. Stop by the office and say hello!



## **ST. PATRICK'S DAY LUNCHEON**

Join us for our annual St. Patrick's Day Luncheon on **Friday, March 15<sup>th</sup> from 11:30a.m. – 1:00p.m.** Please come hungry for some traditional corned beef and cabbage. Live entertainment provided by "Finn McCool!" Remember to wear something green! A regular lunch sign-up and donation is requested.



## **BECOME A PART OF THE VOLUNTEER TEAM!**

Volunteer opportunities available here at the Senior Center at Cascades:

**Home Delivered Meals (HDM) Substitute- any day (10:15 a.m.-12:15 p.m.)**

**CAFÉ Morning Refreshments - any day (9:45am-10:45 a.m.)**

**Lunch Servers & Podium— any day (11:30pm-1pm)**

For more information, come to the office or talk with Carrie Randolph or Felix Duran.

## **AARP "SAFE DRIVER" PROGRAM**

AARP will be offering their "SAFE DRIVER" program at the Senior Center on **Wednesday, April 24<sup>th</sup> and Friday, April 26<sup>th</sup>, from 10:00 a.m. – 3:00 p.m.**

This two-day program may help to reduce the cost of your auto insurance. Cost of the program is \$15/AARP members, \$20/non-AARP members. The instructor is Joe Haugh. Sign up in the Main Office.



## SENIOR PROGRAMS & ACTIVITIES

**The following programs are provided at NO COST**

**Services for Seniors** helps people 55+ and their family members to find resources and answers to questions around needs and well-being as we age. Lori Stahl, Elder Resources Case Manager for Loudoun County's AAA, provides one-on-one, confidential, supportive assistance to navigate issues around transportation, housing, Medicare/Medicaid, grief, loss and the financial impact of chronic disease. Appointments are available on

**Tuesdays, March 5 and March 19.**

Services for Seniors is provided at each of the four senior centers in Loudoun County located in Dulles South, Leesburg, Purcellville and Sterling. To make an appointment with Lori (individual, caregiver and/or family), at the Senior Center at Cascades call 571-258-3280 or call the Area Agency on Aging at 703-777-0257 for more information.

### GRIEF SUPPORT

If you or someone you know have recently lost a loved one, the grief table that is located in the main entry area of the Senior Center provides free information and complimentary booklets dealing on the topic of grief and loss. There is also a "Caring Thoughts Box," which is designed to inform the staff of members who are ill or unable to come to the Senior Center due to health or related issues. For further information, contact Judith Mangilin at [Judith.mangilin@loudoun.gov](mailto:Judith.mangilin@loudoun.gov), or (571) 258-3280.

#### **TEEN TECH TUESDAY**

**Tuesday, March 5, 2019  
5:00 p.m. - 7:00 p.m.**

Knowledgeable and helpful teens will be here in the Computer Lab to answer questions, help install apps, give pointers on how to navigate the internet or to assist with your smart phones, tablets, or laptop. Sign-up in the office for ½ hour time slots.

#### **BUNCO**

**First Wednesday of  
every month  
March 6, 2019  
1:30 p.m.**

#### **STEP PREP DROP IN**

**Thursdays  
9:00 a.m.**

If you are new to Line Dance and need a little help practicing those steps, feel free to drop in for an informal group activity to practice specific steps (grapevine, etc.) – no music, no routines, just practice steps. Led by Celeste Mullally.

#### **THE CASCADES CURIO CABINET**

**Wednesday,  
March 6, 2019**

**9:00 a.m.—11:30 a.m.**

**Lots of beautiful items for sale!**

#### **YOGA GROUP (DVD)**

**Tuesdays and Fridays  
10:30 a.m.**

Instructors Jagdish and Kailash Sachdev are away but the center will be showing the Yoga DVD by Peggy Cappy.

**(No Yoga on Friday, March 15)**

#### **CONVERSATIONAL SPANISH ACTIVITY**

Leader: Ana Mahoney

For those who would like to practice their Spanish skills.

Designed for the intermediate or advanced student. New students are always welcome!

#### **ADVANCED LEVEL:**

**Tuesdays 9:30a.m.- 10:45a.m.**

#### **INTERMEDIATE LEVEL:**

**Tuesdays 10:45a.m.- 12:00p.m.**

#### **SCOTTISH DANCE ACTIVITY**

**Mondays at 10:00 a.m.**

Scottish Dance is broken down into simple steps that are woven into a larger group dance. Everyone is welcome to join!

#### **INDIAN CULTURAL GROUP**

**Wednesday,  
March 13, 2019**

**10:30 a.m.-1:30 p.m.**

**Celebrating Colors**

Open to anyone interested in attending to celebrate Indian Culture.

#### **CURRENT EVENTS DISCUSSION GROUP**

**WEDNESDAYS**

**1:30 p.m.-2:30 p.m.**

Are you interested in domestic and international affairs? Would you like to share your perspectives on today's important national and global issues? Join us for our lively and informative discussions on current events at the center.

## **\*\*CLUBS/GROUPS\*\***



### **BOOK CLUB**

The group will meet on **March 20, 2019 at 1:30 p.m.** The book selection for this month: "A Study in Scarlet" by Arthur Conan Doyle. New members are always welcome!

### **CASCADES MAMAS**

Luncheon at the Longhorn Steakhouse, 21075 Dulles Town Circle, Sterling, VA. on **Wednesday, March 13th at 1:00 p.m.** To RSVP or for more information, please contact Mary Ann Smith at 703-430-2056.

### **LOUDOUN COUNTY COMMISSION ON AGING**

The Loudoun County Commission on Aging serves as an advisory board to the Loudoun County Area Agency on Aging, the Board of Supervisors and other Loudoun County agencies on matters affecting older residents. The public is invited to the next meeting, on **Tuesday, March 12 at 9:30 a.m.** at the Ashburn PRCS building, 20145 Ashbrook Place, Ste. 170, Ashburn, VA 20147. For more information call the Area Agency on Aging office, 703-777-0257.

## **\*\*SPECIAL ACTIVITIES\*\***

### **POPCORN, MOVIE & SODA**

**"On the Basis of Sex" (if available)**

**Wednesday, March 20 at 1:30 p.m.**

**\$3.00 (includes the movie, popcorn & soda)**



Ruth Bader Ginsburg is a struggling attorney and a new mother who faces adversity and numerous obstacles in her fight for equal rights.

**Celebrate Women's History Month with a FREE movie marathon every Tuesday at 5:00 p.m.**

#### **March 5 - "Queen of Katwe"**

Based on a vibrant true story of a Ugandan girl's life that changes forever when she discovers she has an amazing talent for chess.

#### **March 12 - "A League of their own"**

Fictional account based on the true story of the All-American Girls Baseball League, begun in 1943 to sub for the men at war.



#### **March 19 - "Little Women"**

Louisa May Alcott's autobiographical account of her life with her three sisters in Concord, Massachusetts in the 1860s.

#### **March 26 - "Norma Rae"**

This Oscar-winning drama follows Norma's crusade, as she leads a shutdown of a textile mill factory to reform working conditions.

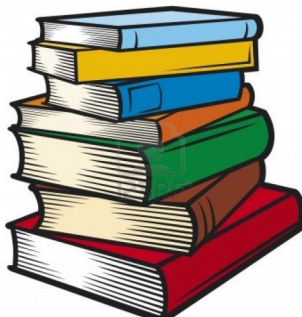
## **\*\*SENIOR CENTER HIGHLIGHTS\*\***





# March 2019 Activity Calendar

## SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>LIBRARY INFORMATION</u></b></p> <p>Meet your local librarians at the Senior Center at Cascades on  <b>Wednesday, March 20, 2019 at 10:30 a.m.</b>            Get a sneak peek at new books coming to your local library.</p> 				<p><b>1</b></p> <p>9:00 Aerobics            10:00 Aerobics            10:00 Knit &amp; Crocheting            10:15 Canasta            10:30 Yoga DVD            11:00 Blood Pressure Check            11:00 Tai Chi w/Mabel &amp; Marlene            1:15 Improver/Low Intermediate Line Dancing (Level 3)            1:30 Bingo</p>
<p><b>4</b></p> <p>9:00 Aerobics            10:00 Aerobics            10:00 Italian Activity            10:30 ESL Advance            10:30 Bingo            10:30 Scottish Dance            11:00 Blood Pressure Check            12:30 Duplicate Bridge            1:00 Mah jongg            1:15 Beginner Line Dancing (Level 2)            1:30 Crochet Activity</p>	<p><b>5</b></p> <p>9:00 Aerobics            ✓ 9:30 <b>Services for Seniors</b>            9:30 Conversational Spanish (Advanced)            10:00 Rejuvenating Exercise            10:00 Open Painting            10:30 Yoga DVD            10:30 ESL Beginners            10:30 CAFÉ Bingo            10:45 Conversational Spanish (Intermediate)            11:00 Beginner's Tai-Chi            1:00 Mah jongg            3:00 Pickle Ball            ✓ 3:00 <b>Teen Tech Tues.</b>            ✓ 3:00 <b>Movie Marathon: "Queen Katwe"</b></p>	<p><b>6</b></p> <p>✓ 9:00 <b>Curio Sale</b>            9:00 Aerobics            9:15 Pickle Ball            10:00 O'Heck            10:00 Aerobics            10:30 Beginner Line Dancing (Level 2)            11:00 Ballroom Dancing            11:00 Blood Pressure Check            11:00 Learn Mandarin            12:30 Trip to Store            1:00 Party Bridge            1:00 Current Events Discussion Group            ✓ 1:30 Canasta            ✓ 1:30 <b>Bunco</b></p>	<p><b>7</b></p> <p>9:00 Aerobics            9:00 Step Prep Dropin            10:00 Rejuvenating Exer.            10:00 Intro. to Line Dancing (Level 1)            10:30 Bingo            11:00 Pinochle            11:00 Blood Pressure Check            11:00 Zumba Gold            12:45 Duplicate Bridge            1:00 Poker            1:00 Games &amp; Tea</p>	<p><b>8</b></p> <p>9:00 Aerobics            10:00 Aerobics            10:00 Knit &amp; Crocheting            10:15 Canasta            10:30 Yoga DVD            11:00 Blood Pressure Check            11:00 Tai Chi w/Mabel &amp; Marlene            1:15 Improver/Low Intermediate Line Dancing (Level 3)            1:30 Bingo</p>
<p><b>11</b></p> <p>9:00 Aerobics            10:00 Aerobics            10:00 Italian Activity            10:30 ESL Advance            10:30 Bingo            10:30 Scottish Dance            11:00 Blood Pressure Check            12:30 Duplicate Bridge            1:00 Mah jongg            1:15 Beginner Line Dancing (Level 2)            1:30 Crochet Activity</p>	<p>✓ <b>12</b></p> <p>✓ 9:00 <b>INOVA Blood Pressure Check</b>            9:00 Aerobics            9:30 Conversational Spanish (Advanced)            10:00 Rejuvenating Exercise            10:00 Open Painting            10:30 Yoga DVD            10:30 ESL Beginners            10:30 CAFÉ Bingo            ✓ 10:30 <b>Ceramics Class</b>            10:45 Conversational Spanish (Intermediate)            11:00 Beginner's Tai-Chi            1:00 Mah jongg            3:00 Pickle Ball            ✓ 5:00 <b>Potluck Bingo</b>            ✓ 5:00 <b>Movie Marathon: "A League of their own"</b>            6:00 <b>Us Too (Support Group)</b></p>	<p><b>13</b></p> <p>9:00 Aerobics            9:15 Pickle Ball            10:00 O'Heck            10:00 Aerobics            ✓ 10:30 <b>Indian Cultural Group</b>            10:30 Beginner Line Dancing (Level 2)            ✓ 10:30 <b>Ceramics Class</b>            11:00 Ballroom Dancing            11:00 Blood Pressure Check            11:00 Learn Mandarin            12:30 Trip to Store            1:00 Party Bridge            1:00 Current Events Discussion Group            1:30 Canasta</p>	<p><b>14</b></p> <p>9:00 Aerobics            9:00 Step Prep Dropin            10:00 Rejuvenating Exer            10:00 Intro. to Line Dancing (Level 1).            10:30 Bingo            11:00 Pinochle            11:00 Blood Pressure Check            11:00 Zumba Gold            12:45 Duplicate Bridge            1:00 Poker            1:00 Games &amp; Tea</p>	<p><b>15</b></p> <p>9:00 Aerobics            10:00 Aerobics            10:00 Knit &amp; Crocheting            10:15 Canasta            10:30 Yoga DVD            11:00 Blood Pressure Check            11:00 Tai Chi w/Mabel &amp; Marlene            ✓ 11:30 <b>St. Patrick's Day Luncheon</b>            1:15 Improver/Low Intermediate Line Dancing (Level 3)            1:30 Bingo</p>

# March 2019 Activity Calendar

## SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>18</b> 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Advance 10:30 Bingo 10:30 Scottish Dance 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity	<b>19</b> 9:00 Aerobics 9:30 Conversational Spanish (Advanced) ✓ <b>9:30 Services for Seniors</b> 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Yoga DVD 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 1:00 Mah jongg ✓ <b>1:30 Book Club</b> 3:00 Pickle Ball ✓ <b>5:00 Movie Marathon: "Little Women"</b>	<b>20</b> 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) ✓ <b>10:30 Library Info.</b> 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 Learn Mandarin 12:30 Trip to Store ✓ <b>1:30 Movie Day: "On the Basis of Sex"</b> 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta	<b>21</b> 9:00 Aerobics 9:00 Step Prep Dropin 10:00 Rejuvenating Exer. 10:00 Intro. to Line Dancing (Level 1) 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 12:45 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	<b>22</b> 9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Yoga DVD 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene ✓ <b>12:00 Birthday Luncheon</b> 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo
<b>25</b> 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Advance 10:30 Bingo 10:30 Scottish Dance 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity	✓ <b>26</b> ✓ <b>9:00 INOVA Blood Pressure Check</b> 9:00 Aerobics 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Yoga DVD 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 1:00 Mah jongg 3:00 Pickle Ball ✓ <b>5:00 Movie Marathon: "Norma Rae"</b>	<b>27</b> 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 Learn Mandarin 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta	<b>28</b> 9:00 Aerobics 9:00 Step Prep Dropin 10:00 Rejuvenating Exer. 10:00 Intro. to Line Dancing (Level 1) 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 12:45 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	

**\*Activities at the Senior Center are subject to change.**

**\*Please call ahead to confirm an activity or event that you would like to attend.**



*The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343) two weeks prior to the start of the activity.*

## ADULT DAY CENTERS

Loudoun County Adult Day Centers are County owned and operated licensed adult day centers for seniors with physical limitations or memory loss. Safe, inviting, well-staffed centers are located in Ashburn (571-258-3232), Leesburg (703-771-5334), and Purcellville (571-258-3402). Centers are open weekdays 7:30 a.m. - 5:30 p.m. Video and information available online at: [www.loudoun.gov/adultday](http://www.loudoun.gov/adultday)



## **\*\*CLASSES\*\***

### CERAMICS CLASS

This class is being offered in 2 sessions:

**March 12 & 13**

**10:30 a.m.—12:00 p.m.**

Rectrac #345602-01

\$25 non-members, \$21 for members.

Fee includes small ceramic piece.

Instructors: Pat Miller & Frank Smith.

Advance registration required.

### LEARN MANDARIN

#### CHINESE

**Wednesdays**

**(11:00 a.m. to 12:00 p.m.)**

Instructor: Susan (Xiaoping) Su

The class will be all levels and kept informal.

Seating is limited.

### ESL CLASSES

**BEGINNERS ESL:**

**TUESDAYS at 10:30 a.m.**

**ADVANCED ESL:**

**MONDAYS at 10:30 a.m.**



Zumba Gold is a dance fitness program with a Latin/International beat. It is geared toward active adults learning Zumba or those who prefer a low-impact version.

**Thursdays**

**11:00 a.m.-12:00 p.m.**

Instructor Vivian Monroe Rectrac #345604-01

Drop-ins welcome \$12/non-member & \$10 for members. Registration required.

### Spanish for Beginners II

\$21/members; \$41 non-members

**Thursdays 10:45-12:00 March 21-May 30**

Instructor: Ana Mahoney

This fun 10-session class is for the beginner student. Prerequisite: Beginner I or its equivalent.

New students will need to purchase an all-levels textbook (\$20). Rectrac #345601-01

### High Intermediate Spanish II

\$21/members; \$41 non-members

**Thursdays 9:30-10:45 March 21-May 30**

Instructor: Ana Mahoney Rectrac #345601-02

This 10-session course is for the intermediate student who wishes to further his/her Spanish studies through reading, writing, conversation and cultural exploration. Prerequisites: High Intermediate Spanish I or its equivalent. New students will need to purchase an all-levels textbook (\$20).

## **MONTHLY RESOURCES**

**Us Too (Prostate Cancer Educational & Support Group)** – The group will meet the **2nd Tues. (March 12)** at **6:00 p.m.**

**INOVA Health Van** - does blood pressure checks on **March 12 & 26 at 9 a.m.**

## DONATIONS

If you would like to donate to the advisory board in honor or memory of someone, (checks payable to LCSCC Advisory Board) see the manager at the center office.

*thank you!*





## Show your pride in the Senior Center at Cascades

The Loudoun County Senior Center at Cascades Advisory Board is selling water bottles and t-shirts to raise funds for the center. Buy yours now at the office!



**\$5**

Ask staff to put your name on it!



**\$15 - S, M, L, XL**

**\$18 - 2XL & 3XL**



**\$20 - S, M, L, XL**

**\$25 - 2XL, 3XL**

## INCLEMENT WEATHER POLICY

For information on cancellations or changes to Transportation, Home Delivered Meals or programs and activities due to inclement weather, call the center at 571-258-3280 for further details.

If Loudoun County Government is closed, the center is closed.

## \*\*UPCOMING EVENTS\*\*

### CULTURAL SPRING FLING

Our "Cultural Spring Fling" will be held from **11:00 a.m. – 1:30 p.m. on Friday, April 12<sup>th</sup>**. Our very own Cascades Models will be sporting an outfit representing their cultural heritage. Interested models sign-up at the office. Regular lunch on the lunch sign-up sheet or contact Carrie Randolph by Wednesday, April 10<sup>th</sup>. Lunch donation requested.



*Thank You..Thank You..*

**Have you thanked a volunteer today?**

For the month of February, we would like to thank our Congregate Meal Volunteers:

Mary Abbott	Ltang Hong Wang	Manu Patel
Karen Bolton	Theresa Hotaling	Sudarshan Puri
Patti Brouillard	Mark Humphrey	Pat Reynolds
Mary Carmouche	Rajwant Kaur	Olga Ricciardi
Aletha Chandler	Barbara Kilbourne	Sant Sehgal
Marcia Chapin	Marie Lally	Meidi Shao
Marie Chea	Kay Lee	Marianne Simons
Sue Clark	Hong Lieu	BK Suri
Catherine Connor	Tom Lutke	Vijender Taur
Xi Xiang Dang	Anne Lyons	Tuyet Vu
Fely Fernandez	Lucina Mann	Sylvia White
Betty Gillins	Sarla Mehta	FangYue Xin
Elaine Greene	Donna Murtha	Mushref Zaki
Yixin Guo	Un Nivens	
Joanie Hall	Jo Oo	

Thank you for helping us in the kitchen daily during lunch to serve our seniors! Please let us know if we've left off your name.

Loudoun County  
Senior Center at Cascades  
21060 Whitfield Place  
Sterling, VA 20165

{ STAMP  
HERE }

{ LABEL HERE }



**GO PAPERLESS!**

Let us know if you wish  
to receive your monthly  
newsletter electronically!

