



Loudoun County Department of Parks, Recreation & Community Services

SENIOR CENTERS

guidelines

Connecting Communities...





ASHBURN SENIOR CENTER

20880 Marblehead Dr.
Ashburn, VA 20147
571-367-8340



CARVER SENIOR CENTER

200 E Willie Palmer Way
Purcellville, VA 20132
571-258-3400



DULLES SOUTH SENIOR CENTER

24950 Riding Center Dr.
Chantilly, VA 20152
571-258-3883



SENIOR CENTER AT CASCADES

21060 Whitfield Place
Sterling, VA 20165
571-258-3280



THE SENIOR CENTER OF LEESBURG

102 N. ST. NW
Leesburg, VA 20176
703-737-8039

WELCOME TO LOUDOUN COUNTY SENIOR CENTERS

Loudoun County's Senior Centers provide a place for adults 55 and older to participate in physical activity, social engagement, artistic development and intellectual challenges – all key factors in healthy aging.

This booklet contains guidelines for participation in any of the five centers. This booklet is consistent with the policies of the Department of Parks, Recreation and Community Services (PRCS) and the Loudoun County Area Agency on Aging (AAA). Please review these guidelines and comply with them to help ensure that the center runs smoothly and is a source of enjoyment for everyone.

VISION & MISSION STATEMENT

PRCS VISION STATEMENT

To make Loudoun the community of choice through outstanding experiences.

PRCS MISSION STATEMENT

Connect all communities through exceptional people, parks, and programs.

AAA MISSION STATEMENT

AAA's mission is to foster independence and healthy aging and improve quality of life for older adults and their caregivers through comprehensive programs and services.

EQUITY STATEMENT

We promote diversity, equity, inclusion, and accessibility to remove barriers and create a welcoming environment that celebrates uniqueness and collaboration.

GENERAL INFORMATION

Each senior center offers weekday lunch and a wide range of recreational, educational and cultural opportunities for people 55+.

Activities, discussion groups, classes, clubs, games, cultural programs and special events are available. Many activities are free, but fees may apply to some trips, classes and special events. Find more details at loudoun.gov/seniors.

Visit loudoun.gov/aaa or drop by one of the senior centers for more information about the Area Agency on Aging. Visit loudoun.gov/prcs for information about the Department of Parks, Recreation and Community Services.

Senior centers are not responsible for the loss of personal items on center property.

VOLUNTEER OPPORTUNITIES

The center relies on dedicated volunteers to help implement programs, activities, classes, the lunch program and special events, and to staff the front desk.

To become a volunteer, pick up a volunteer packet at one of the senior centers. Complete and submit the required paperwork by mail or apply online at loudoun.gov/adultvolunteers.

HOURS OF OPERATION

MONDAY- FRIDAY

SATURDAYS

SUNDAYS

9:00 A.M. - 5:00 P.M.

8:00 A.M. - 12:00 P.M.

CLOSED

The senior centers are closed on County Government holidays.

Senior centers are available for rentals after normal operating hours and on weekends. Contact local senior center staff for more information.

GUIDELINES FOR PARTICIPATION

Membership is designed for members who are:

- 55 years of age or older
- Cognizant of surroundings at all times
- Respectful of diverse cultures
- Able to fully and completely negotiate the facility independently, safely and appropriately without assistance
- Able to get on and off a county vehicle independently
- Able to negotiate steps, paths to buildings, and program areas
- Able to understand and carry out verbal or nonverbal instructions
- Able to recognize and respond appropriately to emergency warnings
- Able to function effectively in a social setting using appropriate and respectful manners and language
- Able to eat independently
- Able to use the restroom unassisted
- Able to maintain appropriate physical hygiene
- Willing to remain seated on vehicle with seat belt fastened until bus comes to a complete stop
- Not considered to pose a risk to themselves or others

ACTIVITIES

The Senior Center offers lunch, wellness seminars, exercise classes, fitness equipment, arts and crafts including ceramics, computer labs, billiards, bingo, multiple card and board games, movies, puzzles, special events and trips.

TRANSPORTATION is provided in designated routes for each center. Members needing transportation must check with the center's drivers for availability and allow 48 hours to be added to a route.

CLASSES ARE FEE BASED and include ceramics, computer skills, Zumba, Spanish, AARP's Safe Driver program and more.

GENERAL INTEREST ACTIVITIES are free unless otherwise noted and do not require registration. Annual membership and daily drop-in fees apply. Games include bingo, canasta, party bridge and mah-jongg. Cultural and social activities include current events, book discussion groups, and knitting and crocheting. Members can check the schedule for more activities, including health screenings, wellness workshops and support groups.

Each senior center newsletter includes a calendar of events, information about services for people 55+ and articles about upcoming programs.

CAREGIVERS/COMPANIONS

Participants who require assistance with activities of daily living (ADLs) or are unable to navigate the center independently, may be able to attend the center with proper supervision of a caregiver/companion or family member, pending manager approval.

- Caregivers are required to be with the participant at all times in the center or on property
- Only caregivers 55+ who are center members or pay a daily drop-in fee are eligible to participate in lunch, activities, events, programs or transportation
- Neglect or insufficient/inappropriate care or behavior by a caregiver/companion will result in notification of participant family and/or Adult Protective Services

Adult Day Centers are available in Ashburn, Leesburg and Purcellville. For information visit www.loudoun.gov/aaa.

RULES OF CONDUCT

Improper conduct that causes disruption or hinders members and/or staff from day-to-day operation and activities is prohibited. The staff reserves the right to require individuals to leave the building or contact proper authorities if they refuse to comply. Violation of the Rules of Conduct may result in loss of Senior Center privileges.

- Damage, destruction or theft of property
- Excessive noise level, boisterous behavior, offensive or inappropriate language
- Use of tobacco or alcohol in the facility or on property
- Inappropriate use of Senior Center computers
- Unwanted physical contact with another member or staff

MEMBERSHIP

Senior Center memberships are available on an annual basis. New members must sign up in person. A current membership card must be presented to enter the Senior Center on each visit. Non-members must pay a daily drop-in fee for Senior Center use. Additional fees are required for some activities or classes.

BENEFITS OF MEMBERSHIP

- Monthly newsletter
- Use of all Loudoun County PRCS senior centers
- Use of exercise equipment and participation in many free programs and activities
- Safe and comfortable place to enjoy social engagement, artistic expression, physical activities, health and wellness and cultural programming to enhance well-being as we age
- Discounted Senior Trips
- Discounted Recreation Center membership

PAYMENT INFORMATION

Membership payments may be made by cash, check and most credit cards. If paying by check, please make checks out to [COUNTY OF LOUDOUN](#).

SPECIAL NOTE ON MEMBERSHIP

One senior center membership gives you access to all five centers: Ashburn, Carver, Cascades, Dulles South, and Leesburg. You will receive the monthly newsletter for the center where you become a member.

GUIDELINES FOR INCLEMENT WEATHER

If Loudoun County Government closes due to inclement weather, the center is closed.

For information on changes to transportation, Home Delivered Meals (HDMs) or programs and activities due to inclement weather, contact your senior center.

SENIOR TRIPS GUIDELINES

- All trips are for individuals 55+
- Senior Trips Program is a well and active program. If caregivers are needed participants must provide a caregiver.
- Registration is required and can be done through any PRCS Facility with access to Rectrac or online through Webtrac (day trips only).
- Participants may register for trips beginning at 9:00 a.m. on the registration date published in the PRCS Brochure.
- Trip fees are discounted for participants that are Senior Center Members.
- There are no refunds, although a refund minus an administrative fee (30% for day trips, 20% for overnight trips) may be issued if your seat is resold.
- Transportation will be either Loudoun County bus or chartered motor coach.
- Trips depart at the designated time, please arrive to pick up location at least 10 minutes prior to departure.
- No eating or drinking on the bus allowed unless trips list specifies otherwise (i.e. longer trips).
- Please silence cell phones, no cell phone conversations.
- Participants requiring handicapped seats for theaters and concerts must notify Senior Trips Staff upon confirmed registration.
- PRCS is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in a Senior Trip, or if you would like to bring a scooter or wheelchair in order to participate in a Senior Trip, notification is required at least five days before registration opens. Please call 571-258-3050. Registration is still on a first come, first served basis for all participants.
- Participants with travel sickness or mobility issues that need front of the bus seating must request them in advance.
- Inclement weather does not automatically cancel Senior Trips. Decisions are made on a case by case basis and all participants will be notified by phone or email.
- Loudoun County PRCS and Senior Center Guidelines and Rules of Conduct apply on trips.

ADA COMPLIANCE

The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodation in order to participate in PRCS activities, please contact the location/program manager or PRCS administrative office at 703-777-0343/TTY-711. Three business days advance notice is requested.

MEAL SERVICES

A nutritionally balanced lunch is provided through the Congregate Meals Program and Home Delivered Meals (HDMs) every weekday. Each meal provides 1/3 of the daily nutrition requirements for older adults. Nutrition counseling is made available as part of the meal program.

CAFÉ LUNCH

(Congregate Meals Program)

Café Lunch is served between noon and 12:30 p.m. on weekdays at each senior center. The program serves nutritious meals in a group setting to sustain and improve the health of older adults and reduce isolation by promoting socialization.

Lunch is available for \$4 for people 55-59. A donation is requested for people 60+. Suggested donation amounts are posted outside the café. Donations help sustain the meal program.

To add your name to the lunch list, sign-up in person or call and leave a message for the café supervisor by noon the day before you plan to have lunch at the senior center.

HOME DELIVERED MEALS

Home Delivered Meals (HDMs) are delivered Monday through Friday by trained volunteers to the homes of eligible older adults with limited mobility.

For more information on HDMs, call 703-771-5012.



LOUDOUN.GOV/AAA

AAA@LOUDOUN.GOV
703-777-0257