

March 2020 Activity Calendar

SENIOR CENTER AT CASCADES

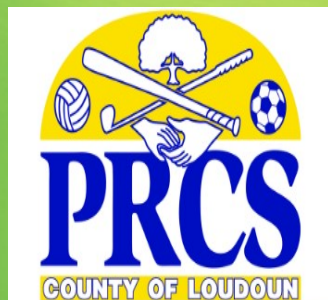
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Scottish County Dance 10:30 ESL Advanced 10:30 Bingo 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity	3 9:00 Aerobics 9:30 Conversational Spanish (Advanced) ✓ 9:30 Services for Seniors 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Happy Yoga 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Beginners) 11:00 Beginner's Tai-Chi 11:30 Blood Pressure Check 1:00 Mah jongg 3:00 Pickle Ball 5:00 Teen Tech Tues. ✓ 5:00 Movie: "RGB"	4 ✓ 9:00 Curio Sale 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) ✓ 10:30 Guest Speaker: Make-up, Skin and Hair 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check 12:30 Trip to Store ✓ 1:00 Bunco 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta	5 9:00 Aerobics 9:00 Line Dance Step Prep 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 ✓ 12:00 Guest Speaker: Census 2020 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	6 9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Happy Yoga 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene ✓ 11:15 Lunch Bunch 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo
9 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Scottish County Dance 10:30 ESL Advanced 10:30 Bingo 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity	✓ 10 ✓ 9:00 INOVA Blood Pressure Check 9:00 Aerobics 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Happy Yoga 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Beginners) 11:00 Beginner's Tai-Chi 1:00 Mah jongg 1:00 Beginning Spanish II 3:00 Pickle Ball 5:00 Teen Tech Tues. ✓ 5:00 Potluck Bingo ✓ 5:00 Movie: "A League Of Their Own" ✓ 6:00 Us Too (Support Group)	11 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) ✓ 10:30 Indian Cultural Group 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check ✓ 12:00 Birthday Luncheon 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta	12 9:00 Aerobics 9:00 Line Dance Step Prep 10:00 Rejuvenating Exer 10:00 Intro. to Line Dancing (Level 1). 10:30 Bingo ✓ 10:30 Guest Speaker: Ambulance/911 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	13 9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Happy Yoga 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo
16 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Scottish County Dance 10:30 ESL Advanced 10:30 Bingo 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity	17 9:00 Aerobics 9:30 Conversational Spanish (Advanced) ✓ 9:30 Services for Seniors 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Happy Yoga 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Beginners) 11:00 Beginner's Tai-Chi 11:30 Blood Pressure Check ✓ 11:30 St. Patrick's Day Lunch 1:00 Mah jongg 1:00 Beginning Spanish II ✓ 1:30 Book Club 3:00 Pickle Ball 5:00 Teen Tech Tues. ✓ 5:00 Movie: "Amelia"	18 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) ✓ 10:30 Guest Lecturer: Women's History Month 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta ✓ 1:30 Movie Day: "Second Act"	19 9:00 Aerobics 9:00 Line Dance Step Prep 10:00 Rejuvenating Exer. 10:00 Intro. to Line Dancing (Level 1) 10:30 Bingo 11:00 Blood Pressure Check 11:00 Zumba Gold 11:00 Pinochle 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	20 9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Happy Yoga 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo

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



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.