PRCS is delighted to host Honor Flight, “Day of Honor” at the Senior Center at Cascades on **Saturday, October 9th** honoring veterans who served in WWII, the Korean War and Vietnam. After breakfast they’ll head to DC to visit monuments and return to the center for dinner. For more information on the event, visit [www.honorflight-tov.org](http://www.honorflight-tov.org).

**All activities at the center are cancelled for Saturday, October 9,** but you and your families are invited to come out and stand on the sidewalks along Whitfield Place to welcome the veterans back as they return from DC by bus. Assemble by 5:00 p.m. to welcome buses returning at 5:30 p.m.

*Social distancing applies and the public is asked not to approach the veterans.*

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**The Advisory Board at the Cascades Senior Center presents**

**Cascades Arts & Crafts Fair**

**Friday, November 5, 2021**

(Knit & Crochet and Curio)

**Saturday, November 6, 2021**

(All Vendors)

9:00am-3:00pm

Located indoors only this year
Senior Center at Cascades
21060 Whitfield Place
Sterling, VA 20165

[www.mycascadescenter.org](http://www.mycascadescenter.org)

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**Manager's Note**

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### Who Can Get Booster Shots Now

Loudoun County remains focused on providing vaccines to people who have not yet had their first shot. Additionally, booster doses of Pfizer vaccine (for people who already received their initial two-dose series of Pfizer COVID-19 vaccine), will be offered by appointment only at the Dulles Town Center clinic for the groups approved by the CDC and authorized by VDH:

- People 65 years and older.
- Residents of long-term care facilities.
- People 18-64 years old with underlying medical conditions.
- People 18-64 years old who are at increased risk for COVID-19 exposure and transmission (PDF) because of occupational or institutional settings, such as, but not limited to, health care workers and caregivers for frail or immunocompromised people.

To make an appointment for a COVID-19 vaccine at the county's Dulles Town Center site, visit [loudoun.gov/covid19vaccine](http://loudoun.gov/covid19vaccine). Flu vaccine is not available at the Dulles Town Center clinic.

Residents may also receive COVID-19 vaccines from many providers in the community, such as medical offices and pharmacies including, but not limited to, CVS, Giant Food, Harris Teeter, Safeway, Walgreens, Walmart and Wegmans. These locations have the benefit of also being able to provide flu vaccine at the same time. Visit vaccines.gov to find a vaccination site near you.
## October Activity Calendar

### Saturday Schedule

**NOTE:** ALL Center activities are cancelled Sat. 10/9

- **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

### FRI 10/1

- 9:00a Aerobics Video
- 9:30a Knit & Crochet
- 10:00a Aerobics Video
- 10:00a Canasta
- 10:30a Yoga Class (V)
- 11:00a Tai Chi
- 12:00p Lunch
- 1:00p Bingo
- 1:15p Line Dancing Improver/Low Intermediate
- 2:00p Game Time

### NO ZUMBA TODAY!

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### Lunch Menu

**CLICK HERE**

### Mon 10/4

- 9:00a Aerobics Video
- 9:30a Beginner's Line Dancing
- 9:30a Walking Group (O)
- 10:00a Aerobics Video
- 10:00a Intermediate Conversational Spanish
- 10:00a Yoga Class (V)
- 10:00a Advanced Conversational Spanish
- 10:00a Beginner's Tai Chi
- 12:00p Lunch
- 12:30p Duplicate Bridge
- 1:00p Bingo
- 1:00p Game Time
- 1:30p Crochet Activity

### Tues 10/5

- 9:00a Aerobics Video
- 10:00a Aerobics Video
- 10:00a Intermediate Conversational Spanish
- 10:30a Yoga Class (V)
- 11:00a Advanced Conversational Spanish
- 11:00a Beginner's Tai Chi
- 12:00p Lunch
- 12:30p Ukulele Jam Session
- 1:00p Bingocez! (V)
- 1:00p Beg. Spanish I
- 1:15p Beginner's Ukulele
- 2:30p Teen Tech (V)
- 3:00p Pickle Ball

### Wed 10/6

- 9:00a Aerobics Video
- 10:00a Aerobics Video
- 10:00a Indian Cultural Group
- 10:00a O'Heck
- 10:15a Beginner's Line Dancing
- 10:30a Yoga Class (V)
- 10:30a Special Presentation: "Latest Scams"
- 11:00a Ballroom Dancing
- 12:00p Lunch
- 12:30p Trip to Store
- 12:30p Movie Day
- 1:00p Party Bridge
- 1:00p Computer Tech Help

### Thurs 10/7

- 9:00a Aerobics Video
- 9:00a Line Dance Step Prep
- 10:00a Intro to Line Dancing
- 10:00a Aerobics Video
- 10:30a Learn Mandarin (V)
- 10:30a Bingo
- 11:00a Pinochle
- 12:00p Lunch
- 1:00p Music Jam Session
- 1:00p Bingocez! (V)
- 1:00p Game Time
- 2:00p Current Events
- 3:00p Pickle Ball

### Fri 10/8

- 9:00a Aerobics Video
- 9:30a Knit & Crochet
- 10:00a Aerobics Video
- 10:00a Canasta
- 10:30a Yoga Class (V)
- 11:00a Tai Chi
- 12:00p Lunch
- 1:00p Bingo
- 1:15p Line Dancing Improver/Low Intermediate
- 2:00p Game Time

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**V = Virtual**

**O = Outdoor**

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For accessibility requests: Contact ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711

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**PRCS**

**LOUDOUN.GOV/PRCS**

Loudoon County Department of Parks Recreation & Community Services
<table>
<thead>
<tr>
<th>MON 10/11</th>
<th>TUES 10/12</th>
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CASCADeS SENIOR CENTER
21060 WHITFIELD PLACE
STERLING, VA 20165

HALLOWEEN Party

Friday October 29th, 2:00pm-4:00pm
*Spooky* snacks & *Eerie* refreshments
*Music provided by D.J. Sky* Prizes for best costumes
Tickets $5/$8 for non-members by 10/25

LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711
Programming Announcement:
Beginning Spanish I

Tuesday, October 5th – Tuesday, December 7th

Classes will be Tuesdays 1:00-2:15pm
at Cascades Senior Center

Cost: $21/members; $41/non-members

This fun 10-session course is for the beginning student or student who needs to refresh his/her beginning skills. New students will need to purchase an all-levels textbook ($20). Space is limited.

Contact the senior center to sign up or if you have any questions, 571-258-3280
Tech Help is available in the Cascades Senior Center Computer Lab, Wednesdays at 1:00pm

October 6th--“Microsoft Office Tools, Word, Excel, PowerPoint demos”
October 13th--General Tech Help (walk-ins welcome)
October 20th--“iPads & iPhones demo”
October 27th--General Tech Help (walk-in welcome)

Space is limited. Must sign up in advance for presentations. Call the senior center at 571-258-3280.
On the Big Screen
@ Cascades Senior Center
free for senior center members

October 6th
"When Harry Met Sally"
Rated R (1989)

October 13th
"Gidget"
Not Rated (1959)

October 20th
"Moneyball"
Rated PG-13 (2011)

October 27th
"Jaws"
Rated PG (1975)

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.
TRIP TO STORE

Wed. October 6th

& Wed. October 20th

Bus Leaves at 12:30 pm

REGISTRATION REQUIRED!

Bus Leaves at 12:30 PM
ZUMBA CLASS

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

STARTING
THURSDAY
SEPTEMBER 16

11AM
AEROBICS ROOM

$10
MEMBERS

$13
NON-MEMBERS
If you are proficient with a musical instrument, and you would like to jam with others, come to the “Music Jam Session,” Thursdays at 1:00pm here at Cascades Senior Center.

What are the latest scams hitting our area?

Join us for a live presentation concerning the latest scams in our area featuring Loudoun County Sheriff’s Deputy Ethan Martin on Wednesday, October 6th at 10:30am.
Loudoun County Area Agency on Aging
VIRTUAL FAMILY CAREGIVER EDUCATION SERIES

HOLIDAYS & DEMENTIA: COPING WITH CHANGES & FAMILY DYNAMICS
Wednesday, October 20, 2021 • 12 pm – 1 pm EST
Presented by Rachael Wonderlin, MS, Dementia By Day

TO REGISTER FOR THIS FREE, VIRTUAL PROGRAM,
please send an email to aaasupport@loudoun.gov.

PRCS
COUNTY OF LOUDOUN

If you require an accommodation for any type of disability in order to participate, please contact 703-771-5698/TTY-711. Three business days advance notice is requested.
Medicare Open Enrollment
October 15 - December 7

We can help find:
• Better coverage
• Lower copays
• Lower plan premiums

Loudoun County VICAP
Free, Unbiased Medicare Counseling

Send us your Medicare Part D Worksheet for an analysis of your prescription insurance options in 2022.

Worksheets are available:
• At Loudoun County Senior Centers
• Online at www.loudoun.gov/aaa
• By calling 703-737-8036

OR

CLICK HERE
Joan Ehrlich from the Northern Virginia Resource Center for Deaf & Hard of Hearing Persons will have a display table showcasing samples of Assistive Technology, such as telephones, alerting devices and assistive listening devices.

Wednesday, October 13th from 10:30-11:30am

She will also be able to set up appointments to conduct hearing screenings at a later date.

To empower deaf and hard of hearing individuals and their families through education, advocacy and community involvement.

HAPPY BOSS's DAY

BRENDA DAVIS!
From Your Cascades Staff

(Boss’s Day is October 15th)
We will be honoring military veterans during our Veteran’s Day Luncheon Wednesday, November 10th here at Cascades Senior Center. If you are a member of the senior center and were a member of the armed forces, please send us your pictures with a brief biography, and we will showcase it as part of a slide show during the luncheon. Email pics and bios to paul.torrible@loudoun.gov or drop it off at the senior center. Must receive pictures and bios no later than November 1st.

Puzzle Sale!
Cascades Senior Center Lobby
Friday, October 15th from 9:00am-11:00am
Member Spotlight

What do you remember about the place you grew up?
I was born in Corpus Christi, Texas. My father was in the US Navy and met my mom there. Our family travelled from Texas, to Florida to Virginia. I am the eldest of 6.

What was your first car?
Finally at 27, I decided to get my driver’s license... I bought a hoopdi?? Of course, it didn't work for long. So, my first New car was a Chevy Nova! Now, my car is a Jeep Renegade! I love it!!!

What was the weirdest fad you remember?
One of the weirdest fads that I can recall is getting the Beatles haircut. So, I pleaded with my mom to get my bangs cut into the Beatles style. I went to the local barber to get my bangs cut but I ended up getting my first short tapered hair cut. Needless to say that I ran home crying.

Which invention from your lifetime are you most amazed by?
Facetime ... Zoom ... Typewriters to touch screen computers ... cassette tapes to ebooks ... All communications that bring all of us together around the world.

When did you move to this area?
I moved to Washington DC in 1968 after being recruited by the Federal Government to work at Arlington Hall Station, Arlington, VA. I have lived in DC, MD, and Virginia. I moved to Sterling VA in December 2018.

How did you first find out about the Cascades Senior Center?
I dropped into the Cascades Senior Center to check out the activities. I returned during an Open House Event and everyone was having a good time!

What was your favorite movie when you were younger?
My favorite movies were the Wizard of Oz and The Ten Commandments.

What was your first job?
My first job was working for General Electric on an assembly line for small black and white televisions. In 1968, I left for the Federal Government. Followed by jobs with the Dept of Justice, EPA as well as some private industries employers. In 1986, in Georgetown, I joined ESC, environmental and engineering firm and worked there until retiring 32 years later, Sept 2018.

What are the most important lessons you’ve learned in life?
Treat others how you want to be treated.

What life advice would you pass along?
Be thankful, help where you can ... Love.
Congratulations to Rajendra Prassad!

Cascades Senior Center member Rajendra Prassad captured the gold medal at the 2021 Northern Virginia Senior Olympics in the 80+ eight-ball billiards tournament. Please congratulate Rajendra when you see him for a job well done!
YOUR CASACADES TEAM

Brenda Davis
Manager

Judith Mangilin
Assistant Manager

Carrie Randolph
Cafe Supervisor

Paul Torrible
Recreation Programmer

Haley Moore
Customer Service

Felix Duran
Vehicle Operator

Satish Sharma
Vehicle Operator

Face Masks:

- Required: In Loudoun County facilities, regardless of vaccination status
- Recommended: In all public indoor settings

www.loudoun.gov/coronavirus

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

571-258-3280

Area Agency on Aging
Parks, Recreation & Community Services

www.loudoun.gov/seniors-cascades