Manager's Note

As I look toward another year, I also look back on the year we are leaving behind. It was not the year I expected when we rang in 2021! I thought the pandemic would be over and we would be back to “normal.” But that “normal” was based on an outdated definition and each New Year we must look forward and understand that nothing remains the same. So, ringing in this New Year reaffirms that life is all about change and adapting to “New Norms,” while still finding the joy and love in what we do.

Wishing you all a very Happy New Year with friends, laughs, joy and a few surprises along the way (the good kind) and the fortitude to face whatever challenges come our way.

“I close my eyes to old ends and open my heart to new beginnings.”

Nick Frederickson
Need some help?

Wednesday Tech Classes @ 1:00pm in the Cascades Senior Center Computer Lab

January 5: **Walk-in Tech help**
January 12: **Intro to Digital Banking (Paypal, Venmo)**
January 19: **Walk-in Tech help**
January 26: **Digital Games (Solitaire, Poker, Sudoku)**

Must sign up in advance for presentations. Call the senior center at 571-258-3280.
The purpose of the screening is to see if you could benefit from an evaluation by an audiologist. NVRC is a non-profit, there are no sales involved.

Hearing Screenings take approximately 30 minutes.
Limited number of seats available.
To sign up, you must contact Paul at the Cascades Senior Center at 571-258-3280.

Screenings will be conducted by:
Joan Ehrlich
Loudoun County Outreach Specialist

For more information, email jehrich@nvrc.org
Mardi Gras Luncheon

Wednesday, January 26 at 11:45am

Enjoy delicious gumbo and vegetarian gumbo!

Must sign up for lunch!!

Enjoy good Jazz, good food, and good friends!!

Wear your Mardi Gras colors and let the good times roll!
Every Wednesday is Movie Day @ 12:30pm at Cascades Senior Center. Wednesday's feature will be emailed out to members on Monday.
TRIP TO STORE

Wed. Jan. 5

& Wed. Jan. 19

REGISTRATION REQUIRED!

BUS LEAVES AT 12:30 PM
### January Activity Calendar

<table>
<thead>
<tr>
<th>MON 1/3</th>
<th>TUES 1/4</th>
<th>WED 1/5</th>
<th>THURS 1/6</th>
<th>FRI 1/7</th>
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</thead>
<tbody>
<tr>
<td>9:00a Aerobics Video</td>
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<tr>
<td>9:30a Beginner’s Line Dancing</td>
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<td>9:00a Indian Cultural Group</td>
<td>9:30a Knit &amp; Crochet</td>
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<tr>
<td>10:00a Aerobics Video</td>
<td>10:00a Aerobics Video</td>
<td>10:00a O’Heck</td>
<td>10:00a Aerobics Video</td>
<td>10:00a Aerobics Video</td>
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<tr>
<td>10:00a Intermediate Conversational Spanish</td>
<td>10:00a Intermediate Conversational Spanish</td>
<td>10:15a Beginner’s Line Dancing</td>
<td>10:00a Intro to Line Dancing</td>
<td>10:00a Intro to Line Dancing</td>
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<tr>
<td>10:30a Yoga (Live &amp; V)</td>
<td>10:30a Yoga (V)</td>
<td>10:30a Yoga (V)</td>
<td>10:00a Aerobics Video</td>
<td>10:00a Aerobics Video</td>
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<tr>
<td>11:00a Advanced Conversational Spanish</td>
<td>11:00a Advanced Conversational Spanish</td>
<td>10:30a Learn Russian (NEW!)</td>
<td>10:00a Learn Mandarin (V)</td>
<td>10:30a Bingo</td>
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<tr>
<td>11:00a Beginner’s Tai Chi</td>
<td>11:00a Beginner’s Tai Chi</td>
<td>11:00a Ballroom Dancing</td>
<td>11:00a Bingo</td>
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<td>12:00p Lunch</td>
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<tr>
<td>2:00p Pickle Ball</td>
<td>2:30p Teen Tech (V)</td>
<td>1:00p Game Time</td>
<td>2:00p Current Events</td>
<td>1:15p Line Dancing Improver/Low Intermediate</td>
</tr>
<tr>
<td>1:30p Crochet Activity</td>
<td>2:30p Teen Tech (V)</td>
<td>1:00p Game Time</td>
<td>2:00p Pickle Ball</td>
<td>2:00p Game Time</td>
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<tr>
<td><strong>NO ESL TODAY</strong></td>
<td><strong>NO ZUMBA TODAY</strong></td>
<td><strong>NO MOVIE TODAY</strong></td>
<td><strong>NO MOVIE TODAY</strong></td>
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"With the new day comes new strength and new thoughts."

Eleanor Roosevelt

**Happy New Year!**
## Senior Center Schedule

### MON 1/17
- **9:00a** Aerobics Video
- **9:15a** ESL Class (V)
- **9:30a** Beginner's Line Dancing
- **10:00a** Aerobics Video
- **10:00a** Intermediate Conv. Spanish
- **10:30a** Yoga (Live & V)
- **11:00a** Adv. Conv. Spanish
- **11:00a** Beginner's Tai Chi
- **12:00p** Lunch
- **12:30p** Adv. Ukulele Jam
- **1:15p** Beginners Ukulele
- **2:00p** Pickle Ball
- **2:00p** Book Club
- **2:30p** Teen Tech (V)

### TUES 1/18
- **9:00a** Aerobics Video
- **10:00a** Aerobics Video
- **10:00a** Intermediate Conv. Spanish
- **10:30a** Yoga (Live & V)
- **11:00a** Adv. Conv. Spanish
- **11:00a** Beginner's Tai Chi
- **12:00p** Lunch
- **12:30p** Adv. Ukulele Jam
- **1:15p** Beginners Ukulele
- **2:00p** Pickle Ball
- **2:00p** Book Club
- **2:30p** Teen Tech (V)

### WED 1/19
- **9:00a** Aerobics Video
- **10:00a** Aerobics Video
- **10:00a** Indian Cultural Group
- **10:00a** O'Heck
- **10:00a** Hearing Screenings
- **10:15a** Beginner's Line Dancing
- **10:30a** Yoga (V)
- **10:30a** Learn Russian
- **11:00a** Ballroom Dancing
- **12:00p** Lunch
- **12:30p** Trip to Store
- **12:30p** Movie Day
- **1:00p** Party Bridge
- **1:00p** Computer Lab Walk-in Tech

### THURS 1/20
- **9:00a** Aerobics Video
- **9:00a** Line Dance Step Prep
- **10:00a** Intro to Line Dancing
- **10:00a** Aerobics Video
- **10:00a** Learn Mandarin (V)
- **10:30a** Bingo
- **11:00a** Pinochle
- **12:00p** Lunch
- **1:15p** Line Dancing Improver/Low Intermediate
- **2:00p** Game Time

### FRI 1/21
- **9:00a** Aerobics Video
- **9:30a** Knit & Crochet
- **10:00a** Aerobics Video
- **10:00a** Canasta
- **10:30a** Yoga (Live & V)
- **11:00a** Tai Chi
- **12:00p** Lunch
- **12:50p** Bingo
- **1:15p** Line Dancing Improver/Low Intermediate
- **2:00p** Game Time

### 1/24
- **9:00a** Aerobics Video
- **10:00a** Aerobics Video
- **10:30a** Yoga (V)
- **10:30a** Scottish Dance
- **12:00p** Lunch
- **12:30p** Duplicate Bridge
- **12:50p** Bingo
- **1:00p** Game Time
- **1:30p** Crochet Activity

### 1/25
- **9:00a** Aerobics Video
- **9:00a** INOVA Blood Pressure Check
- **10:00a** Aerobics Video
- **10:00a** Intermediate Conv Spanish
- **10:30a** Yoga (Live & V)
- **11:00a** Adv. Conv Spanish
- **11:00a** Beginner's Tai Chi
- **12:00p** Lunch
- **12:30p** Adv. Ukulele Jam
- **1:15p** Beginners Ukulele
- **2:00p** Pickle Ball
- **2:30p** Teen Tech (V)

### 1/26
- **9:00a** Aerobics Video
- **10:00a** Aerobics Video
- **10:00a** Indian Cult'1 Grp
- **10:00a** O'Heck
- **10:15a** Beginner's Line Dancing
- **10:30a** Yoga (V)
- **10:30a** Learn Russian
- **11:00a** Ballroom Dancing
- **11:45a** Mardi Gras Luncheon
- **12:30p** Movie Day
- **1:00p** Party Bridge
- **1:00p** Computer Lab: Digital Games (Poker, Solitaire, Sodoku)

### 1/27
- **9:00a** Aerobics Video
- **9:00a** Aerobics Video
- **10:00a** Aerobics Video
- **10:00a** Learn Mandarin (V)
- **10:30a** Bingo
- **11:00a** Pinochle
- **12:00p** Lunch
- **1:00p** Game Time
- **2:00p** Current Events
- **2:00p** Pickle Ball

### 1/28
- **9:00a** Aerobics Video
- **9:30a** Knit & Crochet
- **10:00a** Aerobics Video
- **10:00a** Canasta
- **10:30a** Yoga (Live & V)
- **11:00a** Tai Chi
- **12:00p** Lunch
- **12:50p** Bingo
- **1:15p** Line Dancing Improver/Low Intermediate
- **2:00p** Game Time

### 1/31
- **9:00a** Aerobics Video
- **9:15a** ESL Class (V)
- **9:30a** Beginner’s Line Dancing
- **10:00a** Aerobics Video
- **10:30a** Yoga (V)
- **10:30a** Scottish Dance
- **12:00p** Lunch
- **12:30p** Duplicate Bridge
- **12:50p** Bingo
- **1:00p** Game Time
- **1:30p** Crochet Activity

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**"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves."**

William E. Vaughn

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**SATURDAY SCHEDULE**

**NOTE: CLOSED SATURDAY 1/1**

- **Decluttering Class** (9:00am-10:00am)
- **Knit & Crochet Class** (9:00am-11:00am)
- **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)
PARTY BRIDGE PLAYERS WANTED!

If you already know how to play Party Bridge and you'd like to play in a group, come to Cascades Senior Center on Wednesdays at 1:00pm. For more information, call the senior center at 571-258-3280.

MEMBERS ARE LOOKING TO START A CHESS CLUB.

If you enjoy the game of chess and interested in starting a chess club call the senior center.
Highlights from December
Highlights from December
INCLEMENT WEATHER

If Loudoun County Government is closed, Senior Center is CLOSED

If Loudoun County Government issues “Unscheduled Leave” for staff, Senior Center is OPEN and lunch is available, but no transportation

If Loudoun County Public Schools are closed, Senior Center is OPEN and lunch/transportation available

Call for possible program changes
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

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