


October 2017 Activity Calendar

SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Intermediate Line Dancing 1:00 Mah jongg 1:00 Ping Pong 1:00 Spanish for Beginners I 1:30 Crochet Activity	3 9:00 Easy Yoga DVD 9:00 Aerobics 9:30 Conv. Spanish (Advance) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:00 Creative Water Colors 10:30 CAFÉ Bingo 10:45 Conv. Spanish (Intemed) 11:00 Beginner's Tai-Chi 1:00 Canasta / Poker 1:00 Mah jongg 6:00 Pickle Ball	4 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:00 Prepare for Medicare Part D Enrollment 10:30 Indian Cultural Group 10:30 Guest Speaker: Estate Planning 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 Services for Seniors (One-on-One Support) 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion 1:00 Bunco	5 9:00 Aerobics 9:15 High Intermed. Spanish I 10:00 Rejuvenating Exer. 10:00 Intro to Line Dancing 10:30 E-COMMENT 10:30 Bingo 10:45 Low Intermed. Spanish I 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 1:00 Easy Yoga DVD 1:00 Duplicate Bridge 1:00 Poker 2:00 Tea Time	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 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo 2:00 Hearing Loss Support Group
9 The Senior Center is Closed for Columbus Day	10 9:00 INOVA Blood Pressure Check 9:00 Easy Yoga DVD 9:00 Aerobics 9:30 Conv. Spanish (Advance) 10:00 Mind Flow 10:00 Rejuvenating Exercise 10:00 Open Painting 10:00 Creative Water Colors 10:30 CAFÉ Bingo 10:30 Ceramics Class 10:45 Conv. Spanish (Intemed) 11:00 Beginner's Tai-Chi 1:00 Canasta / Poker 1:00 Mah jongg 6:00 Pickle Ball 5:30 Potluck Bingo 6:00 Us TOO (Support Grp)	11 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:00 Prepare for Medicare Part D Enrollment 10:30 Beginner Line Dancing 10:30 Ceramics Class 11:00 Ballroom Dancing 11:00 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion	12 9:00 Aerobics 9:15 High Intermed. Spanish I 10:00 Rejuvenating Exer. 10:00 Intro to Line Dancing 10:00 Haircuts for Men 10:30 E-COMMENT 10:30 Bingo 10:45 Low Intermed. Spanish I 11:00 Zumba Gold 11:00 Pinochle 11:00 Blood Pressure Check 1:00 Easy Yoga DVD 1:00 Duplicate Bridge 1:00 Poker 2:00 Tea Time	13 9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Happy Yoga 10:30 Diwali Celebration 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo
16 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Intermediate Line Dancing 1:00 Mah jongg 1:00 Ping Pong 1:00 Spanish for Beginners I 1:30 Crochet Activity	17 9:00 FLU SHOT 9:00 Easy Yoga DVD 9:00 Aerobics 9:30 Conversational Spanish (Advance) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:00 Creative Water Colors 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 12:00 Book Club 1:00 Canasta / Poker 1:00 Mah jongg 6:00 Pickle Ball	18 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:00 Help for Hearing Loss 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 Services for Seniors (One-on-One Support) 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion 1:00 Forever Fit 1:30 Movie Day: "Lion"	19 9:00 Aerobics 9:15 High Intermed. Spanish I 10:00 Rejuvenating Exer. 10:00 Intro to Line Dancing 10:00 Advisory Board Meeting 10:30 E-COMMENT 10:30 Bingo 10:45 Low Intermed. Spanish I 11:00 Pinochle 11:00 Zumba Gold 11:00 Blood Pressure Check 1:00 Easy Yoga DVD 1:00 Duplicate Bridge 1:00 Poker 2:00 Tea Time	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 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Intermediate Line Dancing 1:00 Mah jongg 1:00 Ping Pong 1:00 Spanish for Beginners I 1:30 Crochet Activity</p>	<p>24</p> <p>9:00 INOVA Blood Pressure Check</p> <p>9:00 Easy Yoga DVD 9:00 Aerobics 9:30 Conversational Spanish (Advance) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:00 Creative Water Colors 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 1:00 Canasta / Poker 1:00 Mah jongg 4:00 Spaghetti Dinner 6:00 Pickle Ball</p>	<p>25</p> <p>9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 Jeopardy 12:30 Trip to Store 1:00 Party Bridge 1:00 Forever Fit 1:00 Current Events Discussion</p>	<p>26</p> <p>9:00 Aerobics 9:15 High Intermed. Spanish I 10:00 Rejuvenating Exer. 10:00 Intro to Line Dancing 10:30 E-COMMENT 10:30 Bingo 10:45 Low Intermed. Spanish I 11:00 Zumba Gold 11:00 Pinochle 11:00 Blood Pressure Check 1:00 Easy Yoga DVD 1:00 Duplicate Bridge 1:00 Poker 2:00 Tea Time</p>	<p>27</p> <p>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 12:00 BirthDay Luncheon 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo</p>
<p>30</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Intermediate Line Dancing 1:00 Mah jongg 1:00 Ping Pong 1:00 Spanish for Beginners I 1:30 Crochet Activity</p>	<p>31</p> <p>9:00 Easy Yoga DVD 9:00 Aerobics 9:30 Conversational Spanish (Advance) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:00 Creative Water Colors 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 1:00 Canasta / Poker 1:00 Mah jongg 2:00 Halloween Party 4:00 Spaghetti Dinner 5:00 Classic Movie: "The Shining" 6:00 Pickle Ball</p>			
<p><i>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.</i></p>				



HAIRCUTS

Haircuts for Women
 Friday, 10/13/2017
 10:00 a.m.

Haircuts for Men
 Thursday, 10/12/17
 10:00 a.m.,



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