

# March 2018 Activity Calendar

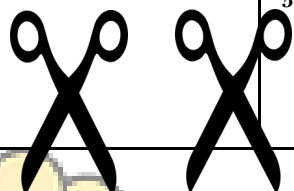
## SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid green; padding: 10px; width: fit-content; margin: auto;"> <p style="margin: 0;"><b><u>MEMBER</u></b></p> <p style="margin: 0;"><b><u>CONVERSATIONS</u></b></p> <p style="margin: 0;"><b>Thursday, March 15</b></p> <p style="margin: 0;"><b>12:30 p.m. at the Café</b></p> </div>			<p><b>1</b></p> <p>9:00 Aerobics ✓</p> <p><b>10:00 Curio Sale</b></p> <p>10:00 Rejuvenating Exer.</p> <p>10:00 Intro to Line Dancing</p> <p>10:30 Bingo</p> <p>11:00 Pinochle</p> <p><b>11:00 Zumba Gold</b></p> <p>11:00 Blood Pressure Check</p> <p><b>12:30 Line Dance Fundamentals</b></p> <p>1:00 Duplicate Bridge</p> <p>1:00 Poker</p> <p>1:45 Tea &amp; Games</p>	<p><b>2</b></p> <p>9:00 Aerobics</p> <p>10:00 Aerobics</p> <p>10:00 Knit &amp; Crocheting</p> <p>10:15 Canasta</p> <p>10:30 Happy Yoga</p> <p>11:00 Blood Pressure Check</p> <p>11:00 Tai Chi w/Mabel &amp; Marlene</p> <p>12:30 Computer Lab Assistance</p> <p>1:00 Intermediate Line Dancing</p> <p>1:15 Beginner Plus Line Dancing</p> <p>1:30 Bingo</p> <p><b>2:00 Hearing Loss Support Group</b> ✓</p>
<p><b>5</b></p> <p>9:00 Aerobics</p> <p>10:00 Aerobics</p> <p>10:00 Italian Activity ✓</p> <p><b>10:30 ESL Advanced</b></p> <p><b>10:30 ESL Beginners</b></p> <p>10:30 Bingo</p> <p>11:00 Duplicate Bridge</p> <p>11:00 Blood Pressure Check</p> <p>1:00 Mah jongg</p> <p>1:00 Ping Pong</p> <p>1:30 Crochet Activity</p>	<p><b>6</b></p> <p>9:00 Aerobics</p> <p>9:30 Conv. Spanish (Advanced) ✓</p> <p><b>10:00 Mimi's Haircuts</b></p> <p>10:00 Rejuvenating Exercise</p> <p>10:00 Open Painting</p> <p>10:30 CAFÉ Bingo</p> <p>10:30 Happy Yoga</p> <p>10:45 Conv. Spanish (Intemed)</p> <p>11:00 Blood Pressure Check</p> <p>11:00 Beginner's Tai-Chi</p> <p>1:00 Poker</p> <p>1:00 Mah jongg</p> <p>✓ <b>1:00 Camera Club</b></p> <p>5:00 Pickle Ball</p>	<p><b>7</b></p> <p>9:00 Aerobics</p> <p>9:15 Pickle Ball</p> <p>10:00 O'Heck</p> <p>10:00 Aerobics</p> <p>10:30 Beginner Line Dancing</p> <p>11:00 Ballroom Dancing</p> <p><b>11:00 Learn Mandarin</b></p> <p>11:00 Blood Pressure Check</p> <p>12:30 Trip to Store</p> <p><b>12:30 Forever Fit</b></p> <p>1:00 Party Bridge</p> <p>1:00 Current Events Discussion</p> <p>✓ <b>1:00 Bunco</b></p>	<p><b>8</b></p> <p>9:00 Aerobics</p> <p><b>9:15 Intermed. Spanish II</b></p> <p>10:00 Rejuvenating Exer.</p> <p>10:00 Intro to Line Dancing</p> <p>10:30 Bingo</p> <p>11:00 Pinochle</p> <p><b>11:00 Zumba Gold</b></p> <p>11:00 Blood Pressure Check</p> <p><b>12:30 Line Dance Fundamentals</b></p> <p>1:00 Duplicate Bridge</p> <p>1:00 Poker</p> <p>1:45 Tea &amp; Games</p>	<p><b>9</b></p> <p>9:00 Aerobics</p> <p>10:00 Aerobics</p> <p>10:00 Knit &amp; Crocheting</p> <p>10:15 Canasta</p> <p>10:30 Happy Yoga</p> <p>11:00 Blood Pressure Check</p> <p>11:00 Tai Chi w/Mabel &amp; Marlene</p> <p>12:30 Computer Lab Assistance</p> <p>1:00 Intermediate Line Dancing</p> <p>1:15 Beginner Plus Line Dancing</p> <p>1:30 Bingo</p>
<p><b>12</b></p> <p>9:00 Aerobics</p> <p>10:00 Aerobics</p> <p>10:00 Italian Activity</p> <p><b>10:30 ESL Advanced</b></p> <p><b>10:30 ESL Beginners</b></p> <p>10:30 Bingo</p> <p>11:00 Duplicate Bridge</p> <p>11:00 Blood Pressure Check</p> <p>1:00 Mah jongg</p> <p>1:00 Ping Pong</p> <p>1:30 Crochet Activity</p>	<p><b>13</b></p> <p><b>9:00 INOVA Blood Pressure Check</b> ✓</p> <p>9:00 Aerobics</p> <p>9:30 Conversational Spanish (Advanced)</p> <p>10:00 Rejuvenating Exercise</p> <p>10:00 Open Painting</p> <p>10:30 CAFÉ Bingo</p> <p>10:30 Happy Yoga</p> <p><b>10:30 Ceramics Class</b></p> <p>10:45 Conversational Spanish (Intermediate)</p> <p>11:00 Beginner's Tai-Chi</p> <p><b>12:30 Conversational English</b></p> <p>1:00 Poker</p> <p>1:00 Mah jongg</p> <p>5:00 Pickle Ball</p> <p>✓ <b>5:00 Potluck Bingo</b></p> <p>✓ <b>6:00 Us TOO (Support Grp)</b></p>	<p><b>14</b></p> <p>9:00 Aerobics</p> <p>9:15 Pickle Ball</p> <p>10:00 O'Heck</p> <p>10:00 Aerobics</p> <p><b>10:30 Indian Cultural Group</b> ✓</p> <p>10:30 Beginner Line Dancing</p> <p><b>10:30 Ceramics Class</b></p> <p>11:00 Ballroom Dancing</p> <p><b>11:00 Learn Mandarin</b></p> <p>11:00 Blood Pressure Check</p> <p>12:30 Trip to Store</p> <p><b>12:30 Forever Fit</b></p> <p>1:00 Party Bridge</p> <p>1:00 Current Events Discussion</p>	<p><b>15</b></p> <p>9:00 Aerobics</p> <p><b>9:15 Intermed. Spanish II</b></p> <p>10:00 Rejuvenating Exer.</p> <p>10:00 Intro to Line Dancing</p> <p><b>10:00 Advisory Board Meeting</b> ✓</p> <p>10:30 Bingo</p> <p>11:00 Pinochle</p> <p>11:00 Blood Pressure Check</p> <p><b>11:00 Zumba Gold</b></p> <p><b>12:30 Line Dance Fundamentals</b></p> <p><b>12:30 Member Conversations</b> ✓</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Poker</p> <p>1:45 Tea &amp; Games</p>	<p><b>16</b></p> <p>9:00 Aerobics</p> <p>10:00 Aerobics</p> <p>10:00 Knit &amp; Crocheting</p> <p>10:15 Canasta</p> <p>10:30 Happy Yoga</p> <p>11:00 Blood Pressure Check</p> <p>11:00 Tai Chi w/Mabel &amp; Marlene</p> <p><b>11:00 St. Patrick's Day Luncheon</b> ✓</p> <p>12:30 Computer Lab Assistance</p> <p>1:00 Intermediate Line Dancing</p> <p>1:15 Beginner Plus Line Dancing</p> <p>1:30 Bingo</p>

# March 2018 Activity Calendar

## SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>19</b> 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity <b>10:30 ESL Advanced</b> <b>10:30 ESL Beginners</b> 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Mah jongg 1:00 Ping Pong <b>1:00 Spanish for Beg. II</b> 1:30 Crochet Activity	<b>20</b> 9:00 Aerobics 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 CAFÉ Bingo 10:30 Happy Yoga 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check <b>12:30 Conversational English</b> 1:00 Poker 1:00 Mah jongg <b>✓ 1:30 Book Club</b> 5:00 Pickle Ball	<b>21</b> <b>✓ 9:00 Pancake Breakfast</b> 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics <b>✓ 10:00 Help for Hearing Loss</b> 10:30 Beginner Line Dancing 11:00 Ballroom Dancing 11:00 Blood Pressure Check <b>11:00 Learn Mandarin</b> 12:30 Trip to Store <b>12:30 Forever Fit</b> 1:00 Party Bridge 1:00 Current Events Discussion <b>1:30 Movie Day: "Dunkirk"</b>	<b>22</b> 9:00 Aerobics <b>9:15 Intermed. Spanish II</b> 10:00 Rejuvenating Exer. 10:00 Intro to Line Dancing 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check <b>11:00 Zumba Gold</b> <b>12:30 Line Dance Fundamentals</b> 1:00 Easy Yoga DVD 1:00 Duplicate Bridge 1:00 Poker 1:45 Tea & Games	<b>23</b> 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 <b>12:00 Birthday Luncheon</b> ✓ 12:30 Computer Lab Assistance 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo
<b>26</b> 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity <b>10:30 ESL Advanced</b> <b>10:30 ESL Beginners</b> 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Mah jongg 1:00 Ping Pong <b>1:00 Spanish for Beg. II</b> 1:30 Crochet Activity	<b>27</b> <b>9:00 INOVA Blood Pressure Check</b> ✓ 9:00 Aerobics 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 CAFÉ Bingo 10:30 Happy Yoga 10:45 Conversational Spanish (Intermediate) ✓ 11:00 Beginner's Tai-Chi <b>12:30 Conversational English</b> ✓ 1:00 Poker 1:00 Mah jongg 5:00 Pickle Ball <b>5:00 Classic Movie Night: "Irma La Douce"</b> ✓	<b>28</b> 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 <b>11:00 Learn Mandarin</b> ✓ <b>11:00 Jeopardy</b> 12:30 Trip to Store <b>12:30 Forever Fit</b> 1:00 Party Bridge 1:00 Current Events Discussion	<b>29</b> 9:00 Aerobics <b>9:15 Intermed. Spanish II</b> 10:00 Rejuvenating Exer. 10:00 Intro to Line Dancing 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check <b>11:00 Zumba Gold</b> <b>12:30 Line Dance Fundamentals</b> 1:00 Easy Yoga DVD 1:00 Duplicate Bridge 1:00 Poker 1:45 Tea & Games	<b>30</b> 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 12:30 Computer Lab Assistance 1:00 Intermediate Line Dancing 1:15 Beginner Plus Line Dancing 1:30 Bingo



### HAIRCUTS

Haircuts for Women  
 Tuesday, 3/6/18  
 10:00 a.m.



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.