


June 2018 Activity Calendar

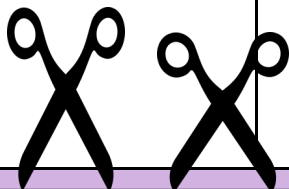
SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <h3 style="margin: 0;"><u>WATER AEROBICS</u></h3> <p style="margin: 5px 0;">Mondays & Fridays 1:30-2:15 p.m.</p> <p style="margin: 5px 0;">6/11/18-7/20/18 at Falcon's Landing.</p> <p style="margin: 5px 0;">Fee for (6-weeks) class is \$60. Register at the Cascades Senior Center office, pay fee for class to instructor on the first day of class.</p> <p style="margin: 5px 0;">Transportation on your own.</p> </div> </div>				
<p>4</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Beginners 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Mah jongg 1:00 Spanish for Beg. II 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity</p>	<p>5</p> <p>9:00 Aerobics 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting ✓ 10:00 Haircuts for Men & Women 10:30 CAFÉ Bingo 10:30 Happy Yoga 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check 1:00 Mah jongg ✓ 1:00 Camera Club 3:00 Pickle Ball</p>	<p>6</p> <p>9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:00 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge ✓ 1:00 Bunco 1:00 Ping Pong 1:00 Forever Fit 1:00 Current Events Discussion Group</p>	<p>7</p> <p>✓ 9:00 Curio Sale ✓ 9:00 Billiards Tournament 9:00 Aerobics 10:00 Rejuvenating Exer. 10:00 Intro to Line Dancing (Level 1) 10:30 Bingo 11:00 Pinochle 11:00 Zumba Gold 11:00 Blood Pressure Check 12:30 Line Dance Fundamentals (Level 1) 1:00 Duplicate Bridge 1:00 Poker 1:45 Tea & Games</p>	<p>8</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 12:30 Computer Lab Assistance 1:00 Low Intermediate Line Dancing (Level 3) 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo ✓ 2:00 Hearing Loss Support Group</p>
<p>11</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Beginners 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity</p>	<p>12</p> <p>✓ 9:00 INOVA Blood Pressure Check 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 12:30 Conversational English 1:00 Mah jongg 3:00 Pickle Ball ✓ 5:00 Potluck Bingo ✓ 6:00 Us TOO (Support Grp)</p>	<p>13</p> <p>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 Blood Pressure Check 11:00 Learn Mandarin 12:30 Trip to Store 1:00 Party Bridge 1:00 Ping Pong 1:00 Forever Fit 1:00 Current Events Discussion Group</p>	<p>14</p> <p>9:00 Aerobics 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 12:30 Line Dance Fundamentals (Level 1) 1:00 Duplicate Bridge 1:00 Poker 1:45 Tea & Games</p>	<p>15</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 12:30 Computer Lab Assistance 1:00 Low Intermediate Line Dancing (Level 3) 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Beginners 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity</p>	<p>19</p> <p>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 12:30 Conversational English 1:00 Mah jongg ✓ 1:30 Book Club 3:00 Pickle Ball</p>	<p>20</p> <p>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 (Level 2) 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 Learn Mandarin 12:30 Trip to Store 1:00 Party Bridge 1:00 Ping Pong 1:00 Current Events Discussion Group ✓ 1:30 Movie Day: "The Phantom Thread"</p>	<p>21</p> <p>9:00 Aerobics 10:00 Rejuvenating Exer. 10:00 Intro to Line Dancing (Level 1) ✓ 10:00 Advisory Board Meeting 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 12:30 Line Dance Fundamentals (Level 1) 1:00 Duplicate Bridge 1:00 Poker 1:45 Tea & Games</p>	<p>22</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 12:30 Computer Lab Assistance 1:00 Low Intermediate Line Dancing (Level 3) 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo</p>
<p>25</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Beginners 10:30 Bingo 11:00 Duplicate Bridge 11:00 Blood Pressure Check 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity</p>	<p>26</p> <p>✓ 9:00 INOVA Blood Pressure Check 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 12:30 Conversational English 1:00 Mah jongg 3:00 Pickle Ball ✓ 5:00 Classic Movie Night: "The Apartment"</p>	<p>27</p> <p>9:00 Aerobics 9:15 Pickle Ball 10:00 AARP Driver Safety ✓ 10:00 Safety 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 Learn Mandarin 12:30 Trip to Store 1:00 Party Bridge 1:00 Ping Pong 1:00 Current Events Discussion Group</p>	<p>28</p> <p>9:00 Aerobics 10:00 Rejuvenating Exer. 10:00 Intro to Line Dancing (Level 1) 10:30 Bingo ✓ 10:30 Father's Day Picnic 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 12:30 Line Dance Fundamentals (Level 1) 1:00 Duplicate Bridge 1:00 Poker 1:45 Tea & Games</p>	<p>29</p> <p>9:00 Aerobics ✓ 10:00 AARP Driver Safety 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 12:30 Computer Lab Assistance 1:00 Low Intermediate Line Dancing (Level 3) 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo</p>



HAIRCUTS

Haircuts for Men & Women
Wednesday, 6/5/18
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.