


October 2018 Activity Calendar

SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Advance 10:30 Bingo 10:30 Scottish Dance 11:00 Blood Pressure Check 1:00 Mah jongg 12:30 Duplicate Bridge 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity</p>	<p>2</p> <p>9:00 Aerobics ✓ 9:30 Services for Seniors 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 ESL Beginners 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 5:00 Teen Tech Tues.</p>	<p>3</p> <p>9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics ✓ 10:30 Guest Speaker: ✓ "The Spotted Lanternfly" 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 12:30 Forever Fit 1:00 Party Bridge 1:00 Ping Pong 1:00 Current Events Discussion Group ✓ 1:30 Bunco</p>	<p>4</p> <p>✓ 9:00 Curio Sale 9:00 Aerobics 10:00 Rejuvenating Exer. Intro to Line Dancing (Level 1) 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check 12:30 Line Dance Fundamentals (Level 1) 1:00 Duplicate Bridge 1:00 Poker 1:00 Games & Tea ✓ 2:00 Oktoberfest</p>	<p>5</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 1:00 Low Intermediate Line Dancing (Level 3) 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo</p>
<p>8</p> <p style="font-size: 2em;">The Senior Center is CLOSED</p>	<p>9</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 ESL Beginners 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 3:00 Pickle Ball 5:00 Teen Tech Tues. 5:00 Potluck Bingo</p>	<p>10</p> <p>9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics ✓ 10:30 Indian Cultural Group ✓ 10:30 Dia De La Raza 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 12:30 Forever Fit 1:00 Party Bridge 1:00 Ping Pong 1:00 Current Events Discussion Group 1:30 Canasta</p>	<p>11</p> <p>9:00 Aerobics 9:15 High Interm. Spanish I 10:00 Rejuvenating Exer. Intro to Line Dancing (Level 1) 10:30 Bingo 10:45 Beg. Spanish I 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 1:00 Games & Tea</p>	<p>12</p> <p>✓ 9:00 In-house ARTS & CRAFTS FAIR 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 Low Intermediate Line Dancing (Level 3) 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo</p>
<p>15</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Advance 10:30 Bingo 10:30 Scottish Dance 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity</p>	<p>16</p> <p>9:00 Aerobics ✓ 9:30 Services for Seniors 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Happy Yoga 10:30 Ceramics Class 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 11:00 Blood Pressure Check 1:00 Mah jongg ✓ 1:30 Book Club 3:00 Pickle Ball 5:00 Teen Tech Tues.</p>	<p>17</p> <p>9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics ✓ 10:00 Help for Hearing Loss ✓ 10:00 Mimi's Haircuts 10:30 Beginner Line Dancing (Level 2) 10:30 Ceramics Class 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 Learn Mandarin 12:30 Trip to Store 12:30 Forever Fit 1:00 Party Bridge 1:00 Ping Pong 1:00 Current Events Discussion Group ✓ 1:30 Movie Day: ✓ "The Greatest Showman" 1:30 Canasta</p>	<p>18</p> <p>9:00 Aerobics 9:15 High Interm. Spanish I 10:00 Rejuvenating Exer. Intro to Line Dancing (Level 1) 10:30 Bingo 10:45 Beg. Spanish I 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 1:00 Games & Tea</p>	<p>19</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta ✓ 10:30 Diwali 10:30 Happy Yoga 11:00 Blood Pressure Check 11:00 Tai Chi w/Mabel & Marlene 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>22</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Advance 10:30 Bingo 10:30 Scottish Dance 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity</p>	<p>23</p> <p>9:00 INOVA Blood Pressure Check</p> <p>9:00 Aerobics 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Happy Yoga 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 1:00 Mah jongg 3:00 Pickle Ball 5:00 Teen Tech Tues.</p>	<p>24</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 Blood Pressure Check 11:00 Learn Mandarin 12:30 Trip to Store 12:30 Forever Fit 1:00 Party Bridge 1:00 Ping Pong 1:00 Current Events Discussion Group 1:30 Canasta</p>	<p>25</p> <p>9:00 Aerobics 9:15 High Interm. Spanish I 10:00 Rejuvenating Ex. Intro to Line Dancing (Level 1) 10:30 Bingo 10:45 Beg. Spanish I 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 1:00 Games & Tea</p>	<p>26</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 Low Intermediate Line Dancing (Level 3) 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo</p>
<p>29</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 ESL Advance 10:30 Bingo 10:30 Scottish Dance 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity</p>	<p>30</p> <p>9:00 Aerobics 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:30 Happy Yoga 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 1:00 Mah jongg 3:00 Pickle Ball 5:00 Classic Movie Night: "The Day the Earth Stood Still" 5:00 Teen Tech Tues.</p>	<p>31</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 Blood Pressure Check 11:00 Learn Mandarin 12:30 Trip to Store 12:30 Forever Fit 1:00 Party Bridge 1:00 Ping Pong 1:00 Current Events Discussion Group 1:30 Canasta</p>	 <p style="font-size: 2em; color: green; font-weight: bold;">➔</p> <p style="font-size: 1.5em; font-weight: bold; text-decoration: underline;">ARTS & CRAFTS FAIR</p> <p>-Friday, Oct. 12 (9 a.m.-2 p.m.) (In-house: Knit & Crochet, Ceramics, Curio)</p> <p>-Saturday, Oct. 13 (9 a.m.-3 p.m.) (Local artisans/crafters, live music, food, 50/50 raffle)</p> <p style="font-weight: bold; text-decoration: underline;">CARFIT RESCHEDULED</p> <p style="font-weight: bold;">Wednesday, 10/10/2018 (1:00 p.m. - 2:00 p.m.)</p>	



Mimi's Haircuts
Haircuts for Women
Wednesday, 10/17
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.