



Our mission is to provide outstanding recreational and leisure opportunities, outcome-focused community services, and stewardship of our natural resources to promote quality of life for Loudoun's residents and visitors.

#### ADA COMPLIANCE

The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). **If you need a reasonable accommodation** in order to participate in PRCS activities, please contact **the location/program manager** (or PRCS administrative office at 703-777-0343/TTY-711).

Three business days advance notice is requested.

## Loudoun County Senior Center at Cascades Guidelines



21060 Whitfield Place  
Sterling, VA 20165  
571-258-3280

[www.loudoun.gov/seniors-cascades](http://www.loudoun.gov/seniors-cascades)

## WELCOME TO THE LOUDOUN COUNTY SENIOR CENTER AT CASCADES

The Senior Center at Cascades provides a place for adults 55 and older to participate in physical activity, social engagement, artistic development and intellectual challenges - all key factors in healthy aging.

Welcome to the Loudoun County Senior Center at Cascades! This booklet contains guidelines, created by the Advisory Board of the Senior Center and the Senior Center Staff. This booklet is consistent with the policies of the Area Agency on Aging (AAA), a division of the Parks, Recreation and Community Services (PRCS) Department. We ask you to become familiar with these guidelines and comply with them to help ensure that center programs run smoothly and are a source of fun and enjoyment for everyone.

### AREA AGENCY ON AGING MISSION STATEMENT

The Area Agency on Aging plans, coordinates, and promotes programs that enhance the well being and independence of older Loudoun residents.

## GUIDELINES FOR INCLEMENT WEATHER

- **When Loudoun County Government is closed, the center is closed.**
- **When Loudoun County Government issues “Unscheduled Leave,” the center is open, and:**
  - **Lunch is served**
  - **No transportation**
  - **No Home Delivered Meals**

## HOURS OF OPERATION

Monday, Wednesday, Thursday and Friday	9AM- 5PM
Tuesdays	9AM- 8PM
Saturdays & Sundays	<b>CLOSED</b>

The Senior Center is closed on County Holidays

The Senior Center is available for rentals after regular center hours and on weekends.

## **LOUDOUN COUNTY SENIOR CENTER TRIP & CLASS GUIDELINES**

1. Participants may register for a trip beginning on the registration date published in the PRCS brochure.
2. A waitlist may be established for trips or classes that are full.
3. Trip charges will be higher for non-members (applies to county residents or non- residents).
4. Resident and non-resident status will be recorded in RecTrac, the county's automated payment system.
5. Class cancellations must be made in writing at least 15 days prior to class start date. A refund, minus 15% admin fee will be offered.
6. There are no refunds for trips cancelled by the participant.
7. For any trip cancelled by a participant, there *may* be a refund minus an administrative fee (20% for long-distance, 30% for local trips), if your seat is resold. If participant's seat is not resold, then the full amount of the trip will be forfeited.
8. Senior Center Guidelines and Rules of Conduct apply on trips.
9. Staff trip leaders will have an accurate trip roster. Emergency phone numbers are left with the Area Agency on Aging office.

## **HISTORY OF THE SENIOR CENTER AT CASCADES**

In 1987, Kettler and Scott, the original developers of the Cascades Development, proffered a 2.9 acre site for the construction of a senior center. No action was taken until 1992 when Martha Bernhart organized a small group of citizens to get a senior center built. A core group of about 30 people formed the Friends of the Senior Center at Cascades, Inc. (FSCC) and began the process of educating members of the County Board of Supervisors on the need for a dedicated multipurpose senior center. FSCC argued that a senior center would benefit the entire Loudoun community by encouraging healthy aging of the county's older population. They also provided statistics to show that seniors provide substantial tax revenue while costing the county less in public services than most other population groups.

To demonstrate that they were serious, the FSCC held various fund raisers and operated a thrift shop staffed and managed entirely by volunteers. They convinced the Board of Supervisors to put a bond issue on the November 1995 ballot to let the citizens decide. The voters of Loudoun County approved the measure by a wide margin. When construction costs exceeded the budget for facility construction, FSCC donated \$110,000 and the Department of PRCS identified an additional \$100,000 in proffered funds to support the project.

The grand opening of the 15,900 square foot senior center was held on April 16, 1999. The Senior Center at Cascades was recognized as one of the two "Best New Facilities" in the year of 2000 by the National Association of Parks & Recreation.

## GENERAL INFORMATION

The Senior Center offers daily lunch meals and a wide range of recreational, educational and cultural opportunities for seniors. Programs offer assistance with care planning, health insurance options, tax and medical information.

Activities of general interest, discussion groups, classes, clubs, games, cultural programs and special events are available. Many activities are free, but fees apply to designated trips, classes and special events.

Visit the center's website [www.loudoun.gov/seniors-cascades](http://www.loudoun.gov/seniors-cascades) or the Advisory Board website [www.mycascadescenter.org](http://www.mycascadescenter.org). Also, see the PRCS brochure [www.loudoun.gov/prcs](http://www.loudoun.gov/prcs) or drop by the Senior Center for specific program information.

The Senior Center is not responsible for the loss of personal items on the center grounds.

Volunteers at the Senior Center are always welcome.

## SPECIAL NOTE ON MEMBERSHIP

Seniors have the option to join the senior center in Dulles South, Cascades, Leesburg or Purcellville with all the same benefits. Membership in one center includes use of any of the other senior centers in Loudoun County. You will receive the monthly newsletter for the center where you become a member.

## RULES OF CONDUCT

**Improper conduct that causes disruption or hinders members and/or staff from day-to-day operation and activities is prohibited. The staff reserves the right to ask individuals to leave the building or contact proper authorities when in violation of the Senior Rules of Conduct. Violation of the Rules of Conduct may result in loss of Senior Center privileges.**

1. Damage, destruction or theft of property.
2. Excessive noise level, boisterous behavior, or offensive/inappropriate language.
3. Use of tobacco or alcohol inside the facility.
4. Inappropriate use of Senior Center computers.
5. Unwanted physical contact with another member or staff.

## EXAMPLES OF ACTIVITIES

The Senior Center offers refreshments, lunch, newspapers, magazines, ceramics, computer use, exercise and fitness activities, billiards, bingo, dancing, bridge, movies, games, puzzles, special events and trips.

Lunch is provided on weekdays. Reservations for lunch and/or transportation must be made **by noon one business day in advance.**

**Transportation** to and from the Senior Center may be available in Sterling and Ashburn. Priority is given to members.

**Classes are fee based** and include ceramics, computer skills, yoga, Spanish, English as Second Language and AARP's Safe Driver program.

**General interest activities are free unless otherwise noted and do not require registration. Annual membership and daily drop-in fees apply.** Examples include games such as bingo, canasta, bridge, and mah-jongg, and cultural and social activities such as current events, book discussion groups, coffee chat, knitting and crocheting, and music appreciation. There are also free health screenings for blood pressure and hearing loss, as well as support groups.

Read the Senior Center newsletter "Senior Center Review" for events and fees, and check the County's Area Agency on Aging's website at <http://www.loudoun.gov/prcs/aaa/index.htm> for further information.

## MEAL SERVICES

The Senior Center provides two types of meal programs: Congregate meals and Home Delivered Meals (HDM's). Congregate meals are served at the Senior Center between 12:00-12:30pm on most days (*changes may be made to accommodate special programming or activities*). Home Delivered Meals are prepared and delivered to eligible seniors at home. The purpose is to provide meals to older adults who may not prepare or eat adequate and nutritious meals on their own. *See inclement weather information on the back of this booklet for changes to schedule.*

### SENIOR CAFÉ MEAL PROGRAM

The Senior Café lunch is \$4.00 for people aged 55-59. For people 60 years and over, a donation is requested. Information regarding the suggested donation amount is posted outside the café. All contributions help sustain the meal program. You may contact the Senior Center for more information. If you would like to add your name to the lunch list, leave a message for the café supervisor by noon the day before you plan to have lunch.

### HOME DELIVERED MEALS

Volunteers deliver lunch Monday through Friday to seniors who limited mobility and who have no other assistance available. Call 703-771-5012 for more information.

## **GUIDELINES FOR PARTICIPATION**

It is our intention to provide members of the Senior Center with excellent service in a pleasant atmosphere. The following are guidelines a senior must meet before qualifying as a member. A member must be:

1. 55 years of age or older.
2. Able to fully and completely negotiate the Senior Center facility independently, safely and appropriately without assistance.
3. Able to get on and off a county vehicle independently.
4. Able to negotiate steps, paths to buildings, and program areas.
5. Willing to remain seated on vehicle with seat belt fastened until bus comes to a complete stop.
6. Able to understand and carry out verbal or non-verbal instructions.
7. Able to recognize and respond appropriately to emergency warnings.
8. Able to function effectively in a social setting using appropriate and respectful manners and language.
9. Able to eat independently.
10. Able to use the restroom unassisted.
11. Able to not pose a risk to self or others.
12. Cognizant of surroundings at all times.
13. Able to maintain appropriate physical hygiene.
14. Tolerant of diverse cultures.

A participant who needs assistance with activities of daily living **may** be able to join in the Senior Center activities, with proper supervision of a companion or family member, pending management approval. Adult Day Centers are available in Purcellville, Leesburg and Ashburn – [www.loudoun.gov/aaa](http://www.loudoun.gov/aaa).

## **MEMBERSHIP DUES**

Senior Center memberships are available annually from July 1 through June 30. All participants complete a new membership form each year. Membership fees are subject to change on July 1<sup>st</sup> each year. Memberships are processed beginning on July 1. A current membership card must be presented to enter the Senior Center on each visit. Non-members must pay a daily drop-in fee for Senior Center use. Additional fees are required for some activities or classes.

## **BENEFITS OF MEMBERSHIP**

1. Monthly newsletter.
2. Use of any Loudoun County PRCS/AAA senior center.
3. Non-county residents can register for trips and classes the same day as county residents.
4. Safe and comfortable place to gather and enjoy programs and activities.

## **PAYMENT INFORMATION**

Checks for membership, trips, and classes should be made payable to “**County of Loudoun.**”