



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

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 for participation in the center. These guidelines were created by the Advisory Board and the staff. This booklet is consistent with the policies of the Area Agency on Aging (AAA), a division of the Department of Parks, Recreation and Community Services (PRCS). Please review these guidelines and comply with them to help ensure that the center runs smoothly and is a source of 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

- If Loudoun County Government closes due to inclement weather, the center is closed.
- **For information on changes to transportation, Home Delivered Meals (HDM's) or programs and activities due to inclement weather, call the center at 571-258-3280.**

HOURS OF OPERATION

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

The Senior Center is closed on County Holidays

The Senior Center is available for rentals after regular center hours and on weekends. For more information, visit www.loudoun.gov/seniors-cascades.

SENIOR TRIPS GUIDELINES

1. All trips are for individuals 55+
2. Participants may register for trips beginning on the registration date published in the PRCS brochure
3. Registration is required and can be done through any PRCS facility with access to RecTrac or online through WebTrac (*day trips only*)
4. A waitlist may be established for trips or classes that are full and interested participants are encouraged to add their name to help staff plan for future trips
5. Trip charges will be higher for non-members (*applies to county residents or non-residents*)
6. There are no refunds, although a refund minus an administrative fee (*30% for day trips, 20% for overnight trips*) may be issued if your seat is resold
7. Senior Center Guidelines and Rules of Conduct apply on trips
8. Staff trip leaders will have an accurate trip roster. Emergency phone numbers are left with the Area Agency on Aging office.
9. Trips depart at the designated time

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 weekday lunch and a wide range of recreational, educational and cultural opportunities for seniors.

Activities, 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 or the Advisory Board website www.mycascadescenter.org for detailed information. Also, visit 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.

VOLUNTEER OPPORTUNITIES

The center relies on dedicated volunteers to help implement programs, activities, classes, lunch program, special events and staff the front desk.

To become a volunteer, pick up a volunteer packet at the office and complete and submit necessary paperwork via mail. Or, apply online at www.loudoun.gov/adultvolunteers.

ACTIVITIES

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

Transportation to and from the Senior Center is provided in Sterling and Ashburn. Check with drivers for availability and allow 48 hours to be added to a route.

Classes are fee based and include topics such as ceramics, computer skills, Zumba, Spanish 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, party bridge, mah-jongg and cultural and social activities such as current events, book discussion groups and knit and crochet. Check the schedule for more activities including health screenings, wellness workshops and support groups.

Check out the "Senior Center Review" newsletter for a calendar of events, information about services for people 55+ and articles about upcoming programming.

MEMBERSHIP

Senior Center memberships are available on an annual basis. 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 all Loudoun County PRCS/AAA senior centers
3. Use of exercise equipment and participation in many free programs and activities
4. Safe and comfortable place to enjoy social engagement, artistic expression, physical activities and cultural programming to enhance well-being as we age

PAYMENT INFORMATION

Checks should be made payable to “**County of Loudoun**”

SPECIAL NOTE ON MEMBERSHIP

One senior center membership gives you access to all four centers: Cascades, Dulles South, Leesburg or Purcellville. You will receive the monthly newsletter for the center where you become a member.

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.

CAFÉ LUNCH 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. 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 with limited mobility who qualify for the HDM program. Call 703-771-5012 for more information.

GUIDELINES FOR PARTICIPATION

All members must meet the following guidelines to qualify for membership:

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 willing to 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. Not pose a risk to self or others
12. Cognizant of surroundings at all times
13. Maintain appropriate physical hygiene
14. Tolerant of diverse cultures

CAREGIVERS/COMPANIONS

Participants who require assistance with activities of daily living (ADL's) or are unable to navigate the center independently, may be able to attend the center with proper supervision of a caregiver/companion or family member, pending manager approval.

- Caregivers are required to be with the participant at all times in the center or on property
- Only caregivers 55+ who are center members or pay a daily drop-in fee are eligible to participate in lunch, activities, events, programs or transportation
- Neglect or insufficient/inappropriate care or behavior by a caregiver/companion will result in notification of participant family and/or Adult Protective Services

Adult Day Centers are available in Ashburn, Leesburg and Purcellville. For information visit www.loudoun.gov/aaa.

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 require individuals to leave the building or contact proper authorities if they refuse to comply. 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, offensive or inappropriate language
3. Use of tobacco or alcohol in the facility or on property
4. Inappropriate use of Senior Center computers
5. Unwanted physical contact with another member or staff