



January 2019 Activity Calendar

SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The Senior Center is Closed</p> 	<p>1</p>	<p>2</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 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta ✓ 1:30 Bunco</p>	<p>3</p> <p>9:00 Aerobics 10:00 Rejuvenating Exer. 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check 12:45 Duplicate Bridge 1:00 Poker 1:00 Games & Tea</p>	<p>4</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Yoga DVD 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>7</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>8</p> <p>✓ 9:00 INOVA Blood Pressure Check 9:00 Aerobics ✓ 9:30 Services for Seniors 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting 10:30 Yoga DVD 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. ✓ 5:00 Potluck Bingo ✓ 6:00 Us Too (Support Group)</p>	<p>9</p> <p>9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics ✓ 10:30 Indian Cultural Group 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 Current Events Discussion Group 1:30 Canasta</p>	<p>10</p> <p>9:00 Aerobics 10:00 Rejuvenating Exer. 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 12:45 Duplicate Bridge 1:00 Poker 1:00 Games & Tea</p>	<p>11</p> <p>9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Yoga DVD 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>14</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>15</p> <p>9:00 Aerobics 9:30 Conversational Spanish (Advanced) 10:00 Rejuvenating Exercise 10:00 Open Painting ✓ 10:30 Ceramics Class 10:30 Yoga DVD 10:30 ESL Beginners 10:30 CAFÉ Bingo 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 1:00 Mah jongg ✓ 1:30 Book Club 3:00 Pickle Ball</p>	<p>16</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 Ceramics Class 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 Learn Mandarin 12:30 Trip to Store ✓ 1:30 Movie Day: "Mamma Mia Here We Go Again" 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta</p>	<p>17</p> <p>9:00 Aerobics 10:00 Rejuvenating Exer. 10:30 Bingo 11:00 Pinochle 11:00 Blood Pressure Check 11:00 Zumba Gold 12:45 Duplicate Bridge 1:00 Poker 1:00 Games & Tea</p>	<p>18</p> <p>✓ 9:00 Open House 9:00 Aerobics 10:00 Aerobics 10:00 Knit & Crocheting 10:15 Canasta 10:30 Yoga DVD 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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SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</p> <p style="text-align: center; font-size: 1.2em;">The Senior Center is Closed</p> 	<p>22</p> <p>✓ 9:00 INOVA Blood Pressure Check</p> <p>9:00 Aerobics</p> <p>✓ 9:30 Services for Seniors</p> <p>9:30 Conversational Spanish (Advanced)</p> <p>10:00 Rejuvenating Exercise</p> <p>10:00 Open Painting</p> <p>10:30 Yoga DVD</p> <p>10:30 ESL Beginners</p> <p>10:30 CAFÉ Bingo</p> <p>10:45 Conversational Spanish (Intermediate)</p> <p>11:00 Beginner's Tai-Chi</p> <p>1:00 Mah jongg</p> <p>3:00 Pickle Ball</p>	<p>23</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 (Level 2)</p> <p>11:00 Ballroom Dancing</p> <p>11:00 Blood Pressure Check</p> <p>11:00 Learn Mandarin</p> <p>12:30 Trip to Store</p> <p>1:00 Party Bridge</p> <p>1:00 Current Events Discussion Group</p> <p>1:30 Canasta</p>	<p>24</p> <p>9:00 Aerobics</p> <p>10:00 Rejuvenating Exer.</p> <p>10:30 Bingo</p> <p>11:00 Pinochle</p> <p>11:00 Blood Pressure Check</p> <p>11:00 Zumba Gold</p> <p>12:45 Duplicate Bridge</p> <p>1:00 Poker</p> <p>1:00 Games & Tea</p>	<p>25</p> <p>9:00 Aerobics</p> <p>10:00 Aerobics</p> <p>10:00 Knit & Crocheting</p> <p>10:15 Canasta</p> <p>10:30 Yoga DVD</p> <p>11:00 Blood Pressure Check</p> <p>11:00 Tai Chi w/Mabel & Marlene</p> <p>✓ 12:00 Birthdays Luncheon</p> <p>1:00 Low Intermediate Line Dancing (Level 3)</p> <p>1:15 Improver/Low Intermediate Line Dancing (Level 3)</p> <p>1:30 Bingo</p>
<p>28</p> <p>9:00 Aerobics</p> <p>10:00 Aerobics</p> <p>10:00 Italian Activity</p> <p>10:30 ESL Advance</p> <p>10:30 Bingo</p> <p>10:30 Scottish Dance</p> <p>11:00 Blood Pressure Check</p> <p>12:30 Duplicate Bridge</p> <p>1:00 Mah jongg</p> <p>1:15 Beginner Line Dancing (Level 2)</p> <p>1:30 Crochet Activity</p>	<p>29</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 Yoga DVD</p> <p>10:30 ESL Beginners</p> <p>10:30 CAFÉ Bingo</p> <p>10:45 Conversational Spanish (Intermediate)</p> <p>11:00 Beginner's Tai-Chi</p> <p>1:00 Mah jongg</p> <p>3:00 Pickle Ball</p> <p>✓ 6:00 Classic Movie Night: "Hud"</p>	<p>30</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 (Level 2)</p> <p>11:00 Ballroom Dancing</p> <p>11:00 Blood Pressure Check</p> <p>11:00 Learn Mandarin</p> <p>12:30 Trip to Store</p> <p>1:00 Party Bridge</p> <p>1:00 Current Events Discussion Group</p> <p>1:30 Canasta</p>	<p>31</p> <p>9:00 Aerobics</p> <p>10:00 Rejuvenating Exer.</p> <p>10:30 Bingo</p> <p>11:00 Pinochle</p> <p>11:00 Blood Pressure Check</p> <p>11:00 Zumba Gold</p> <p>12:45 Duplicate Bridge</p> <p>1:00 Poker</p> <p>1:00 Games & Tea</p> <p>✓ 2:00 "Soup'r Bowl I Party"</p>	

***Activities at the Senior Center are subject to change.**

***Please call ahead to confirm an activity or event that you would like to attend.**



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.