


March 2019 Activity Calendar

SENIOR CENTER AT CASCADES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p><u>LIBRARY INFORMATION</u></p> <p style="text-align: center;">Meet your local librarians at the Senior Center at Cascades on Wednesday, March 20, 2019 at 10:30 a.m. Get a sneak peek at new books coming to your local library.</p> | | |  | |
| <p>4</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>5</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 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 ✓ 3:00 Teen Tech Tues. ✓ 3:00 Movie Marathon: "Queen of Katwe"</p> | <p>6</p> <p>✓ 9:00 Curio Sale 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>7</p> <p>9:00 Aerobics 9:00 Step Prep Dropin 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 12:45 Duplicate Bridge 1:00 Poker 1:00 Games & Tea</p> | <p>8</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 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo</p> |
| <p>11</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>✓ 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 Yoga DVD 10:30 ESL Beginners 10:30 CAFÉ Bingo ✓ 10:30 Ceramics Class 10:45 Conversational Spanish (Intermediate) 11:00 Beginner's Tai-Chi 1:00 Mah jongg 3:00 Pickle Ball ✓ 5:00 Potluck Bingo ✓ 5:00 Movie Marathon: "A League of their own"</p> | <p>13</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) ✓ 10:30 Ceramics Class 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>14</p> <p>9:00 Aerobics 9:00 Step Prep Dropin 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 12:45 Duplicate Bridge 1:00 Poker 1:00 Games & Tea</p> | <p>15</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 ✓ 11:30 St. Patrick's Day Luncheon 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo</p> |

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|---|---|---|--|--|
| 18 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 | 19 9:00 Aerobics 9:30 Conversational Spanish (Advanced) ✓ 9:30 Services for Seniors 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 ✓ 1:30 Book Club 3:00 Pickle Ball ✓ 5:00 Movie Marathon: "Little Women" | 20 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) ✓ 10:30 Library Info. 11:00 Ballroom Dancing 11:00 Blood Pressure Check 11:00 Learn Mandarin 12:30 Trip to Store ✓ 1:30 Movie Day: "On the Basis of Sex" 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta | 21 9:00 Aerobics 9:00 Step Prep Dropin 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 12:45 Duplicate Bridge 1:00 Poker 1:00 Games & Tea | 22 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 ✓ 12:00 Birthday Luncheon 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo |
| 25 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 | ✓ 26 ✓ 9:00 INOVA Blood Pressure Check 9:00 Aerobics 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 Movie Marathon: "Norma Rae" | 27 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 | 28 9:00 Aerobics 9:00 Step Prep Dropin 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 12:45 Duplicate Bridge 1:00 Poker 1:00 Games & Tea | |

***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.