



# September 2019 Activity Calendar

## SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <div style="text-align: center; font-size: 1.5em; font-weight: bold;">The Senior Center is CLOSED</div>	<b>3</b> 9:00 Aerobics 9:30 Conversational Spanish (Advanced) ✓ 9:30 <b>Services for Seniors</b> 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 12:45 Ukelele Class 1:00 Mah jongg 3:00 Pickle Ball 5:00 Teen Tech Tues. ✓ 6:00 <b>Aging Rainbows Coffee &amp; Conversation</b>	<b>4</b> ✓ 9:00 <b>Curio Sale</b> 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 Learn Mandarin 11:30 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta ✓ 1:30 <b>Bunco</b>	<b>5</b> 9:00 Aerobics 9:00 Line Dance Step Prep 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 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	<b>6</b> 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 ✓ 11:15 <b>Lunch Bunch</b> ✓ 12:30 <b>A Holistic Approach</b> 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo
<b>9</b> 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Scottish Country Dance 10:30 ESL Advance 10:30 Bingo 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity	<b>10</b> ✓ 9:00 <b>INOVA Blood Pressure Check</b> 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 11:30 Blood Pressure Check 1:00 Mah jongg 3:00 Pickle Ball 5:00 Teen Tech Tues. ✓ 5:00 <b>Potluck Bingo</b> ✓ 6:00 <b>Us Too (Support Group)</b>	<b>11</b> 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) ✓ 10:30 <b>Indian Cultural Group</b> 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check ✓ 12:00 <b>Birthday Luncheon</b> 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta ✓ 1:30 <b>Line Dance Shindig</b>	<b>12</b> 9:00 Aerobics 9:00 Line Dance Step Prep 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 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea ✓ 1:30 <b>20th Anniversary Party</b>	<b>13</b> 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 ✓ 12:30 <b>Eat Smart, Move More</b> 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo
<b>16</b> 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:30 Scottish Country Dance 10:30 ESL Advance 10:30 Bingo 11:00 Blood Pressure Check 12:30 Duplicate Bridge 1:00 Mah jongg 1:15 Beginner Line Dancing (Level 2) 1:30 Crochet Activity	<b>17</b> 9:00 Aerobics 9:30 Conversational Spanish (Advanced) ✓ 9:30 <b>Services for Seniors</b> 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 ✓ 1:30 <b>Book Club</b> 3:00 Pickle Ball 5:00 Teen Tech Tues. ✓ 5:00 <b>Classic Movie Night: "Fried Green Tomatoes"</b>	<b>18</b> 9:00 Aerobics 9:15 Pickle Ball 10:00 O'Heck 10:00 Aerobics 10:30 Beginner Line Dancing (Level 2) ✓ 10:30 <b>Library Info. Session</b> 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta ✓ 1:30 <b>Movie Day: "A Star is Born"</b>	<b>19</b> 9:00 Aerobics 9:00 Line Dance Step Prep 10:00 Rejuvenating Exer. 10:00 Intro. to Line Dancing (Level 1) 10:30 Bingo 11:00 Blood Pressure Check 11:00 Zumba Gold 11:00 Pinochle 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	<b>20</b> 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 1:15 Improver/Low Intermediate Line Dancing (Level 3) 1:30 Bingo

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>23</b></p> <p>9:00 Aerobics            10:00 Aerobics            10:00 Italian Activity            10:30 Scottish County Dance            10:30 ESL Advance            10:30 Bingo            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><b>24</b></p> <p>✓ 9:00 <b>INOVA Blood Pressure Check</b>            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.            ✓ 5:00 <b>Classic Movie Night: "Fried Green Tomatoes"</b></p>	<p><b>25</b></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 Learn Mandarin            11:30 Blood Pressure Check            12:30 Trip to Store            1:00 Party Bridge            1:00 Current Events Discussion Group            1:30 Canasta</p>	<p><b>26</b></p> <p>9:00 Aerobics            9:00 Line Dance Step Prep            10:00 Rejuvenating Exer.            10:00 Intro. to Line Dancing (Level 1)            10:30 Bingo            11:00 Blood Pressure Check            11:00 Zumba Gold            11:00 Pinochle            12:30 Duplicate Bridge            1:00 Poker            1:00 Games &amp; Tea</p>	<p><b>27</b></p> <p>9:00 Aerobics            10:00 Aerobics            10:00 Knit &amp; Crocheting            10:15 Canasta            10:30 Happy Yoga            11:00 Blood Pressure Check            11:00 Tai Chi w/Mabel &amp; Marlene            1:15 Improver/Low Intermediate Line Dancing (Level 3)            1:30 Bingo</p>
<p><b>30</b></p> <p>9:00 Aerobics            10:00 Aerobics            10:00 Italian Activity            10:30 Scottish County Dance            10:30 ESL Advance            10:30 Bingo            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 style="text-align: center;"><b>LIBRARY INFO. SESSION</b></p> <p>It will be a very musical Library Info Session, <b>Wednesday September 18<sup>th</sup> at 10:30am</b> featuring: "Gordon, Egan &amp; Finch." These local legends will serve up a zesty musical homebrew of Appalachian, folk, and Irish folk songs, played on hammer dulcimer, accordion, guitar, bass, and vocals. Come join the fun!</p>	
		<p>The Lunch Bunch will be going to the Olive Garden in Sterling on <b>Friday September 6<sup>th</sup></b>, bus departs at <b>11:15am</b>. We will return to the Senior Center at 1:15pm. Transportation is \$1.00. You order and pay for lunch on your own at the restaurant. Must come into the office for sign up.</p>		
<p><b>*Activities at the Senior Center are subject to change.</b></p>				



*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.*