

July 2019 Activity Calendar

SENIOR CENTER AT CASCADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:00 Scottish 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)	2 9:00 Aerobics 9:30 Conversational Spanish (Advanced) ✓ 9:30 Services for Seniors 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 12:45 Ukelele Class 1:00 Mah jongg 3:00 Pickle Ball 5:00 Teen Tech Tues.	3 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 Bunco	4 <div style="text-align: center; color: red; font-size: 2em;"> The Senior Center is CLOSED </div> <div style="text-align: center; color: blue; font-size: 2em;"> Happy July 4th </div> <div style="text-align: center; color: red; font-size: 2em;"> CLOSED </div>	5 <div style="text-align: center; color: red; font-size: 2em;"> The Senior Center is CLOSED </div>
8 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:00 Scottish 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)	✓ 9 9:00 INOVA Blood Pressure Check 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 12:45 Ukelele Class 1:00 Mah jongg 3:00 Pickle Ball 5:00 Teen Tech Tues. ✓ 5:00 Potluck Bingo ✓ 6:00 Us Too (Support Group)	✓ 10 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) ✓ 10:30 Indian Cultural Group 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check ✓ 12:00 Birthday Luncheon 12:30 Trip to Store 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta	11 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 Zumba Gold 11:00 Blood Pressure Check ✓ 12:15 Member Conversations 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	12 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
15 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:00 Scottish 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)	16 9:00 Aerobics 9:30 Conversational Spanish (Advanced) ✓ 9:30 Services for Seniors 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 12:45 Ukelele Class 1:00 Mah jongg ✓ 1:30 Book Club 3:00 Pickle Ball 5:00 Teen Tech Tues.	17 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. Session 11:00 Ballroom Dancing 11:00 Learn Mandarin 11:30 Blood Pressure Check 12:30 Trip to Store ✓ 1:30 Movie Day: "Just Getting Started" 1:00 Party Bridge 1:00 Current Events Discussion Group 1:30 Canasta	18 9:00 Aerobics 9:00 Line Dance Step Prep 10:00 Rejuvenating Exer. 10:00 Intro. to Line Dancing (Level 1) 10:30 Bingo ✓ 10:30 Share Your Wishes Workshop 11:00 Blood Pressure Check 11:00 Pinochle 11:00 Zumba Gold 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	19 9:00 Aerobics ✓ 9:30 Bake Sale 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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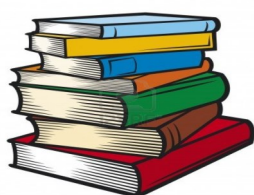
SENIOR CENTER AT CASCADES

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22 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:00 Scottish 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)	23 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 12:45 Ukelele Class 1:00 Mah jongg 3:00 Pickle Ball 5:00 Teen Tech Tues. 6:00 Classic Movie Night "The Natural"	24 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	25 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 Pinochle 11:00 Zumba Gold 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	26 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
27 9:00 Aerobics 10:00 Aerobics 10:00 Italian Activity 10:00 Scottish 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)	28 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 12:45 Ukelele Class 1:00 Mah jongg 3:00 Pickle Ball 5:00 Teen Tech Tues. 5:00 Classic Movie Night "Just Getting Started" *Activities at the Senior Center are subject to change. *Please call ahead to confirm an activity or event that you would like to attend.	29 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	30 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 Pinochle 11:00 Zumba Gold 12:30 Duplicate Bridge 1:00 Poker 1:00 Games & Tea	31 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

LIBRARY INFO. SESSION

Wednesday, July 17 at 10:30 a.m.

Learn resources available at the library specifically with craft books and projects. Staff from the library will be at the center for an arts & crafts project. Join Jordan Davis and learn how to make paper flowers and enjoy an art project with her.



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.