

APRIL, 2024

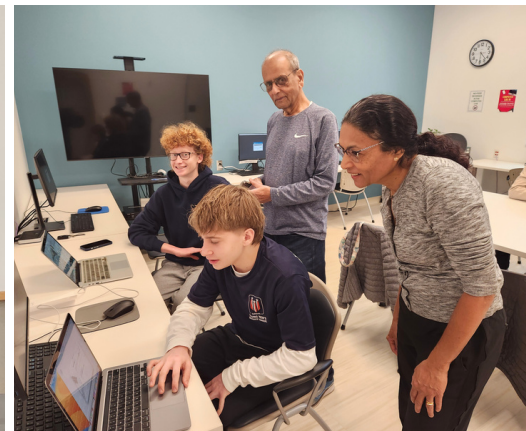
ASHBURN TIMES

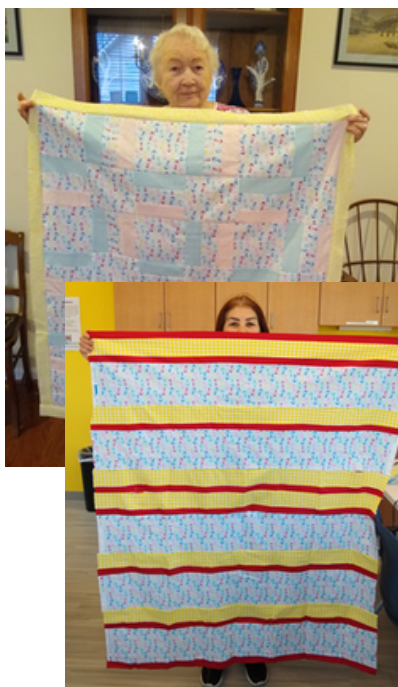
What's New?



Let April Shower You With Fun!

This month at the Ashburn Senior Center we have many fun activities including interactive Lunch & Learns on the Five Wishes and Alzheimer's Disease, a Health & Wellness Fair, a Ukulele 'Spring in Your Step' Concert, an AARP Safe Driver Course and the Encore Chorus of Ashburn 'Light Up Your Spring' Concert. Please see inside for details and plan your next visit! Also, see the calendar of recurring weekly activities.





ASC Open Sewing Studio Gives Back

On Tuesday mornings from 10-12 PM, people working on projects or wanting to hone their sewing skills gather at the Open Sewing Studio. One popular project is making charity quilt tops. This project provides practice in reading a pattern, using the sewing machine and making accurate seams. Colleen, a member of our Quilting Techniques family, provides quilt top kits supplied by a quilt group in Richmond, VA. She also takes on the responsibility to get the completed quilt tops back to Richmond. The Richmond group then completes the quilts and distributes them to children's hospitals and charities. To date, sewing members have completed about 10 tops. Some of our contributors have been Lucia, Gulbadan (G), Parvin, Claudia, Joanna and Leone. Leone is probably our most prolific contributor and at 94, she is also our oldest. So, as you can see, it is never too late to help others.

Lunch & Learn: Five Wishes

Five Wishes is an advance directive that allows you to guide important medical care decisions that might be made if you ever get seriously ill – such as whether to give you life-support treatment. You may think that your loved ones and doctors will know what you want when you are very ill, but in reality, everyone has different wishes and it's important to make them clearly known. Expressing your wishes in an advance directive like Five Wishes helps empower your family, friends, and doctor to make the best decisions when the time comes, and helps avoid disagreements about what to do. Completing the Five Wishes advance directive can help you and your loved ones gain peace of mind around these difficult decisions. The best time to fill out the Five Wishes advance directive is now, before you face a health crisis. Because life is unpredictable, it's best to be prepared. Anyone over the age of 18 can use the Five Wishes advance directive. It is also a good idea to review and possibly update your Five Wishes advance directive when you experience significant life events like marriage, divorce, having children, or being diagnosed with a major illness. The speaker is from Capital Caring Health.

Wednesday, April 3rd from 10:30-11:30 AM

Lunch & Learns: The Brain, Dementia, Alzheimer's: Prevention, Challenges & Tips

Come and enjoy these fun, interactive and educational sessions on Ageism, How the Brain Works, What is Dementia?, Alzheimer's Disease, Behavioral Challenges & Tips and more. There are seven classes in total. They are happening the second Monday of each month from 10:30-11:30 AM. The speaker is Jocelyn Jackson, Life Enrichment Manager at Waltonwood Senior Living.

Monday, April 8th from 10:30-11:30 AM





ASHBURN HEALTH & WELLNESS FAIR

Tuesday,
April 9th
1:30-4:30 PM

Ashburn Senior Center
20880 Marblehead Drive
Ashburn, VA 20147

For more information,
call 571-367-8340



Free Screenings, Live
Demos, Giveaways,
Door Prizes and Health
& Wellness Information

- *INOVA Loudoun Hospital*
- *Ortho Virginia*
- *Area Agency on Aging*
- *Restore PT & Wellness/Fyzical*
- *Waltonwood Senior Living*
- *NOVA Falls Prevention Alliance*
- *NV Rides and many more!*



LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact adaptrec@loudoun.gov, 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.

ASC Offers **AARP** Smart Driver Course

The AARP Smart Driver course can not only save you money on your auto insurance, but it can also help keep you and your loved ones safe. Participants will learn important facts about the effects of medication on driving, how to reduce driver distractions, proper use of new technology in cars today, techniques for handling right-of-way and roundabouts, and age-related physical changes and how to adjust your driving to compensate.

Tuesday, April 23rd from 9-5 PM
(30-minute lunch).

\$20/AARP members, \$25/non-members or free for holders of AARP United Healthcare Supplemental Insurance.

Please sign up at the front desk.



Chorale of Ashburn **'Light Up Your Spring' Concert**

Join the Encore Chorale of Ashburn for a spring concert to usher in the warmth of spring with songs of light and love, conducted by Dr. Mary Ann East. Light refreshments will be served.

Please purchase your tickets
at the front desk for \$3.

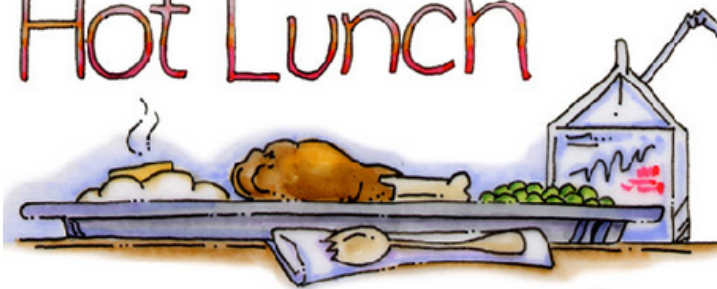
Thursday, April 25th at 3 PM

Elder Resources

Elder Resources Case Manager, Erin Nesbitt from the Area Agency on Aging is available to offer confidential support and link seniors to community services and resources. Some areas discussed (but not limited to) are needing assistance with transportation, housing, Medicaid, Medicare, completing forms, caregiver support/or a person living with a cognitive impairment, home health care, please sign up for a time to connect.

Third Monday of the month from 9-12 PM

Hot Lunch



For Home-Delivered Meals

*Must be eligible to receive
Home Delivered Meals

For more information, call **Erica Dodson**
at 703-737-8034



Ashburn Senior Center Lunch & Transportation Service

Please call or sign-up at the front desk 24 hours in advance for lunch and bus reservations. 571.367.8340

Under 60 years old must pay \$4.00 for their lunch.

Persons 60 years and older, we encourage you to make a donation in the lunchbox on the counter.

CLICK HERE

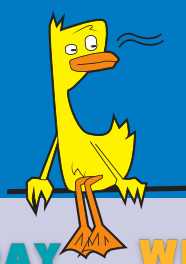


View the Senior Center Monthly Lunch Menu.

ASHBURN SENIOR CENTER

Newsletter

APRIL



Weekly Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9-11:30 AM
Ping Pong (Multi1)

10 AM
Zumba Gold
Fee based class
Registration Recommended
or \$13 Drop-in (GRPEX)

10:30-11:30 AM
Chair Yoga (Multi3)

11:15 AM
Cardio Drumming
Video based exercise (GRPEX)

11-12 PM
Beginner Ukulele Instruction
(ART116)

12-1 PM
Chinese Folk Dance (GRPEX)

12 PM LUNCH
(Multi1,2&3)

12:45-1:45 PM
BINGO!
\$.50/card (Multi1)

1 PM
Origami (ART116)

1 PM
Level 1 Flamenco Dancing
No experience necessary.
(GRPEX)

2 PM
Level 2 Flamenco Dancing
At least 1 year Flamenco
experience or approval by
instructor needed. (GRPEX)

1-2 PM
Intermediate Ukulele Instruction
(ART115)

2 PM
SAIL Fitness
Fee required; instructor led
strength & balance exercise class
(Multi1&2)

3:30 PM
Slow Flow Gentle Yoga
(GRPEX)

NO CLASS 4/1, 4/8 & 4/15

Hot Tea & Coffee
served
Monday-Friday

10 AM
SAIL Fitness
Fee required; instructor led
strength & balance exercise
class (Multi1&2)

10-10:45 AM
Tai Chi Video (GRPEX)

10-12 PM
Sewing Open Studio
(ART115)

11 AM
Chair Yoga (GRPEX)

11 AM
Book Club (ART116)
Current group FULL
See Book Club #2

12 PM LUNCH
(Multi1,2&3)

1-3 PM
Badminton
(Multi3)

1-1:45 PM
Diamond Painting
(ART115)

1 PM
SAIL Fitness
Fee required; instructor led
strength & balance exercise
class (GRPEX)

1:30-3 PM
Intermediate Painting
(ART116)

1:30-4:30 PM
Mahjong (Multi2)

1:30-4:30 PM
Party Bridge (Multi1)

2PM
Bible Study with
Pastor Kevin
(CONF)

2 PM
Cardio Drumming
Video based exercise
(GRPEX)

9-11:30 AM
Ping Pong (Multi1)

9:30 AM
SAIL Fitness
Fee required; instructor led
strength & balance exercise
class (GRPEX)

10-11:30 AM
Canasta & Mexican Train
(CLUB)

10-12 PM
Quilting Techniques
(ART115)

10:30-11:30 AM
Chair Yoga (Multi3)

11 AM
Tai Chi (GRPEX)

11:30-1 PM
Tech Time
See Special Activities
Calendar for Topics (COMP)

12 PM LUNCH
(Multi1,2&3)

1-2 PM
Advanced Beginner
Line Dance (GRPEX)

2:30 PM
SAIL Fitness
Fee required; instructor led
strength & balance exercise
class (GRPEX)

3-5 PM
Pickleball Drills & Practice
Sign up at front desk
(Multi1&2)



10 AM
Shopping Spree
Sign up at front desk
\$1 Bus Fare (LOB)

10 AM
Beginner Line Dance
(Multi1&2)

10 AM
Chinese Bible Study
(GRPEX)

10:30 AM
SAIL Fitness
Fee required; instructor led
strength & balance exercise
class (Multi3)

10:30 AM
Book Club #2 (ART115)

11 AM
Conversational
Spanish (ART116)

11-1 PM
Chinese Folk Dance &
Singing (GRPEX)

12 PM LUNCH
(Multi1,2&3)

1 PM
FIT MIX
Fee based class
Registration Recommended
or \$13 Drop-in (GRPEX)

1-3 PM
Beginner Pickleball
Instruction (Multi3)

1 PM
Mindful Meditation
(CONF)

1:30-4:30 PM
Party Bridge (ART116)

2-3:30 PM
ENCORE Chorale
(Multi1&2)

2:30 PM
SAIL Fitness
Fee required; instructor led
strength & balance exercise
class (GRPEX)

10-11:30 AM
Current Events
Discussion (CONF)

10 AM
Advanced Beginner
Line Dance (GRPEX)

10-11:30 AM
Canasta & Mexican Train
(CLUB)

10:30 AM
Intermediate SAIL
Fitness
Fee required; instructor
led strength & balance
exercise class (Multi1&2)

11 AM
Beginner Painting Basics
(ART116)

11:15-12:30 PM
Mindfully Managing
Stress, Anxiety, Insomnia
& Chronic Pain (GRPEX)
NO CLASS 4/12 & 4/19

12 PM LUNCH
(Multi1,2&3)

1-2 PM
Ballroom Dance
(GRPEX)

2:30 PM
SAIL Fitness
Fee required; instructor
led strength & balance
exercise class
(GRPEX)

Daily On-going
Activities:
Knit & Crochet
Rummikub
Hanging Out
Drinking Coffee

APRIL



Special Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>9-12 PM VICAP Medicare Counseling Sign up at front desk (WELL)</p> <p>HAPPY APRIL FOOLS DAY!</p>					<p>9:45-11:15 AM Improver/Low Intermediate Line Dance (GRPEX)</p> <p>10-12 PM Grief Support Group Sign up at front desk (CONF)</p> <p>10:45 AM SAIL Fitness Fee required; instructor led strength & balance exercise class. (Multi1&2)</p>
	<p>World Autism Awareness Day</p>	<p>10:30-11:30 AM Lunch & Learn: Five Wishes (Multi2)</p> <p>11:30-1 PM Tech Time: Using Technology to Save \$\$ (COMP)</p>	<p>10 AM Shopping Spree: Walmart Sign up at front desk \$1 Bus Fare (LOB)</p>		
<p>10:30-11:30 AM Lunch & Learn: Alzheimer's Disease (Multi2)</p> <p>Total Solar Eclipse</p>	<p>1:30-4:30 PM ASC Health & Wellness Fair (Multi1,2&3)</p>	<p>11:30-1 PM Tech Time: Kim Kamando.com Newsletters & Podcast (COMP)</p> <p>National Library Week</p>	<p>10 AM Shopping Spree: Patel Brothers Sign up at front desk \$1 Bus Fare (LOB)</p> <p>World Parkinson's Day</p>		<p>9:45-11:15 AM Improver/Low Intermediate Line Dance (GRPEX)</p> <p>10:45 AM SAIL Fitness Fee required; instructor led strength & balance exercise class. (Multi1&2)</p> <p>10-12 PM YMSL Teen Tech Time Sign up at front desk (COMP)</p>
<p>9-12 PM Sign-Up with Erin Nesbitt, Elder Resource Manager (WELL)</p>	<p>10-12 PM INOVA Blood Pressure Checks (WELL)</p> <p>Wear Your Pajamas to Work Day</p>	<p>12:15 PM ASC Ukulele Spring in Your Step Concert (Multi1,2&3)</p>	<p>10:30-12 PM Advisory Council Meeting (CONF)</p>	<p>10:30 AM Lunch Bunch: Moby Dick House of Kabob Sign up at front desk \$1 Bus Fare (LOB)</p>	<p>9:45-11:15 AM Improver/Low Intermediate Line Dance (GRPEX)</p> <p>10:45 AM SAIL Fitness Fee required; instructor led strength & balance exercise class. (Multi1&2)</p>
	<p>9-5 PM AARP Safe Driver Course (Multi 1)</p> <p>Earth Day Happy Passover</p>	<p>11:30-1 PM Tech Time: Finding Tech Help Online (COMP)</p> <p>National Volunteer Week</p>	<p>10 AM Shopping Spree: Dulles Landing Sign up at front desk \$1 Bus Fare (LOB)</p> <p>3 PM ENCORE Spring Concert Purchase tickets \$3 at front desk (Multi1,2&3)</p>	<p>12 PM Birthday Bash with DJ Giggles (Multi1,2&3)</p> <p>Arbor Day</p>	<p>ASC CLOSED</p>
<p>29</p>	<p>30</p>	<p>CANCELLATIONS:</p> <p><u>Pickleball Open Court</u> Tuesday, April 9th - ALL DAY Saturday, April 27th - ALL DAY</p> <p><u>Pickleball Instruction & Beginner Open Court</u> Thursday, April 25th from 1-5PM</p> <p><u>SAIL</u> Tuesday, April 9th at 10 AM Saturday, April 27th at 10:45 AM</p> <p><u>Badminton</u> Tuesday, April 9th from 1-3 PM</p>			

APRIL



Activities

NEW

ROOM KEY

- Lobby-LOB
- Conference Room-CONF
- Dance Studio- GRPEX
- Wellness Room-WELL
- Computer Lab- COMP
- Game Room- GAM
- Art Classroom 115- ART115
- Art Classroom 116- ART116
- Club Room- CLUB
- Multipurpose 1- MULTI1
- Multipurpose 2- MULTI2
- Multipurpose 3- MULTI3

Saturday Schedule

Hours: 8 AM- 12 PM

NO transportation or lunch is available. Also, NO payments are accepted.



8-11:30 AM

Games (CLUB)

9:45-11:15 AM

Improver/Low Intermediate Line Dance (DAN)

8-11:30 AM

Open Billiards (GAM)



April 6th
10-12 PM

Grief Support Group (CONF)

10:45 AM

SAIL Fitness

Fee required; instructor led strength & balance exercise class. (Multi1&2)



8-10:30 AM

Intermediate Pickleball Open Court (Multi1&2)

8-12 PM

Beginner Pickleball Open Court (Multi3)

8-11:30 AM

Fitness & Computer Rooms Open



Schedule

Monday

1-5 PM

Intermediate Open Court (Multi3)

3:15-5 PM

Intermediate Open Court (Multi1&2)

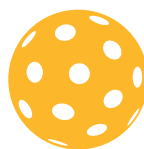
Tuesday

9-11:30 AM

Beginner Open Court (Multi3)

3-5 PM

Intermediate Open Court (Multi3)



Wednesday

1-5 PM

Advanced Open Court (Multi3)

3-5 PM

Pickleball Drills & Practice

Must attend at least 3 sessions of Beginner Pickleball Instruction as prerequisite (Multi1&2)

Thursday

9-10:15 AM

Intermediate Open Court (Multi3)

1-3 PM

Beginner Pickleball Instruction (Multi3)

3-5 PM

Beginner Open Court (Multi3)



Friday

9-11:30 AM

Beginner Open Court (Multi3)

1-5 PM

Advanced Open Court (Multi3)

3-5 PM

Advanced Open Court (Multi1&2)



YOUR Staff



Holly Bailey
Manager

Aristotle Porras
Assistant Manager

Magie Nitz
Café Supervisor



Michele Ferris
Recreation
Programmer

Tatiana Holmes
Customer Service



Roula Alfarra
Vehicle Operator

Terri Moore
Vehicle Operator

Erin Nesbitt

Elder Resources
Case Manager



CLICK HERE

Ashburn Senior Center
20880 Marblehead Drive
Ashburn, VA 20147
571.367.8340
Area Agency on Aging

Monday-Friday 9 AM to 5 PM
Saturdays 8 AM to 12 PM



LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

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