Thursday, June 17th
10:30 am-3:00 pm

Join us for our open house to learn more about our program offerings, lunch service sign-ups, pickleball sign-ups, billiards and so much more. Also, you will have an opportunity to learn more about our other Loudoun County 55+ senior centers.

Open to the Public
Monday, June 21st, 2021

We are eager to provide quality programming here at the Ashburn Senior Center. Please help us by completing the activities interest and hours surveys available at the front.
Upcoming Holidays

Friday, June 18th – The Ashburn Senior Center will be closed for the Juneteenth holiday.

Monday, July 5th – The Ashburn Senior Center will be closed the day following the Independence Day holiday.

Seniors Volunteer

Would you like to be a Loudoun County volunteer? We welcome your expertise. We offer many different types of opportunities including planting, decorating, assisting with trails, distributing packets, setting up for events and more. You can volunteer for one or more days per week. Perhaps you can teach a class about

2021 Memberships

Find the membership form at www.loudoun.gov/seniors-Ashburn or stop in at the center to complete your membership form and make your payment.

$32 for Loudoun County residents/$48 for non-residents.

We’re excited that our members will now get 5 senior centers for the price of 1 membership! Join one senior center and have access to any of the five!

Something you are passionate about. Check out the links below or ask center staff.

Loudoun Cares www.loudouncares.org

VolunteerMatch www.volunteermatch.org

AARP www.createthegood.org
<table>
<thead>
<tr>
<th>Monday, June 21st</th>
<th>Tuesday, June 22nd</th>
<th>Wednesday, June 23rd</th>
<th>Thursday, June 24th</th>
<th>Friday, June 25th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Events w/ coffee @ 10:00 AM</td>
<td>Music in Motion @ 10:00 AM</td>
<td>Meet &amp; Greet: Ceola Grant @ 10:00 AM</td>
<td>Walking Club @ 10AM</td>
<td>Friday Wrap up @ 10:30 AM</td>
</tr>
<tr>
<td>Card &amp; Board Games @ 11:00AM</td>
<td>Cranium Crunches @ 10:30 AM</td>
<td>Virtual Yoga @ 10:30AM</td>
<td>Trivia Challenge @ 10:30 AM</td>
<td>Bridge Interest Meeting @ 11:00AM</td>
</tr>
<tr>
<td>Lunch (Dining Room) @ 12 PM</td>
<td>Book Club Interest Meeting @ 11:00AM</td>
<td>Knitting &amp; Crocheting Club Interest Meeting @ 11:00AM</td>
<td>Gardening Interest Meeting @ 11:00AM</td>
<td>Lunch (Dining Room) @ 12 PM</td>
</tr>
<tr>
<td>Virtual Yoga @ 1:00PM</td>
<td>Lunch (Dining Room) @ 12 PM</td>
<td>Pickleball 1-3PM Court #2</td>
<td>Lunch (Dining Room) @ 12 PM</td>
<td>Stretch, Core &amp; Balance @ 1:00 PM</td>
</tr>
<tr>
<td>Pickleball 1-3PM Court #2</td>
<td>Get to Know You Icebreakers @ 1pm</td>
<td></td>
<td>Afternoon Tea 2:00 PM</td>
<td>Ice Cream Social @ 2:00PM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, June 28th</th>
<th>Tuesday, June 29th</th>
<th>Wednesday, June 30th</th>
<th>Thursday, July 1st</th>
<th>Friday, July 2nd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Events w/ coffee @ 10:00 AM</td>
<td>Music in Motion@ 10:00AM</td>
<td>Meet &amp; Greet: Melissa Flores @ 10:00 AM</td>
<td>Walking Club @ 10AM</td>
<td>Friday Wrap Up @ 10:30 AM</td>
</tr>
<tr>
<td>Card &amp; Board Games @ 11:00 AM</td>
<td>Cranium Crunches @ 10:30 AM</td>
<td>Virtual Yoga @ 10:30 AM</td>
<td>Get to Know You Icebreakers @ 10:30</td>
<td>Lunch (Dining Room) @ 12 PM</td>
</tr>
<tr>
<td>Lunch (Dining Room) @ 12 PM</td>
<td>Book Club @ 11:00AM</td>
<td>Group Crossword @ 11:00AM</td>
<td>Lunch (Dining Room) @ 12 PM</td>
<td>Stretch, Core &amp; Balance @ 1:00 PM</td>
</tr>
<tr>
<td>Virtual Yoga @ 1:00PM</td>
<td>Lunch (Dining Room) @ 12 PM</td>
<td>Lunch (Dining Room) @ 12 PM</td>
<td>Afternoon Tea @ 2:00 PM</td>
<td>Ice Cream Float Social @ 2:00 PM</td>
</tr>
<tr>
<td>Pickleball 1-3PM Court #2</td>
<td>Lunch &amp; Learn w/Dr. Coe @1:30PM</td>
<td>Pickleball 1-3PM Court#2</td>
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</tbody>
</table>
Matinee Movie

Starting in July the Ashburn Senior Center will be offering free matinee movies on Wednesdays at 1:00 p.m. Come and enjoy some screen time, free popcorn and drinks on us! Ask Center staff what’s playing!

Meet and Greet

Come in and meet a new staff member the next couple of weeks.

Wednesday, June 23rd
Ceola Grant, Center Manager

Wednesday, June 30th
Melissa Flores, Café Supervisor

To sign-up, send an email to aaasupport@loudoun.gov or call 571.233.2583.

Loudoun County Area Agency on Aging Presents Coffee Chat with Lori

If you are a caregiver for a loved one or if you are an older adult (60+) in need of support during this difficult time, connect virtually (FaceTime or by phone) over coffee with Lori.

To connect with Area Agency programs and services, and other community resources, please call 703.777.0257 to speak with an Aging Program Specialist.
How Much Should I Donate for My Lunch?

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.

Below are some guidelines as to what is appropriate to pay.

<table>
<thead>
<tr>
<th>Monthly Income</th>
<th>Suggested Donation</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0.00 - $250</td>
<td>$0.50 Cents/Meal</td>
</tr>
<tr>
<td>$251 - $400</td>
<td>$1.00 Dollar/Meal</td>
</tr>
<tr>
<td>$401 - $600</td>
<td>$1.50 Dollar/Meal</td>
</tr>
<tr>
<td>$601 - $800</td>
<td>$2.00 Dollar/Meal</td>
</tr>
<tr>
<td>$801 - $1,000</td>
<td>$3.00 Dollar/Meal</td>
</tr>
<tr>
<td>$1,000 And Above</td>
<td>$4.00 Dollar/Meal</td>
</tr>
</tbody>
</table>

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. It is often called Emancipation Day or Juneteenth Independence Day.

In 1863, President Abraham Lincoln issued the Emancipation Proclamation which declared over 3 million slaves living in Confederate states to be free. However, it took more than two years for African Americans living in Texas to hear the news. On June 19, 1865, Union soldiers rode into Galveston, Texas to announce that the Civil War had ended and slaves had been freed. The former slaves celebrated with prayer, feasting, song and dance. The next year on June 19th the first official Juneteenth celebrations took place in Texas. Within a few years African Americans in other states were celebrating the day as well making it an annual tradition. Celebrations typically include prayer and religious services, speeches, educational events, family gatherings and festivals. In 1980 Juneteenth became a state holiday in Texas with other states following suit. On June 15, 2021 Juneteenth became a federal holiday.
JUNETEENTH
At CLAUDE MOORE PARK
21544 Old Vestals Gap Rd, Sterling, VA
JUNE 19, 2021 | 12:00 Noon - 7:00 PM EST
THEME: PROSPERITY THROUGH JUNETEENTH
LOUDOUN’S 1ST CELEBRATION!

Flag Raising by the Buffalo Soldiers
Speeches
Poetry: Michael Crabbe
Gospel: Rev. Isaac Howard & Howard Harmonizers
Blues: Johnny Rawls
Jazz & Funk: Funkativity Band
Food vendors: Fish, BBQ, Soul Food & Much More!
Activities: Fishing - Card Games - Kid’s Games - Juneteenth Classes
Free entry and free parking.

Note
11:00 AM - Juneteenth Caravan from Belmont Country Club to Claude Moore
To volunteer or for more information:
email: info@juneteenthloudoun.org or call 571-207-5528.
www.juneteenthloudoun.org

Sponsored by the Loudoun County Juneteenth Committee

Design by Corey Hampton
SUMMER
SENIOR COOLING PROGRAM

Fans and limited summer cooling assistance is available for persons aged 60 years and older who are income eligible in Loudoun County. The Senior Cooling Program runs from June 1 - September 30

Please call:
Loudoun County Area Agency on Aging

Phone: (703) 777-0257
Email: aaa@loudoun.gov

The Area Agency on Aging is a Division of Loudoun County Parks, Recreation and Community Services
REGISTER NOW!

WELCOME TO MEDICARE VIRTUAL FAIR

JUNE 23, 2021 | OPEN FROM 3:00 PM TO 7:00 PM ET

Learn about signing up for Medicare! Go to www.shiphelp.org for more details, to see the agenda, and to register.

This fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time!

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for answers to your individual questions.

State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands.

The Virginia SHIP is called VICAP
Loudoun County VICAP Helpline
703-737-8036

www.shiphelp.org  info@shiphelp.org  877-839-2675

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