The Loudoun County Board of Supervisors and departments of Parks, Recreation and Community Services and Transportation and Capital Infrastructure celebrated the Ribbon Cutting Ceremony of the Ashburn Senior Center on June 17, 2021. The ceremony was one of the most well attended grand openings in Loudoun County’s history. It was a beautiful day with bright blue skies and a gorgeous County’s history.

Let the games begin! The modern Olympic Games are the world’s foremost multi-sports event! They are the largest sporting celebration in terms of the number of sports on the program, the number of athletes present and the number of people from different nations gathered together at the same time, in the same place, in the spirit of friendly competition. Organized every four years, they include a summer and a winter edition. Athletes from all 206 National Olympic Committees and the IOC Olympic Refugee Team are eligible to compete in a wide range of sporting disciplines and events, watched by a worldwide audience. This year we welcome the games to Tokyo starting July 23-August 8.
**SENIOR CENTER RECREATION CALENDAR**

**THURSDAY JULY 1ST**
- 9AM Walking Club (LOB)
- 11AM Gardening Club (ART1)
- **12 PM LUNCH (MULTI1&2)**
- 1:30-4:30 PM Party Bridge (MULTI3)
- 1:30 PM Matinee Movie (MULTI1&2)
- 2 PM Afternoon Tea (LOB)

**FRIDAY JULY 2ND**
- 9-12 PM Pickleball Sign-Up (MULTI3)
- **12 PM LUNCH (MULTI1&2)**
- 1 PM Stretch, Core & Balance (DAN)
- 1:30-4:30 PM Pickleball Open Court (MULTI3)
- 1:00 PM Patriotic Sing-A-Long & Ice Cream Floats (MULTI1&2)

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**ROOM KEY**
- Lobby – LOB
- Dance Studio – DAN
- Computer Lab – COMP
- Game room – GAM
- Art Classroom 115 – ART1
- Art Classroom 116 – ART2
- Multipurpose 1 – MULT 1
- Multipurpose 2 – MULT 2
- Multipurpose 3 – MULT 3

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**MONDAY JULY 5TH**
- 10 AM Music in Motion (DAN)
- 10:30 AM YOGA (MULTI3)
- 11 AM Book Club (ART1)
- 11 AM Tai Chi (DAN)
- **12 PM LUNCH (MULTI1&2)**
- 1:30-4:30 PM Mahjong (MULTI1&2)

**TUESDAY JULY 6TH**
- 9-12 PM Beginner Pickleball (MULTI3)
- 10-12 PM Knitting & Crocheting Club (ART1)
- 10:30 AM Virtual Yoga (DAN)
- **12 PM LUNCH (MULTI1&2)**
- 1:30-4:30 PM It’s All Fun & Games (MULTI1&2)

**WEDNESDAY JULY 7TH**
- 9AM Walking Club (LOB)
- 10 AM Conversational Spanish Group (ART2)
- 10:30-4:30 PM Party Bridge (MULTI1&2)
- 1:30-4:30 PM Pickleball Open Court (MULTI3)
- **12 PM LUNCH (MULTI1&2)**
- 1:30 PM Matinee Movie (MULTI1&2)

**THURSDAY JULY 8TH**
- 9-12 PM Pickleball Sign-Up (MULTI3)
- 10 AM Current Events Discussion (ART1)
- **11 AM Lunch Bunch @ Silver Diner (LOB)**
- 12 PM LUNCH (MULTI1&2)
- 1:30-4:30 PM Party Bridge (MULTI3)
- 1:30 PM Matinee Movie (MULTI1&2)

**FRIDAY JULY 9TH**
- 9-12 PM Pickleball Sign-Up (MULTI3)
- 1 PM Stretch, Core & Balance (DAN)
- **12 PM LUNCH (MULTI1&2)**
- 1:30-4:30 PM Pickleball Open Court (MULTI1,2&3)

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Please sign-up for Lunch Bunch and local trips at the front desk. Space is limited. This is a self-pay activity. There is a $1 bus charge.

Please sign-up at the front desk for Pickleball Sign-Up times on Fridays from 9-12PM.

**CLOSED FOR JULY 4TH- HOLIDAY**

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Please sign up for Lunch Bunch and local trips at the front desk. Space is limited. This is a self-pay activity. There is a $1 bus charge.

Please sign-up at the front desk for Pickleball Sign-Up times on Fridays from 9-12PM.
<table>
<thead>
<tr>
<th>MONDAY</th>
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<td>JULY 12TH</td>
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<td>10-12 PM Knitting &amp; Crocheting Club (ART1)</td>
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<td>10 AM</td>
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<td>1:30-4:30 PM Pickleball Open Court (MULTI3)</td>
<td>2 PM Creative Corner Floral Teacups (ART1)</td>
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**JULY 2021 SENIOR CENTER RECREATION CALENDAR**
### JULY 2021 SENIOR CENTER RECREATION CALENDAR

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<td>JULY 26TH</td>
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<td>JULY 28TH</td>
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<td>JULY 30TH</td>
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<tr>
<td><strong>10-12 PM Knitting &amp; Crocheting Club (ART1)</strong></td>
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<td><strong>10-11:30 AM Bingo (MULTI1 &amp; 2)</strong></td>
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<td><strong>1 PM Stretch, Core &amp; Balance (DAN)</strong></td>
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<tr>
<td><strong>1:15-2:30 PM Beginner Line Dancing (DAN)</strong></td>
<td><strong>12:30-1 PM Lunch &amp; Learn with Loudoun Habitat for Humanity (MULTI1 &amp; 2)</strong></td>
<td><strong>1:30-4:30 PM It’s All Fun &amp; Games (MULTI1 &amp; 2)</strong></td>
<td><strong>1:30-4:30 PM Party Bridge (MULTI3)</strong></td>
<td><strong>1:30-4:30 PM Pickleball Open Court (MULTI1, 2 &amp; 3)</strong></td>
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### Class Descriptions

**Beginner Line Dancing** – Instructor-led class. Vinny teaches some of the basic line dances.

**Pickleball Open Court** – Drop-in play. Players will rotate after each game.

**Music in Motion** – Video based exercise class to music.

**Beginner Pickleball** – Court available for beginning players to practice.

**Virtual Yoga** – Instructor-led virtual class.

**It’s All Fun & Games** – Drop-in play of various card and/or board games including Canasta, Pinochle, Yahtzee etc.

**Matinee Movie** – Currently the movies will be YouTube shows/TED Talks.

**Pickleball Sign-Up** – Players/groups must sign-up in advance at front desk for court times.

**Lunch Bunch** – Self-pay outings to various area restaurants for lunch. Participants must sign-up in advance at the front desk due to limited seating on the bus.

**Stretch, Core & Balance** – Video based exercise.
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<tr>
<td><strong>THANK YOU</strong>&lt;br&gt;For your GENEROUS&lt;br&gt;Donations!!!&lt;br&gt;Menu subject to change&lt;br&gt;due to the availability of products</td>
<td>Reservation Required&lt;br&gt;Please reserve your lunch at least 24 hours before the day you would like to attend</td>
<td>1&lt;br&gt;Swedish Meatballs&lt;br&gt;Rice&lt;br&gt;Mixed Vegetables&lt;br&gt;Bread&lt;br&gt;Fruit&lt;br&gt;Milk</td>
<td>2&lt;br&gt;Hot Dogs&lt;br&gt;Baked Beans&lt;br&gt;Vegetable Blend&lt;br&gt;Bread&lt;br&gt;Fruit&lt;br&gt;Milk</td>
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<tr>
<td>5&lt;br&gt;COUNTY HOLIDAY&lt;br&gt;Happy Independence Day&lt;br&gt;Centers Closed Today</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9&lt;br&gt;Seafood Casserole&lt;br&gt;Veggie Blend&lt;br&gt;Bread&lt;br&gt;Milk</td>
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<td>12&lt;br&gt;Stuffed Cabbage&lt;br&gt;Corn&lt;br&gt;Vegetable Blend&lt;br&gt;Fruit&lt;br&gt;Bread&lt;br&gt;Milk</td>
<td>13&lt;br&gt;Baked Fish&lt;br&gt;Baked Potato&lt;br&gt;Green Beans&lt;br&gt;Fruit&lt;br&gt;Bread&lt;br&gt;Milk</td>
<td>14&lt;br&gt;Spaghetti / Meat sauce&lt;br&gt;Vegetable Blend&lt;br&gt;Bread&lt;br&gt;Fruit&lt;br&gt;Milk</td>
<td>15&lt;br&gt;Italian Sausage&lt;br&gt;Braised Cabbage&lt;br&gt;Parsleyed Potatoes&lt;br&gt;Bread&lt;br&gt;Fruit&lt;br&gt;Milk</td>
<td>16&lt;br&gt;Beef Stew&lt;br&gt;Noodles&lt;br&gt;Vegetable Blend&lt;br&gt;Fruit&lt;br&gt;Bread&lt;br&gt;Milk</td>
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<td>19&lt;br&gt;Chili&lt;br&gt;Rice&lt;br&gt;Mixed Vegetable&lt;br&gt;Bread&lt;br&gt;Fruit&lt;br&gt;Milk</td>
<td>20&lt;br&gt;BBQ Chicken&lt;br&gt;Corn&lt;br&gt;Collard Greens&lt;br&gt;Bread&lt;br&gt;Fruit&lt;br&gt;Milk</td>
<td>21&lt;br&gt;Meatloaf&lt;br&gt;Mashed Potato&lt;br&gt;Green Peas&lt;br&gt;Fruit&lt;br&gt;Bread&lt;br&gt;Milk</td>
<td>22&lt;br&gt;Escalloped Chicken&lt;br&gt;Green Beans&lt;br&gt;Lima Beans&lt;br&gt;Fruit&lt;br&gt;Bread&lt;br&gt;Milk</td>
<td>23&lt;br&gt;Baked Ham&lt;br&gt;Scalloped Potato&lt;br&gt;Spinach&lt;br&gt;Fruit&lt;br&gt;Bread&lt;br&gt;Milk</td>
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<tr>
<td>26&lt;br&gt;Salisbury Steak&lt;br&gt;Macaroni &amp; Cheese&lt;br&gt;Mixed Vegetables&lt;br&gt;Fruit&lt;br&gt;Bread&lt;br&gt;Milk</td>
<td>27&lt;br&gt;Sweet n Sour Pork&lt;br&gt;Seasoned Yellow Rice&lt;br&gt;Vegetable Medley&lt;br&gt;Fruit&lt;br&gt;Bread&lt;br&gt;Milk</td>
<td>28&lt;br&gt;Baked Fish&lt;br&gt;Baked Potatoes&lt;br&gt;Green Beans&lt;br&gt;Fruit&lt;br&gt;Bread&lt;br&gt;Milk</td>
<td>29&lt;br&gt;Lasagna&lt;br&gt;Malibu Blend&lt;br&gt;Vegetables&lt;br&gt;Bread&lt;br&gt;Fruit&lt;br&gt;Milk</td>
<td>30&lt;br&gt;Sliced Turkey/Gravy&lt;br&gt;Stuffing&lt;br&gt;Mashed Potato&lt;br&gt;Green Peas&lt;br&gt;Fruit&lt;br&gt;Bread/Milk</td>
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National Treasures

Since 1985, America has celebrated July as Park and Recreation Month, but America’s dedication to preserving the nation’s wild places goes back much further. It was in 1872 that President Teddy Roosevelt designated Yellowstone as America’s first national park, and he would go on to protect over 230 million acres of land as national forests, monuments, and wildlife refuges.

As a child growing up in New York City, Roosevelt spent much of his time indoors, surrounded by concrete and steel and struggling for breath, due to debilitating asthma. It seems logical that Roosevelt would later prioritize the protection of nature. He escaped to the wilderness for fresh air and strengthened himself by trekking primeval forests and snow-covered peaks. Just as nature strengthened and inspired Roosevelt, he hoped that nature would do the same for his fellow Americans.

By every measure, Americans have fulfilled Roosevelt’s dream. Each year, over 300 million people visit America’s national parks. Since the creation of Yellowstone, the national park system has grown to 423 protected areas in every state, from the coast of Acadia in Maine to the redwoods of northern California, from the cliff dwellings of Colorado’s Mesa Verde to the glacier-carved valleys of Alaska’s Gates of the Arctic. And the park system continues to grow. At the start of the year, New River Gorge in West Virginia became America’s 63rd national park. But while national parks enshrine and preserve America’s rich natural legacy, Park and Recreation Month is meant to celebrate parks of all kinds.

National parks make dramatic backdrops for family vacations, but local parks are where we find daily respite and rejuvenation. They are perfect places to enjoy the shade of a tree and listen to the song of a bird. What is more, local parks provide us with opportunities to continue Roosevelt’s legacy of conservation by volunteering to plant a tree or clean up a river. Roosevelt’s message was not just one of enjoying nature but of protecting and nurturing it for future generations.
Advisory Board & Volunteers

As we enter our first full month of being open at the Ashburn Senior Center, we would like to invite residents of our community to consider becoming a member of the Advisory Board. The Ashburn Senior Center Advisory Board partners with the staff to advise and help support programming.

In addition, we are looking for volunteers to assist at the front desk, in the kitchen and as activity leaders. If you or someone you know is interested in learning more, email volunteer4PRCS@loudoun.gov or call 703-771-5984 and ask to speak with a Volunteer Services Team member. If you are ready to start, please complete our volunteer registration process at www.loudoun.gov/adultvolunteers.

Ashburn Senior Center Meal & Bus Service

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

Sign-up with Lori

Our social worker, Lori, from the Area Agency on Aging will be available to provide services on July 19th. Please sign-up at the front desk for a time slot.

To connect with Area Agency on Aging programs and services, and other community resources, please call 703.777.0257

“Volunteers do not necessarily have the time; they just have the heart.”
-Elizabeth Andrew
Super Senior Discount
for Loudoun County Recreation Centers

What is a Super Senior Discount?
- It’s a discount pass that is good at any Loudoun County Recreation Center (currently two in Loudoun - Dulles South and Claude Moore)
- A third Recreation Center is being planned for Ashburn
- Discount pass is good for full use of the Recreation Center during the same hours the senior center is open:
  - Monday through Friday from 9:00 to 5:00.
  - No evenings or weekends

Who qualifies for a Super Senior Discount?
- Anyone 55 years of age and over who is currently a member at any Loudoun County Senior Center

How much does it cost?
- Super Senior discounted annual membership:
  - $245 for a single senior (non-member of a senior center $350)
  - $420 for 2 seniors who live in the same household (non-member of a senior center $600)

Where can I purchase a Super Senior Discount?
- Passes can be purchased in person at any senior center or recreation center
- The passes cannot be purchased on-line
ASHBURN SENIOR CENTER

HOURS OF OPERATION
Monday - Friday 9:00 am – 5:00 pm
Saturday & Sunday - CLOSED

NEW MEMBERSHIP & RENEWAL HOURS
Monday 9:00 am – 4:00 pm
Tuesday 9:00 am – 2:00 pm
Wednesday 9:00 am – 2:00 pm
Thursday 12:00 pm – 4:00 pm

LIMITED MEMBERSHIP PROCESSING FRIDAYS
Independence Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

THIRTEEN PICNIC H
HYUEAHTPLNMFWO
CKPNDSETJHUCIPNL
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OIQKMEAEGMTSAUINDENCPADAY
RSOPTAESGQMKAHTILITFRMLFTEWDC
AOGHAVSPKRANZFRPCYPDRYHDCETOU
SEPRTSINLREWOPNOTARALCEDDSF
FIREWORKSPNTAOLETARBELECWHITEW

CELEBRATE COLONIES DECLARATION FIREWORKS FOURTH FREEDOM
HOLIDAY INDEPENDENCE DAY JULY MINUTEMEN PARADE PATRIOTIC
PHILADELPHIA PICNIC STARS STRIPES THIRTEEN UNITED STATES

©ActivityConnection.com
Passenger Courtesies

- When using cell phones please be considerate, speak quietly.
- No eating or drinking or food in open containers allowed on the buses.
- No smoking allowed on the buses.
- Headphones are required for portable music and gaming devices.
- It is recommended to be at the bus stop a few minutes early because arrival times are subject to traffic conditions and can vary by 5 to 10 minutes.

Local bus service is provided by Loudoun County and managed by the Department of Transportation and Capital Infrastructure.

Contact Information
Customer Service
571-258-3464
Hours: Monday through Friday 5:15am till 11:00 pm

Loudoun County Staff
703-771-5665
Hours: Monday through Friday 8:30am till 5:00 pm

ASHBURN CONNECTOR
Bus service from Ashburn to:
- One Loudoun
- Dulles Town Center
- Connections to Wiehle-Reston East Metro station via Wiehle Express at One Loudoun or Routes 84 & 87 at Dulles Town Center
- Connections to the INOVA Loudoun Hospital via Route 70 at One Loudoun

MONDAY-FRIDAY SERVICE

www.loudoun.gov/transit
571-258-3464

In accordance with Title VI and ADA requirements, please contact Loudoun County’s Department of Transportation and Capital Infrastructure at 571-258-3464 to request reasonable accommodations, including printed material in an alternate format, language translation and interpretation services.
Now serving the Dulles Town Center!

<table>
<thead>
<tr>
<th>Ashburn Village Giant—front door</th>
<th>Wingler House—East &amp; West</th>
<th>Ashby Ponds</th>
<th>Potomac Green</th>
<th>One Loudoun @ Exchange Street Shelter</th>
<th>Dulles Town Center—2nd level between Macy’s and Lord &amp; Taylor</th>
<th>Ashby Ponds</th>
<th>Wingler House</th>
<th>Ashburn Village Giant—front door</th>
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<td>5:17</td>
<td>5:23</td>
<td>5:43</td>
<td>5:49</td>
<td>5:54</td>
<td>5:58</td>
</tr>
</tbody>
</table>

**SmarTrip® or Exact Fare Required:** $1.00 CASH or SmarTrip

**FREE TRANSFERS**
One free transfer from any local or Metro Connect Route to another local or Metro Connect route.