November is all about giving thanks! On Veterans Day, we say thank you to the brave men and women who have served and continue to serve our country, and on Thanksgiving Day, we celebrate the harvest and blessings in our lives. At the Ashburn Senior Center, one way we show our gratitude is by giving back to our community. The ladies of the Knitting and Crocheting Club spend many hours creating hats, scarves, sweaters, blankets and baby sets to donate to various charitable organizations including Good Shepard, Birthright and others.

This month we recognize our veterans with a visit and presentation of the Flag ceremony from the Loudoun County-CFR Honor Guard and crews from Station 24/35. Firefighters will stay for lunch and have the fire engines and ambulances on display afterward. Please plan to attend to honor our veterans and give thanks. Our Thanksgiving Day luncheon will be Thursday, November 18th.
Chinese Folk Dance
It all started when Ms. Anni asked if she could use the dance studio to do her exercise routine for herself. She practiced Chinese folk dancing which she learned taking a college course after she retired. Others were curious to learn what she was doing and so was born the Chinese Folk Dancing class at the Ashburn Senior Center. The class is currently preparing to perform for our members in December.

Fall Festival
The first annual Ashburn Senior Center Fall Festival was a success! We kicked off the event with a Community Partners Day where we invited county and local businesses to share information with our members. Panera, Dental Innovations of VA, Loudoun County Public Library, United Healthcare and Waltonwood Retirement Living were just a few of the those represented. Next up was our Pink Tea Party for Breast Cancer Awareness. Registered nurse, Dana Rizzo, answered questions while members created card hearts with messages for friends and loved ones with breast cancer. We finished off the week with our Sidewalk Sale. Attendees enjoyed freshly baked cinnamon buns and other goodies while perusing items for sale. Proceeds benefit programming at the senior center.
Bringing Home the Silver
Congratulations to Tony Broskey! Tony competed at the Northern Virginia Senior Olympics in the Men's Pickleball Singles event ages 65-69 and won a silver medal. This was Tony's first time participating in the men's singles. He has competed in doubles and mixed doubles events in the past. This win qualifies Tony to play in the National Senior Games next May in Ft. Lauderdale, Florida.
There are all kinds of competitions at the Senior Olympics including bowling, cornhole, pool, golf, you name it. And you compete with others in your age group.

Hispanic Heritage Month
As part of Hispanic Heritage Month, the Conversational Spanish group at the Ashburn Senior Center participated in a Trivia Challenge on Mexican painter, Frida Kahlo. The class decided they wanted to learn more so they watched the movie 'Frida'. Finally, the group was inspired to paint self portraits in the spirit of Frida. Our Assistant Manager, Aris Porras, led the class through the process of painting self portraits and the end result was truly colorful!

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.

For Home-Delivered Meals
*Must be eligible to receive Home Delivered Meals
for more information, call Debra Mobley at 703-771-5012
Saturday Schedule
Hours: 8 AM- 12 PM

NO transportation or lunch is available.

8-11:30 AM
Games
(CLUB)

8-10:30 AM
Open Billiards
(GAM)

November 6th (1st Saturday)
8:30-11:30 AM
COVID-19 Booster Shots
(WELL)
10:30-11:30 AM
Billiards Club
(GAM)

November 13th (2nd Saturday)
10:30 AM
Ashburn Classics Meeting
(Multi1)

8-10 AM
Beginner Pickleball Open Court
(Multi1&2)

8-11:30 AM
Intermediate & Advanced Pickleball Open Court
(Multi3)

8-11:30 AM
Fitness & Computer Rooms Open

ROOM KEY
- Lobby-LOB
- Conference Room-CONF
- Dance Studio-DAN
- 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

Schedule

Monday
12-4:30 PM
Intermediate & Advanced Open Court
(Multi3)

Tuesday
2-4:30 PM
Beginner Open Court
(Multi3)

Wednesday
9-12 PM
Beginner Open Court
(Multi3)

12-4:30 PM
Intermediate & Advanced Open Court
(Multi3)

Thursday
9-1 PM
Intermediate & Advanced Open Court
(Multi3)

1-2 PM
Pickleball Instruction
(Multi3)

2-4:30 PM
Beginner Open Court
(Multi3)

Friday
9-11 AM
Beginner Open Court
(Multi3)

11-4:30 PM
Intermediate & Advanced Open Court
(Multi3)

2-4:30 PM
Intermediate & Advanced Open Court
(Multi1&2)
### Monday

**11/1**
- 9-11 AM Ping Pong (Multi2)
- 10 AM Zumba Gold
  - Fee based class
  - Registration Required (DAN)
- 10-12 PM Knitting & Crocheting Club (ART115)
- 10:30-11:30 AM Yoga
  - (Multi3)
- 12 PM LUNCH (Multi1&2)
  - 12-1 PM Intro Line Dancing
    - Limit 20
    - First come, first serve (DAN)
  - 12:30-1:45 PM BINGO!
    - $.50/card
    - (ART115)
  - 1-2 PM Ukulele Instruction
    - Sign up at front desk (ART116)
  - 1:30-2:45 PM Beginner Line Dance
    - (Multi1&2)
    - Limit 30
    - First come, first serve

### Tuesday

**11/2**
- The Ashburn Senior Center is Closed for Election Day

**11/3**
- 9-11 AM Ping Pong (Multi2)
- 10-11 AM Tech Time CANCELLED (COMP)
- 10-11:30 AM Canasta & Mexican Train (Multi1)
- 10-12 PM Knitting & Crocheting Club (ART115)
- 11 AM Tai Chi (DAN)
- 12 PM LUNCH (Multi1&2)
  - 1 PM Sit & Fit
    - Video based seated exercise (DAN)
  - 1-2 PM Beginner Painting Basics
    - You don’t have to have an art degree to have fun with painting!
    - Sign up at front desk (ART116)
  - 1:30-4:30 PM Poker (ART115)
  - 2-3:30 PM Life-Long Learning: TED Talks (Multi1)

### Wednesday

**11/4**
- 9 AM Walking Club (LOB)
- 10 AM Conversational Spanish (ART116)
- 10 AM Shopping Spree: Target
  - Sign up at front desk
  - $1 Bus Fare (LOB)
- 10 AM Beginner & Intermediate Mandarin
  - Sign up at front desk (ART115)
- 11 AM Chinese Folk Dance
  - Guided exercise w/limited verbal instruction (DAN)
- 11 AM Gardening Club (ART115)
- 11:30-12:30 PM Browsing Library (LOB)
- 12 PM LUNCH (Multi1&2)
  - 1 PM REFIT
    - Fee based class
    - Registration Required
    - Combo of strength, core, balance, boxing & cardio (DAN)
  - 1-2 PM Pickleball Instruction (MULTI3)
  - 1:30-4:30 PM Party Bridge (Multi2)

### Thursday

**11/5**
- 10 AM Current Events Discussion
  - Bring an article to share (ART116)
- 10-11 AM Beginner Chess (CLUB)
- 10 AM Creative Corner (ART115)
- 10 AM Intermediate Line Dance (DAN)
- 10:30 AM Lunch Bunch: Red Lobster
  - Sign up at front desk
  - $1 Bus Fare (LOB)
- 12 PM LUNCH (Multi1&2)
  - 1 PM Music in Motion
    - Video based exercise (DAN)
  - 1:30-4:30 PM O’ Heck (ART115)
- 2 PM Creative Corner (ART115)
11/8
9-11 AM
Ping Pong
(Multi2)

10-11 AM
BINGO!
$.50/card
(Multi1)

10 AM
Zumba Gold
Fee based class
Registration Required
(DAN)

10-12 PM
Knitting & Crocheting
Club (ART115)

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

12 PM LUNCH
(Multi1&2)

12:30-1:30 PM
Lunch & Learn:
Whom My Soul Loveth
(Multi1&2)

12-1 PM
Intro Line Dancing
Limit 20
First come, first serve
(DAN)

1-2 PM
Ukulele Instruction
Sign up at front desk
(ART116)

1:30-2:45 PM
Beginner Line Dance
(Multi1&2)
Limit 30
First come, first serve

1:30-4:30 PM
Spanish Instruction
Fee based class
Registration Required
(ART116)

11/9
10 AM
Strength, Core &
Balance
Video based exercise
(DAN)

10-12 PM
Intro to Sewing
(ART115)

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

11 AM
Tai Chi
(DAN)

11 AM
Tai Chi
(DAN)

11 AM
Book Club
(ART116)

12 PM LUNCH
(Multi1&2)

12 PM LUNCH
(Multi1&2)

12-2 PM
Badminton
(Multi3)

1-2 PM
Spanish Instruction
Fee based class
Registration Required
(ART116)

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

11/10
9-11 AM
Ping Pong
(Multi2)

10-11 AM
Tech Time: Drop-in
Consulting
(COMP)

10-11:30 AM
Canasta & Mexican Train
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART115)

11 AM
Tai Chi
(DAN)

12 PM LUNCH
(Multi1&2)

11:30-1:30 PM
VETERANS DAY
CELEBRATION
(Multi1&2)

1 PM
Sit & Fit
Video based seated
exercise
(DAN)

1-2 PM
Beginner Painting Basics
You don't have to have an art
degree to have fun with
painting!
Sign up at front desk
(ART116)

1:30-4:30 PM
Poker
(ART115)

2-3:30 PM
Life-Long Learning:
Arctic (Mis)Adventures
(Multi1)

11/11
10 AM
Current Events
Discussion
Bring an article to share
(ART116)

10 AM
Beginner Chess
(CLB)

10-12 PM
Diwali
'Festival of Lights'
Celebration
(MULTI1&2)

10 AM
Intermediate Line
Dance
(DAN)

12 PM LUNCH
(Multi1&2)

12-2 PM
Badminton
(Multi3)

1-2 PM
Spanish Instruction
Fee based class
Registration Required
(ART116)

1:30-4:30 PM
O'Huck
(ART115)

11/12
10 AM
The Ashburn
Senior Center
is Closed for
VETERANS DAY

We Say Thank You on
VETERANS DAY

1 PM
Music in Motion
Video based exercise
(DAN)

1:30-4:30 PM
O'Huck
(ART115)
## November Activities

### 11/15
- **9-12 PM**
  - Sign-Up with Lori Stahl, Elder Resource Manager (WELL)
  - 9-11 AM Ping Pong (Multi2)
- **10 AM**
  - Zumba Gold Fee based class Registration Required (DAN)
  - 10-12 PM Knitting & Crocheting Club (ART115)
- **10:30-11:30 AM**
  - Yoga (Multi3)
- **12 PM LUNCH (Multi1&2)**
- **12-1 PM**
  - Intro Line Dancing Limit 20 First come, first serve (DAN)
- **12:30-1:45 PM**
  - BINGO! $.50/card (ART115)
- **1-2 PM**
  - Ukulele Instruction Sign up at front desk (ART116)
- **1:30-2:45 PM**
  - Beginner Line Dance Limit 30 First come, first serve (Multi1&2)

### 11/16
- **10 AM**
  - Strength, Core & Balance Video based exercise (DAN)
  - 10-12 PM Intro to Sewing (ART115)
- **10 AM**
  - Feed Your Soul Cafe: Pumpkin Tarts Limit 24 Sign up at front desk (Multi1&2)
- **10-12 PM**
  - INOVA Blood Pressure Checks (WELL)
  - 10:30-11:30 AM Yoga (Multi3)
  - 11 AM Tai Chi (DAN)
  - 11 AM Book Club (ART116)
- **12 PM LUNCH (Multi1&2)**
- **12-2 PM**
  - Badminton (Multi3)
- **1-2 PM**
  - Spanish Instruction Fee based class Registration Required (ART116)
  - 1:30-4:30 PM Mahjong (Multi2)

### 11/17
- **9-11 AM**
  - Ping Pong (Multi2)
  - 10-11 AM Tech Time: Google Does More Than Search (COMP)
  - 10-11:30 AM Canasta & Mexican Train (Multi1)
  - 10-12 PM Knitting & Crocheting Club (ART115)
  - 11 AM Tai Chi (DAN)
  - **12 PM LUNCH (Multi1&2)**
  - **12:30-1:30 PM**
    - Lunch & Learn: Immunizations & Flu Vaccines for Seniors (Multi1&2)
  - **1 PM**
    - Sit & Fit Video based seated exercise (DAN)
  - **1-2 PM**
    - Beginner Painting Basics You don't have to have an art degree to have fun with painting! Sign up at front desk (ART116)
  - **1:30-4:30 PM**
    - Poker (ART115)
  - **2-3:30 PM**
    - Life-Long Learning: Speedway to Sunshine (Multi1)

### 11/18
- **9 AM**
  - Walking Club (LOB)
  - **10 AM**
    - Conversational Spanish (ART116)
    - **10 AM**
      - Shopping Spree: Lotte Sign up at front desk $1 Bus Fare (LOB)
    - 10 AM Beginner & Intermediate Mandarin Sign up at front desk (ART115)
    - **11 AM**
      - Chinese Folk Dance Guided exercise w/limited verbal instruction (DAN)
      - **11 AM**
        - Gardening Club (ART115)
    - **12 PM**
      - Thanksgiving Luncheon (Multi1&2)
  - **1 PM**
    - Music in Motion Video based exercise (DAN)
  - **1:30-4:30 PM**
    - O'Heck (ART115)
  - **2 PM**
    - Creative Corner (ART115)

### 11/19
- **10 AM**
  - Current Events Discussion Bring an article to share (ART116)
  - **10-11 AM**
    - Beginner Chess (CLUB)
    - **10 AM**
      - Creative Corner (ART115)
  - **1-2 PM**
    - Life-Long Learning: Speedwa to Sunshine (Multi1)
    - **12 PM LUNCH (Multi1&2)**
    - **12:30 PM**
      - Monthly Birthday Bash (MULTI1&2)
  - **1 PM**
    - REFIT Fee based class Registration Required Combo of strength, core, balance, boxing & cardio (DAN)
  - **1-2 PM**
    - Beginner Painting Basics You don't have to have an art degree to have fun with painting! Sign up at front desk (ART116)
  - **1:30-4:30 PM**
    - Pickleball Instruction (Multi3)
  - **2 PM**
    - Creative Corner (ART115)
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>11/22</strong></td>
<td><strong>11/23</strong></td>
<td><strong>11/24</strong></td>
<td><strong>11/25</strong></td>
<td><strong>11/26</strong></td>
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<tr>
<td>9-11 AM Ping Pong (Multi2)</td>
<td>10 AM Strength, Core &amp; Balance Video based exercise (DAN)</td>
<td>9-11 AM Ping Pong (Multi2)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
<td>The ASHBURN SENIOR CENTER is CLOSED FOR THE THANKSGIVING DAY HOLIDAY Also closed Saturday 11/27</td>
</tr>
<tr>
<td>10 AM Zumba Gold Fee based class Registration Required (DAN)</td>
<td>10-11 AM Memoir Writing (CONF)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
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<tr>
<td>10-11 AM BINGO! $.50/card (Multi1)</td>
<td>10-12 PM Intro to Sewing (ART115)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
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<tr>
<td>10-12 PM Knitting &amp; Crocheting Club (ART115)</td>
<td>10:30-11:30 AM Yoga (Multi3)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
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<tr>
<td>10:30-11:30 AM Yoga (Multi3)</td>
<td>11 AM Tai Chi (DAN)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
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<tr>
<td>12 PM LUNCH (Multi1&amp;2)</td>
<td>11 AM Book Club (ART116)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
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<tr>
<td>12-1 PM Intro Line Dancing Limit 20 First come, first serve (DAN)</td>
<td>12 PM LUNCH (Multi1&amp;2)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
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<tr>
<td>1-2 PM Ukulele Instruction Sign up at front desk (ART116)</td>
<td>12:30-1:30 PM Lunch &amp; Learn: Holiday Eating Strategies (Multi1&amp;2)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
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<tr>
<td>1:30-2:45 PM Beginner Line Dance Limit 30 First come, first serve (Multi1&amp;2)</td>
<td>12-2 PM Badminton (Multi3)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
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<td></td>
<td>1-2 PM Spanish Instruction Fee based class Registration Required (ART116)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
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<td></td>
<td>1:30-4:30 PM Mahjong (Multi2)</td>
<td>10-11 AM Tech Time: Drop-in consulting (COMP)</td>
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</tr>
</tbody>
</table>
**At A Glance**

- **Tuesday, November 2nd** Closed for Election Day
- **Wednesday, November 3rd** Tech Time Cancelled
- **Thursday, October 4th** Browsing Library 11:30-12:30 pm
- **Saturday, November 6th** COVID-19 Booster Shots 8:30-11:30 AM
- **Monday, November 8th** Lunch & Learn: Whom My Soul Loveth 12:30-1:30 pm
- **Wednesday, November 10th** Veterans Day Celebration with LC-CFR Honor Guard and crews from station 24/35 11:30-1:30 pm
- **Thursday, November 11th** closed for Veterans Day
- **Friday, November 12th** Diwali 'Festival of Lights' Celebration 10-12 pm
- **Saturday, November 13th** Ashburn Classics Meeting 10:30-11:30 am
- **Monday, November 15th** sign up with Lori Stahl, Elder Resource Manager 9-12 pm
- **Tuesday, November 16th** Feed Your Soul Cafe: Pumpkin Tarts 10-11 am
- **Tuesday, November 16th** INOVA Blood Pressure Checks 10-11 am
- **Wednesday, November 17th** Lunch & Learn: Immunizations & Flu Vaccines for Seniors 12:30-1:30 pm
- **Friday, November 19th** Monthly Birthday Bash 12:30 pm
- **Tuesday, November 23rd** Lunch & Learn: Holiday Eating Strategies 12:30-1:30 pm
- **Wednesday, November 24th** Center closes at 12 pm
- **Thursday, Friday, & Saturday, November 25, 26 & 27th** closed for Thanksgiving Holiday
- **Tuesday, November 30th** Paint & Sip: Serene Barn 12:30-2 pm
Staff

Ceola Grant
Manager

Aristotle Porras
Assistant Manager

Michele Ferris
Recreation Programmer

Melissa Flores
Café Supervisor

Tatiana Holmes
Customer Service

Lori Stahl
Elder Resources Case Manager

Justin Baer
Vehicle Operator

Terri Moore
Vehicle Operator

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Area Agency on Aging