Tigers, Hearts & Black History Month

It is another busy month at the Ashburn Senior Center. This February we celebrate the Lunar New Year: the Year of the Tiger, American Heart Month, Valentine's Day and, of course, Black History Month. Featured this month is our Creative Corner: Love You to Pieces Heart; a Lunch & Learn: Controlling Your Blood Pressure at a new time from 11-12 pm; Tech Time topics: Using Uber as Your Personal Chauffeur and Using Microsoft Templates; an Out on the Town to the Udvar-Hazy Center to explore the Tuskegee Airmen planes; our Hearing & Assistive Technology Demonstration and much more. In addition, we have guest speakers discussing the United States Colored Troops who fought in the Civil War and The Soundtrack of Black America: Motown Era. Please check the schedule and look for flyers each week as a reminder.
The United States Colored Troops

In honor of Black History Month, we have invited guest speakers to share their knowledge and expertise on various topics. Bob O’Connor is an author and speaker who specializes in the Civil War. He joins us on **Thursday, February 24 from 1-2 pm**. Roughly 209,000 Black troops fought for the Union Army and Navy in the Civil War. Mr. O’Connor discusses his research, which uncovered the records of 2,642 Black troops who were prisoners of war. His talk will focus on the records of USCT soldiers born in Loudoun County. Mr. O’Connor has published 15 books on subjects related to the Civil War. For more information visit: Historical Author Bob O’Connor – Author, Historian, and Speaker (boboconnorbooks.com).

Lunar New Year Celebration:
The Year of the Tiger

Join us on **Wednesday, February 2nd at 11:30 am** as we celebrate the Chinese New Year, or the Spring Festival. According to the Chinese zodiac, 2022 is the Year of the Tiger. It starts from February 1 and lasts until January 2, 2023. Those born in the Year of the Tiger are said to be brave, competitive, unpredictable and confident. **Please purchase tickets at the front desk. Cost $2**

Valentine's Day Sundae & Float Bar & Raffle

Due to COVID restrictions we have cancelled our Sweetheart Dance, but NO WORRIES, we will enjoy some sweet treats instead! **Monday, February 14th at 12:30 pm. Please purchase tickets at the front desk. Cost $2. Tickets will be entered in the raffle.**
Assistive Hearing Device Demonstration Wednesday, February 23rd from 10-12 PM

Please join Debbie Jones, NVRC’s Technology Manager, for an Assistive Technology Demonstration. Learn about different technologies available to folks who are Deaf or Hard of Hearing. From amplified telephones to voice-to-text apps, there are devices that can keep you connected with those around you. Information will be available about devices, services, and how to access them both.

The Soundtrack of Black America: Motown Era

When black musicians had a difficult time breaking into a music business that was divided by race, Motown changed everything. Catchy dance tunes blending R&B, gospel, swing and pop from Berry Gordy’s Detroit-based record company caught on nationwide. Guest speaker, Lakesha McDurfee, discusses Motown's importance and samples some of the sounds.

Join us on Friday, February 25 at 11 am.

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.

Newsletter

For Home-Delivered Meals
*Must be eligible to receive Home Delivered Meals for more information, call Debra Mobley at 703-771-5012
Cafe Corner Recipe: Veggie Skillet Eggs

**INGREDIENTS:**
6 eggs
⅛ teaspoon pepper
⅛ teaspoon oregano or basil
½ cup shredded cheese (1½ ounces)
2 teaspoons vegetable oil
1 small onion, chopped (about ½ cup)
1 clove garlic, chopped (or ½ teaspoon garlic powder)
2 cups fresh, canned or frozen mixed vegetables (green beans, zucchini, peas, corn, broccoli, mushrooms)
1 medium tomato, sliced

**DIRECTIONS:**
1. Beat eggs then add pepper, oregano or basil, and cheese in a medium bowl.
2. Heat oil in a medium skillet. Add onions, garlic, and other vegetables and cook over medium heat until soft.
3. Pour egg mixture over vegetables. With knife or spatula, lift outer edges of eggs so egg mixture flows to the bottom of the pan.
4. Cook until eggs are set, about 6 minutes. Top with tomato slices.
5. Cut into 8 wedges and serve hot.

**NOTES:**
- Refrigerate leftovers within 2 hours.
- Serve with fruit and whole grain toast or an English muffin.

**MATERIALS:**
Whisk or fork
Medium skillet
Baking dish
Spatula
Cutting board and knife
Measuring cups and spoons

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The Ashburn Stitchers

Come join 'The Ashburn Stitchers' for two hours of learning, sharing, and creativity.

Whether you are new to sewing, need a refresher course, or are willing to share your expertise - male or female, - everyone is welcome. Some of the current projects are: 1. alterations, hemming and mending; 2. basic quilting steps; 3. doll cloths; 4. saddle bags for your sewing machine.

Come check us out on Tuesday, February 8th from 10-12 pm and see what the Stitchers are working on.

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Healthy Living Tea & Social

Please join us on Tuesdays, February 8th & 22nd from 10:00-10:45 am for tea and light refreshments as we discuss issues important to women's social and emotional health. This is a great opportunity to get to know other members, give and receive support and just talk. Ashburn Senior Center Manager, Ceola Grant, will also make an appearance to participate in our 'heart to heart' conversations.
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<th>MONDAY</th>
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<td>9-11 AM Ping Pong (Multi2)</td>
<td>10 AM Strength, Core &amp; Balance Video based exercise (DAN)</td>
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<td>10 AM Conversational Spanish (ART116)</td>
<td>10 AM Current Events Discussion Bring an article to share (ART116)</td>
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<td>10 AM Zumba Gold Fee based class Registration Recommended or $13 Drop-in (DAN)</td>
<td>10 AM Tech Time See below for topics (COMP)</td>
<td>10-11 AM Tech Time</td>
<td>10 AM Virtual Beginner &amp; Intermediate Mandarin Sign up at front desk</td>
<td>10 AM Interactive Line Dance (DAN)</td>
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<td>10-11 AM Spanish Instruction Fee based class Registration Required (ART116)</td>
<td>10:30-11:30 AM Canasta &amp; Mexican Train (CLUB)</td>
<td>11 AM Tai Chi (DAN)</td>
<td>10 AM Chinese Folk Dance Guided exercise w/limited verbal instruction (DAN)</td>
<td>11 AM REFIT Fee based class Registration Recommended or $13 Drop-in (DAN)</td>
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<td>10-12 PM The Ashburn Stitchers Sewing Club (ART115)</td>
<td>11 AM Book Club (ART116)</td>
<td>12 PM LUNCH (Multi1&amp;2)</td>
<td>11 AM King's Corner Card Game with Terri (CLUB)</td>
<td>12 PM LUNCH (Multi1&amp;2)</td>
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<td>10-12 PM Knitting &amp; Crocheting Club (ART115)</td>
<td>12-2 PM Badminton (Multi3)</td>
<td>1:30-3 PM Intermediate Painting Sign up at the front desk (ART116)</td>
<td>1 PM Music in Motion Video based exercise (DAN)</td>
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<td>10:30-11:30 AM Virtual Yoga (Multi3)</td>
<td>1:30-4:30 PM Beginner Painting Basics Sign up at front desk (ART116)</td>
<td>1:2 PM Strength, Core &amp; Balance Video based exercise (DAN)</td>
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<td>11-12 PM Beginner Ukulele Instruction Sign up at front desk (ART116)</td>
<td>1:30-4:30 PM Party Bridge (Multi1)</td>
<td>1:30-4:30 PM Party Bridge (Multi2)</td>
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<td>12 PM LUNCH (Multi1&amp;2)</td>
<td>1:30-4:30 PM Party Bridge (Multi2)</td>
<td>1:30-4:30 PM Poker (ART115)</td>
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<td>9-11 AM Convo Spanish (ART116)</td>
<td>10 AM Shopping Spree Sign up at front desk $1 Bus Fare (LOB)</td>
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<td>Lunar New Year: The Year of the Tiger</td>
<td>10-11 AM Tech Time: Drop-in Consulting (COMP)</td>
<td>11:30 PM Lunar New Year Celebration: The Year of the Tiger Sign up at front desk $2 Fee (Multi1&amp;2)</td>
<td>10 AM &amp; 2 PM Creative Corner: Love You to Pieces Heart Sign up at front desk $2 Supply Fee (ART115)</td>
<td>10:30-11:30 AM Billiards Club (GAM)</td>
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<td>12:30-1:45 PM BINGO! $.50/card (Multi1)</td>
<td>10-10:45 AM Healthy Living Tea &amp; Social (Multi1&amp;2)</td>
<td>10-11 AM Tech Time: Intro to UBER (COMP)</td>
<td>11 AM Gardening Club (ART115)</td>
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<td>10 AM Shopping Spree: Patel Brothers Sign up at front desk $1 Bus Fare (LOB)</td>
<td>12 PM Lunch &amp; A Movie: Hidden Figures (Multi1)</td>
<td>11:15-12 PM Browsing Library (LOB)</td>
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<td>11:30 AM Manager's Lunch/Super Bowl Party (Multi1&amp;2)</td>
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<td>Shopping Spree: Walmart Sign up at front desk $1 Bus Fare (LOB)</td>
<td>11-12 PM Shopping Spree: Walmart Sign up at front desk $1 Bus Fare (LOB)</td>
<td>11:30-12 PM Advisory Council Meeting (CONF)</td>
<td>10:30 AM Out on the Town: Steven F. Udvar-Hazy Center Sign up at front desk $3 Bus Fare (LOB)</td>
<td>10:30 AM Ashburn Classics Meeting (Multi1)</td>
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<td>12 PM Lunch &amp; A Movie: Hidden Figures (Multi1)</td>
<td>10-12 PM INOVA Blood Pressure Checks (WELL)</td>
<td>10-11 AM Tech Time: Drop-in Consulting (COMP)</td>
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<td>11:00-12:00 PM Learn &amp; Lunch: Controlling Your Blood Pressure (Multi1&amp;2)</td>
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<td>Out on the Town: Steven F. Udvar-Hazy Center Sign up at front desk $3 Bus Fare (LOB)</td>
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<td>12:30 PM Valentine's Day Sundae Bar &amp; Raffle Register at front desk $2 Fee (Multi1&amp;2)</td>
<td>10-10:45 AM Healthy Living Tea &amp; Social (Multi1&amp;2)</td>
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<td>10-11 AM Memoir Writing (CONF)</td>
<td>10-11 AM Tech Time: Using Microsoft Templates (COMP)</td>
<td>10 AM Shopping Spree: Fort Evans Plaza II Sign up at front desk $1 Bus Fare (LOB)</td>
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<td>10-10:45 AM Healthy Living Tea &amp; Social (Multi1&amp;2)</td>
<td>10-12 PM Hearing &amp; Assistive Technology Demonstration Sign up at front desk (WELL)</td>
<td>11 AM The Soundtrack of Black America: Motown Era (Multi1)</td>
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<td>12:30-2 PM Paint &amp; Sip: Capturing Twilight Sign up at front desk $5 Supply Fee (ART115)</td>
<td>1-2 PM Black History Month Lecture with author Bob O'Connor: The United States Colored Troops (Multi1)</td>
<td>12:30 PM Monthly Birthday Bash with Music from the 50's, 60's &amp; 70's (Multi1&amp;2)</td>
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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)

February 5th (1st Saturday)
10:30-11:30 AM
Billiards Club
(GAM)

February 12th (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)

3-4:30 PM
Intermediate & Advanced Open Court
(Multi1&2)

Tuesday
9-12 PM
Beginner Open Court
(Multi3)

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

Wednesday
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
9-12 PM
Beginner Open Court
(Multi3)

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

2-4:30 PM
Intermediate & Advanced Open Court
(Multi1&2)
Inclement Weather Policy
If Loudoun County Government is **closed**, all facilities including senior centers will be **closed** and all services are cancelled.

If Loudoun County Government is on **unscheduled leave status**, senior centers will **open** at 9 a.m. and provide services (including lunch) but there will be NO transportation and NO Home Delivered Meals.

**Masks are required in all county buildings regardless of vaccination status. If you are not feeling well, please stay home until you are symptom free!**