March into Spring!

As we March into a new month we continue to find reasons to celebrate. On St. Patrick’s Day at 10 AM we will welcome performers from The Boyle School of Irish Dance and offer a taste of Ireland. Be sure to purchase your tickets for $3 at the front desk. This month we have added the classes Quilting Techniques, Meditation, and Philosophy for Everyone to our schedule. Also, be sure not to miss our Lunch & Learns at the new time 11-12 PM on the following topics: ASC Evacuation & Safety Plan, Frauds & Scams Prevention with Ethan Martin from the Loudoun County Sheriff's Office, Cognitive Fitness for Our Brain’s Health and Timeout for Wellness: Stress Management: Prevention & Intervention. Below are a few pictures from last month’s events where we celebrated the Lunar New Year with performers, the Super Bowl with games and swag from the Washington Commanders organized by our Tech Time instructor, Mike, and some sweet treats for Valentine’s Day.
The Mission of the Boyle School of Irish Dance is to enrich the lives of children and families through the rich culture and heritage of Irish Dance. Join us at the Ashburn Senior Center on Thursday, March 17th (St. Patrick's Day) at 10 AM for a performance that is sure to enrich our lives! Please purchase your tickets ($3) at the front desk.

Quilting Techniques
Join us for this 16 week course where the instructor will lead you through a different technique in creating a quilt from start to finish. Classes will mostly be stand alone in that if you choose to learn only certain techniques you are able to do so. We recommend that participants attend the introductory class to receive an overview and session outline in order to pick and choose topics. The structure of each class will be discussion and show and tell in the first part and execution in the second. The only prerequisite is that you are familiar with using a sewing machine. Begins Wednesday, March 2nd from 10:00 AM to 12:00 PM.

Philosophy for Everyone
This class explores contemporary philosophers Byung-Chul Han and Zygmunt Bauman. Han discusses how work dictates how we live while Bauman focuses on how in modern life everything is liquid. Join instructor, Jose Echeverria, as he guides the group to answer the question of how we can lead a more contemplative and connected life. Begins Wednesday, March 2nd from 11 AM to 12 PM.
Meet Your Advisory Board
The Ashburn Senior Center Advisory Board is organized exclusively for charitable and educational purposes. The organization is a group of member volunteers that will initiate, organize and support charitable and educational activities thereby lessening the burden of county government and their employees. In addition, the board advocates for the elderly of Ashburn by providing feedback to the Ashburn Senior Center to help it achieve the best service for these Center members.

Market Day Coming in April
Market Day is an opportunity to bring in your gently used or new items to sell in support of the Advisory Board and their mission. Thank you in advance for your generosity and support.

Frauds & Scams Prevention
Ethan Martin from the Loudoun County Sheriff’s Office presents this important information on Wednesday, March 9th from 11-12 PM. Look for the flyer!

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 to View the Senior Center Monthly Lunch Menu.

Advisory Board Officers:
Susan Cory: President
Peggy Chapman: Vice President
Lakesha McDurfee: Secretary
Tony Broskey: Treasurer

Advisory Board Members:
Velma Alverez
Usha Barkasky
Gayle Bostic
Nahid Limber
Marilyn Mahieu
Manubhai Patel
Lew Townsend
William Hamilton
Kailash Sachdev
1. Ask about discounts. Ask your local grocery stores if they have a senior discount or a loyalty or discount card. Besides getting items at a lower price, you may also get store coupons.

2. Use coupons when you can. Remember, coupons only help if they are for things you would buy anyway. Sometimes, another brand costs less even after you use the coupon.

3. Consider store brands—they usually cost less. These products are made under a special label, sometimes with the store name. You might have to look on shelves that are higher or lower than eye level to find them.

4. Be aware that convenience costs more. You can often save money if you are willing to do a little work. For example, buy whole chickens and cut them into parts, shred or grate your own cheese, and avoid instant rice or instant oatmeal. Bagged salad mixes cost more and might not stay fresh as long as a head of lettuce.

5. Look at unit prices. Those small stickers on the shelves tell you the price but also the unit price—how much the item costs per ounce or per pound. Compare unit prices to see which brand is the best value.

6. Try to buy in bulk, but only buy a size you can use before it goes bad. If you buy meat in bulk, decide what you need to use that day and freeze the rest in portion-sized packages right away.

7. Focus on economical fruits and vegetables like bananas, apples, oranges, cabbage, sweet potatoes, dark-green leafy vegetables, green peppers, and regular carrots.

8. Think about the foods you throw away. For less waste, buy or cook only what you need.

9. Resist temptations at the check-out. Those snack foods and candy are put there for impulse buying. Save money and avoid empty calories!

10. Sign up for meal delivery. While some older people have trouble finding enough money to buy food, others need help preparing meals. There are a variety of groups around the country that deliver meals to people who have trouble getting out of their homes.
### Weekly Activities

#### MONDAY
- **9-11 AM**
  - Ping Pong *(Multi2)*
- **10 AM**
  - Zumba Gold
  - Fee based class
  - Registration Recommended or $13 Drop-in *(DAN)*
- **10-11 AM**
  - Spanish Instruction
  - Fee based class
  - Registration Required *(ART116)*
- **10:30-11:30 AM**
  - Virtual Yoga *(Multi3)*
- **11 AM**
  - Meditation
  - (1st & 3rd Mondays) *(ART115)*
- **11-12 PM**
  - Beginner Ukulele Instruction
  - Sign up at front desk *(ART116)*
  - **12 PM LUNCH** *(Multi1&2)*
- **12-2 PM**
  - Knitting & Crocheting Club *(ART115)*
- **12-1 PM**
  - Virtual Intro Line Dancing
  - Limit 12
  - First come, first serve *(DAN)*
- **1-2 PM**
  - Intermediate Ukulele Instruction
  - Sign up at front desk *(ART116)*
- **1 PM**
  - Music in Motion
  - Video based exercise *(DAN)*
- **1:30-3 PM**
  - Intermediate Painting
  - Sign up at the front desk *(ART116)*
- **1:30-4:30 PM**
  - Mahjong *(Multi2)*
- **1:30-4:30 PM**
  - Party Bridge *(Multi1)*

#### TUESDAY
- **10 AM**
  - Strength, Core & Balance
  - Video based exercise *(DAN)*
  - **10-12 PM**
  - The Ashburn Stitchers Sewing Club *(ART115)*
- **11 AM**
  - Tai Chi *(DAN)*
- **11 AM**
  - Book Club *(ART116)*
- **12 PM LUNCH** *(Multi1&2)*
- **12-2 PM**
  - Badminton *(Multi3)*
  - **1 PM**
  - Music in Motion
  - Video based exercise *(DAN)*
  - **1:30-3 PM**
  - Intermediate Painting
  - Sign up at the front desk *(ART116)*
  - **1:30-4:30 PM**
  - Mahjong *(Multi2)*
  - **1:30-4:30 PM**
  - Party Bridge *(Multi1)*

#### WEDNESDAY
- **9-11 AM**
  - Ping Pong *(Multi2)*
- **10-11 AM**
  - Tech Time
  - See below for topics *(COMP)*
  - **10:30-11:30 AM**
  - Virtual Yoga *(Multi3)*
- **11 AM**
  - Philosophy for Everyone *(ART116)*
- **12 PM LUNCH** *(Multi1&2)*
- **1-2 PM**
  - Beginner Painting Basics
  - Sign up at front desk *(ART116)*
  - **1-3 PM**
  - Painting Open Studio *(ART116)*
  - **1:30-4:30 PM**
  - Party Bridge *(Multi1)*

#### THURSDAY
- **10 AM**
  - Conversational Spanish *(ART116)*
  - **10 AM**
  - Shopping Spree
  - Sign up at front desk
  - $1 Bus Fare *(LOB)*
  - **10 AM**
  - Virtual Beginner & Intermediate Mandarin
  - Sign up at front desk *(CONF)*
  - **11 AM**
  - Chinese Folk Dance
  - Guided exercise w/limited verbal instruction *(DAN)*
  - **11 AM**
  - King's Corner Card Game with Terri *(CLUB)*
  - **12 PM LUNCH** *(Multi1&2)*
- **1 PM**
  - Music in Motion
  - Video based exercise *(DAN)*
  - **1:30-3 PM**
  - Intermediate Painting
  - Sign up at the front desk *(ART116)*
  - **1:30-4:30 PM**
  - Mahjong *(Multi2)*
  - **1:30-4:30 PM**
  - Party Bridge *(Multi1)*

#### FRIDAY
- **10 AM**
  - Current Events Discussion
  - Bring an article to share *(ART116)*
- **10 AM**
  - Intermediate Line Dance *(DAN)*
- **10-12 PM**
  - Knitting & Crocheting Club *(CLUB)*
- **11 AM**
  - Music in Motion
  - Video based exercise *(DAN)*
  - **12 PM LUNCH** *(Multi1&2)*
- **1 PM**
  - Strength, Core & Balance
  - Video based exercise *(DAN)*
  - **1:30-4:30 PM**
  - O'Heck *(ART115)*
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>10 AM</td>
<td>St. Patrick’s Day Performance: Boyle School of Irish Dance</td>
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<td>Register at front desk</td>
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<td>$3 Fee</td>
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<td>(Multi1,2&amp;3)</td>
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<tr>
<td>10:30 AM</td>
<td>No Intermediate Line Dance Today</td>
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<td>Lunch Bunch: Ashburn Senior Center Evacuation &amp; Safety Plan (Multi1&amp;2)</td>
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<tr>
<td>10:30-11:30 AM</td>
<td>Billiards Club (GAM)</td>
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<tr>
<td>11 AM</td>
<td>Meditation (ART115)</td>
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<tr>
<td>12 PM</td>
<td>What’s for Lunch?: Congregate Meal Program (Multi1&amp;2)</td>
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<td></td>
<td>12:30-1:45 PM BINGO! $.50/card (Multi1)</td>
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<tr>
<td>10-11 AM</td>
<td>Tech Time: Drop-in Consulting (COMP)</td>
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<tr>
<td>10-10:45 AM</td>
<td>Healthy Living Tea &amp; Social (Multi1&amp;2)</td>
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<tr>
<td>10-12 PM</td>
<td>Hearing Screenings Sign up at the front desk (WELL)</td>
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<td>10 AM</td>
<td>Shopping Spree: Walmart</td>
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<td>$1 Bus Fare (LOB)</td>
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<tr>
<td>11 AM</td>
<td>Gardening Club (ART115)</td>
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<td>11:15-12 PM</td>
<td>Browsing Library (LOB)</td>
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<td>10 AM</td>
<td>Shopping Spree: Lotte</td>
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<td>Tech Time: Intro to Amazon: Prime Video, Music, Alexa, etc. (COMP)</td>
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<td>Learn &amp; Lunch: Frauds &amp; Scams Prevention (Multi1)</td>
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<td>10-11 AM</td>
<td>Tech Time: Drop-in Consulting (COMP)</td>
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<tr>
<td>10-12 PM</td>
<td>INOVA Blood Pressure Checks (WELL)</td>
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<td>Learn &amp; Lunch: Cognitive Fitness for Our Brain’s Health (Multi1&amp;2)</td>
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<td>Tech Time: Drop-in Consulting (COMP)</td>
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<td>10-12 PM</td>
<td>Paint &amp; Sip: Abstract Ballerina Sign up at front desk $5 Supply Fee (ART115)</td>
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<td>10 AM</td>
<td>Tech Time: Drop-in Consulting (COMP)</td>
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<tr>
<td>12:30-2 PM</td>
<td>Women’s History Month Matinee Movie: RBG (Multi1)</td>
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<tr>
<td>10 AM</td>
<td>Shopping Spree: Potomac Run Plaza</td>
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<td>Sign up at front desk</td>
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<td></td>
<td>$1 Bus Fare (LOB)</td>
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<tr>
<td>12:30 PM</td>
<td>Monthly Birthday Bash (Multi1&amp;2)</td>
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<tr>
<td>10 AM</td>
<td>&amp; 2 PM Creative Corner: Spring Wreaths Sign up at front desk $6 Supply Fee (ART115)</td>
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<tr>
<td>10-11 AM</td>
<td>Tech Time: Drop-in Consulting (COMP)</td>
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<td>10-11 AM</td>
<td>Tech Time: Using Your IPhone: Camera, Alarms, Texting, FaceTime, etc. (COMP)</td>
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<td>Technical Council for Amazon: Prime Video, Music, Alexa, etc. (COMP)</td>
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<td>Learn &amp; Lunch: Timeout for Wellness: Stress Management: Prevention &amp; Intervention (Multi1)</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)

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

March 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)
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

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