AAH Spring!

Spring is the season of new beginnings and it is evident in the emerging leaves on the trees and the blossoming flowers. This April we hope to see new faces at the Ashburn Senior Center as we start to venture outdoors with the warmer weather. Please mark your calendars and save the date for our Spring Fling Craft & Sidewalk Sale on Saturday, April 9th from 9:00 AM to 1:00 PM. It will be a great opportunity to get rid of those new or gently used items you have after your spring cleaning . . . or to use as an incentive to do spring cleaning! Please see inside for more details. Also, we plan to do spring cleaning for the senior center on Saturday, April 9th. We will clean up the grounds around the center and do some gardening. It will be a busy day and we look forward to having your help! Please see inside for the Weekly Activities Schedule for recurring events, Special Activities Schedule for special events and the Pickleball and Saturday Schedules for court times and more.
Creative Corner: Washi Tape Eggs & Gnome Bunnies
Our St. Patrick Day Gnomes were so popular we are making Gnome Bunnies this month! Also, do not miss washi tape egg decorating.

Washi Eggs- Friday, April 1st at 11 AM
Supply fee $2

Gnome Bunnies- Friday, April 8th from 11-1 PM
Supply fee $3
Please sign up at the front desk.

Basic Skin Care 101 with Dee Cee
Take a survey and let guest speaker Dee Cee explain the best home based skin care techniques for your skin type. She will discuss the following topics:
- How to maintain healthy skin as you mature
- Daily routines, cleansing and toning
- Using "masks and facial scrubs" and
- How to combat oily skin, cause and cure.

Friday, April 1st from 2:00-3:00 PM

Spring Fling Craft & Sidewalk Sale
Please mark your calendars and plan to join us for our first annual Spring Fling Craft & Sidewalk Sale on Saturday, April 9th from 9:00 AM to 1:00 PM. The sale will take place inside the building so there is no need for a rain date. People may purchase their own table to sell their wares or may donate new or gently used items to the center to sell. The proceeds from donated items will go to the Ashburn Senior Center Advisory Board to help support programming at the center. Tables: $15/Member or $20/Non-member.
Pictures, Pictures Pictures!
On Wednesday, April 13th from 10:00-2:00 PM we will be taking membership photos at the Ashburn Senior Center. If you do not have a current photo or would like to update your photo, please come dressed and ready to smile!

Also, to celebrate mothers everywhere next month, we are collecting pictures of mothers! It can be a picture of you and your mother or, if you are a mother, you, your kids and/or grandchildren. Our Mother’s Day Luncheon will be Friday, May 6th so save the date!

Lunch & Learns

Frauds & Scams Prevention
Ethan Martin from the Loudoun County Sheriff’s Office presents this important information on the current trends and tactics in committing frauds and scams. He will discuss how to detect a scam or fraud, how to prevent yourself from becoming a victim and what to do if you do become a victim of a fraud or scam. Also, he will provide information on identity theft protection. Join us on Wednesday, April 6th from 11-12 PM. Look for the flyer!

Benefits of Vitamin D for Cardiovascular Disease Prevention and Reducing your Risk of Type 2 Diabetes
Join Dana Rizzo, RN, BSN, ACMA, from Waltonwood as she explains the benefits of Vitamin D. Dana has a wealth of knowledge and experience when it comes to health care and seniors. Do not miss this discussion on Tuesday, April 19th from 11-12 PM.

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

View the Senior Center Monthly Lunch Menu.
It’s National Volunteer Month! Thank You ASC Volunteers!

“Volunteers do not necessarily have the time; they just have the heart.”
-Elizabeth Andrew

“Life’s most persistent and urgent question is, What are you doing for others?”
-Martin Luther King Jr.

“As you grow older, you will discover that you have two hands- one for helping yourself, the other for helping others.”
-Audrey Hepburn
### Weekly Activities

#### MONDAY
- **9-11 AM**
  - Ping Pong (Multi2)
  - 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**
  - Yoga (Multi3)
- **11 AM**
  - Mindful Meditation
  - (1st & 3rd Mondays) (ART115)
  - Tai Chi (DAN)
  - Book Club
  - (ART116)
- **12 PM LUNCH**
  - (Multi1&2)
  - 12-2 PM
  - Knitting & Crocheting Club (ART115)
  - 1 PM
  - Music in Motion
  - Video based exercise (DAN)
  - 1:30-3 PM
  - Intermediate Painting
  - Sign up at front desk
  - Starting April 19th (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**
  - Knitting & Crocheting (CLUB)
- **1 PM**
  - Music in Motion
  - Video based exercise (DAN)
  - **1:30-3 PM**
  - Intermediate Painting
  - Sign up at front desk
  - Starting April 19th (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)
  - **10:11 AM**
  - Canasta & Mexican Train (CLUB)
  - **10:30-11:30 AM**
  - Quilting Techniques (ART115)
  - **11 AM**
  - Philosophy for Everyone
  - (ART116)
  - **11 AM**
  - Yoga (Multi3)
  - **11 AM**
  - Gardening Club
  - (ART115)
  - **11 AM**
  - Gardening Club
  - (ART115)
  - **11 AM**
  - Shopping Spree
  - Sign up at front desk
  - $1 Bus Fare (LOB)
  - **12 PM LUNCH**
  - (Multi1&2)

#### THURSDAY
- **9 AM**
  - Walking Club
  - (LOB)
  - **10 AM**
  - Conversational Spanish
  - (ART116)
  - **10 AM**
  - Shopping Spree
  - Sign up at front desk
  - (LOB)
  - **10 AM**
  - Beginner Line Dance
  - Starting date TBD (Multi1&2)
  - **10 AM**
  - Gardening Club
  - (ART115)
  - **11 AM**
  - Chinese Folk Dance
  - Guided exercise w/limited verbal instruction (DAN)
  - **11 AM**
  - Gardening Club
  - (ART115)
  - **11 AM**
  - Gardening Club
  - (ART115)
  - **12 PM LUNCH**
  - (Multi1&2)

#### FRIDAY
- **10 AM**
  - Current Events Discussion
  - Bring an article to share (ART116)
  - **10 AM**
  - Intermediate Line Dance
  - Canceled on 4/15 & 4/22 (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>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>11 AM Mindful Meditation</td>
<td>10-10:45 AM Healthy Living</td>
<td>10-11 AM Tech Time: Bring In</td>
<td>2:00-3:00 PM Basic Skin Care</td>
<td>10:30-11:30 AM Billiards Club</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(ART115)</td>
<td>Tea &amp; Social (Multi2)</td>
<td>SmartPhone &amp; Learn Cool Tools</td>
<td>101 with DeeCee (ART116)</td>
<td>(GAM)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30-1:45 PM BINGO! $0.50/card (Multi1)</td>
<td>10-11 AM Tech Time: Drop-in Consulting (COMP)</td>
<td>$5 Supply Fee</td>
<td>April Fool's Day</td>
<td>World Parkinson's Day National Pet Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10-2 PM Hearing Screenings</td>
<td>10 AM Shopping Spree: Patel</td>
<td>11 AM Creative Corner: Washi Eggs</td>
<td>11-1 PM Creative Corner: Gnome Bunnies</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sign up at the front desk</td>
<td>Brothers: Sign up at front</td>
<td>Sign up at front desk $1 Bus Fare ($OB)</td>
<td>Sign up at front desk Supply fee $3</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>desk (WELL)</td>
<td>desk</td>
<td>(LOB)</td>
<td>(ART116)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10-2 PM Picture Day! (LOB)</td>
<td>11:15-12 PM Browsing Library</td>
<td>9-1 PM Spring Fling Craft &amp; Sidewalk Sale</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(Multi1&amp;2&amp;Halls)</td>
<td>(Multi3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:30 AM Ashburn Classics Meeting</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(Multi3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9-12 PM Sign-Up with Lori</td>
<td>10-12 PM INOVA Blood</td>
<td>10-11 AM Tech Time: Microsoft</td>
<td>10 AM Shopping Spree: Walmart</td>
<td>11:00 AM Lunch Bunch: Delhi-6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stahl, Elder Resource</td>
<td>Pressure Checks (WELL)</td>
<td>Word (COMP)</td>
<td>Sign up at front desk $1 Bus Fare ($OB)</td>
<td>$1 Bus Fare (LOB)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Manager (WELL)</td>
<td></td>
<td></td>
<td>10-2 PM Picture Day!</td>
<td>Good Friday Passover Begins</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11 AM Mindful Meditation</td>
<td>10-10:45 AM Healthy Living</td>
<td>11-12 PM Lunch &amp; Learn:</td>
<td>10-12 PM Advisory Council</td>
<td>10:30-12 PM Monthly Birthday Bash: Music</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(ART115)</td>
<td>Tea &amp; Social (Multi2)</td>
<td>Frauds &amp; Scams Prevention</td>
<td>Meeting (CONF)</td>
<td>by Dian (Multi1&amp;2)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30-1:45 PM BINGO! $0.50/card (Multi1)</td>
<td>10-11 AM Tech Time: Drop-in Consulting (COMP)</td>
<td>(Multi1)</td>
<td>(CONF)</td>
<td>Earth Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Consulting (COMP)</td>
<td>10:30-12 PM Advisory Council</td>
<td>Arbor Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Meeting (CONF)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10-11 AM Tech Time: Microsoft</td>
<td>10 AM Shopping Spree: Dulles</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Word (COMP)</td>
<td>Town Center: Sign up at front</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>desk $1 Bus Fare (LOB)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10-11 AM Memoir Writing</td>
<td>12:30-2 PM Paint &amp; Sip: Foggy</td>
<td>12:30-2 PM Tech Time: Drop-in</td>
<td>12:30 PM Arbor Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(CONF)</td>
<td>Morning Moonset</td>
<td>Consulting (COMP)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 AM Shopping Spree:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dulles Town Center:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sign up at front desk $1 Bus Fare (LOB)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

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)

April 2nd (1st Saturday)
10:30-11:30 AM Billiards Club (GAM)

April 9th (2nd Saturday)
10:30 AM Ashburn Classics Meeting (Multi3)

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

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)