This month we celebrate mothers everywhere with a Mother's Day Luncheon and Fashion Show on Friday, May 6th from 11:30 to 1:00 pm. Dress to impress and strut your stuff! Lori Stahl, our Elder Resources Case Manager, will showcase her musical talent playing the keyboard. Please purchase your tickets, $2/members or $5/non-members, at the front desk. Also, we look forward to an outing to Banshee Reeks Nature Preserve on Friday, May 13th for some bird watching, a nature walk or just to relax on the back porch. Please sign up at the front desk to reserve your spot. We would like to thank everyone who came out to support the Ashburn Senior Center at our Spring Fling Craft & Sidewalk Sale!
Grief Support Group

Jules Christian is the Chaplain and Bereavement Counselor for Hillside Hospice. Jules was born and raised in North Carolina and moved to the DC area in 2015. She is ordained in the non-denominational Christian tradition. Jules has provided spiritual care and counseling for over twenty-five years. She joined Hillside Hospice in 2020. Jules currently resides in Falls Church, Virginia with her dog, Cocoa. The monthly grief support group will take place on the first Saturday of the month from 10:00 AM-12:00 PM, starting May 7th.

Lunch & Learn: SPOT a Stroke, STOP a Stroke, SAVE a Life!

May is National Stroke Awareness Month. Every 40 seconds, someone becomes the victim of a stroke. Every 4 minutes, someone dies from a stroke. Strokes are the number one cause of death and permanent disability. Eighty percent of those statistics could be altered with early medical intervention. Unfortunately, most stroke victims do not receive medical treatment quickly enough. When someone has a stroke, minutes, even seconds MATTER. It is imperative for everyone to recognize the symptoms and call 911. Join Dana Rizzo, RN, BSN, ACMA, from Waltonwood Senior Living as she discusses this important topic. Tuesday, May 17th at 11 AM.

ASC One-Year Anniversary

Help build our One Year Anniversary Community Quilt and support the Ashburn Senior Center Advisory Board! Write your message on a block and become part of the Senior Center legacy. $3 for 1 block $5 for 2 blocks Sample messages: "In memory of..." "Thank you Senior Center.... Your Name"

National Senior Games

Tony Broskey will be participating in the National Senior Games in Fort Lauderdale, Florida the week of May 10th through the 18th. He is entered in the Men's Pickleball Singles and Doubles Age Group 65-69. Good luck Tony!

Grief Support Group

Jules Christian is the Chaplain and Bereavement Counselor for Hillside Hospice. Jules was born and raised in North Carolina and moved to the DC area in 2015. She is ordained in the non-denominational Christian tradition. Jules has provided spiritual care and counseling for over twenty-five years. She joined Hillside Hospice in 2020. Jules currently resides in Falls Church, Virginia with her dog, Cocoa. The monthly grief support group will take place on the first Saturday of the month from 10:00 AM-12:00 PM, starting May 7th.
Honor Flight Coming to the Ashburn Senior Center

Honor Flight - Top of Virginia will be honoring local WWII, Korea, and Vietnam-era Veterans with a bus trip to DC to see their memorials on **Saturday, May 14**. Sites visited include WWII, Korea, and Vietnam Memorials, the Air Force and Marine Corps Memorials, and special access to the Changing of the Guard at Arlington National Cemetery.

**Reservations for Veterans is required.** Please visit Honor Flight - **Top of Virginia (honorflight-tov.org)** for more information. Please don't hesitate to reach out to us at 540-692-9197 if you have any questions. **To show your support for our Veterans please plan to welcome them back from their day out at 5 PM at the Ashburn Senior Center.** Hand held flags available to wave in their honor.

Banshee Reeks Nature Preserve

There is nearly 700 acres of wilderness right in our backyard at Banshee Reeks! They offer a variety of programs and activities including bird watching, fishing, hayrides, hiking, interactive outdoor classrooms and more. Please plan to join us on **Friday, May 13th from 10 AM to 1 PM** for a boxed lunch picnic. Participants may choose to go for a hike on one of the 20+ miles of trails, take part in the planned bird watching activity or hang out on the back porch and enjoy the view. **There are several options:** Bus only $2; bus & lunch $5; bus, lunch & activities $10. Please sign up at the front desk.

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.

**View the Senior Center Monthly Lunch Menu.**
Candid Camera at ASC!

- Holi Celebration
- Bingo
- Quilting
- Mexican Train
- Creative Corner
- Paint & Sip
- Lunch & Learn

ASHBURN SENIOR CENTER Newsletter
### 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)*

- **10-12 PM**
  - Knitting & Crocheting Club *(ART115)*

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

- **11 AM**
  - Mindful Meditation
    - (1st & 3rd Mondays) *(Multi1)*

- **11-12 PM**
  - Beginner Ukulele Instruction
    - Sign up at front desk
    - Starting April 18th *(ART116)*

- **12 PM LUNCH** *(Multi1&2)*

- **1 PM**
  - Strength, Core & Balance
    - 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)*

- **2 PM**
  - Euchre *(CLUB)*

#### Tuesday
- **9-11 AM**
  - Ping Pong *(Multi2)*

- **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)*

- **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**
  - **Party Bridge** *(Multi1)*

#### Wednesday
- **9-11 AM**
  - Ping Pong *(Multi2)*

- **10 AM**
  - Tech Time

- **11:30 AM on 5/11 & 5/18**
  - See below for topics *(COMP)*

- **10-12 PM**
  - Quilting Techniques *(ART115)*

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

- **11 AM**
  - Philosophy for Everyone *(ART116)*

- **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
    - $1 Bus Fare *(LOB)*

- **10 AM**
  - Beginner Line Dance Starting May 5th *(Multi1&2)*

- **10 AM**
  - Chinese Bible Study *(DAN)*

- **11 AM**
  - Chinese Folk Dance
    - Guided exercise w/limited verbal instruction *(DAN)*

- **12 PM LUNCH** *(Multi1&2)*

- **1 PM**
  - **Engineering** *(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** *(Multi2)*

#### Friday
- **9 AM**
  - Current Events Discussion
  - Bring an article to share *(ART116)*

- **10 AM**
  - **Intermediate Line Dance** *(DAN)*

- **10 AM**
  - Creative Writing
    - Starting May 6th
    - Bring a journal *(CONF)*

- **10-12 PM**
  - Knitting & Crocheting Club *(ART115)*

- **11 AM**
  - **Music in Motion**
    - Video based exercise *(DAN)*

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

- **1:30-4:30 PM**
  - **O’Heck** *(ART115)*

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

- **1:30-4:30 PM**
  - **Party Bridge** *(Multi2)*
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>11 AM</td>
<td>10-11 AM</td>
<td>10 AM</td>
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<td>10 AM</td>
<td>9-11:30 AM</td>
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<tr>
<td>Mindful Meditation (Multi1)</td>
<td>Tech Time: Microsoft Excel Basics (COMP)</td>
<td>Shopping Spree: CoCo (LOB)</td>
<td>Creative Corner: Painted Rocks (LOB)</td>
<td>Quilting Open Studio (\text{TOP of VA})</td>
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<td>12:30-1:45 PM BINGO! $.50/card (Multi1)</td>
<td>&quot;May the 4th Be with You&quot; Day</td>
<td>Novel Reading: Cinco De Mayo</td>
<td>Mother’s Day Luncheon &amp; Fashion Show $2 (Multi1 &amp; 2)</td>
<td>Grief Support Group Sign up at front desk (CLUB)</td>
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<tr>
<td>10-11 AM BINGO! $.50/card (Multi1)</td>
<td>Hearing Screenings Sign up at the front desk (WELL)</td>
<td>Tech Time: Drop-in Consulting (COMP)</td>
<td>Instructional Mahjong Sign up at front desk (Multi2)</td>
<td>10-12 PM Billiards Club (GAM)</td>
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<tr>
<td>10:30 AM Lunch Bunch: IHOP Sign up at front desk $1 Bus Fare (LOB)</td>
<td>10 AM Beginner Line Dance (Multi1 &amp; 2)</td>
<td>Shopping Spree: Walmart (LOB)</td>
<td>Out on the Town: Picnic Lunch at Banshee Reeks Nature Preserve Fee required/sign up at front desk (LOB)</td>
<td>10:30 AM Ashburn Classics Meeting (Multi3)</td>
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<tr>
<td>9-12 PM Sign-Up with Lori Stahl, Elder Resource Manager (WELL)</td>
<td>11 AM Mindful Meditation (Multi1)</td>
<td>11:30 AM Tech Time: Google Tools: Search, Lens, Earth Maps (COMP)</td>
<td>10 AM On the Town: Animal Day at Carver Senior Center Sign up at front desk $2 Bus Fare (LOB)</td>
<td>8 AM HONOR FLIGHT Top of VA</td>
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<tr>
<td>10-12 PM INOVA Blood Pressure Checks (WELL)</td>
<td>11 AM Beginner Line Dance &amp; Learn: SPOT a Stroke, STOP a Stroke (Multi1 &amp; 2)</td>
<td>Advisory Council Meeting (CONF)</td>
<td>10 AM Out on the Town: Memorial Day Patriotic Sing-Along &amp; Birthday Bash: Music by Dian (Multi1 &amp; 2)</td>
<td>9-11:30 AM Quilting Open Studio Bring your project/instructor available for support (ART115)</td>
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<td>11-12 PM Lunch &amp; Learn: SPOT a Stroke, STOP a Stroke (Multi1 &amp; 2)</td>
<td>Senior Citizens Day</td>
<td>10:30-12 PM Advisory Council Meeting (CONF)</td>
<td>10 AM Instructional Mahjong (Multi2)</td>
<td>Armed Forces Day</td>
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<tr>
<td>10-11 AM BINGO! $.50/card (Multi1)</td>
<td>Tech Time: Drop-in Consulting (COMP)</td>
<td>All Day @ Top of Hour Exercise Classes</td>
<td>10 AM Shopping Spree: Leesburg Outlets (LOB)</td>
<td>11:45 AM Memorial Day Patriotic Sing-Along &amp; Birthday Bash: Music by Dian (Multi1 &amp; 2)</td>
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<tr>
<td>10-11 AM Memoir Writing (CONF)</td>
<td>11-12 PM Lunch &amp; Learn: Timeout for Wellness: Ins &amp; Outs of Emotions; Things to Do &amp; Not to Do (Multi1)</td>
<td>10 AM Shopping Spree: Leesburg Outlets (LOB)</td>
<td>10 AM Instructional Mahjong (Multi2)</td>
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<tr>
<td>10 AM Beginner Line Dance (Multi1 &amp; 2)</td>
<td>National Senior Health &amp; Fitness Day</td>
<td>11-12 PM Lunch &amp; Learn: Timeout for Wellness: INS &amp; OUTS of Emotions; Things to Do &amp; NOT to Do (Multi1)</td>
<td>10 AM Instructional Mahjong (Multi2)</td>
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</tr>
<tr>
<td>12:30-2 PM Paint &amp; Sip: Floral Still Vase Sign up at front desk $5 Supply Fee (ART115)</td>
<td>National Senior Health &amp; Fitness Day</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)

May 7 (1st Saturday)
10:30-11:30 AM
**Billiards Club**
(GAM)

May 7
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**

**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)

1-2 PM
**Pickleball Instruction**
(Multi3)

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

**Thursday**
9-1 PM
**Intermediate & Advanced 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)
YOUR Staff

Ceola Grant
Manager

Aristotle Porras
Assistant Manager

Michele Ferris
Recreation Programmer

Vacant
Café Supervisor

Tatiana Holmes
Customer Service

Lori Stahl
Elder Resources Case Manager

Roula Alfarra
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