Let Freedom Ring!

Whew! This month we slow things down just a bit so we can enjoy all that summer has to offer. At the Ashburn Senior Center that means a **Patriotic Sing-Along & Ice Cream Social** on Wednesday, July 6th at 12:30 PM, an **AARP Smart Driver Course** on Tuesday, July 12th from 9-5 PM, a new **Beginner Pottery Class** on Wednesdays from 10-1 PM, an outing to **Middleburg** on Friday, July 15th at 10 AM and our **Monthly Birthday Bash with music by DIAN** on Friday, July 29th at 11:45 AM. Please see inside or ask at the front desk for more details. Also, we offer a variety of other activities including **Lunch Bunch at Parrando Tex Mex**, **Gardening Club**, **Spanish and Mandarin instruction**, **Knit & Crochet group**, ping pong, games, exercise classes and more. This month we feature the **Home Repair Program with Habitat for Humanity for a Lunch & Learn** on Wednesday, July 27th at 11 AM. Please see the Activity and Special Events calendars inside for more details.

**Filipino Independence Day, Juneteenth and Father's Day . . . Oh my!**
ASC Offers AARP® Smart Driver Course
The AARP Smart Driver course can not only save you money on your auto insurance, but it can also help keep you and your loved ones safe. Participants will learn important facts about the effects of medication on driving, how to reduce driver distractions, proper use of new technology in cars today, techniques for handling right-of-way and roundabouts, and age-related physical changes and how to adjust your driving to compensate.

**Tuesday, July 12th from 9-5 PM (30-minute lunch).**
$20/AARP members, $25/non-members or free for holders of AARP United Healthcare Supplemental Insurance.

Please sign up at the front desk.

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"

ASC T-Shirts
Purchase your choice of royal blue, navy blue or white T-shirt with Ashburn Senior Center embroidered on the left side for $18! All sizes available. Inquire at front desk. When you support the ASC Advisory Board, you support the programming at the center.

ASC Offers Beginner Pottery Class
ASC is now offering a 10-week beginner pottery class. The class is led by an experienced potter who will provide demonstrations, guidance and non-critical feedback as participants create objects from clay.

Hand-building and pottery wheel techniques will be used. Instructional books will be available for use during sessions. Artwork will be fired to produce stoneware at cone 5. Clays, glaze, firing and some basic tools are provided as participants explore forming methods and surface decoration. Plan to get your hands dirty!

**Wednesdays from 10-1 PM starting July 13th.**
Fee $195- please sign up at the front desk.
The Loudoun Habitat for Humanity Home Repair Program is an extension of their mission to build strength, stability and self-reliance through shelter. This program partners with Loudoun County homeowners who need assistance maintaining and staying safe in their homes. The program addresses critical health, safety, and accessibility repairs with the support of volunteers and licensed sub-contractors. Loudoun Habitat for Humanity believes that every family should have the opportunity to affordably maintain and preserve their home!

Join us for a Lunch & Learn on the:

**Home Repair Program**

Wednesday, July 27th 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.

View the Senior Center Monthly Lunch Menu.

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For Home-Delivered Meals
*Must be eligible to receive Home Delivered Meals
for more information, call Debra Mobley at 703-771-5012
Filipino Independence Day, Juneteenth and Father's Day ... Oh my!
### Monday

- **9-11 AM**
  - Ping Pong (Multi2)
- **10 AM**
  - SAIL Fitness
    - Fee required; instructor led strength & balance exercise class (DAN)
- **10-12 AM**
  - Spanish Instruction
    - Intermediate 10-11 AM
    - Beginner 11-12 PM
    - Fee based class
    - Registration Required (ART116/CONF)
- **10-12 PM**
  - The Ashburn Stickers Sewing Club
    - (ART115)
- **11 AM**
  - Tai Chi
    - (DAN)
- **11 AM**
  - Book Club
    - (ART116)
- **12 PM LUNCH**
  - (Multi1&2)
- **1 PM**
  - SAIL Fitness
    - Fee required; instructor led strength & balance exercise class (DAN)
  - Intermediate Painting
    - Sign up at front desk
    - (ART116)
  - 12 PM LUNCH
    - (Multi1&2)
- **1:30-3 PM**
  - Intermediate Painting
    - Sign up at front desk
    - Starting April 19th (ART116)
- **1:30-4:30 PM**
  - Mahjong (Multi2)
  - Party Bridge
    - (Multi1)
- **2 PM**
  - Euchre (CLUB)

### Tuesday

- **9-11 AM**
  - Ping Pong (Multi2)
- **10 AM**
  - Canasta & Mexican Train (CLUB)
- **10-12 PM**
  - Tech Time
    - By Appointment ONLY-
    - Sign up at front desk
    - (COMP)
- **10-1 PM**
  - Beginner Pottery Class
    - Fee based class
    - Registration required
    - Starting July 13th (ART116)
  - Philosophy for Everyone
    - (ART115)
  - Tai Chi
    - (DAN)
- **12 PM LUNCH**
  - (Multi1&2)
- **1 PM**
  - SAIL Fitness
    - Fee required; instructor led strength & balance exercise class (DAN)
  - 12 PM LUNCH
    - (Multi1&2)
- **1:30-4:30 PM**
  - Pickleball Instruction
    - (Multi3)
  - Mindful Meditation
    - (1st & 3rd Thursdays)
    - (Multi1)
  - 1:30-4:30 PM
    - Party Bridge
    - (Multi2)
  - Beginner Mandarin
    - (CONF)

### Wednesday

- **9-11 AM**
  - Walking Club (LOB)
- **10 AM**
  - Conversational Spanish (ART116)
  - Chinese Bible Study
    - (ART115)
  - Gardening Club
    - (ART115)
- **11 AM**
  - Tai Chi
    - (DAN)
  - Philosophy for Everyone
    - (ART115)
  - Chinese Folk Singing
    - (DAN)
- **12 PM LUNCH**
  - (Multi1&2)
- **1 PM**
  - SAIL Fitness
    - Fee required; instructor led strength & balance exercise class (DAN)
  - Gardening Club
    - (ART115)
  - Poker
    - (ART115)
- **2 PM**
  - Party Bridge
    - (Multi2)
  - Beginner Mandarin
    - (CONF)
<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>4</td>
<td>10-11 AM</td>
<td>BINGO! $0.50/card (Multi1)</td>
<td>10:2 PM</td>
<td>Hearing Screenings</td>
<td>Sign up at front desk (WELL)</td>
<td>10 AM</td>
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<td>5</td>
<td>10 AM</td>
<td>Beginner Line Dance (Multi1&amp;2)</td>
<td>9-5 PM</td>
<td>AARP Smart Driver Course</td>
<td>Fee required; Sign up at front desk (ART115)</td>
<td>10 AM</td>
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<td>6</td>
<td>11:15-12 PM</td>
<td>Browsing Library/Tech Support (LOB)</td>
<td>1:30 PM</td>
<td>Mindful Meditation (Multi1)</td>
<td>10 AM</td>
<td>Shopping Spree: Walmart</td>
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<td>7</td>
<td>10 AM</td>
<td>Morning Matinee: Forrest Gump (Multi1&amp;2)</td>
<td>10:30-12 PM</td>
<td>Advisory Council Meeting (CONF)</td>
<td>10 AM</td>
<td>Healthy Living Tea &amp; Social (Multi1)</td>
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<td>8</td>
<td>10 AM</td>
<td>Lunch/Bunch: Parrando Tex Mex</td>
<td>11-12 PM</td>
<td>Lunch/Shopping Outing</td>
<td>Sign up at front desk $5 Bus Fare (LOB)</td>
<td>12:30 PM</td>
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<td>9</td>
<td>9-11:30 AM</td>
<td>Quilting Open Studio</td>
<td>Bring your project/instructor available for support (ART115)</td>
<td>10-12 PM</td>
<td>Grief Support Group</td>
<td>Sign up at front desk (CLUB)</td>
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<td>11</td>
<td>10 AM</td>
<td>Beginner Line Dance (Multi1&amp;2)</td>
<td>12:30-2 PM</td>
<td>Paint &amp; Sip: Bob Ross’ Happy Accidents</td>
<td>Sign up at front desk $5 Supply Fee (ART115)</td>
<td>11 AM</td>
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<td>10-12 PM</td>
<td>Advisory Council Meeting (CONF)</td>
<td>10 AM</td>
<td>Healthy Living Tea &amp; Social (Multi1)</td>
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<td>Morning Matinee: Forrest Gump (Multi1&amp;2)</td>
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<td>10 AM</td>
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<td>Grief Support Group</td>
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<td>18</td>
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<td>Grief Support Group</td>
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<td>20</td>
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<td>Quilting Open Studio</td>
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<td>21</td>
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<td>Quilting Open Studio</td>
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<td>9-11:30 AM</td>
<td>Quilting Open Studio</td>
<td>Bring your project/instructor available for support (ART115)</td>
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<td>Grief Support Group</td>
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</table>
Saturday Schedule

Hours: 8 AM- 12 PM
NO transportation or lunch is available.

8-11:30 AM
Games (CLUB)

8-11:30 AM
Open Billiards (GAM)

July 16th
10-12 PM
Grief Support Group (CLUB)

Closed (1st Saturday)
10:30-11:30 AM
Billiards Club (GAM)

July 9th (2nd Saturday)
10:30 AM
Ashburn Classics Meeting (Multi1)

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

8-12 PM
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- MULT2
- Multipurpose 3- MULTI3

Schedule

Monday
12-5 PM
Intermediate & Advanced Open Court (Multi3)

2-5 PM
Intermediate & Advanced Open Court (Multi1&2)

Tuesday
9-12 PM
Beginner Open Court (Multi3)

2-5 PM
Beginner Open Court (Multi3)

Wednesday
12-5 PM
Intermediate & Advanced Open Court (Multi3)

1-2 PM
Pickleball Instruction (Multi3)

2-5 PM
Beginner Open Court (Multi3)

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

Friday
9-12 PM
Beginner Open Court (Multi3)

12-5 PM
Intermediate & Advanced Open Court (Multi3)

2-5 PM
Intermediate & Advanced Open Court (Multi1&2)
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