Life is a Beach!

As the summer comes to a close, we celebrate all the fun we have had with a big blowout! Join us on Friday, August 26th from 6-8 PM for the Ashburn Senior Center's Flip Flop Luau featuring the band Paradise Bill for a repeat concert. There will be food, fun and dancing. Please purchase your tickets, $10/member or $13/non-member, at the front desk. Also inside this issue, please see the information to be a part of the Encore Chorale. There will be an Open House & Rehearsal on Thursday, August 18th at 2 PM and first rehearsal on Thursday, September 8th from 2-3:30 PM. Registration is required. Finally, if you are interested in serving on ASC's Advisory Board, please see inside for information.

LAND OF THE FREE HOME OF THE BRAVE

HAPPY 100th Birthday

HAPPY ANNIVERSARY
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.

Sew a Light Kimono Jacket
Ever wanted to try garment sewing? Well, this is your chance! We are offering a course in which we will make a lightweight Kimono Jacket using Simplicity pattern 1318 or S9124. It will run for 4 Tuesdays starting August 23 (Aug 23, 30, Sep. 6, 13) from 10-12 PM. The pattern we will be using is easy to sew, but silk can be tricky, so some experience sewing is recommended. The class is limited to 6 people with the signup sheet at the front desk. We have some beautiful silk available for use that you can select when you sign up or you can bring your own material. All other supplies will be provided including the pattern, however, you are welcome to bring your own sewing machine if you prefer. There is a supply fee of $35.00 payable when you sign up.

ASC is Proud to Welcome Back Paradise Bill
Paradise Bill is a popular regional band that was formed in 2012. Over the years, they have performed for a wide variety of audiences in the DC, Maryland and Virginia area. In addition to original songs written by the Paradise Bill band members, their musical repertoire features progressive rock tunes as well as a selection of well-known golden oldies from the 1960s to the 1990s by such artists as Linda Ronstadt, Steely Dan and the Rolling Stones. Paradise Bill band members are Renee Moyer on Lead Vocals, Michael Bohman on Flute, Keyboards and Sax, Lee Cathey on Lead Guitar and Vocals, Gary Davies on Drums and Vocals, and David Hubbard on Bas Guitar and Vocals. Paradise Bill will perform for a repeat concert at ASC's Flip Flop Luau.

Flip Flop Luau
Friday, August 26th, 6-8 pm
$10/member, $13/non
Open House & Rehearsal
We are so excited to invite you to Encore Creativity’s open house & rehearsal at the Ashburn Senior Center on Thursday, August 18th. This event begins at 2pm and is open to all adults 55+, free of charge.

Encore Creativity’s Artistic Director, Brian Isaac, will lead singers through breathing and stretching exercises, vocal warm-ups, and a focused choral rehearsal featuring works selected from Encore’s upcoming 2022-23 regular season programming. All music will be provided at the rehearsal.

As always, Encore Creativity for Older Adults is non-auditioned, and no musical experience is necessary to participate. Please consider joining us as we build community through singing!

COVID-19 Protocols – Encore Creativity for Older Adults requires all attending to provide proof of COVID-19 vaccination and first booster and is requiring N95 series masks be worn at all times during rehearsal.

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Come sing with Encore Chorale of Ashburn, Virginia!

Encore Chorale groups are non-auditioned choral groups for adults 55+. All you need is a love for singing and a desire to improve your physical, mental, and emotional health and to broaden your social network.

All Chorales rehearse the same music for 15 weeks each semester, with weekly 1.5 hour rehearsals. At the end of the semester, singers perform at free concerts open to the public, including a special annual concert at the Kennedy Center Concert Hall in Washington, D.C.

This semester’s repertoire includes favorites like Hallelujah Chorus from Messiah, Silent Night, Sleigh Ride, Ose Shalom, S’Vivon, and other holiday favorites!

Encore programs include a $190 tuition fee that includes 15 weeks of rehearsals led by a professional choral conductor, sheet music and a rehearsal CD for your voice part. To ensure that everyone has an opportunity to sing, scholarships are available.

To join Encore Chorale of Ashburn:
- Register for the fall semester
- Join us at our first rehearsal on Thu., September 8 from 2-3:30 p.m. at Ashburn Senior Center (20880 Marblehead Dr., Ashburn, VA 20147)
- Email info@encorecreativity.org or visit encorecreativity.org for more info

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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.
**Catch Some Sunshine & Try Vitamin D Foods**

By: Anu Kaur, MS, RDN, RYT-500

Vitamin D is known as the sunshine vitamin because it is created from cholesterol when the skin is exposed to sunlight. Vitamin D supports absorption of vitamins and minerals and maintains strong and healthy bones and helps your body absorb calcium, while low vitamin D levels have been linked to osteoporosis, some cancers, and depression. Your skin is a major source, and food sources include liver, beef, eggs, salmon, tuna, sardines. Select foods such as dairy, cereal, and orange juice are fortified with vitamin D. Because vitamin D is fat-soluble, it is best absorbed when taken with a meal or snack that includes some healthy fat if your doctor recommends vitamin D supplements. Adults 55-70 years need 600 IUs a day and adults 71 years and older need 800 IUs a day.

The best time of the day to get vitamin D is midday when the sun is at the highest point. Ten to thirty minutes outside three times a week is enough exposure for lighter-skinned people, while those with darker skin may need more exposure because they have more melanin that reduces the amount of UVB light absorbed. With the warmer temperatures on the way, soak up the sunshine and remember to use sunscreen with a sun protection factor (SPF) of 15 or more when you’re out in the sun for longer periods of time. Ask your doctor to check your vitamin D levels if you are unsure of your levels.

**Know Your Vitamin D Levels:**
- Levels of 50 nmol/L (20 ng/mL) or above are adequate for most people for bone and overall health.
- Levels below 30 nmol/L (12 ng/mL) are too low and might weaken your bones and affect your health.
- Levels above 125 nmol/L (50 ng/mL) are too high and might cause health problems.

**Catch your sunshine this summer at the Senior Center’s courtyards.** Dulles West Senior Center has planted some plants and herbs for your enjoyment!

Anu Kaur, Registered Dietitian Nutritionist (RDN), Loudoun County Area Agency on Aging.

For the last 20 plus years, Anu Kaur, MS, RDN, RYT-500 has worked with patients and clients to help them manage how to eat healthier foods and focus on their well-being. Anu has been working with Loudoun County residences and group homes for the last 14 years and joined AAA in 2020. In her role with AAA, Anu helps high risk clients who have been referred to address their nutrition needs.
## Monday
- **9-11 AM**
  - Ping Pong (Multi2)
- **10 AM**
  - Zumba Gold
    - Fee based class
    - Registration Required or $13 Drop-in (DAN)
- **11-12 PM**
  - Spanish Instruction
    - Beginner
    - Fee based class
    - Registration Required (CONF)
- **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**
  - SAIL Fitness
    - Fee required; instructor led strength & balance exercise class (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)
- **2 PM**
  - Ballroom Dancing
    - Open Practice/No Instructor (DAN)
- **3 PM**
  - Euchre (CLUB)

## Tuesday
- **9-11 AM**
  - Ping Pong (Multi2)
- **10 AM**
  - SAIL Fitness
    - Fee required; instructor led strength & balance exercise class (DAN)
- **10-12 PM**
  - Canasta & Mexican Train
    - (CLUB)
- **11 AM**
  - Tech Time
    - By Appointment ONLY
    - Sign up at front desk (COMP)
- **10-1 PM**
  - Beginner Pottery Class
    - Fee based class
    - Registration required (ART115)
- **11 AM**
  - Philosophy for Everyone (ART115)
- **12 PM LUNCH**
  - (Multi1&2)
- **1 PM**
  - SAIL Fitness
    - Fee required; instructor led strength & balance exercise class (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)
- **2 PM**
  - Ballroom Dancing
    - Open Practice/No Instructor (DAN)
- **3 PM**
  - Strength, Core & Balance Video based exercise (DAN)

## Wednesday
- **9-11 AM**
  - Ping Pong (Multi2)
- **10-11:30 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 (ART115)
- **11 AM**
  - Philosophy for Everyone (ART115)
- **12 PM LUNCH**
  - (Multi1&2)
- **1 PM**
  - SAIL Fitness
    - Fee required; instructor led strength & balance exercise class (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)
- **2 PM**
  - Ballroom Dancing
    - Open Practice/No Instructor (DAN)
- **3 PM**
  - Strength, Core & Balance Video based exercise (DAN)

## Thursday
- **9 AM**
  - Walking Club (LOB)
- **10 AM**
  - Current Events Discussion
    - Bring an article to share (ART116)
- **10 AM**
  - Intermediate Line Dance
    - NO CLASS 8/19 (DAN)
- **10-12 PM**
  - Knitting & Crocheting Club (ART115)
- **11 AM**
  - Spanish Instruction
    - Beginner
    - Fee based class
    - Registration Required (CONF)
- **10 AM**
  - Knitting & Crocheting Club (ART115)
- **11 AM**
  - Philosophy for Everyone (ART115)
- **12 PM LUNCH**
  - (Multi1&2)
- **1 PM**
  - SAIL Fitness
    - Fee required; instructor led strength & balance exercise class (DAN)
- **1:30-4:30 PM**
  - Pinochle (ART115)
- **1 PM**
  - Mindful Meditation (Multi1)
- **1:30-4:30 PM**
  - Party Bridge (Multi2)
- **2 PM**
  - Beginner Mandarin
- **3 PM**
  - Strength, Core & Balance Video based exercise (DAN)

## Friday
- **10 AM**
  - Current Events Discussion
    - Bring an article to share (ART116)
- **10 AM**
  - Intermediate Line Dance
    - NO CLASS 8/19 (DAN)
- **10-12 PM**
  - Knitting & Crocheting Club (ART115)
- **11 AM**
  - Music in Motion
    - Video based exercise (DAN)
- **12 PM LUNCH**
  - (Multi1&2)
- **1 PM**
  - SAIL Fitness
    - Fee required; instructor led strength & balance exercise class (DAN)
- **1:30-4:30 PM**
  - Pinochle (ART115)
- **3 PM**
  - Strength, Core & Balance Video based exercise (DAN)
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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<th>SATURDAY</th>
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<tbody>
<tr>
<td>1 12:45-1:45 PM BINGO! $.50/card (Multi1)</td>
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<td>2 12:15 PM Sounds of Summer Ukulele Performance (Multi1&amp;2)</td>
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<td>3 10 AM Shopping Spree: Patel Brothers Sign up at front desk $1 Bus Fare (LOB) 11:15-12 PM Browsing Library/Tech Support (LOB)</td>
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<td>4 10 AM Healthy Living Tea &amp; Social (Multi1)</td>
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<td>5 10-12 PM Grief Support Group Sign up at front desk (CLUB)</td>
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<td>6 10-11 AM BINGO! $.50/card (Multi1)</td>
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<td>7 11 AM Lunch &amp; Learn with Bright Star: Medication Management (Multi1)</td>
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<td>8 10 AM Shopping Spree: Walmart Sign up at front desk $1 Bus Fare (LOB)</td>
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<td>9 10:30 AM Lunch Bunch: Baker’s Crust Sign up at front desk $1 Bus Fare (LOB)</td>
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<td>10 9-12 PM Sign-Up with Lori Stahl, Elder Resource Manager (WELL) 12:45-1:45 PM BINGO! $.50/card (Multi1)</td>
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<td>11 11-12 PM INOVA Blood Pressure Checks (WELL) 11-12 PM Lunch &amp; Learn: Improving Sleep for Seniors (Multi1&amp;2)</td>
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<td>12 10-12 PM INOVA Blood Pressure Checks (WELL) 11-12 PM Lunch &amp; Learn: Improving Sleep for Seniors (Multi1&amp;2)</td>
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<td>13 1 PM SAIL Fitness Post-test (DAN)</td>
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<td>14 10:30-12 PM Advisory Council Meeting (CONF) 2 PM Encore Chorale Open House &amp; Rehearsal (Multi1)</td>
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<td>15 10-11 AM BINGO! $.50/card (Multi1)</td>
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<td>16 10-2 PM Hearing Screenings Sign up at the front desk (WELL) 11-1 PM League of Women Voters (LOB)</td>
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<td>17 10 AM Shopping Spree: India Bazaar Sign up at front desk $1 Bus Fare (LOB)</td>
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<tr>
<td>18 11:45 AM Monthly Birthday Bash (Multi1&amp;2) 6-8 PM FLIP FLOP LUAU featuring Paradise Bill (Multi1,2&amp;3)</td>
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<td>19 12:45-1:45 PM BINGO! $.50/card (Multi1)</td>
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<td>20 12:45-2 PM Paint &amp; Sip: Ocean Wave Sign up at front desk $5 Supply Fee (ART115)</td>
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<td>21 12:45-1:45 PM BINGO! $.50/card (Multi1)</td>
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<td>22 12:45-2 PM Paint &amp; Sip: Ocean Wave Sign up at front desk $5 Supply Fee (ART115)</td>
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<td>23 12:45-1:45 PM BINGO! $.50/card (Multi1)</td>
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<td>24 12:45-2 PM Paint &amp; Sip: Ocean Wave Sign up at front desk $5 Supply Fee (ART115)</td>
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<td>25 12:45-2 PM Paint &amp; Sip: Ocean Wave Sign up at front desk $5 Supply Fee (ART115)</td>
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<td>26 12:45-2 PM Paint &amp; Sip: Ocean Wave Sign up at front desk $5 Supply Fee (ART115)</td>
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<td>27 12:45-2 PM Paint &amp; Sip: Ocean Wave Sign up at front desk $5 Supply Fee (ART115)</td>
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<td>28 12:45-2 PM Paint &amp; Sip: Ocean Wave Sign up at front desk $5 Supply Fee (ART115)</td>
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<td>29 12:45-2 PM Paint &amp; Sip: Ocean Wave Sign up at front desk $5 Supply Fee (ART115)</td>
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<td>30 12:45-2 PM Paint &amp; Sip: Ocean Wave Sign up at front desk $5 Supply Fee (ART115)</td>
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<td>31 12:45-2 PM Paint &amp; Sip: Ocean Wave Sign up at front desk $5 Supply Fee (ART115)</td>
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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)

8-11:30 AM Open Billiards (GAM)

August 6th (1st Saturday)
10-12 PM Grief Support Group (CLUB)

August 6th (1st Saturday)
10:30-11:30 AM Billiards Club (GAM)

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

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)
2-3 PM Pickleball Academy (Multi3)
3-5 PM Beginner Open Court (Multi3)

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

Thursday
9-1 PM Intermediate & Advanced Open Court (Multi3)
1-2 PM Pickleball Instruction (Multi3)
2-5 PM Beginner 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