Harvesting Fun!

There is so much happening this September at the Ashburn Senior Center, we can hardly fit it all in the newsletter! Please see inside for details about Birding at Banshee, DMV Connect, performances by the Chinese Folk Dancers and the Morroy Sisters. Also, meet our new Cafe Supervisor. As always look for our weekly flyers for upcoming events!
**DMV Connect**
Can't get to DMV? DMV is coming to YOU at the Ashburn Senior Center on **Friday, September 9th from 9:30-3:30 PM.** DMV Connect offers:
- REAL ID
- Drivers' licenses
- Disabled parking placards
- Vehicle titles and registrations
- Address changes
- E-ZPass transponders
- Hunting and fishing licenses and more

**Birding at Banshee Reeks**
Join a Master Naturalist at Banshee Reeks Nature Preserve to learn the basics of bird identification, what to look for when you see a bird outside, and how to use binoculars. The class includes an indoor presentation and 1-hour of walking on uneven terrain. Binoculars NOT required. Identification guides will be provided for use during the class. After attending the class, participants will be able to identify a handful of commonly seen birds. A complimentary field notebook and local bird list is included.

**Wednesday, September 21st 10-1:30 PM**
$10 w/out lunch or $12 w/ boxed lunch.

**Understanding the ASC Advisory Board**
The ASC Advisory Board helps support activities and programming at the Ashburn Senior Center by contributing funds for performers, decorations, food and more.

**Attend the ASC Advisory Board Annual Meeting**
**Thursday, September 15th from 10:30-12 PM** to learn more and ask questions.

**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.

**Lunch & Learn: Medicare Basics**
Come learn about Medicare in this one-hour presentation given by the Loudoun County VICAP Medicare counseling program. We’ll discuss the different parts of Medicare, the differences between Medicare Advantage and Original Medicare and the upcoming Open Enrollment Period. Some key changes included in recently passed legislation, will be briefly touched upon. Time will be allotted for questions at the end.

**Wednesday, September 7th at 11 AM**

**The Morroy Sisters Perform!**
The Morroy Sisters (twins Ingrid and Judith) were born in The Netherlands and grew up in Suriname, a multi-ethnic former Dutch colony on the north coast of South America, where as pre-teens they began their interest in playing the guitar and singing and harmonizing together. Their music selections include a variety of languages and rhythms, which the sisters performed in venues such as senior centers around Northern Virginia, and events like Clarendon Day, Taste of Arlington, Saint Patrick’s Day, and Tax Day. They even displayed their musical talents internationally, most recently in the Republic of Ireland in 2019.

**Friday, September 30th at 11:45 AM**
Meet Our Cafe Supervisor:
Magie Nitz

Magie started working for the county in 2015 at Eastern Loudoun Adult Day Center where she first met Arist. For the past several years she has worked in Purcellville where she learned to truly appreciate the beauty of Loudoun County. Magie was born and raised in Loudoun County and has two older sisters with whom she is very close. Every Sunday the sisters get together with their parents for lunch. Magie graduated from George Mason University where she met her husband. Together they enjoy walking through their neighborhood trying to spot wildlife. She loves food and trying dishes from all around the world. Magie looks forward to being a part of the Ashburn Senior Center team and getting to know the members of the community.

Quilting Techniques Returns
Quilting Techniques is back for the Fall! The class will complete 5 new projects which highlight important quilt block construction techniques. The course will be held on Wednesdays from 10-12 PM starting September 7. In the first class we will review the syllabus and look at some lovely quilts. A $5.00 fee will be collected prior to each project. Sign-up will be at the beginning of each project and is on a first come basis although we hope to limit the class to about 8 people. Please join us Wednesday, September 7th at 10 AM so you can plan which projects you would like to participate in!

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.
ASHBURN HEALTH & WELLNESS FAIR

Wednesday, October 19th
1:30-4:30 PM

Ashburn Senior Center
20880 Marblehead Drive
Ashburn, VA 20147

Free Screenings, Live Demos, Giveaways, Door Prizes & Health & Wellness Information

- Blood Pressure Checks
- Community Elder Resources
- Spiritual Wellness
- Behavioral Health
- Dental Health
- Healthy Eating Tips
- Self-Care

For more information, call 571-367-8340
### Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9-11 AM</td>
<td><strong>SAIL Fitness</strong> Fee required; instructor led strength &amp; balance exercise class (DAN)</td>
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<tr>
<td>10 AM</td>
<td><strong>Zumba Gold</strong> Fee based class Registration Required or $13 Drop-in (DAN)</td>
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<tr>
<td>10-11 AM</td>
<td><strong>Spanish Instruction Beginner</strong> Fee based class Registration Required (CONF)</td>
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<tr>
<td>10:30-11:30 AM</td>
<td><strong>Yoga</strong> (Multi3)</td>
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<tr>
<td>11-12 PM</td>
<td><strong>Beginner Ukulele Instruction</strong> Sign up at front desk (ART116)</td>
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<tr>
<td>12 PM LUNCH (Multi1&amp;2)</td>
<td><strong>SAIL Fitness</strong> Fee required; instructor led strength &amp; balance exercise class (DAN)</td>
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<tr>
<td>1 PM</td>
<td><strong>Strength, Core &amp; Balance</strong> Video based exercise (DAN)</td>
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<tr>
<td>1-2 PM</td>
<td><strong>Intermediate Ukulele Instruction</strong> Sign up at front desk (ART116)</td>
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<tr>
<td>2 PM</td>
<td><strong>Euchre</strong> (CLUB)</td>
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### Tuesday

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<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9-11 AM</td>
<td><strong>Ping Pong</strong> (Multi2)</td>
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<tr>
<td>10 AM</td>
<td><strong>Canasta &amp; Mexican Train</strong> (CLUB)</td>
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<tr>
<td>10-12 PM</td>
<td><strong>The Ashburn Stitchers Sewing Club</strong> (ART115)</td>
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<tr>
<td>11 AM</td>
<td><strong>Tai Chi</strong> (DAN)</td>
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<tr>
<td>11 AM</td>
<td><strong>Book Club</strong> (ART116)</td>
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<tr>
<td>12 PM LUNCH (Multi1&amp;2)</td>
<td><strong>Beginner Pottery Class</strong> Fee based class Registration required (ART116)</td>
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<tr>
<td>1 PM</td>
<td><strong>SAIL Fitness</strong> Fee required; instructor led strength &amp; balance exercise class (DAN)</td>
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<tr>
<td>1:30-3 PM</td>
<td><strong>Intermediate Painting</strong> Sign up at front desk (ART116)</td>
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<tr>
<td>1:30-4:30 PM</td>
<td><strong>Mahjong</strong> (Multi2)</td>
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<tr>
<td>1:30-4:30 PM</td>
<td><strong>Party Bridge</strong> (Multi1)</td>
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<tr>
<td>2 PM</td>
<td><strong>Bible Study with Pastor Kevin</strong> (ART115)</td>
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<tr>
<td>2 PM</td>
<td><strong>Ballroom Dancing Open Practice/No Instructor</strong> (DAN)</td>
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<tr>
<td>3 PM</td>
<td><strong>Strength, Core &amp; Balance</strong> Video based exercise (DAN)</td>
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<td>3 PM</td>
<td><strong>French Language</strong></td>
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### Wednesday

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<tbody>
<tr>
<td>9-11 AM</td>
<td><strong>Walking Club</strong> (LOB)</td>
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<tr>
<td>10 AM</td>
<td><strong>Shopping Spree</strong> Sign up at front desk $1 Bus Fare (LOB)</td>
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<tr>
<td>10-11:30 AM</td>
<td><strong>Beginner Line Dance</strong> (Multi1&amp;2)</td>
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<tr>
<td>10 AM</td>
<td><strong>SAIL Fitness</strong> Fee required; instructor led strength &amp; balance exercise class (DAN)</td>
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<tr>
<td>10 AM</td>
<td><strong>Chinese Bible Study</strong> (CONF)</td>
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<tr>
<td>11 AM</td>
<td><strong>Conversational Spanish</strong> (ART116)</td>
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<tr>
<td>11 AM</td>
<td><strong>Chinese Folk Dance &amp; Singing</strong> (DAN)</td>
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<tr>
<td>11 AM</td>
<td><strong>Gardening Club</strong> (ART115)</td>
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<tr>
<td>12 PM LUNCH (Multi1&amp;2)</td>
<td><strong>SAIL Fitness</strong> Fee required; instructor led strength &amp; balance exercise class (DAN)</td>
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<tr>
<td>1 PM</td>
<td><strong>REFIT</strong> Fee based class Registration Recommended or $13 Drop-in (DAN)</td>
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<tr>
<td>1 PM</td>
<td><strong>Pinochle</strong> (ART115)</td>
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<tr>
<td>1:30 PM</td>
<td><strong>ENCORE Chorale</strong> (Multi1)</td>
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<tr>
<td>1:30-4:30 PM</td>
<td><strong>Intermediate Mandarin</strong> Video based exercise (DAN)</td>
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<td>2 PM</td>
<td><strong>Beginner Mandarin</strong></td>
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<tr>
<td>3 PM</td>
<td><strong>Music in Motion</strong> Video based exercise (DAN)</td>
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### Thursday

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<tbody>
<tr>
<td>9 AM</td>
<td><strong>Chinese Bible Study</strong> (CONF)</td>
</tr>
<tr>
<td>10 AM</td>
<td><strong>Beginner Line Dance</strong> (Multi1&amp;2)</td>
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<td><strong>SAIL Fitness</strong> Fee required; instructor led strength &amp; balance exercise class (DAN)</td>
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<td><strong>Gardening Club</strong> (ART115)</td>
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<td><strong>SAIL Fitness</strong> Fee required; instructor led strength &amp; balance exercise class (DAN)</td>
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<td>1 PM</td>
<td><strong>Pinochle</strong> (ART115)</td>
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<tr>
<td>1:30-4:30 PM</td>
<td><strong>Music in Motion</strong> Video based exercise (DAN)</td>
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<tr>
<td>2 PM</td>
<td><strong>Beginner Mandarin</strong></td>
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### Friday

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<tbody>
<tr>
<td>10 AM</td>
<td><strong>Current Events Discussion</strong> Bring an article to share (ART116)</td>
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<tr>
<td>10 AM</td>
<td><strong>Intermediate Line Dance</strong> (DAN)</td>
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<tr>
<td>10-12 PM</td>
<td><strong>Knitting &amp; Crocheting Club</strong> (ART115)</td>
</tr>
<tr>
<td>11 AM</td>
<td><strong>Beginner Painting Basics</strong> Sign up at front desk (ART116)</td>
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<td>12 PM LUNCH (Multi1&amp;2)</td>
<td><strong>SAIL Fitness</strong> Fee required; instructor led strength &amp; balance exercise class (DAN)</td>
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<td>1:30 PM</td>
<td><strong>REFIT</strong> Fee based class Registration Recommended or $13 Drop-in (DAN)</td>
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<td><strong>Pinochle</strong> (ART115)</td>
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<td>Monday</td>
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<tr>
<td><strong>ASC CLOSED</strong>&lt;br&gt;<strong>HAPPY LABOR DAY!</strong>&lt;br&gt;NEW&lt;br&gt;Day &amp; Time</td>
<td>11:30-12:30 PM Browsing Library/Tech Support (LOB)</td>
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<tr>
<td>12:45-1:45 PM BINGO! $.50/card (Multi1)</td>
<td>10-2 PM Hearing Screenings&lt;br&gt;Sign up at the front desk (WELL)</td>
</tr>
<tr>
<td><strong>Line Dancing Week</strong>&lt;br&gt;</td>
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<tr>
<td>9-12 PM Sign-Up with Lori Stahl, Elder Resource Manager (WELL)</td>
<td>10-12 PM INOVA Blood Pressure Checks (WELL)</td>
</tr>
<tr>
<td>10-11 AM BINGO! $.50/card (Multi1)</td>
<td>11 AM Lunch &amp; Learn: Hip &amp; Knee Arthroscopy (Multi1&amp;2)</td>
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</tbody>
</table>
Saturday Schedule

Hours: 8 AM- 12 PM

NO transportation or lunch is available.

8-11:30 AM
Games (CLUB)

9:30 AM
Mexican Train (CLUB)

8-11:30 AM
Open Billiards (GAM)

September 17th (Due to holiday)
10-12 PM
Grief Support Group (CONF)

10 AM
SAIL Fitness
Fee required; instructor led
strength & balance
exercise class (DAN)

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- MULTI2
- 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)

2-3 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)
HOW MUCH SHOULD I DONATE FOR MY LUNCH?

UNDER 60 YEARS OLD MUST PAY $4.00 FOR THEIR LUNCH

PERSONS 60 YEARS AND OLDER, WE ENCOURAGE YOU TO MAKE A DONATION IN LUNCHBOX ON THE COUNTER

BELOW ARE SOME GUIDELINES AS TO WHAT IS APPROPRIATE TO PAY

MONTHLY INCOME  SUGGESTED DONATION

$0.00 TO $250 .................. $ .50 CENTS/ MEAL

$251 TO $400 .................. $ 1.00 DOLLAR/ MEAL

$401 TO $600 .................. $ 1.50 DOLLAR/ MEAL

$601 TO $800 .................. $ 2.00 DOLLARS/ MEAL

$801 TO $1,000 ................ $ 3.00 DOLLARS/ MEAL

$1,000 AND ABOVE ............. $ 4.00 DOLLARS/ MEAL

Ceola Grant
Manager

Aristotle Porras
Assistant Manager

Magie Nitz
Café Supervisor

Michele Ferris
Recreation Programmer

Tatiana Holmes
Customer Service

Roula Alfarra
Vehicle Operator

Terri Moore
Vehicle Operator

Lori Stahl
Elder Resources Case Manager

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