

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

MAY 2024



OLDER AMERICANS MONTH CELEBRATION

Friday, May 10, 2024

10:00 a.m. to 2:00 p.m.

Camp William B. Snyder

6100 Antioch Rd, Haymarket, VA 20169

Join us for a day of fun, good food, and music.

There will be dancing, games, nature trails to explore, motorcycle rides, and our annual fitness walk.

Registration – April 22nd through May 6th.

Call to register at 703-792-7151.

Prince William Senior Center

MANASSAS



CINCO DE MAYO WITH CHARLIE LOPEZ

Thursday, May 2, 12:30 p.m.

Early Lunch: 11:45 a.m.

Join us for Charlie Lopez's debut performance to celebrate Cinco De Mayo. Charlie performs locally in senior living communities and senior centers and sings various songs. Sign up in the book at the front desk to reserve your seat.



ACTING CLASS PERFORMANCE

Friday, May 17, 12:30 p.m.

Early Lunch: 11:45 a.m.

Please join our acting class in the dining room following lunch as they will wow you with another spectacular performance.



GARDEN GRAND OPENING AND NAMING CEREMONY AND RE-ACCREDITATION RECEPTION

Friday, May 24, 11:00 a.m.

Please join the Friends for the grand opening and dedication of the garden and the celebration of the Manassas Senior Center's re-accreditation.



AUTISM PRESENTATION

PWC Schools

Thursday, May 30, 12:30 p.m.

Please join Prince William County Public School staff as they teach you how to interact with children with Autism.

Upcoming EVENTS

DIGITAL NAVIGATOR CLASS

Every other Tuesday, 10:30 a.m.

Topics include Using Your iPad on May 7th and Your Android Tablet on May 21st. Each class is limited to 5. Register on the touchscreen.

CONVERSATIONAL SPANISH

Every Wednesday, 10:00 a.m.

Please join the Friends for this informal one-hour class to learn basic Spanish phrases. After a short lesson, you can apply your knowledge in conversation and finish with a fun activity.

TRIVIA

Tuesdays, May 14 & 28, 10:30 a.m.

WII BOWLING

Tuesdays, May 7 & 21, 10:30 a.m.

MOTHER'S DAY DESSERT

Monday, May 13, 12:30 p.m.

Please join us for lunch and stay for a special Mother's Day dessert (Mother's only). Sign up in the book at the front desk to reserve your seat.

ADULT PROTECTIVE SERVICES (APS) BINGO

Thursday, May 16, 12:30 p.m.

Join APS for a special Bingo to recognize Elder Abuse Prevention Month.

LAW DAY (Senior Citizens Program)

Monday, May 20, 12:30 p.m.

The PWC Bar Association will host an educational seminar as one of the many activities planned for Older Americans Month. The topics are Estate Planning and Selecting an Attorney.

Prince William Senior Center—Manassas
Prince William Area Agency on Aging

9320 Mosby St., Manassas, VA 20110
Monday through Friday from 9:00 a.m. to 4:30 p.m.

ACTIVITIES GUIDE

HEALTH & WELLNESS

LEARNING ACTIVITIES

Acting Class	Fri	1:00 PM	Free
Bible Study	Th	12:45 PM	Free
Conversational Spanish	W	10:00 AM	Free
Digital Devices	W	10:00 AM	Free
Digital Navigator	Every other Tu	10:30 AM	Free
Self-Guided Painting	W, Last Th	9:30 AM, 12:30 PM	Free
Photography	W	11:00 AM	Free

FITNESS AND HEALTH ACTIVITIES

Fitness Video	M, W	10:00 AM	Free
Intermediate Tap	W	1:00 PM	Free
Intro to Line Dancing	M, W	11:00 AM	Free
Line Dancing	Tu, Th	11:00 AM	Free
Meditation/Chair Yoga	Tu	9:30 AM	Free
Middle Eastern Dancing	Tu	2:00 PM	Free
Tai Chi	M	9:10 AM	Free
Tai Chi	F	1:00 PM	Free
Nutrition Class	Th	11:00 AM	Free
Tap Dancing	M, W	12:00 PM	Free
Zumba Gold	Tu, F	3:30 PM, 10:30 AM	Free

FUN ACTIVITIES

Adult Coloring	Th	10:00 AM	Free
Bingo	Tu, F (Subject to change)	12:30 PM, 10:30 AM	\$1.00 Donation
Birthday	2nd W	12:30 PM	Free
Bridge	M (TU when closed on M)	1:00 PM	Free
Cards & Games	Daily	9:00 AM-4:30 PM	Free
Mahjong	Th	12:30 PM	Free
Music w/Randy	2nd W	11:00 AM	Free
Pool	M-F	9:00 AM-4:30 PM	Free
Table Tennis	M, W, F	10:00 AM-12:00 PM	Free
Woodcarving	W	4:30 PM	Free

EVIDENCE-BASED PROGRAMS

SAIL (Stay Active and Independent for Life) exercise, strength, balance, and fitness program will be offered on Mondays and Thursdays, May 6th through August 5th, from 1:15 - 2:15 p.m. in the fitness room. A fitness check is required before the workshop starts. Fitness checks will be held on May 1st and 2nd between 9:30 and 11:30 a.m.
Registration Required - Space is Limited!

For more information or to register, contact Kathleen Wiley, Program Coordinator (571)241-3925 or kwiley@pwcgov.org

NUTRITION CLASS WITH SABA

Thursdays, 11:00 a.m. - 12:00 p.m.

May Nutrition Topics

Antioxidants, Optimizing Whole-Body Nutrition, Late-Onset Food Allergies, Cranberries and UTI Prevention, and What is in Season? Sign up at the front desk.



Applications Accepted:

April 1 through September 30.

Vouchers will be issued to eligible participants: June 1st through September 30th. Vouchers can be redeemed at participating Farmers' Markets and roadside stands June 1st through November 18th.

If you have any question, call 703-792-5426.

Scan the code below for the online application. Or pick up a paper application at the front desk.



For more information about our programs and services, call 703-792-6374, or email pwaaa@pwcgov.org. For TTY please dial 7-1-1 for the Virginia Relay system.

FRIENDS

NEWS

The next Board meeting will be Wednesday, May 1st, at 1:00 p.m. Everyone is welcome to attend.

The Friends will give a briefing in the dining room on Wednesday, May 8th, at 12:15 p.m.

The Friends are hosting another Game Challenge on Wednesday, May 8th at 1:00 p.m.

Join the Friends for a dance party in the dining room on Wednesday, May 15th, at 12:30 p.m.

Crafts are scheduled every Friday from 1:00 p.m. to 2:00 p.m. If you have a craft to share, please see a member of the Friends.

The 2024 scholarship application deadline to submit is May 15th. Please make sure that the application is complete and turned into the office by the COB on May 15th.

Senior Center Staff

Sue Gilbert, Human Services Manager

Michelle Choi, Administrative Coordinator

Bonnie Swank, Food Services Specialist

Debra Null, Food Services Cook

John Perry III, Driver Transportation Service Specialist

Vacant, Health & Wellness Coordinator

Saba Barkneh, Public Health Nutritionist

Kathleen Wiley, Evidence Based Program Coordinator

UPCOMING EVENTS

Father's Day Program

Date and Time TBD.

Summer Solstice Flower Arranging Demo Doug Burroughs, Flower Gallery

Thursday, June 20, 12:30 p.m.

Congregate Meal Suggested Donations

For those 60 or better, there is a donation box in the dining room that has a suggested donation chart based on monthly income. Your donations help to offset the cost of the meals. For guests under 60, the cost is \$5.75, which must be paid for and receipted in the office prior to eating.

INFORMATION

SENIOR SERVICES

Information about aging, disabilities, caregiving, and available services.

Assistance with Connecting to Services:
(703) 792-6374

Evidenced Based Programs:
kwiley@pwcgov.org or (571) 241-3925

Medicare Counseling:
Help with understanding Medicare.
(703) 792-4156

Volunteering: A variety of opportunities.
(703) 792-4583

Legal Services: By appointment only.
(703) 778-6800

Bluebird Tour Program:
Day and overnight tour schedules.
pwcgov.org/bluebird or (703) 339-0333

Meals on Wheels: Weekday meals delivered to adults 60+ who are homebound and unable to cook for themselves.
(703) 792-6374

Senior Link: Provides daily reassurance calls to those who need reminders or wellness checks.
(703) 368-4141

Transportation to and from Senior Center:
(703) 792-5956

Veterans Services: Call for an appointment.
(703) 359-1210

MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Our Mission Statement: To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</p>	<p>A Chef Salad is available in lieu of regular lunch. If you plan on having lunch, you must sign up by 10:30 a.m. the day you are eating. Please note the menu is subject to change due to availability.</p> <p>Reminder: Lunch is served at noon daily unless otherwise stated.</p>	<p>1</p> <p>9:00 Garden Workday (Garden) 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Cancelled) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Friends Meeting (Classroom) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p>Sirloin Beef Tips</p>	<p>2</p> <p>10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Dining Rm) 11:45 Early Lunch (Dining Rm) 12:30 Cinco De Mayo (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)</p> <p>Taco Salad</p>	<p>3</p> <p>10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Crafts (Craft Room) 1:00 Tai Chi (Fitness Rm 2)</p> <p>Cheeseburger</p>
<p>6</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p> <p>Vegetable Lasagna</p>	<p>7</p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator Class (Conference Rm) 10:30 Wii Bowling (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p>Country Fried Chicken with Gravy</p>	<p>8</p> <p>9:00 Garden Workday (Garden) 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Music w/Randy (Dining Rm) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 12:15 Friends Briefing (Dining Rm) 12:30 Birthday Celebration (Dining Rm) 1:00 Game Challenge (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p>Sloppy Joe</p>	<p>9</p> <p>10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)</p> <p>Shrimp Po'Boy</p>	<p>10</p> <p>Closed Older Americans Month Celebration</p>
<p>13</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Mother's Day Dessert (Dining Rm) 1:00 Bridge (Classroom)</p> <p>Roast Turkey with Gravy</p>	<p>14</p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p>Oven Fried Chicken</p>	<p>15</p> <p>9:00 Garden Workday (Garden) 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Friends Dance Party (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p>Pork BBQ</p>	<p>16</p> <p>10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Classroom) 11:00 Line Dancing (Fitness Rm 2) 12:30 APS Bingo (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)</p> <p>Egg Salad Sandwich</p>	<p>17</p> <p>10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 11:45 Early Lunch (Dining Rm) 12:30 Acting Class Performance (Dining Rm) 1:00 Friends Crafts (Craft Room) 1:00 Tai Chi (Fitness Rm 2)</p> <p>Baked Cod</p>
<p>20</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Law Day (Dining Room) 1:00 Bridge (Classroom)</p> <p>Fish & Chips</p>	<p>21</p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator Class (Conference Rm) 10:30 Wii Bowling (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p>Meatloaf</p>	<p>22</p> <p>9:00 Garden Workday (Garden) 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Cancelled) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p>Italian Breaded Baked Chicken</p>	<p>23</p> <p>10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Classroom) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Self-Guided Painting (Craft Rm) 12:45 Bible Study (Classroom)</p> <p>Spaghetti & Meatballs</p>	<p>24</p> <p>10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Cancelled) 10:30 Zumba Gold (Fitness Rm 2) 11:00 Garden Grand Opening and Naming Ceremony and Re-Accreditation Reception (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Crafts (Craft Room) 1:00 Tai Chi (Fitness Rm 2)</p> <p>Beef Stroganoff</p>
<p>27</p> <p>Closed Memorial Day</p>	<p>28</p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Bridge (Classroom) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p>Chicken Cordon Bleu</p>	<p>29</p> <p>Closed Staff In-Service Day</p>	<p>30</p> <p>10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Classroom) 11:00 Line Dancing (Fitness Rm 2) 12:30 Autism Presentation (Dining Rm) 12:30 Mahjong (Card Rm) 12:30 Self-Guided Painting (Craft Rm) 12:45 Bible Study (Classroom)</p> <p>Pork Chop</p>	<p>31</p> <p>10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Crafts (Craft Room) 1:00 Tai Chi (Fitness Rm 2)</p> <p>Swedish Meatballs</p>