

PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

APRIL 2024



Spring Celebration

With Joe Cerruti

Thursday, April 11, 12:30 p.m.

Early Lunch: 11:45 a.m.

Join us to celebrate the arrival of spring with entertainment by Joe Cerutti.

Space is limited.

Sign up in the book at the front desk for both lunch and the program!

Upcoming EVENTS

DIGITAL NAVIGATOR CLASS

Every other Tuesday, 10:30 a.m.

Please join Jenny Cárdenas from PWC DoIT. Topics include Using Your iPhone on April 9 and Using Your Android Phone on April 23. Each class is limited to 5. Register on the touchscreen.

THE FRIENDS' GAME CHALLENGE

Wednesday, April 10 at 1:00 p.m.

Join the Friends in the dining room the 2nd Wednesday of each month to play a series of five easy games. You will be given a game tracker at the beginning of each session. For each game you complete, you will get a sticker to place on your card. Complete all five games to be entered into a raffle to win a prize. The games will be different every month.

VOLUNTEER RECEPTION (By Invitation Only)

Wednesday, April 24, 2024, 11:00 a.m. to 1:00 p.m.

If you are a current volunteer of the Manassas Senior Center with recorded hours between April 1, 2023 and March 29, 2024, you will receive an invitation. RSVP required by April 15.

INBETWEEN (InBeTween)

Thursday, April, 25, 12:30 p.m.

Sign up in the book at the front desk for lunch and the program!

InBeTween is a three piece group of residents from Heritage Hunt in Gainesville, VA. It is comprised of three talented musicians (Nancy Ward, Joe Logatto and Dave Anderson) who sing and play various instruments and perform a wide variety of songs. For a fun show of oldies and newies, see InBeTween.

Prince William Senior Center

MANASSAS



Trivia With John Bucsko (Dining Room)
Tuesdays, April 9 & 23, 10:30 a.m.

Music With Ted (Dining Room)
Fridays, April 5, 19, and 26, 12:00 p.m.

Wii Bowling With Tom Jones (Dining Room)
Tuesdays, April 2 & 16, 10:30 a.m.



NATIONAL THEATRE WITH LISA JAN SHERMAN
Monday, April 8, 12:30 p.m. **Sign up in the book at the front desk for lunch and the program!**

Brilliant Moments Improv!
In this interactive performance workshop, Lisa will use Prompts & Props to spark ideas and memories, turning them into poems, tunes, and stories on the spot. Your ideas come alive to make a **Brilliant Moment!**



GETTING TO KNOW YOU
Wednesday, April 10, 10:30 a.m.

Come and meet some of the members of the center and share a little about yourself as well. Jan Lawler will lead this fun session. Everyone is welcome to attend.



PWC LIBRARY MOBILE LIBRARY VAN AND FAIRY DOOR JAR CRAFT

Friday, April 12, 12:30 p.m.

Please come out to visit the PWC Mobile Library Van and then make a fairy door jar craft in our craft room. All supplies will be provided. It will surely be a magical experience!

ACTIVITIES GUIDE

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
Photography	W	11:00 AM	Free
Self-Guided Painting	W, Last TH	9:30 AM, 12:30 PM	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
Friends Crafts	Fri	1:00 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

HEALTH & WELLNESS

EVIDENCE-BASED PROGRAMS

SAIL (Stay Active and Independent for Life) exercise, strength, balance, and fitness program will be offered Mondays and Thursdays, May 6th—August 5th, 1:15—2:15 p.m. in the fitness room. **A fitness check is required before start of the workshop.** Fitness checks will be held April 29th and 30th, and May 1st and 2nd between 9:30-11:30 a.m.

Registration is required for this workshop 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.

April Nutrition Topics

Protein, Artificial Sweeteners, Muscle Mass Retention, and Nutrition Before & After Surgery. Sign up at the front desk.

NUTRITION COUNSELING

Individual Nutrition Counseling is available with Saba Barkneh, Nutritionist via zoom and phone consults for home bound clients. Call 703-792-7153 or email sbarkneh@pwcgov.org to schedule.



Applications accepted:

April 1 - September 30

Vouchers issued to eligible participants:

June 1 - September 30

Vouchers can be redeemed at participating

Farmers' Markets & Roadside Stands:

June 1 - November 18

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

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, April 3, 2024, at 1:00 p.m. Everyone is welcome to attend.

A briefing will be held in the dining room on Wednesday, April 10, 2024 at 12:15 p.m.

The Friends' Dance Party is Wednesday, April 17, 2024 at 12:30 p.m.

The deadline to submit Friends' Scholarship applications to the office is COB May 15.

The Friends' bus sign-up to the Older Americans Month Celebration in May starts on April 15. See the Friends bulletin board for more information.

The Friends are hosting a Peanut Auction on Thursday, April 18, 12:30 p.m. Peanuts will be provided.

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

Older Americans Month Celebration

Friday, May 10, 2024

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

Sign up in the office starting on April 22.

Autism Presentation

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

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

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.

Monday		Tuesday		Wednesday		Thursday		Friday	
1 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)		2 9:30 Meditation/Chair Yoga (Fitness Rm 2) 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)		3 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) 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)		4 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)		5 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:00 Music With Ted (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends' Crafts (Craft Room) 1:00 Tai Chi (Fitness Rm 2)	
Chicken Enchilada		Baked Salmon		Open Face Roast Beef Sandwich		Stuffed Pepper		Spinach & Cheese Ravioli	
8 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) 11:45 Early Lunch (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 12:30 National Theater Performance (Dining Rm) 1:00 Bridge (Classroom)		9 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator Class (Conference Rm) 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)		10 9:00 Garden Workday (Garden) 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Dining Rm.) 10:00 Digital Devices (Conf. Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Getting To Know You (Classroom) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Music With Randy (Dining Rm) 11:00 Photography (Conf. Rm) 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)		11 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 11:45 Early Lunch (Dining Rm) 12:30 Spring Celebration with Joe Cerruti (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)		12 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:30 PWC Library Fairy Door Jar (Craft Room) 12:30 PWC Mobile Library (Outside) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends' Crafts (Cancelled) 1:00 Tai Chi (Fitness Rm 2)	
White Chicken Chili		Cheese Pizza		Smoked Sausage		Baked Ham		Tuna Salad plate	
15 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)		16 9:30 Meditation/Chair Yoga (Fitness Rm 2) 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)		17 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)		18 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 Peanut Auction (Dining Room) 12:45 Bible Study (Classroom)		19 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:00 Music With Ted (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends' Crafts (Craft Room) 1:00 Tai Chi (Fitness Rm 2)	
Salisbury Steak		Cabbage Roll		Fish Sandwich		Taco Salad		Stuffed Shells	
22 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)		23 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator Class (Conference Rm) 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)		24 <div>Closed</div> <div>Staff In-Service</div> <div>Volunteer Reception</div> <div>By invite Only</div>		25 10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Classroom) 11:00 Line Dancing (Fitness Rm 2) 11:45 Early Lunch (Dining Rm) 12:30 Mahjong (Card Rm) 12:30 InBeTween (Dining Rm) 12:30 Self-Guided Painting (Craft Rm) 12:45 Bible Study (Classroom)		26 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:00 Music With Ted (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends' Crafts (Craft Room) 1:00 Tai Chi (Fitness Rm 2)	
Chicken Alfredo		Meatball Sub		BLT		Crab Cake			
29 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)		30 9:30 Meditation/Chair Yoga (Fitness Rm 2) 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)				<div>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.</div> <div>Reminder: Lunch is served at noon daily.</div>		<div>Our Mission Statement: To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</div>	
Baked Tilapia		Chicken & Dumplings							