

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters
703-792-5081

Prince William Senior Center WOODBIDGE



Declutter your Life
Thursday, September 2, 10:30 a.m.
Come learn some new ways to declutter your life. And clear those distractions to have a happier life.



Grandparents Day
September 15 at 10:30 a.m.
This year we will not be inviting grandkids to join us at the centers, instead please bring pictures and be ready to brag about how great they are. Pictures can be emailed to ccox@pwcgov.org

SEPTEMBER 2021



Labor Day Celebration with

Eric Fine

Wednesday September 01, 10:30 a.m.

Entertainment by a professional pianist/vocalist. Eric has played at events throughout the D.C., Virginia and Maryland area under the name Metropolitan. Come and be entertained, clap our hands and sing along with some famous songs from such artist as Elvis, Frank Sinatra, Johnny Cash, Billy Joel, Duke Ellington and many others.



INTERNATIONAL FALL FASHION SHOW
Friday, September 17, 1:00 p.m.

The Senior Center and America are truly a melting pot of cultures. Today we are going to celebrate all our cultures with each other. Please come dressed in traditional attire from you or your family's country of origin. And share your history with all of the center members.



Master Gardener

Thursday, September 30, 1:00 p.m.
Join Pam Dixon and get your get your hands dirty and learn how to create a container garden with fall plants. All that attend will be put in a drawing to win an expertly designed container garden.

Upcoming Events

College Colors Day
Friday, September 3,
Join us in in show of support for your favorite college or university by wearing your college gear.

Jeopardy
Friday, September 3, 10:30 a.m.
Wednesday, September 22, 100 p.m.

International Sudoku Day
Thursday, September 9, 10:30 a.m.
If you love sudoku puzzles or have never heard of them please come out and we can enjoy them together. It's time to exercise your brain with puzzles and fun.

Movie Day
Wednesday, September 16, 10:30 a.m.
Come out for a nice relaxing time enjoying a movie with your friends. Movie to be announced.

Library Presentation
Friday, September 24, 10:30 a.m.
Talking Books and BARD
The National Library Service of the Library of Congress (NLS) is a free braille and talking book library service for people with temporary or permanent low vision, blindness, or a physical perceptual, reading, or print disability that provides them from using regular print materials so that all my read.

Musician of the Month: Beatles
Thursday, September 30, 10:30 a.m.
Join Cory's presentation on Beatles The English Rock band that took America by storm and became one of the most successful act in the 20th century. Be ready to tap your feet and clap your hands to some memorable hits.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Bible Study	TH	10:00 am	Free
Ceramics (Mask Required)	W & TH	10:30 am	Varies
Conversation Spanish	TH	10:30 am	Free
Digital Devices	T	2:00 pm	Free
Spanish	T	11:00 am	Free
Woodcarving	M & W	9:00(M), 2:00(W)	Free

FITNESS AND HEALTH ACTIVITIES

Open Exercise (Video)	Daily	9:00am-4:30pm	Free
Exercise/Lifetime (Video)	M,T,W,TH F	9:15 am	Free
Line Dancing Groups	T & TH	1:00 pm	Free
Tai Chi (Video)	W	10:30a,9:45a Beg	Free
Yoga (video)	M ,TH & F	10:30a,10:45a	Free

FUN ACTIVITIES

Angel and the Band	F(MOST)	10:30 am	Free
Bid Whist	T & TH	11:00 am	Free
Billiards	Daily	9:00am- 4:30pm	Free
Bingo	M W	10:30am	\$1.00
Birthday Celebration	LAST F	12:30 pm	Free
Canasta	M	1:00 pm	Free
Double Deck Pinochle	Daily	12:00 pm	Free
Dominos	M	12:30 pm	Free
Euchre	M	10:00 am	Free
Scarlett Sophisticates	2ND/4TH F	1:00 pm	Free
Scrabble	W	1:00 pm	Free
Shanghai	T	9:30 am	Free
Rummikub/Skip-bo	T & TH	3:00 pm	Free
Table Tennis	Daily	9:00am-4:30pm	Free

HEALTH & WELLNESS

Grief Support Groups

Capital Caring of Northern Virginia is offering virtual support group sessions. If you have lost a loved one within the last two years or are experiencing general grief, please contact Capital Caring at 1-844-447-4383 and tell them that you would like to sign up for a virtual grief support session.

10 Summer Safety Tips For Seniors

- 1.Reduce Strenuous Activities
2. Keep Hydrated
3. Protect Yourself in the Sun
4. Wear Light Clothing
5. Be an Early Bird or Night Owl
6. Watch for Heat Stroke
7. Review Your Medications
- 8.Protect Your Eyes
9. Schedule a Checkup
10. Eat Some Ice Cream!

Active Aging Adult Week

October 4-8, 2021

Events and Actives to be announced.

SENIOR CENTER STAFF

Agency Director
Asst Director
Division Manager
Site Manager
Adm. Coordinator
Driver/Trans Org
Wellness & Fit. Coord.
Nutritionist
Lead Cook
Cook

Sarah Henry
Joshua Lee
Ed Harrison
Kathy Ambrose
Angelina D. Reynolds
Kim Reynolds
Cory Cox
Vacant
Chris Bohn
Wendy Arca-Moore

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.

Para asistencia en Español acerca de los personas mayores llame al 703-792-5962.

FRIENDS

OFFICERS

President-Alleen Bagley
 Vice President-Ronnie Carter
 Secretary- Theresa Cannady
 Treasurer- Lana Tobey

DIRECTORS

Astrid Blakemore
 Janet Happoldt
 Mohammad Hoque
 Marie Kelminsky
 Julia Spinetti
 Vernetha Starling
 Meridel Turch

RECOGNITION CORNER

The July Volunteer of the Month was awarded to Mike Gingerich, volunteer for both front desk and Coffee Café. Thank you Mike and all the volunteers for your hard work and dedication to making our center a great place to come!
 Next Friends meeting
 September 8, 2021 @ 1pm
 All are welcome to attend.

FRIENDS will send a card in the case of an illness, hospitalization and also upon notification of the passing of an immediate family member. **Please see Elaine Bedard.**

Coffee Café

Now open daily 9am-2pm
 Single serve coffee, tea, hot chocolate and bottled water.
 Also a variety of crackers and chips are available for purchase.

Proceeds will go to future events at the Senior Center sponsored by Friends Group



Friends will be having a Jewelry and Accessories Sale in the future. Donations of gently used and clean accessories, hats, scarves and jewelry are now being accepted. Please bring donations to the front desk.

INFORMATION

SENIOR SERVICES

Information about aging, disabilities, caregiving and available services.

Assistance with connecting to services.
 (703) 792-6374

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

Volunteering: We will provide a variety of volunteer opportunities. Contact us for more information. (703) 792-4583

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

Bluebird Tour Program: Day and overnight tour schedules.
 (703) 339-0333

pwcgov.org/bluebird

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) 792-5682

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

Caregiver Support Group: 2nd and 4th Tuesdays 7:00pm at the Woodbridge Senior Center

Congregate Meal Suggested Donations

For those 60 or better, there is a donation box in the lunchroom which has a suggested donation chart based on monthly income. For guests under 60, the cost is \$5.75, which must be paid to staff.

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</p>	<p>The Center is still in need of Volunteers to teach classes, work the front desk and deliver MOW's. If you are interested, please see a staff member in the office.</p> 	<p>1 9:15 Exercise Class—Video 10:30 Labor Day Celebration 10:30 Adult Coloring 10:30 Ceramics (Mask Required) 10:30 BINGO 10:30 Tai Chi—Video 1:00 Scrabble 2:00 Woodcarving</p> <p>ORIENTAL PEPPER STEAK</p>	<p>2 9:15 Exercise Class—Video 10:00 Bible Study 10:30 Ceramics (Mask Required) 10:30 Declutter your Life 11:00 Conversation Spanish 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 3:00 Rummikub/Skip-bo</p> <p>OVEN BAKED FRIED CHICKEN</p>	<p>3 College Colors Day 9:15 Exercise Class—Video 10:30 Yoga - Video 10:30 Jeopardy 12:00 Double Decker Pinochle</p> <p>MEATLOAF</p>
<p>6</p> <p>CLOSED FOR LABOR DAY</p>	<p>7 9:15 Exercise Class—Video 9:30 Shanghai 10:30 Legal Services 11:00 Bid Whist/Spanish 12:00 Double Decker Pinochle 1:00 Line Dancing 2:00 Digital Devices 3:00 Rummikub/Skip-bo</p> <p>WHITE CHICKEN CHILI</p>	<p>8 9:15 Exercise Class—Video 10:30 Computer Skills 10:30 Ceramics (Mask Required) 10:30 Tai Chi—Video 12:00 Double Decker Pinochle 1:00 FRIENDS MEETING 1:00 Scrabble 2:00 Woodcarving</p> <p>STUFFED BELL PEPPERS</p>	<p>9 9:15 Exercise Class—Video 10:00 Bible Study 10:30 International Sudoku Day 10:30 Ceramics (Mask Required) 10:30 Conversation Spanish 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 3:00 Rummikub/Skip-bo</p> <p>SIRLOIN BEEF TIPS</p>	<p>10 9:15 Exercise Class—Video 10:30 Yoga - Video 10:30 Angel and The Band 12:00 Double Decker Pinochle 1:00 Scarlett Sophisticates</p> <p>WHITE CHICKEN CHILI</p>
<p>13 9:00 Woodcarving 9:15 Exercise Class—Video 10:00 Euchre and Bunco 10:30 Yoga 10:30 BINGO 12:00 Double Decker Pinochle 12:30 Dominos 1:00 Canasta</p> <p>CHICKEN CORDON BLEU</p>	<p>14 9:15 Exercise Class—Video 9:30 Shanghai 11:00 Bid Whist/Spanish 12:00 Double Decker Pinochle 1:00 Line Dancing Groups 2:00 Digital Devices 3:00 Rummikub/Skip-bo</p> <p>PORK CHOPS</p>	<p>15 9:15 Exercise Class—Video 10:30 Ceramics (Mask Required) 10:30 Grandparents Day 10:30 Tai Chi—Video 12:00 Double Decker Pinochle 1:00 Scrabble 2:00 Woodcarving</p> <p>SWEDISH MEATBALLS</p>	<p>16 9:15 Exercise Class—Video 10:00 Bible Study 10:30 Ceramics (Mask Required) 10:30 Movie Day 11:00 Conversation Spanish 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 3:00 Rummikub/Skip-bo</p> <p>TACO SALAD</p>	<p>17 9:15 Exercise Class—Video 10:30 Yoga - Video 10:30 Angel and the Band 12:00 Double Decker Pinochle 1:00 Cultural Appreciation Fashion Show</p> <p>CHICKEN WINGS</p>
<p>20 9:00 Woodcarving 9:15 Exercise Class—Video 10:00 Euchre and Bunco 10:30 Yoga 10:30 BINGO 12:00 Double Decker Pinochle 12:30 Dominos 1:00 Canasta</p> <p>PEPPERONI PIZZA</p>	<p>21 9:15 Exercise Class—Video 9:30 Shanghai 11:00 Bid Whist/Spanish 12:00 Double Decker Pinochle 1:00 Line Dancing Groups 2:00 Digital Devices 3:00 Rummikub/Skip-bo</p> <p>SALISBURY STEAK</p>	<p>22 9:15 Exercise Class—Video 10:30 Ceramic (Mask Required) 10:30 BINGO 10:30 Tai Chi—Video 12:00 Double Decker Pinochle 1:00 Scrabble 1:00 Jeopardy 2:00 Woodcarving</p> <p>BLT</p>	<p>23 9:15 Exercise Class—Video 10:00 Bible Study 10:30 Ceramics (Mask Required) 11:00 Conversation Spanish 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 1:00 Rock Painting 3:00 Rummikub/Skip-bo</p> <p>CHICKEN N DUMPLINGS</p>	<p>24 9:15 Exercise Class—Video 10:30 Yoga—Video 10:30 Library Presentation 12:00 Double Decker Pinochle 1:00 Scarlett Sophisticates</p> <p>BAKED COD</p>
<p>27 9:00 Woodcarving 9:15 Exercise Class—Video 10:00 Euchre and Bunco 10:30 Yoga 10:30 BINGO 12:00 Double Decker Pinochle 12:30 Dominos 1:00 Canasta</p> <p>PANCAKES W/ CHICKEN TENDERS</p>	<p>28 9:15 Exercise Class—Video 9:30 Shanghai 11:00 Bid Whist/Spanish 12:00 Double Decker Pinochle 1:00 Line Dancing Groups 2:00 Digital Devices 3:00 Rummikub/Skip-bo</p> <p>STUFFED CABBAGE ROLL</p>	<p>29</p> <p>CLOSED IN-SERVICE DAY</p>	<p>30 9:15 Exercise Class—Video 10:00 Bible Study 10:30 Ceramics (Mask Required) 10:30 Musician of the Month 11:00 Conversation Spanish 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Master Gardner 1:00 Line Dancing 3:00 Rummikub/Skip-bo</p> <p>CHICKEN ALFREDO</p>	<p>Mission Statement:</p> <p>To provide services, education and socialization to persons 55+ in the community in order to foster independence and quality of life.</p> 