

PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS



CULTURAL APPRECIATION FASHION SHOW

Friday, September 10, 1:00 p.m.

The senior centers and America are true melting pots of cultures. Today we are going to celebrate our cultures with each other. Please come dressed in traditional attire from your family's country of origin. If the clothing you are wearing has a special meaning, that you would like to share, please talk to Cory.

SEPTEMBER 2021

Labor Day Celebration With Norman Voss

Tuesday, September 7, 11:00 a.m.

Lunch will be served at noon.

Norman Voss will be here to help you celebrate Labor Day in style. Sign up ahead for the event at the front desk. Sign up for lunch by 10:30 a.m.

by calling 703-792-6405 or
by checking in on the MSC kiosk.

HAWAIIAN STARS

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

The Hawaiian Dancers from the Burke/West Springfield Senior Center Without Walls will be here to perform some Hawaiian dances for you. Please join us in welcoming them back to our center.

UpcomingEVENTS

MUSICIAN OF THE MONTH

Tuesday, September 7, 1:00 p.m.

Learn about the history of the Beatles through a guided presentation with facts and music.

JEOPARDY WITH CORY

Tuesday, September 21, 10:30 a.m.

Monday, September 27, 1:00 p.m.

Come put your knowledge to the test with our bi-monthly jeopardy contest. Prizes will be awarded.

ROCK PAINTING

Tuesday, September 14, 10:30 a.m.

Join us for a fun and relaxing activity. All supplies will be provided.

GETTING TO KNOW YOU WITH JAN LAWLER

Thursday, September 23, 10:30 a.m.

Come and meet some of the members of the center and share a little about yourself as well.

CELEBRATE NATIONAL GUACAMOLE DAY AND MORE

September 16, 20, and 27

A fun fact sheet will be available at the front desk and lunch will coordinate with the National Day being celebrated.

VOLUNTEERS NEEDED

The center is in need of volunteers to teach classes, work the front desk, and deliver MOW. If you are interested or know of anyone who is interested, please see a staff member in the office.



LOCAL RAILFAN GROUP TO MEET

Saturday, September 11, 2021,
5:30p.m.—11:00 p.m.

A new group will be holding monthly meetings at the center. Railfan is a local group of railroad and train enthusiasts. They invite all senior center member to attend. Please see the flyer on the bulletin board for more information.



CELEBRATE GRANDPARENTS' DAY

Monday, September 13, 10:30 a.m.

Unfortunately, this year we are not able to invite your grandkids to join us at the center. Instead, we would like you to bring in a picture of your grandchild to share. This is your time to brag! You can bring the pictures in advance to be scanned and shared.



TALKING BOOKS & BARD

(Braille and Audio Reading Download)

Friday, September 24, 12:30 p.m.

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, perpetual reading, or print disability that prevents them from using regular print materials so that all may read.

ACTIVITIES GUIDE

HEALTH & WELLNESS

LEARNING ACTIVITIES

Acting Group	Fri	12:30 PM	Free
Digital Devices	W	Check Calendar	Free
Knit & Crochet	TU	10:00 AM	Free
Self-Guided Painting	W & last TH	9:30 AM, 12:00 PM	Free
Photography	W	Check Calendar	Free
Quilting	2nd & 4th TU	1:00 PM	Free

FITNESS AND HEALTH ACTIVITIES

Fitness Video	M, W, F	10:00 AM	Free
Intro to Line Dancing	W	11:00 AM	Free
Line Dancing	M, TU, TH	11:00 AM	Free
Middle Eastern Dancing	Tu	2:00 PM	Free
Tai Chi	M	9:10 AM	Free
Tai Chi	F	1:00 PM	Free
Tap Dancing	M,W	12:00 PM	Free
Yoga Video	W	12:30 PM	Free

FUN ACTIVITIES

Adult Coloring	TH	10:00 AM	Free
Bingo	TU, F	12:30 PM, 10:30 AM	\$1.00 Donation
Birthday	2nd W	12:30 PM	Free
Bridge	M	1:00 PM	Free
Bunco	3rd W	1:00 PM	Free
Cards & Games	Daily	9:00 AM-4:30 PM	Free
Mahjong	TH	12:30 PM	Free
Pool	M-F	9:00 AM-4:30 PM	Free
Table Tennis	M, W, F	10:00 AM-12:00 PM	Free
Woodcarvers	W	5:00 PM	Free

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.

ELDER ABUSE PRESENTATION WITH OFFICER TRUMAN

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

Officer Truman will be here to talk about elder abuse during lunch.

Elder abuse is a silent problem that robs seniors of their dignity, security, and—in some cases—costs them their lives.

Up to five million older Americans are abused every year, and the annual loss by victims of financial abuse is estimated to be at least \$36.5 billion.

This topic is too important to ignore, so please join us for this presentation and help us spread awareness.

Senior Center Staff

Sue Gilbert, Human Services Manager

Michelle Choi, Administrative Coordinator

Bonnie Swank, Lead Cook

Debra Null, Cook

John Perry III, Driver Transportation Service Specialist

Cory Cox, Health & Wellness Coordinator

Vacant, Public Health Nutritionist

Jodie Houser, Evidence Based Program Coordinator

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 servicios para personas mayores llame al 703-792-5962.

FRIENDS

NEWS

The Friends Board meet the first Wednesday of every month at 1:00 p.m.; everyone is welcome to attend. The next board meeting is Wednesday, September 1.

The Friends briefing will be held on Wednesday, September 8 at 12:15 p.m.

The Friends will have an election in April. If anyone has been considering running for a seat on the Friends board, there are a couple of openings to backfill a seat. There are also two community representative positions open. Please ask a member of the Friends.

The Silent auctions will resume sometime this month.

Memory stones are available to purchase. Please see a member of the Friends for an application.

UPCOMING EVENTS

ACTIVE AGING WEEK ACTIVITIES

October 4th, 5th and 8th, Time TBD

MASTER GARDENERS PRESENTATION

Tuesday, October 12, Time TBD

OKTOBERFEST

Date and time TBD

HALLOWEEN PARTY AND COSTUME CONTEST

Last week of October
Date and Time TBD

CENTER NEWS

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: A variety of opportunities.

(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) 792-5956

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.

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday		
<p>Our 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>	<p>A chef salad is available in lieu of regular lunch. If you plan on eating lunch, you must sign up by 10:30 a.m. the day you are eating.</p>	<p>1</p> <p>9:30 Self-Guided Painting (Craft Rm) 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 Yoga Video (Fitness Rm 2) 1:00 Friends Meeting (Classroom) 5:00 Woodcarvers (Craft Rm)</p>	<p>2</p> <p>9:30 Matter of Balance 10:00 Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Bible Study (Classroom)</p>	<p>3</p> <p>10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 12:30 Acting Group (Fitness Rm 1) 12:30 Music w/Ted 1:00 Tai Chi</p>		
		Sloppy Joe	Reuben on Marble Rye	Chicken Tenders		
<p>6</p> <p>Closed Labor Day</p>	<p>7</p> <p>9:30 Matter of Balance 10:00 Knitting/Crocheting (Craft Rm) 11:00 Labor Day Celebration w/Norman Voss 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Bridge 1:00 Musician of the Month (Dining Rm) 2:00 Middle Eastern Dancing</p>	<p>8</p> <p>9:30 Self-Guided Painting (Craft Rm) 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) 12:15 Friends Briefing (Dining Rm) 12:30 Birthday Celebration (Dining Rm) 12:30 Yoga Video (Fitness Rm 2) 5:00 Woodcarvers (Craft Rm)</p>	<p>9</p> <p>9:30 Matter of Balance 10:00 Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Bible Study (Classroom)</p>	<p>10</p> <p>10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm) 10:30 Bingo (Dining Rm) 12:30 Acting Group (Fitness Rm 1) 1:00 Cultural Appreciation Fashion Show (Dining Rm) 1:00 Tai Chi (Fitness Rm 2)</p>		
		Roast Turkey	BBQ Chicken Thighs	Ham & Pinto Beans	Vegetarian Lasagna	
<p>13</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness I Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Grandparents' Day (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>14</p> <p>10:00 Knitting/Crocheting (Craft Rm) 10:30 Rock Painting (Classroom) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Quilting (Craft Rm) 2:00 Middle Eastern Dancing</p>	<p>15</p> <p>9:30 Self-Guided Painting (Craft Rm) 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 Yoga Video (Fitness Rm 2) 1:00 Bunco (Classroom) 5:00 Woodcarvers (Craft Rm)</p>	<p>16</p> <p>10:00 Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Bible Study (Classroom)</p>	<p>17</p> <p>10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 12:30 Acting Group (Fitness Rm 1) 12:30 Music w/Ted 1:00 Tai Chi (Fitness Rm 2)</p>		
		Swedish Meatballs	Oven Fried Chicken	Pork BBQ	Chicken Enchilada w/Guacamole	Baked Cod
<p>20</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness I Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Adult Coloring (Craft room) 11:00 Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Elder Abuse Presentation (Dining Rm) 1:00 Bridge (Classroom)</p> <p>College Colors Day Support your favorite college or university by wearing their colors.</p> <p>National Pepperoni Pizza Day</p>	<p>21</p> <p>10:00 Knitting/Crocheting (Craft Rm) 10:30 Jeopardy (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing</p>	<p>22</p> <p>9:30 Self-Guided Painting (Craft Rm) 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 Yoga Video (Fitness Rm 2) 5:00 Woodcarvers (Craft Rm)</p>	<p>23</p> <p>10:00 Adult Coloring (Open) 10:30 Getting to Know You (Classroom) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Bible Study (Classroom)</p>	<p>24</p> <p>10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Cancelled) 11:00 Hawaiian Dancers (Dining Rm) 12:30 Acting Group (Fitness Rm 1) 12:30 Talking Books & BARD (Dining Rm) 1:00 Tai Chi (Fitness Rm 2)</p>		
		Pepperoni Pizza	Italian Breaded Baked Chicken	Beef Stroganoff	Meatloaf	Sweet-n-Sour Chicken
<p>27</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness I Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Book Club (Conference Rm) 11:00 Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 1:00 Jeopardy (Dining Rm)</p>	<p>28</p> <p>10:00 Knitting/Crocheting (Craft Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 12:30 Movie Day (Classroom) 1:00 Quilting (Craft Rm) 2:00 Middle Eastern Dancing</p>	<p>29</p>	<p>30</p> <p>10:00 Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:00 Self-Guided Painting (Craft Rm) 12:30 Mahjong (Card Rm) 12:30 Bible Study (Classroom)</p>	<p>Closed for Staff In-Service Day</p>		
		National Pancake Day				
		Sausage Links w/Pancakes	Chicken Cordon Bleu	Baked Salmon		