

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters
703-792-5081

Prince William Senior Center WOODBIDGE



Happy Ball

Friday, October 8, 10:00 a.m.

Join us and be amazed at what you can do with paper. Learn how to make a happy ball. Class will be limited to 10 people. Free sign up at front desk.

OCTOBER 2021



Oktoberfest Celebration with Justin Paschalides

Thursday, October 7th, 12:30 p.m.

Justin has worked with several different music acts. He has led rock groups, once opening for the famous Jefferson Starship. He has conducted orchestras for musical theater, coordinated and performed church music programs, plays accordion for farmer's markets, restaurants, Oktoberfest, and coffee houses, plays jazz for private events, hotels, weddings, and parties frequently, and studied classical Indian Hindustani music to perform on harmonium and sitar, once even for the Kennedy Center. Join us as we celebrate with Justin and his accordion for Oktoberfest! No morning exercise or salads will be offered.



National Fire Prevention Month

Wednesday October 20 at 12:30 p.m.

Please join us in Welcoming the Prince William County Fire Department. Learn about how we can keep ourselves and the ones we love safe.



Library Presentation

Friday, October 22, 12:30 p.m.

Matthew Yungue will be providing information on how to access Prince William counties video on demand services.



Spooky Stories with the Library

Thursday, October 28, 1:00 p.m.

Hello all you goblins and ghouls please join us for some fun and spooky Halloween stories.

Rock Painting with Kim
Tuesday, October 5, 10:30 a.m.

Creative and imaginative painting on rocks
All supplies provided. Free.

Jeopardy

Wednesday, October 6, 12:30 p.m.

Thursday, October 14, 10:30 a.m.

Come out and test your knowledge and be amazed at how much we all really know. Hosted by Cory.

Musician of the Month

Friday October 8, 12:30 p.m.

"Its Now or Never" to put on your "Blue Suede Shoes" and get your "Jailhouse Rock" on with the sounds of Elvis.

There's a Day for That!

Join us as we celebrate certain days to honor our favorite foods-that may enrich our lives. Enjoy selections prepared by Chef Chris. This month we are highlighting:

October 4th, National Taco Day.

October 12th, National Pulled Pork Day

October 29th, National Breadstick Day.

Movie Day and Popcorn

Friday, October 15, 10:30 a.m.

Lets enjoy a good movie and snack on some popcorn while we watch a movie and spend time with friends. Movie to be announced.

Upcoming Events

PWC Officer Truman Paul Informational Talk

Thursday, October 21, 1:00 a.m.

Seniors can learn how to protect themselves from crime by following these simple, common-sense suggestions.

Legal Services

Tuesday, October 26, 10:30 a.m.

Medicaid presentation

Forever Young

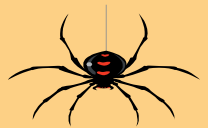
Thursday, October 28, 10:30 a.m.

Bring in a picture of yourself from your school days and we will make a copy to include in a collage. We will also discuss the advice you would give your younger self if you could go back in time.

Halloween Party and Costume Contest

Friday, October 29, 10:30 a.m.

Join us for a "Spooktacular" Halloween with our favorite entertainers, Angel and the Band. Prizes will be given for the funniest, most original, and scariest costumes. Enjoy the "bewitching" lunch we have specially prepared. Raffle tickets will be sold for Ceramic pieces. No morning exercise or salads will be offered.



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

13850 Church Hill Drive, Woodbridge, Virginia, 22191
Monday through Friday from 9:00 a.m. to 4:30 p.m.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Art	TH	2:00 pm	Free
Bible Study	TH	10:00 am	Free
Ceramics (Mask Required)	W & TH	10:30 am	Varies
Conversation Spanish	TH	11:00 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	10:30am	Free
Yoga (video)	M & F	10:30am	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
Bunco	M	10:00 am	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
Gospel Singing	T	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

LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?



Bingo + Exercise = Bingocize®

BINGOCIZE® is a **FREE** 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

To register: Call Jodie Houser, PWAAA Program Coordinator at:

571-241-3925 or email at jhouser@pwcgov.org

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COME JOIN THE FUN!

PLAY BINGO, LEARN about FALL PREVENTION, EXERCISE AND WIN PRIZES!

We meet 2 days a week on Tuesdays and Thursdays for 10 weeks! Play online or use a phone.

WHEN: Oct. 5, 7, 12, 14, 19, 21, 26, 28, Nov. 2, 4, 9, 11, 16, 18, 23, 30, Dec. 2, 7, 9 and 14.

WHERE: Virtual

TIME: 2 p.m.-3 p.m.



SENIOR CENTER STAFF

Agency Director	Sarah Henry
Deputy Director	Joshua Lee
Division Manager	Ed Harrison
Site Manager	Kathy Ambrose
Adm. Coordinator	Angelina D. Reynolds
Driver/Trans Org	Kim Reynolds
Wellness & Fit. Coord.	Cory Cox
Nutritionist	Vacant
Lead Cook	Chris Bohn
Cook	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 August Volunteer of the Month was awarded to Rene Lehman, volunteer for Meals on Wheels. Thank you Rene and all the volunteers for your hard work and dedication to making our center a great place to come visit and helping deliver food to those that can't get to the center.

Next Friends meeting
 October 13, 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



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. pwcgov.org/bluebird (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) 792-5682

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



Medicare Open Enrollment Period (OEP)

October 15th -December 7th, 2021.

This is the time to review your Medicare Part D or Medicare Advantage Plan to see if you are in the best plan. For free counseling and assistance contact the Prince William Area Agency on Aging's Virginia Insurance Counseling and Assistance Program (VICAP) Coordinator, Rosemari Walker at 703-792-4156, or rwalker@pwcgov.org.

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.

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>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>1</p> <p>9:15 Exercise Class—Video 10:30 Yoga - Video 10:30 Angel and The Band 12:00 Double Decker Pinochle</p> <p>ORIENTAL PEPPER STEAK</p>
<p>4</p> <p>9:00 Woodcarving 9:15 Exercise Class—Video 10:00 Euchre and Bunco 10:30 Yoga - Video 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 1:00 Canasta</p> <p>NATIONAL TACO DAY</p>	<p>5</p> <p>9:15 Exercise Class—Video 9:30 Shanghai 10:00 Gospel Singing 10:30 Rock Painting 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>CHEF SURPRISE POT LUCK</p>	<p>6</p> <p>9:15 Exercise Class—Video 10:30 Computer Skills 10:30 Bingo 10:30 Ceramics (Mask Required) 10:30 Tai Chi—Video 12:00 Double Decker Pinochle 12:30 Jeopardy 1:00 Scrabble 2:00 Woodcarving</p> <p>CHICKEN TENDERS</p>	<p>7</p> <p>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 12:30 Oktoberfest 1:00 Line Dancing 2:00 Art 3:00 Rummikub/Skip-bo</p> <p>GERMAN SAUSAGE</p>	<p>8</p> <p>9:15 Exercise Class—Video 10:00 Happy Ball Craft 10:30 Yoga - Video 12:30 Musician of the Month 12:00 Double Decker Pinochle 1:00 Scarlett Sophisticates</p> <p>WHITE CHICKEN CHILI</p>
<p>11</p> <p>9:00 Woodcarving 9:15 Exercise Class—Video 10:00 Euchre and Bunco 10:30 Yoga—Video 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 1:00 Canasta</p> <p>CHICKEN CORDON BLEU</p>	<p>12</p> <p>9:15 Exercise Class—Video 9:30 Shanghai 10:00 Gospel Singing 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>NATIONAL PULLED PORK DAY</p>	<p>13</p> <p>9:15 Exercise Class—Video 10:30 Ceramics (Mask Required) 10:30 Bingo 10:30 Tai Chi—Video 12:00 Double Decker Pinochle 1:00 FRIENDS MEETING 1:00 Scrabble 2:00 Woodcarving</p> <p>STUFFED CABBAGE ROLL</p>	<p>14</p> <p>9:15 Exercise Class—Video 10:00 Bible Study 10:30 Jeopardy 10:30 Ceramics (Mask Required) 11:00 Conversation Spanish 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 2:00 Art 3:00 Rummikub/Skip-bo</p> <p>BAKED COD</p>	<p>15</p> <p>9:15 Exercise Class—Video 10:30 Yoga - Video 10:30 Movie and Popcorn 12:00 Double Decker Pinochle</p> <p>BEEF RAVIOLI</p>
<p>18</p> <p>9:00 Woodcarving 9:15 Exercise Class—Video 10:00 Euchre and Bunco 10:30 Yoga—Video 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 1:00 Canasta</p> <p>OVEN BAKED FRIED CHICKEN</p>	<p>19</p> <p>9:15 Exercise Class—Video 9:30 Shanghai 10:00 Gospel Singing 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>LASAGNA</p>	<p>20</p> <p>9:15 Exercise Class—Video 10:30 Ceramic (Mask Required) 10:30 Bingo 10:30 Tai Chi—Video 12:00 Double Decker Pinochle 12:30 National Fire Prevention 1:00 Scrabble 2:00 Woodcarving</p> <p>PORK CHOPS</p>	<p>21</p> <p>9:15 Exercise Class—Video 10:00 Bible Study 10:30 Ceramics (Mask Required) 11:00 Officer Truman 11:00 Conversation Spanish 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 2:00 Art 3:00 Rummikub/Skip-bo</p> <p>SALISBURY STEAK</p>	<p>22</p> <p>9:15 Exercise Class—Video 10:30 Yoga—Video 10:30 Angel and The Band 12:00 Double Decker Pinochle 12:30 Library Presentation 1:00 Scarlett Sophisticates</p> <p>CHICKEN N DUMPLINGS</p>
<p>25</p> <p>9:00 Woodcarving 9:15 Exercise Class—Video 10:00 Euchre and Bunco 10:30 Yoga—Video 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 1:00 Canasta</p> <p>MEATLOAF</p>	<p>26</p> <p>9:15 Exercise Class—Video 9:30 Shanghai 10:00 Gospel Singing 10:30 Legal Services—Medicaid 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>CORN DOG NUGGETS</p>	<p>27</p> <p>CLOSED IN-SERVICE DAY</p>	<p>28</p> <p>9:15 Exercise Class—Video 10:00 Bible Study 10:30 Forever Young 10:30 Ceramics (Mask Required) 11:00 Conversation Spanish 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 1:00 Spooky Stories 2:00 Art 3:00 Rummikub/Skip-bo</p> <p>SWEET N SOUR CHICKEN</p>	<p>29</p> <p>9:15 Exercise Class—Video 10:30 Yoga - Video 10:30 Halloween Party, Costume Contest and Angel and the Band 12:00 Double Decker Pinochle</p> <p>CHICKEN WINGS</p>