

# PRINCE WILLIAM

Area Agency on Aging

[www.pwcgov.org/seniorcenters](http://www.pwcgov.org/seniorcenters)

703-792-6405

Prince William Senior Center

## MANASSAS



### ANNUAL MEMBERSHIP DUES

Annual memberships were due for all senior center members at the end of January. **If you have not paid your membership fee and updated your paperwork, your account is locked out and you will have a lapse of your membership benefits.** A current membership form is required, and payments can be made in the form of a check to "PWC" or exact change.

## FEBRUARY 2022



Valentine's Day Luncheon  
Monday, February 14, 12:00 p.m.

Please join us to celebrate Valentine's Day.  
A special lunch will be served.

Sign up ahead at the front desk to reserve  
your seat as space is limited.



### CHINESE NEW YEAR

Arm Chair travels to China

Tuesday, February 1, 10:30 a.m.

Lunch: 12:00 p.m.

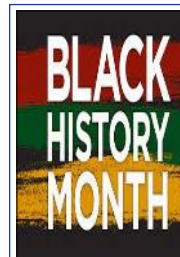
We have all been stuck at home for quite a while now. Join us on a virtual vacation to China and see the wonders that it has to offer. Sign up at the front desk.



### SUPERBOWL PARTY

Monday, February 7, 12:30 p.m.

Support your favorite team by wearing their jersey or team colors and come learn fun facts about the Super Bowls of the past. We will watch highlights from previous Super Bowls.



### THE CONSTITUTION, CIVIL RIGHTS, AND THE POWER OF WORDS

Friday, February 25, 12:30 p.m.

Join David Shumate, Senior Librarian, PWC Public Library, for a discussion of language, philosophy, and politics in the "...pursuit of a more perfect union".

## UpcomingEVENTS

### PEANUT AUCTION

Wednesday, February 2, 12:30 p.m.

Please join the Friends of the Manassas Senior Center for another peanut auction. Peanuts will be provided. Sign up to reserve your seat at the front desk.

### TAX TIPS

Monday, February 7, 10:30 a.m.

Legal Services of Northern Virginia will be here to provide important tax tips. Sign up at the front desk.

### JEOPARDY WITH CORY

Tuesday, February 15, 10:30 a.m.

Monday, February 21, 12:30 p.m.

Monthly trivia contest with prizes.

### BLACK HISTORY MONTH PRESENTATIONS W/CORY

Please join us in celebrating Black History Month by attending one or all of the following presentations:

**Tuesday, February 8, 10:30 a.m.**

African American inventors that shaped our lives.

**Monday, February 21, 10:30 a.m.**

Important female African American inventors.

**Monday, February 28, 12:30 p.m.**

Civil rights movement and some of its' leaders.

### ALZHEIMER'S ASSOCIATION VIRTUAL PRESENTATION

Friday, February 11, 12:30 p.m.

Join us to learn the 10 warning signs of Alzheimer's.

### MUSICIAN OF THE MONTH

Tuesday, February 22, 10:30 a.m.

A guided presentation on the history of Ray Charles.

# ACTIVITIES GUIDE

# HEALTH & WELLNESS

## LEARNING ACTIVITIES

Acting Class	Fri	1:00 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
Beginners Tap	W	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
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

## 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.

## THE STEPS TO HEALTHY EATING

Wednesday, February 16, 10:30 a.m.

Saba Barkneh, Public Health Nutritionist

Please join Saba for her first nutrition presentation at the center and learn the steps to healthy eating.

Call Saba at 703-792-7153 or the front desk at 703-792-6405 to reserve your seat.

If you wish to have one-on-one nutrition counseling with Saba, please call at 703-792-7153 or sign up at the front desk.

## CELEBRATE AMERICAN HEART MONTH

Friday, February 18, 10:30 a.m.

Join Saba to learn heart-healthy lifestyle tips to protect your heart.

### 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

Saba Barkneh, Public Health Nutritionist

Kathleen Wiley, Evidence Based Program Coordinator

For more information about our programs and services, call 703-792-6374, or email [pwaaa@pwcgov.org](mailto: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 now meets quarterly. There will not be a meeting in January or February. The next meeting will be Wednesday, March 2. Everyone is welcome to attend.

The Friends will have an election in April. If you have considered 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 how you can get involved!

Engraved stones which will be placed in the senior center memory garden are available to purchase. Please see a member of the Friends for an application.

The Friends are hosting a jewelry sale on February 3rd and 4th from 9:00 a.m. to 11:00 a.m. in the dining room.

Take a look at the silent auctions that are on the front counter on your next visit.

## UPCOMING EVENTS

### Spring Luncheon

Date and time TBD

### Mardi Gras Luncheon

Date and time TBD

### St. Patrick's Day Luncheon

Date and time TBD

### International Women's Day

Date and time TBD

# 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: 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](http://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.

# February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Masks are required at the senior center.</b></p> <p><b>If you do not have one, one will be provided to you.</b></p> <p><b>Thank you</b></p>	<p><b>1</b></p> <p>10:00 Knitting/Crocheting (Craft Rm)</p> <p><b>10:30 Arm Chair Travels to China</b> (Classroom)</p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p><b>12:00 Chinese New Year Lunch</b> (Dining Rm)</p> <p>12:30 Bingo (Dining Rm)</p> <p>2:00 Middle Eastern Dancing (Fitness Rm 2)</p>	<p><b>2</b></p> <p>9:30 Self-Guided Painting (Craft Rm)</p> <p>10:00 Fitness Video (Fitness Rm 2)</p> <p>10:00 Digital Devices (Classroom)</p> <p>10:00 Table Tennis (Fitness Rm 1)</p> <p>11:00 Intro to Line Dancing (Fitness Rm)</p> <p>11:00 Photography (Classroom)</p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p>12:30 Yoga Video (Fitness Rm 2)</p> <p><b>12:30 Peanut Auction (Dining Rm)</b></p> <p>1:00 Beginners Tap (Fitness Rm 1)</p>	<p><b>3</b></p> <p>10:00 Adult Coloring (Open)</p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:30 Mahjong (Card Rm)</p> <p>12:30 Bible Study (Classroom)</p> <p><b>Friends Jewelry Sale</b> 9:00 — 11:00</p>	<p><b>4</b></p> <p>10:00 Fitness Video (Fitness Rm 2)</p> <p>10:00 Table Tennis (Fitness Rm 1)</p> <p>10:30 Bingo (Dining Rm)</p> <p><b>12:00 Music w/Ted (Dining Rm)</b></p> <p>1:00 Acting Class (Fitness Rm 1)</p> <p>1:00 Tai Chi (Fitness Rm 2)</p> <p><b>Friends Jewelry Sale</b> 9:00 — 11:00</p> <p><b>Wear Red for Heart Health Day</b> <b>National Homemade Soup Day</b></p>
	Honey Fire Chicken	Sloppy Joes	Reuben on Marble Rye	Seafood Pasta
<p><b>7</b></p> <p>9:10 Tai Chi (Fitness Rm 2)</p> <p>10:00 Fitness 1 Video (Fitness Rm 2)</p> <p>10:00 Table Tennis (Fitness Rm 1)</p> <p><b>10:30 Tax Tips (Dining Rm)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p><b>12:30 Superbowl Party (Dining Rm)</b></p> <p>1:00 Bridge (Classroom)</p>	<p><b>8</b></p> <p>10:00 Knitting/Crocheting (Craft Rm)</p> <p><b>10:30 BHM Presentation (Classroom)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:30 Bingo (Dining Rm)</p> <p>1:00 Quilting (Craft Rm)</p> <p>2:00 Middle Eastern Dancing (Fitness Rm 2)</p>	<p><b>9</b></p> <p>9:30 Self-Guided Painting (Craft Rm)</p> <p>10:00 Fitness Video (Fitness Rm 2)</p> <p>10:00 Digital Devices (Classroom)</p> <p>10:00 Table Tennis (Fitness Rm 1)</p> <p>11:00 Intro to Line Dancing (Fitness Rm 2)</p> <p>11:00 Photography (Classroom)</p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p><b>12:30 Birthday Celebration (Dining Rm)</b></p> <p>12:30 Yoga Video (Fitness Rm 2)</p> <p>1:00 Beginners Tap (Fitness Rm 1)</p>	<p><b>10</b></p> <p>10:00 Adult Coloring (Open)</p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:30 Mahjong (Card Rm)</p> <p>12:30 Bible Study (Classroom)</p>	<p><b>11</b></p> <p>10:00 Fitness Video (Fitness Rm 2)</p> <p>10:00 Table Tennis (Fitness Rm 1)</p> <p>10:30 Bingo (Dining Rm)</p> <p><b>12:30 Alzheimer's Presentation (Dining Rm)</b></p> <p>1:00 Acting Class (Fitness Rm 1)</p> <p>1:00 Tai Chi (Fitness Rm 2)</p>
Chicken Wings	Pork BBQ	Swedish Meatballs	Ham & Pinto Beans	Vegetarian Lasagna
<p><b>14</b></p> <p>9:10 Tai Chi (Fitness Rm 2)</p> <p>10:00 Fitness 1 Video (Fitness Rm 2)</p> <p>10:00 Table Tennis (Fitness Rm 1)</p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p><b>12:00 Valentine's Day Lunch (Dining Rm)</b></p> <p>1:00 Bridge (Classroom)</p>	<p><b>15</b></p> <p>10:00 Knitting/Crocheting (Craft Rm)</p> <p><b>10:30 Jeopardy (Dining Rm)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:30 Bingo (Dining Rm)</p> <p>2:00 Middle Eastern Dancing (Fitness Rm 2)</p>	<p><b>16</b></p> <p>9:30 Self-Guided Painting (Craft Rm)</p> <p>10:00 Fitness Video (Fitness Rm 2)</p> <p>10:00 Digital Devices (Classroom)</p> <p>10:00 Table Tennis (Fitness Rm 1)</p> <p><b>10:30 The Steps to Healthy Eating (Classroom)</b></p> <p>11:00 Intro to Line Dancing (Fitness Rm 2)</p> <p>11:00 Photography (Classroom)</p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p>12:30 Yoga Video (Fitness Rm 2)</p> <p>1:00 Beginners Tap (Fitness Rm 1)</p> <p>1:00 Bunco (Classroom)</p>	<p><b>17</b></p> <p>10:00 Adult Coloring (Open)</p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:30 Mahjong (Card Rm)</p> <p>12:30 Bible Study (Classroom)</p>	<p><b>18</b></p> <p>10:00 Fitness Video (Fitness Rm 2)</p> <p>10:00 Table Tennis (Fitness Rm 2)</p> <p>10:30 Bingo (Dining Rm)</p> <p><b>10:30 Heart Health Presentation (Classroom)</b></p> <p><b>12:00 Music w/Ted (Dining Rm)</b></p> <p>1:00 Acting Class (Fitness Rm 1)</p> <p>1:00 Tai Chi (Fitness Rm 2)</p> <p><b>American Heart Healthy Day</b> <b>National Cabbage Day</b></p>
Stuffed Shells	Oven Fried Chicken	Roast Turkey	Chicken Tenders	Baked Cod
<p><b>21</b></p> <p>9:10 Tai Chi (Fitness Rm 2)</p> <p>10:00 Fitness 1 Video (Fitness Rm 2)</p> <p>10:00 Table Tennis (Fitness Rm 1)</p> <p><b>10:30 BHM Presentation (Dining Rm)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p><b>12:30 Jeopardy (Dining Rm)</b></p> <p>1:00 Bridge (Classroom)</p>	<p><b>22</b></p> <p>10:00 Knitting/Crocheting (Craft Rm)</p> <p><b>10:30 Musician of the Month (Dining Rm)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p><b>12:30 Bingo (Dining Rm)</b></p> <p>1:00 Quilting (Craft Rm)</p> <p>2:00 Middle Eastern Dancing (Fitness Rm 2)</p>	<p><b>23</b></p> <p style="text-align: center;"><b>Closed</b> <b>Staff In-Service Day</b></p>	<p><b>24</b></p> <p>10:00 Adult Coloring (Open)</p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:30 Mahjong (Card Rm)</p> <p>12:30 Bible Study (Classroom)</p>	<p><b>25</b></p> <p>10:00 Fitness Video (Fitness Rm 2)</p> <p>10:00 Table Tennis (Fitness Rm 2)</p> <p>10:30 Bingo (Dining Rm)</p> <p><b>12:30 BHM Presentation (Dining Rm)</b></p> <p>1:00 Acting Class (Fitness Rm 1)</p> <p>1:00 Tai Chi (Fitness Rm 2)</p>
Meatloaf	Italian Breaded Baked Chicken		Spaghetti & Meatballs	Beef Stroganoff
<p><b>28</b></p> <p>9:10 Tai Chi (Fitness Rm 2)</p> <p>10:00 Fitness 1 Video (Fitness Rm 2)</p> <p>10:00 Table Tennis (Fitness Rm 1)</p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p><b>12:30 BHM Presentation (Dining Rm)</b></p> <p>1:00 Bridge (Classroom)</p>	<p><b>INCLEMENT WEATHER POLICY</b></p> <p><b>When Prince William County Schools are CLOSED due to snow, ice, or bad weather, the senior centers are CLOSED. No meals are served at the senior centers or on our Meals on Wheels routes if the centers are closed due to inclement weather.</b></p> <p><b>When Prince William County Schools are DELAYED in opening, the senior centers are OPEN WITHOUT TRANSPORTATION.</b></p>	<p><b>Contract Bridge Players Wanted</b></p> <p><b>Looking for regular weekly &amp; occasional substitute players for our weekly Monday afternoon (1:00 p.m. – 4:00 p.m.) friendly contract bridge card game. Currently we are averaging one to two tables per week.</b></p> <p><b>Please come to the office if you are interested in playing bridge.</b></p>	<p><b>Our Mission Statement:</b></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>Please note the menu is subject to change due to availability.</p>
Loaded Baked Potato				