

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters
703-792-5081

Prince William Senior Center WOODBIDGE

MARCH 2022



St. Patrick's Day Luncheon

March 17, @ 12:00 p.m.

Angle and the Band 10:30 a.m.

Did you know that St. Patrick was born in Britain and that the shamrock was considered a sacred plant? Well come out and have some fun. Listen to some good

music and learn some more interesting facts as we celebrate St. Patrick's Day here at the center. Don't forget to wear green so you don't get pinched by the Leprechaun.



TJ Give Tech

Wednesdays in March @ 2:20 p.m.

Technology taught by teens. Come out and gain computer, tablet and phones skills. Along with communication, entertainment, Google and internet safety taught by students from Thomas Jefferson High School.



Mardi Gras Lunch

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

"Let the good times roll." Enjoy having a slice of "King Cake" and see who will get the surprise inside to become the crowned King or Queen of Mardi Gras.



Women's History Month Presentations

Friday, March 4, 12:30 p.m.

Famous American Women

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

Women's Suffrage

Thursday, March 31, 10:30 a.m.

Library Presentation of Women in History



Picture Day

Thursday, March 17, 10:30 a.m.- 2 p.m.

It's that time of year again. We are trying to get all our new and returning members pictures updated. These photos help staff put a name with a face.

Upcoming EVENTS

JEOPARDY

Thursday, March 10, 12:30 p.m.

Wednesday, March 16, 12:30 p.m.

Fun competition and a great way to exercise your mind!

Arm Chair Traveler

Thursday, March 3, 10:30 a.m.

Come have a seat and enjoy the ride as we visit New Orleans.

Legal Services

Tuesday, March 8, 10:30 a.m.

Presentation on: Debt Collection

Make and Take Jewelry Class

Monday, March 14, 2:00 p.m.

Sign up at the front desk seats are limited. \$2 per person.

Angel and the Band

Friday, March 4, 10:30 a.m.

Friday, March 25, 10:30 a.m.

Come out and enjoy some good music and tap your toes to some of the center's favorite beats.

Mail Fraud Presentation

Wednesday, March 9, 10:30

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:

Friday, March 4, National Pound Cake Day

Friday, March 11, National Crab Cake Day

Monday, March 14, National Pi Day =3.14

(we will have another Pie the same day-yum!)

Friday, March 18, National Oatmeal Cookie Day

Monday, March 21, National Strawberry Day

Tuesday, March 29, Something on a Stick Day

MOVIE AND POPCORN

Thursday, March 24, 9:45 a.m.

Enjoy some freshly popped popcorn and view a video with your friends and other members.

MUSICIAN OF THE MONTH: Women of Jazz

Wednesday, March 23, 12:30 p.m.

Come out and see how women have contributed to Jazz throughout the eras and be entertained with the smooth sound of Jazz.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Bible Study	TH	10:30 am	Free
Ceramics	W & TH	10:30 am	Varies
Digital Devices	T	2:00 pm	Free
Gospel Singing	T	10:00 am	Free
Woodcarving	M	9:00 am	Free

FITNESS AND HEALTH ACTIVITIES

Open Exercise	Daily	9:00am-4:30pm	Free
Exercise/Lifetime (Video)	M,W,F	10:00 am	Free
Line Dancing Groups	T & TH	1:00 pm	Free
Nutrition Class	Tuesdays (Most)	10:30 am	Free

FUN ACTIVITIES

Angel and the Band	F(MOST)	10:00 am	Free
Bid Whist	T & TH	11:00 am	Free
Billiards	Daily	9:00am- 4:30pm	Free
Bingo	M & W	10:30a	\$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
Pinochle	M	1:00 pm	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

Celebrating National Nutrition Month

Friday March 11th at 10:30am

This year's theme is "Celebrate a World of Flavors"

Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity.

We are all unique with different bodies, goals, backgrounds, and tastes!

Different cuisines around the world use many of the same basic foods but may add flavor to them in distinctive ways.

Nearly every nationality cuisine offers healthy options.

Look for steamed, sautéed, baked, or grilled dishes that feature lots of vegetables. Don't be afraid to explore cuisines from other cultures.

Try incorporating your favorite cultural food and traditions or try new flavors from around the world.



MARCH WEEKLY NUTRITION CLASSES Tuesdays at 10:30 a.m.

March 15 – Heathy Snacks

March 22 – Protein

Come and learn about the latest nutrition trends and research.

Bingocize

Have Fun! Play BINGO, Learn about Fall Prevention, Exercises and Win Prizes!

Tuesdays and Thursdays 2:00-3:00p.m for 10 weeks.

Begins March

March 8 , 10, 15, 17, 22, 24, 29, 31, April 5, 7, 12, 14, 19, 21, 26, 28

May 3, 5, 10 and 12.

Woodbridge Senior Center

13850 Church Hill Dr. Woodbridge, VA 22191

Space is limited

For Information and Registration

Contact Kathleen Wiley, PWAAA Program Coordinator at 571-241-3925 or kwiley@pwcgov.org

SENIOR CENTER STAFF

Agency Director

Sarah Henry

Deputy Director

Josh Lee

Division Manager

Ed Harrison

Site Manager

Kathy Ambrose

Adm. Assist III

Angelina D. Reynolds

Driver/Trans Org

Kim Reynolds

Wellness & Fit. Coord.

Cory Cox

Nutritionist

Saba Barkneh

For more information about our programs 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 Espanol 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 Volunteer of the Month for January prize was awarded to George Reid volunteer at the senior center. Thank you George and all the volunteers for your hard work and dedication to making our center a great place to come!

MEETING

The next board meeting is Wednesday, March, 9 @ 1:00 p.m. All are welcome to attend this meeting.



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



Thank you
FRIENDS
for supporting
our Woodbridge
Senior Center



Pool Players. We appreciate the pool table being re-felted, leveled and maintained so that they can continue to enjoy a great game!

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
(703) 501-0749

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>** BINGOCIZE-Ten week session program on-line</p>	<p>1</p> <p>9:30 Shanghai 10:00 Gospel Singing 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 2:00 Digital Devices 3:00 Rummikub/Skip-bo</p> <p>MACARONI CHEESE w/ SMOKE SAUSAGE</p>	<p>2</p> <p>10:00 Lifetime —Video 10:30 Bingo 10:30 Ceramics (Mask Required) 12:00 Double Decker Pinochle 12:30 Mardi Gras Lunch 1:00 Scrabble 2:20 TJ Give Tech</p> <p>CHICKEN SANDWICH</p>	<p>3 National Happy Day</p> <p>10:00 Bible Study 10:30 Ceramics (Mask Required) 10:30 Arm Chair Traveler 11:00 Bid Whist 12:00 Double Decker Pinochle 12:30 Arm Chair Traveler 1:00 Line Dancing 3:00 Rummikub/Skip-bo</p> <p>CHILI DOG— BEEF</p>	<p>4 National Pound Cake Day</p> <p>9:15 Exercise —Video 10:30 Angel and the Band 12:00 Double Decker Pinochle 12:30 Woman's History Presentation</p> <p>BAKED LEMON HERB COD FILLET</p>
<p>7</p> <p>9:00 Woodcarving 10:00 Lifetime —Video 10:00 Euchre and Bunco 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 1:00 Canasta 1:00 Pinochle</p> <p>STUFFED PEPPERS</p>	<p>8</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Legal Services 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 2:00 Digital Devices 2:00 BINGOCIZE** 3:00 Rummikub/Skip-bo</p> <p>BLT</p>	<p>9</p> <p>10:00 Lifetime —Video 10:30 Mail Fraud Presentation 10:30 Ceramics (Mask Required) 12:00 Double Decker Pinochle 12:30 BINGO 1:00 FRIENDS MEETING 1:00 Scrabble 2:20 TJ Give Tech</p> <p>CHICKEN ALFREDO</p>	<p>10</p> <p>10:00 Bible Study 10:30 Ceramics (Mask Required) 11:00 Bid Whist 12:00 Double Decker Pinochle 12:30 Jeopardy 1:00 Line Dancing 2:00 BINGOCIZE** 3:00 Rummikub/Skip-bo</p> <p>SIRLOIN BEEF TIPS</p>	<p>11 National Crab Cake Day</p> <p>10:00 Lifetime —Video 10:30 Nutrition Awareness Month Presentation 12:00 Double Decker Pinochle 1:00 Scarlett Sophisticates</p> <p>CRAB CAKE</p>
<p>14 National Pi Day</p> <p>9:00 Woodcarving 10:00 Lifetime —Video 10:00 Euchre and Bunco 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Nutri 12:30 Dominos 1:00 Canasta 1:00 Pinochle 2:00 Make and Take Jewelry</p> <p>SWEDISH MEATBALLS</p>	<p>15</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Nutrition Presentation 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 2:00 Digital Devices 2:00 BINGOCIZE** 3:00 Rummikub/Skip-bo</p> <p>PULLED PORK SANDWICH</p>	<p>16</p> <p>10:00 Lifetime —Video 10:30 Bingo 10:30 Ceramics (Mask Required) 12:00 Double Decker Pinochle 12:30 Jeopardy 1:00 Scrabble 2:20 TJ Give Tech</p> <p>CHICKEN & NOODLES</p>	<p>17 St. Patrick's Day</p> <p>10:00 Bible Study 10:30-2:00 Picture Day 10:30 Angel and the Band 10:30 Ceramics (Mask Required) 11:00 Bid Whist 12:00 St. Patrick's Day Luncheon 12:00 Double Decker Pinochle 1:00 Line Dancing 2:00 BINGOCIZE** 3:00 Rummikub/Skip-bo</p> <p>IRISH BEEF STEW</p>	<p>18 Oatmeal Cookie Day</p> <p>10:00 Lifetime —Video 10:30 Women's History Presentation 12:00 Double Decker Pinochle</p> <p>VEGETARIAN LASAGNA</p>
<p>21 National Strawberry Day</p> <p>9:00 Woodcarving 10:00 Lifetime —Video 10:00 Euchre and Bunco 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 1:00 Canasta 1:00 Pinochle</p> <p>CHICKEN & DUMPLINGS</p>	<p>22</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Nutrition Presentation 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 2:00 Digital Devices 2:00 BINGOCIZE** 3:00 Rummikub/Skip-bo</p> <p>TACO SALAD W/ GOUND</p>	<p>23 National Chocolate Covered Raisin Day</p> <p>10:00 Lifetime —Video 10:30 Bingo 10:30 Ceramics (Mask Required) 12:00 Double Decker Pinochle 12:30 Musician of the Month 1:00 Scrabble 2:20 TJ Give Tech</p> <p>PORK CHOP</p>	<p>24</p> <p>9:45 Movie and Popcorn 10:00 Bible Study 10:30 Ceramics (Mask Required) 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 2 2:00 BINGOCIZE** 3:00 Rummikub/Skip-bo</p> <p>JAMBALAYA W/ SHRIMP</p>	<p>25</p> <p>10:00 Lifetime —Video 10:30 Angel and The Band 12:00 Double Decker Pinochle 12:30 Birthday Celebration 1:00 Scarlett Sophisticates</p> <p>EGG SALAD SANDWICH</p>
<p>28</p> <p>9:00 Woodcarving 10:00 Lifetime —Video 10:00 Euchre and Bunco 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 1:00 Canasta 1:00 Pinochle</p> <p>ROAST TURKEY</p>	<p>29 Something on a Stick Day</p> <p>9:30 Shanghai 10:00 Gospel Singing 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 2:00 Digital Devices 2:00 BINGOCIZE** 3:00 Rummikub/Skip-bo</p> <p>SMOKED SAUSAGE</p>	<p>30</p> <p>CLOSED IN-SERVICE DAY</p>	<p>31</p> <p>10:00 Bible Study 10:30 Ceramics (Mask Required) 10:30 Library Presentation 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 2:00 BINGOCIZE** 3:00 Rummikub/Skip-bo</p> <p>BEEF LASAGNA</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>