

# PRINCE WILLIAM

Area Agency on Aging

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

703-792-6405

Prince William Senior Center

# MANASSAS



## ARMCHAIR TRAVEL TO NEW ORLEANS

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

Take a virtual vacation to New Orleans.

## MARDI GRAS LUNCH

Monday, March 7, 12:00 p.m.

Please join us to celebrate Mardi Gras with a Louisiana favorite, Jambalaya. Call in your lunch reservation by 10:30 a.m.

## MARCH 2022



### ST. PATRICK'S DAY LUNCH

Monday, March 14, 12:00 p.m.

Please Join us in celebrating St. Patrick's day with a traditional Irish Lunch.

Call in your reservation by 10:30 a.m.



## VIRTUAL SENIOR TECH SERIES

Hosted by students of Thomas Jefferson High School.

All lectures will include a presentation and live demonstration.

Wednesdays, March 2 to March 23, & April 13 2:20 p.m. to 3:05 p.m.

Details will be posted on the bulletin board.



## MAIL FRAUD PRESENTATION

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

A U.S. postal inspector of the Northern Virginia Mail Fraud Team will talk about financial and mass-marketing fraud schemes, highlighting the scams that are occurring in our area. Learn how to avoid becoming a victim and what to do if you suspect you have been defrauded.



## ACTING CLASS PRESENTATION

Friday, March 18, 12:15 p.m.

Early Lunch: 11:30 p.m.

Please support your fellow acting class participants, the Past-Time, Prime-Time Players for their first performance of 2022. Their performances are guaranteed to make you laugh.

## UpcomingEVENTS

### WOMEN'S HISTORY MONTH

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

Tuesday, March 8, 10:30 a.m. — Famous Women

Monday, March 21, 10:30 a.m. — Women's Suffrage

### WOMEN'S HISTORY IN AMERICA

PWC Library Presentation.

Tuesday, March 29, 12:30 p.m.

### A PRESENTATION ON DEBT COLLECTION

Hosted by Legal Services of Northern Virginia.

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

### GETTING TO KNOW YOU

Thursday, March 24, 10:30 a.m.

Come and meet some of the members of the center and share a little about yourself as well. Jan Lawler will lead this fun session.

### CRAFT WITH CORY

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

Join Cory in the craft room to do a craft.

### MUSICIAN OF THE MONTH

Monday, March 28, 10:30 a.m.

A guided presentation on the history of the "Women of Jazz".

### SPECIAL FRIENDS MEET AND GREET

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

Please join the Friends of the Manassas Senior Center for a special meet and greet. Learn all of the wonderful things the Friends do for the senior center, meet the current Friends members, and learn how to become a member of the Friends Board. Refreshments will be served and door prizes will be awarded!

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

9320 Mosby St., Manassas, VA 20110  
Monday through Friday from 9:00 a.m. to 4:30 p.m.

# ACTIVITIES GUIDE

# HEALTH & WELLNESS

## LEARNING ACTIVITIES

Acting Class	Fri	1:00 PM	Free
Digital Devices	W	Check Calendar	Free
Self-Guided 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
Self-Guided 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

## 6 WEEK CHRONIC DISEASE SELF-MANAGEMENT TOOL KIT SUPPORT COURSE

Mondays, March 7, 14, 21, 28, April 4, and 11  
11:00 a.m. to 1:00 p.m.

Learn to manage your chronic health conditions from home with this self-directed telephone support program. Receive a free mailed tool kit and weekly guidance phone calls from a certified Chronic Disease Self-Management Leader. Call or email Kathleen Wiley, Evidence Based Programs Coordinator, to register at 571-241-3925 or [kwiley@pwcgov.org](mailto:kwiley@pwcgov.org).

## MARCH WEEKLY NUTRITION CLASSES

Thursday, March 10 — Healthy Snacks, 10:30 a.m.  
Thursday, March 17 — Protein, 10:30 a.m.

Come and learn about the latest nutrition trends and research.

Call 703-792-7153 or sign up at the front desk to reserve your seat.

## CELEBRATING NATIONAL NUTRITION MONTH

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

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 diversity. Look for healthy options such as steamed, sautéed, baked, or grilled dishes with lots of vegetables.

### 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 meets quarterly. The next meeting will be Wednesday, March 2 at 1:00 p.m. They will discuss scholarship offerings, Spring/Summer events, and the upcoming election. Everyone is welcome to attend.

The Friends will have an election in April to elect a whole new board. Attend the Meet and Greet this month to learn about the Friends and how you can get involved. There are 12 board member and 2 community seats up for election. More information will be placed on the bulletin board on eligibility and running for a seat on the board.

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 Sip 'n Bid live jewelry auction on Thursday, March 10 at 10:30 a.m. in the dining room. Please see the bulletin board for more details.

## UPCOMING EVENTS

### APRIL FOOLS DAY EVENT

Date and time TBD

### SPRING LUNCHEON

Date and time TBD

### NATIONAL LIBRARIAN MONTH

Date and time TBD

### ARBOR DAY CELEBRATION

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.

# March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<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><b>1</b></p> <p>10:00 Self-Guided Knitting/ Crocheting (Craft Rm)</p> <p><b>10:30 Armchair Travel to New Orleans (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>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><b>1:00 Friends Meeting (Classroom)</b></p> <p>12:30 Yoga Video (Fitness Rm 2)</p> <p>1:00 Beginners Tap (Fitness Rm 1)</p> <p><b>2:20 Virtual Senior Tech (Dining Rm)</b></p>	<p><b>3</b></p> <p>10:00 Self-Guided 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>4</b></p> <p>10:00 Fitness Video (Fitness Rm 2)</p> <p>10:00 Table Tennis (Fitness Rm 1)</p> <p><b>10:30 National Nutrition Month Celebrate a World of Flavors (Dining Rm)</b></p> <p><b>12:30 Bingo (Dining Rm)</b></p> <p>1:00 Acting Class (Fitness Rm 1)</p> <p>1:00 Tai Chi (Fitness Rm 2)</p>
	Chicken Cordon Bleu	Pork Chop	Beef Stew	Baked Salmon
<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 Jeopardy (Dining Room)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p><b>12:00 Mardi Gras Lunch (Dining Rm)</b></p> <p><b>12:30 Mail Fraud Presentation (Dining Rm)</b></p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p>1:00 Bridge (Classroom)</p>	<p><b>8</b></p> <p>10:00 Self-Guided Knitting/ Crocheting (Craft Rm)</p> <p><b>10:30 Famous Women (Dining Rm)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:30 Bingo (Dining Rm)</p> <p>1:00 Self-Guided Quilting</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>12:15 Friends Briefing (Dining Rm)</b></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>2:20 Virtual Senior Tech (Dining Rm)</b></p>	<p><b>10</b></p> <p>10:00 Self-Guided Adult Coloring (Open)</p> <p><b>10:30 Nutrition Class on Healthy Snacks (Classroom)</b></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 Friends Meet and Greet Event</b></p> <p>1:00 Acting Class (Fitness Rm 1)</p> <p>1:00 Tai Chi (Fitness Rm 2)</p>
Jambalaya	Open Faced Roast Beef Sandwich	Chicken & Noodles	Stuffed Pepper	Spinach & Cheese Ravioli
<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><b>12:00 St. Patrick's Day Lunch</b></p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p><b>12:30 Jeopardy (Dining Room)</b></p> <p>1:00 Bridge (Classroom)</p>	<p><b>15</b></p> <p>10:00 Self-Guided Knitting/ Crocheting (Craft Rm)</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>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>2:20 Virtual Senior Tech (Dining Rm)</b></p>	<p><b>17</b></p> <p>10:00 Self-guided Adult Coloring (Open)</p> <p><b>10:30 Nutrition Class on Protein (Classroom)</b></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>11:30 Early Lunch</b></p> <p><b>12:15 Acting Class Presentation</b></p> <p>1:00 Tai Chi (Fitness Rm 2)</p>
Corned Beef & Cabbage	Hot Dog	White Chicken Chili	Tuna Salad Plate	Chicken a la King
<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 Women's Suffrage (Dining Rm)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p>1:00 Bridge (Classroom)</p>	<p><b>22</b></p> <p>10:00 Self-Guided Knitting/ Crocheting (Craft Rm)</p> <p><b>10:30 Debt Collection Presentation Legal Services (Dining Rm)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:30 Bingo (Dining Rm)</p> <p>1:00 Self-Guided Quilting</p> <p>2:00 Middle Eastern Dancing (Fitness Rm 2)</p>	<p><b>23</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>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>2:20 Virtual Senior Tech (Dining Rm)</b></p>	<p><b>24</b></p> <p>10:00 Self-Guided Adult Coloring (Open)</p> <p><b>10:30 Getting to Know You (Classroom)</b></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>12:00 Music with Ted</b></p> <p><b>12:30 Craft with Cory</b></p> <p>1:00 Acting Class (Fitness Rm 1)</p> <p>1:00 Tai Chi (Fitness Rm 2)</p>
Salisbury Steak	Cabbage Roll	Chicken & Waffles	Taco Salad	Stuffed Shells
<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><b>10:30 Musician of the Month (Dining Rm)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p>12:00 Tap Dancing (Fitness Rm 1)</p> <p>1:00 Bridge (Classroom)</p>	<p><b>29</b></p> <p>10:00 Self-Guided Knitting/ Crocheting (Craft Rm)</p> <p><b>10:30 Bingo (Dining Rm)</b></p> <p>11:00 Line Dancing (Fitness Rm 2)</p> <p><b>12:30 Women's History in America (Dining Rm)</b></p> <p>2:00 Middle Eastern Dancing (Fitness Rm 2)</p>	<p><b>Closed</b></p> <p><b>Staff In-Service Day</b></p>		<p><b>31</b></p> <p>10:00 Self-Guided 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>
Meatball Sub	Beef Chili w/Beans			BLT
				<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>