

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters

703-792-5081

MAY 2023



Kena Shriner Band Wednesday, May 23rd, 12:30 pm

Enjoy the Kena Shriners as they play memorable music to enjoy and dance to for our Memorial Day Celebration.

The Kena Shriners are 'known for their compassion for others and for being active participants in local community.' They are an organization recognized for its social and philanthropic activities such as the Shriners Children which provides pediatric health care regardless of family's ability to pay.

Sign up at the front desk. Salad will not be offered, and morning activities will be canceled.

Prince William Senior Center WOODBIDGE



PWC Library Craft
Friday, May 5th, 10:30 am

Come out and learn paper quilling. Class will make a beginner paper quilling craft. Sign up at the front desk. Seating is limited.



Autism Awareness Presentation
Thursday, May 4th, 12:30 pm

Let's learn, from Prince William County teachers, how the brain works with children and people with Autism. Gain some insightful knowledge of the working mind.



Mother's Day Bingo
Wednesday, May 10th, 10:30 am

Let's celebrate some of the most important ladies in our lives. Come out and enjoy a good game of Bingo



Law Day PWC Barr Association
Wednesday, May 17th, 12:30 pm

Discussion will be 'Driving Privileges' and 'How to Find a Lawyer.' Learn how to select and work with a lawyer.

Upcoming EVENTS

Jeopardy

Wednesday, May 4th, 11:00 am

Wednesday, May 24th, 12:30 pm

Fun competition and a great way to exercise your mind!

Karaoke

Thursday, May 3rd, 12:30 pm

Wednesday, May 10th, 12:30 pm

Take a turn at the mic and sing your favorite songs.

Chair Yoga

Beginning Friday, May 5 from 9:15 am to 10:15 am

Come out and try some chair yoga to help strengthen and maintain your muscles.

Musician of the Month: Israel Kamakawi'ole

Thursday, May 25th, 11:00 am

May is Asian American and Pacific Islander Heritage Month so come out and enjoy some island music.

Movie and Popcorn: To be announced.

Thursday, May 18th, 9:15 am

Movie will start as soon as bus arrives.

Armchair Travelers: Hawaii

Thursday, May 11, 10:30 am

Learn some facts and see the sights of Hawaii.

Did you know it is the only state in the US that grows coffee and that macadamia nuts do not come from there?

National Theater: Melanie Edwards

Tuesday, May 30th, 10:30 am

Let's welcome Melanie back to our center. Come out and learn some breath exercise and sing along with an award winning music practitioner.

There's a Day for That!

Join us as we celebrate days to honor our favorite foods that may enrich our lives. Enjoy selections prepared by Chef Chris.

This month we are highlighting:

National Cinco De Mayo Day- May 5th

National Seafood Day- May 10th

National Barbecue Month -May 15th

National Strawberry Month—May 11, 19

National Salad Month- May 17, 19

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

Bible Study	TH	10:00 am	Free
Ceramics	W & TH	10:30 am	Varies
Crochet	M	2:00 pm	Free
Digital Devices	W	2:00 pm	Free
Gospel Singing	T	10:00 am	Free
Quilting	F	1:00 pm	Free
Woodcarving	M	9:00 am	Free

FITNESS AND HEALTH ACTIVITIES

Open Exercise	Daily	9:00am-4:30pm	Free
Body and Mind	F (Most)	9:00am-9:45am	Free
Line Dancing Groups	T & TH	1:00 pm	Free
Zumba	T	11:00 am	Free
Nutrition Class	T (most)	11:00 am	Free
Meditation	TH	10:30 am	Free
Chair Yoga	F	9:15 am	Free

FUN ACTIVITIES

Angel and the Band	F (Most)	10:00 am	Free
Art Class	M	12:30 pm	Free
Bid Whist	T & TH	11:00 am	Free
Billiards	Daily	9:00am- 4:30pm	Free
Bingo	M & W	10:30am	\$1.00
Canasta	M	1:00 pm	Free
Chess	T	1:00 pm	Free
Double Deck Pinochle	Daily	12:00 pm	Free
Dominos	M	12:30 pm	Free
Euchre/Bunco	M	10:00 am	Free
Pinochle	M	1:00 pm	Free
Scarlett Sophisticates	2ND/4TH F	1:00 pm	Free
Scrabble	W	9:30 am	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

NUTRITION

Weekly Nutrition Class Tuesdays *Sign up at front desk*

Join us to learn about the latest in nutrition research.

*May 2nd, Cholesterol
May 9th, , The truth about sugar
May 16, All about protein
May 23, How to stay hydrated
May 30, Anemia*

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh call 703-792-7153 to schedule your appointment.



BUILDING HEALTHY HABITS AND SUPPORTING A HEALTHIER YOU

Eat smart, move more, weigh less!
Group weight management class

DATE AND TIME: MONDAYS (6 WEEKLY SESSIONS)
MAY 8, 15, 22 JUNE 5, 12, 26
TIME: 12:45 – 02:15 P.M.

LOCATION: Woodbridge Senior Center Classroom
ADVANCED SIGN UP REQUIRED
LIMITED SPOTS AVAILABLE
CALL Nutritionist, Saba Barkneh 571-356-2163



Coming in Spring, evidence-based

Tai Chi for Arthritis and Falls Prevention

will be offered at Woodbridge Senior Center. If you would like more information about this exciting new program contact Evidence Based Programs

Coordinator, Kathleen Wiley at 571-241-3925 or

Kwiley@pwcgov.org

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.

FRIENDS

OFFICERS

President-Alleen Bagley
 Vice President-Roberta Wilson-Antoine
 Secretary- Theresa Cannady
 Treasurer- Lana Tobey

DIRECTORS

Astrid Blakemore
 Janet Happoldt
 John Happoldt
 Marie Kelminsky
 Fannie Hargrave
 Julia Spinetti
 Meridel Turch
 George Reid

RECOGNITION CORNER

The Volunteer of the Month for March was awarded to Juanita Chamberlain. Thank you to 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, May 10, 2023 @ 1:00 p.m.



FRIENDS will send a card in the case of an illness, hospitalization and upon notification of the passing of an immediate family member.

Please see Elaine Bedard

ELECTION OF DIRECTORS

Please consider becoming a member of the Board of Directors for FRIENDS. FRIENDS is non-profit corporation that provides the WSC with financial support by raising money for programs not funded by the county budget. They meet the second Wednesday of each month at 1:00 pm.



Nomination forms available May 8 @ the front desk.

The closing date for nominations is Friday, May 26, 2022 at 12 p.m.

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/wellness check (703) 368-4141

Transportation: To & From Senior Center.
 (703) 792-5682

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

Caregiver Support Group: For more information please call: (703) 501-0749

SENIOR CENTER STAFF

Agency Director	Sarah Henry
Deputy Director	Josh 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	Saba Barkneh
Lead Cook	Chris Bohn
Cook	Wendy Arca-Moore

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	
1 9:00 Woodcarving 10:00 Euchre and Bunco 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 12:30 Art Class 1:00 Canasta 1:00 Pinochle 2:00 Crochet Chili Dog		2 9:30 Shanghai 10:00 Gospel Singing 11:00 Bid Whist 11:00 Nutrition Class 11:00 Zumba 12:00 Double Decker Pinochle 1:00 Line Dancing 1:00 Chess 3:00 Rummikub/Skip-bo Macaroni and Cheese No Salad		3 9:30 Scrabble 10:30 Bingo 10:30 Ceramics (Mask Required) 12:00 Double Decker Pinochle 12:30 Karaoke 2:00 Digital Device Stuffed Cabbage Roll		4 10:00 Bible Study 10:30 Ceramics (Mask Required) 10:30 Meditation 11:00 Bid Whist 11:00 Jeopardy 12:00 Double Decker Pinochle 12:30 Autism Awareness 1:00 Line Dancing 3:00 Rummikub/Skip-bo Herb Tilapia		5 9:00 Body and Mind 9:15 Chair Yoga 10:30 Library Craft 10:30 Cinco de Mayo w/ Angel and the band 12:00 Double Decker Pinochle 1:00 Quilting Chicken Soft Taco No Salad	
8 9:00 Woodcarving 10:00 Euchre and Bunco 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 12:30 Art Class 1:00 Canasta 1:00 Pinochle 2:00 Crochet Chicken Alfredo		9 9:30 Shanghai 10:00 Gospel Singing 11:00 Bid Whist 11:00 Nutrition Class 11:00 Zumba 12:00 Double Decker Pinochle 1:00 Line Dancing 1:00 Chess 3:00 Rummikub/Skip-bo Eggplant Parmesan No Salad		10 9:30 Scrabble 10:30 Mother's Day Bingo 10:30 Ceramics (Mask Required) 12:00 Double Decker Pinochle 12:30 Karaoke 1:00 FRIENDS MEETING 2:00 Digital Device Crab Cake		11 10:00 Bible Study 10:30 Armchair Travelers 10:30 Ceramics (Mask Required) 10:30 Meditation 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 3:00 Rummikub/Skip-bo Sirloin Beef Tips		12 Prince William Area Agency on Aging OLDER AMERICANS PICNIC CAMP SNYDER 10AM-2PM CENTER IS CLOSED	
15 9:00 Woodcarving 10:00 Euchre and Bunco 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 12:30 Art Class 1:00 Canasta 1:00 Pinochle		16 9:30 Shanghai 10:00 Gospel Singing 11:00 Bid Whist 11:00 Nutrition Class 11:00 Zumba 12:00 Double Decker Pinochle 1:00 Line Dancing 1:00 Chess 3:00 Rummikub/Skip-bo		17 9:30 Scrabble 10:30 Bingo 10:30 Ceramics (Mask Required) 12:00 Double Decker Pinochle 12:30 Law Day Presentation 2:00 Digital Devices		18 9:15 Movie and Popcorn 10:00 Bible Study 10:30 Ceramics (Mask Required) 10:30 Meditation 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 3:00 Rummikub/Skip-bo		19 9:00 Body and Mind 9:15 Chair Yoga 10:30 KPWB 12:00 Double Decker Pinochle 12:30 Angel and the band	
Pulled Pork Sandwich		Red Snapper No Salad		Egg Salad		Swedish Meatballs		Tuna Salad Plate	
22 9:00 Woodcarving 10:00 Euchre and Bunco 10:30 Bingo 12:00 Double Decker Pinochle 12:30 Dominos 12:30 Art Class 1:00 Canasta 1:00 Pinochle		23 9:30 Shanghai 10:00 Gospel Singing 11:00 Nutrition Class 11:00 Zumba /Bid Whist 12:00 Double Decker Pinochle 12:30 Kena Shrine Band 1:00 Chess 2:00 Line Dancing 3:00 Rummikub/Skip-bo		24 9:30 Scrabble 10:30 Bingo 10:30 Ceramics (Mask Required) 12:00 Double Decker Pinochle 12:30 Jeopardy 2:00 Digital Device		25 10:00 Bible Study 10:30 Ceramics (Mask Required) 10:30 Meditation 11:00 Musician of the month 11:00 Bid Whist 12:00 Double Decker Pinochle 1:00 Line Dancing 3:00 Rummikub/Skip-bo		26 9:15 Chair Yoga 10:30 Angel and the band 12:00 Double Decker Pinochle 1:00 Scarlett Sophisticates	
Chicken & Dumplings		Chicken Corden Bleu No Salad		Pork Chops		Baked Salmon		Spaghetti & Meat Sauce	
29 Center Closed In observance of Memorial Day		30 9:30 Shanghai 10:00 Gospel Singing 10:30 National Theater 11:00 Bid Whist 11:00 Zumba 11:00 Nutrition Class 12:00 Double Decker Pinochle 1:00 Line Dancing 1:00 Chess 3:00 Rummikub/Skip-bo Spinach Quiche No Salad		31 Center Closed Staff Inservice		Mission Statement: To provide services, education and socialization to persons 55+ in the community in order to foster independence and quality of life.		<u>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</u> 	