

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters

703-792-5081

DECEMBER 2023



Winter Holiday Party

with Franklin Carrington

Friday, December 22. 10:30 a.m.

Join us for our annual holiday party with wonderful holiday music and dancing. The Ugly Christmas sweater contest will be judged at 12:30 p.m.

Sign-up and reserve your seat.

No morning activities or salad will be offered.

Prince William Senior Center WOODBIDGE



Supervisor Franklin's Annual Holiday Dinner Party

Friday, December 8, 10:30 a.m.

All seniors 55+ are welcome. Sign-up early at the front desk, due to limited seating. No morning activities or salad.



Dave Anderson's Holiday Show

Friday, December 1, 10:30 a.m.

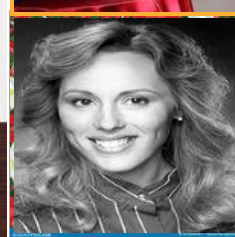
Join us for song, dance, stories, skits, humor and old-fashion caroling that will help ring in the holiday season. Sign-up, limited seating. No morning activities or salad.



Red and White Striped Celebration

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

Enjoy the holidays with entertainment by the "Oldies but Goodies" line dancers, Gospel Choir and a holiday raffle. Enrich your festivity today by wearing Red and White to celebrate. Sign-up, limited seating. No salad.



National Theater Presents: Mary Ann Jung

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

Come out and see an award-winning actress who performs fun, interactive, and inspiring shows about amazing women in history.

Jeopardy

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

"This is Jeopardy" come out and test your knowledge.

Karaoke

Thursday, December 7, 11:00 a.m.

Holiday Karaoke

Thursday, December 21, 11:00 a.m.

"It's the most wonderful time of the year".

Come join in and sing your favorite holiday songs.

Chess Tournament

Monday, December 11, 10:00 a.m.

Sign up to join in on the competition.

Musician of the month: Mariah Carey

Wednesday, December 13, 12:30 p.m.

"All I want for Christmas is you".



Jewelry Sale

Thursday, December 14, Craft Room

Come by and pick up an early holiday gift.

Proceeds go to Friends group to help support the center.

Upcoming EVENTS

Mark your calendars:

December 15-Dress in Red and White

December 22-Wear an "Ugly Sweater"

PWC Library Craft

Friday, December 15, 12:30 p.m.

Holiday inspired craft with Prince William County library staff. Seated is limited, sign up at front desk.

Annual Holiday Tea w/ Carolyn

Wednesday, December 20, 10:00 a.m.

Before going to BINGO, stop by and enjoy a nice hot cup of tea and holiday cookies, hosted by Carolyn.

Texas Hold'em

Wednesday, December 20, 12:30 p.m.

Come out and learn one of the most popular variants of the card game of poker.

Holiday Snowflakes with Doris

Wednesday, December 20, 1:00 p.m.

Make and take home 2 ornaments for \$1.00. Class is limited to 8. Sign up at front desk.

Reminder: Center will be CLOSED, December 25- January 1
Reopen: January 2

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Art Class (Drawing & Painting)	M	1:00 pm	Free
Bible Study	TH	10:00 am	Free
Ceramics	W & TH	10:30 am	Varies
Chinese Bible Study	M	1:00 pm	Free
Chinese Singing/ Dancing	F	11:00 am	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
Line Dancing	T & TH	1:00 pm	Free
English Dancing	T & TH	2:00 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
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	M	10:00 am	Free
Pinochle	M	1:00 pm	Free
Scarlett Sophisticates	2ND/4TH F	1:00 pm	Free
Scrabble	W	10:16 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



Weekly Nutrition Class
Tuesdays, 11:00 a.m.
Sign up at front desk
Join us to learn about the latest in nutrition research.

December 5- Snacking Solutions
December 12- Winter Energy
December 19- Fad Diets

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh call 703-792-7153 or email sbarkneh@pwcgov.org to schedule your appointment.



Eat smart, Move more, Weigh less!
GROUP WEIGHT MANAGEMENT CLASS
DATE AND TIME: MONDAYS (6 WEEKLY SESSIONS)
January 8, 22, 29 February 5, 12, 19
TIME: 12:45 – 02:15 P.M.
ADVANCED SIGN UP REQUIRED BY DECEMBER 21st.
Limited space available
Sign up by calling Saba 703-792-7153



Stay Active & Independent for Life (SAIL)

The recent SAIL Leader Training held in partnership with Northern Virginia Falls Prevention Alliance was a great success. Thank you to those who attended the SAIL Leader Training! Look for SAIL, an exercise, strength, balance, and fitness program along with A Matter of Balance, Bingocize, Tai chi for Arthritis and Fall Prevention, and Chronic Disease Self-Management workshop opportunities in the coming New Year.

English and Spanish speaking volunteers are still needed. A Matter of Balance Volunteer Coach Training will be held January 11-12 10:00am-3:00pm Development Services Building Conference room 202A/B 5 County Complex Woodbridge, VA 22192

For more information about Evidence-Based or Aging in Place

Program opportunities, please contact Kathleen Wiley Program Coordinator (571)241-3925 or kwiley@pwcgov.org

February 2024 Workshop
A Matter of Balance 4 weeks
Tuesdays and Fridays-10:00am-12:00pm
February 6, 9, 13, 16, 20, 23, 27 March 1 25, 27

This 16-hour award-winning program designed for adults 60 and older to manage concerns about falls, improve self-efficacy and increase activity levels. Emphasizes cognitive restructuring and practical strategies to manage and view falls as controllable.

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-Roberta Wilson-Antoine
Vice President-Juanita Chamberlain
Secretary- Theresa Cannady
Treasurer- Lana Tobey

DIRECTORS

Janet Happoldt
John Happoldt
Marie Kelminsky
Fannie Hargrave
Victoria Buie-Owens
Retha Davis
George Reid
Shirley Custis
Marta Reyes

RECOGNITION CORNER

The Volunteer of the Month for October was awarded to Jesse Pannell. 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 on
Wednesday, December 13, 1:00 p.m.
All are welcome to attend this meeting.

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

Holiday Angel's For Sale
\$3 each or 2 for \$5

Stop by the front desk and get your angel ornament. Take it home or add it to the Angel tree that will be in the set up in the lobby until the Holidays.

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



Holiday Toy Drive
November 27 thru December 18
Help bring a smile to a child this holiday season. Bring in a new unwrapped toy to donate. Box located in the library.

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.

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



December Computer Class

12/5/2023 @ 10:30 AM: Social Media Part 2 (Class Description: Managing posts, Sending private messages, Sharing posts, Staying Safe)

12/19/2023 @ 10:30 AM: Information Literacy (Class Description: Steps for online research, Effective internet searches, Analyzing and evaluating results, Organizing research, Using Research to make informed decisions)

DECEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mission Statement:

To provide services, education and socialization to persons 55+ in the community in order to foster independence and quality of life.

ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE



1
10:30 Dave Anderson Holiday
 11:00 Chinese Singing/Dance
 12:00 Double Deck Pinochle
 1:00 Quilting
 1:00 Scarlett Sophisticates

Cordon Bleu No Salad

4
 9:00 Woodcarving
 10:00 Euchre
10:30 Bingo
 12:00 Double Deck Pinochle
 12:30 Dominos
 1:00 Canasta / Pinochle
 1:00 Chinese Bible Study
 1:00 Art class

Macaroni Cheese

5
 9:30 Shanghai
 10:00 Gospel Singing
 11:00 Zumba / Bid Whist
11:00 Nutrition Class
 12:00 Double Deck Pinochle
 1:00 Line Dancing
 1:00 Chess
 2:15 English Dancing
 3:00 Rummikub/Skip-bo

Chili Cheese Dog/ Beef

6
 10:15 Scrabble
10:30 Bingo
 10:30 Ceramics (Mask preferred)
 12:00 Double Deck Pinochle
12:30 Jeopardy
 2:00 Digital Device

Stuffed Cabbage roll w/ Beef

7
 10:00 Bible Study
 10:30 Ceramics (Mask preferred)
 10:30 Meditation
 11:00 Bid Whist
11:00 Karaoke
 12:00 Double Deck Pinochle
 1:00 Line Dancing
 2:15 English Dancing
 3:00 Rummikub/Skip-bo

Herb Tilapia

8
10:30 Supervisor Franklin Annual Holiday Dinner Party
 11:00 Chinese Singing/Dance
 12:00 Double Deck Pinochle
 1:00 Quilting

Turkey No Salad

11
 9:00 Woodcarving
 10:00 Euchre
10:00 Chess Tournament
10:30 Bingo
 12:00 Double Deck Pinochle
 12:30 Dominos
 1:00 Canasta / Pinochle
 1:00 Chinese Bible Study
 1:00 Art class

Sirloin Beef Tips

12
 9:30 Shanghai
 10:00 Gospel Singing
 11:00 Zumba / Bid Whist
11:00 Nutrition Class
 12:00 Double Deck Pinochle
 1:00 Chess
 2:00 Line Dancing
 2:15 English Dancing
 3:00 Rummikub/Skip-bo

BLT

13
 10:15 Scrabble
10:30 Bingo
 10:30 Ceramics (Mask preferred)
 12:00 Double Deck Pinochle
12:30 Musician of the month
1:00 FRIENDS MEETING
 2:00 Digital Devices

Chicken Alfredo

14
Jewelry Sale in craft room
 10:00 Bible Study
 10:30 Meditation
10:30 National Theater
 11:00 Bid Whist
 12:00 Double Deck Pinochle
 1:00 Line Dancing
 2:15 English Dancing
 3:00 Rummikub/Skip-bo

Egg Plant Parmesan

15
 9:15 Chair Yoga
10:30 Red & White Striped Holiday Party
 11:00 Chinese Singing/Dance
11:50 Birthday Recognition
 12:00 Double Deck Pinochle
12:30 Library Craft
 1:00 Scarlett Sophisticates

Swedish Meatballs No Salad

18
 9:00 Woodcarving
 10:00 Euchre
10:30 Bingo
 12:00 Double Deck Pinochle
 12:30 Dominos
 1:00 Canasta / Pinochle
 1:00 Chinese Bible Study
 1:00 Art Class

Tuna Plate

19
 9:30 Shanghai
 10:00 Gospel Singing
11:00 Nutrition Class
 11:00 Zumba /Bid Whist
 12:00 Double Deck Pinochle
 1:00 Chess
 1:00 Line Dancing
 2:15 English Dancing
 3:00 Rummikub/Skip-bo

Stuffed Peppers

20
10:00 Holiday Tea w/ Carolyn
 10:15 Scrabble
10:30 Bingo
 10:30 Ceramics (Mask preferred)
 12:00 Double Deck Pinochle
12:30 Texas Hold'em
1:00 Snowflakes
 2:00 Digital Devices

Chicken Quarters

21
 10:00 Bible Study
 10:30 Ceramics (Mask preferred)
 10:30 Meditation
11:00 Holiday Karaoke
 11:00 Bid Whist
 12:00 Double Deck Pinochle
 1:00 Line Dancing
 2:15 English Dancing
 3:00 Rummikub/Skip-bo

Pork Chops

22
10:30 Winter Holiday Party w/ Franklin Carrington
 11:00 Chinese Singing/Dance
 12:00 Double Deck Pinochle
12:30 Ugly Sweater Contest
 1:00 Quilting

Crab Cakes No Salad

25

26

27

28

29

The center will be closed December 25th through January 1, 2024.
Have a safe and happy holiday!!

