

PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

FEBRUARY 2024



VALENTINE'S DAY PARTY

With Ron Howard

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

Early Lunch: 11:45 a.m.

Join us to celebrate Valentine's Day with entertainment by Ron Howard.

Sign up for lunch on the touchscreen or by calling the front desk by 10:30 a.m.

Sign up for the program in the book at the front desk.

UpcomingEVENTS

DIGITAL NAVIGATOR CLASS

Every other Tuesday, 10:30 a.m.

Please join Jenny Cárdenas from PWC DoIT. Topics include: Using an Android phone on February 13 and Setting up an iPad on February 27. Each class is limited to 5. Register on the touchscreen.

BLACK HISTORY MONTH PRESENTATIONS

Female African American Inventors

Tuesday, February 13, 10:30 a.m.

Male African American Inventors

Monday, February 19, 10:30 a.m.

Civil Rights Movement

Monday, February 26, 10:30 a.m.

Join Cory for one or all of these presentations in honor of Black History Month.

HEART HEALTH MONTH PROGRAMS

National Wear Red Day — Friday, February 2

Heart Health Nutrition Presentation

Thursday, February 8, 11:00 a.m.

Join Saba to learn ways to take care of your heart.

Dance for Your Heart Day

Thursday, February 29, 12:30 p.m.

Early lunch: 11:45 a.m.

A special day of dance for heart health featuring the Happy Hoofers, Intro to Line Dance dancers and the Step Sisters.

Sign up for lunch by 10:30 a.m. on the touchscreen or by calling the front desk.

Prince William Senior Center

MANASSAS



Jeopardy (Dining Room)

Monday, February 19, 12:30 p.m.

Tuesday, February 20, 10:30 a.m.

Karaoke (Dining Room)

Tuesday, February 27, 10:30 a.m.

Music w/Ted (Dining Room)

Friday, February 23, 12:00 p.m.



CHINESE NEW YEAR PROGRAM

Friday, February 16, 12:30 p.m.

Join us for a video on Origami. Origami is believed to have originated in China during the Han Dynasty (206 BC – 220 AD). It was then brought to Japan by Buddhist monks in the sixth century. The word "origami" comes from the Japanese words "ori" (to fold) and "kami" (paper).



SUPERBOWL VIDEO & TRIVIA

Tuesday, February 6, 10:30 a.m.

Wear your favorite team jersey and join Cory in the dining room to watch a video and test your knowledge of Superbowl history in a friendly session of Superbowl trivia.



LOCAL BLACK HISTORY PRESENTATION

PWC Library

Friday, February 9, 12:30 p.m.

Join PWC library staff to learn about local black history.

Remember to sign up in the book at the front desk to reserve your seat.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Acting Class	Fri	1:00 PM	Free
Bible Study	Th	12:45 PM	Free
Digital Devices	W	10:00 AM	Free
Digital Navigator	Every other TU	10:30 AM	Free
Self-Guided Painting	W, Last TH	9:30 AM, 12:30 PM	Free
Photography	W	11:00 AM	Free

FITNESS AND HEALTH ACTIVITIES

Fitness Video	M, W	10:00 AM	Free
Intermediate Tap	W	1:00 PM	Free
Intro to Line Dancing	M, W	11:00 AM	Free
Line Dancing	TU, TH	11:00 AM	Free
Meditation/Chair Yoga	TU	9:30 AM	Free
Middle Eastern Dancing	TU	2:00 PM	Free
Tai Chi	M	9:10 AM	Free
Tai Chi	F	1:00 PM	Free
Nutrition Class	TH	11:00 AM	Free
Tap Dancing	M, W	12:00 PM	Free
Zumba Gold	TU, F	3:30 PM, 10:30 AM	Free

FUN ACTIVITIES

Adult Coloring	TH	10:00 AM	Free
Bingo	TU, F (Subject to change)	12:30 PM, 10:30 AM	\$1.00 Donation
Birthday	2nd W	12:30 PM	Free
Bridge	M (TU when closed on M)	1:00 PM	Free
Cards & Games	Daily	9:00 AM-4:30 PM	Free
Mahjong	TH	12:30 PM	Free
Music w/Randy	2nd W	11:00 AM	Free
Pool	M-F	9:00 AM-4:30 PM	Free
Table Tennis	M, W, F	10:00 AM-12:00 PM	Free
Woodcarving	W	4:30 PM	Free

HEALTH & WELLNESS

Stay Active and Independent for Life (SAIL)

Exercise, strength, balance, and fitness program
Tuesdays and Thursdays,

February 20 — April 25, 11:00 a.m.—12:00 p.m.
A fitness check is required before the start of the workshop. Fitness checks will take place on February 12, 13, and 14. More information will be provided at registration.

Tai Chi for Arthritis and Fall Prevention

Focus is on a series of slow controlled moves to build strength, improve balance, free up stiff joints, and relieve stress.

Tuesdays and Thursdays February 20 — April 25
1:00 p.m.-2:00 p.m.

Registration required for these workshops and space is limited!

For more information or to register contact Kathleen Wiley Program Coordinator
(571)241-3925 or kwiley@pwcgov.org

NUTRITION CLASS WITH SABA

Thursdays, 11:00 a.m.- 12:00 p.m.

February Nutrition Topics:

Plant Forward Eating, Blood Pressure, Cholesterol, and Potassium for Heart Health.
Please sign up at the front desk.

HEART HEALTH PRESENTATION

Thursday, February 8, 11:00 a.m.

Join Saba in the dining room to learn ways to take care of your heart.

NUTRITION COUNSELING

Individual Nutrition Counseling is available with Saba Barkneh, Nutritionist. Call 703-792-7153 or email sbarkneh@pwcgov.org to schedule.
Saba provides nutrition counseling via zoom and phone consults for home bound clients.

For more information about our programs and services, call 703-792-6374,
or email pwaaa@pwcgov.org. For TTY please dial 7-1-1 for the Virginia Relay system.

FRIENDS

NEWS

The next Board meeting will be Wednesday, February 7, 1:00 p.m. Everyone is welcome to attend.

The Friends will give a briefing in the dining room on Wednesday, February 14, 12:15 p.m.

The friends will be hosting a Valentine's Day jewelry sale on Thursday, February 8, 10:00 a.m.

Join the Friends for a dance party in the dining room on Wednesday, February 21, 12:30 p.m.

Friends are hosting a peanut auction on Thursday, February 22, 12:30 p.m. in the dining room. Peanuts will be provided.

The winners of the holiday raffle will be posted on the Friends bulletin board.

There will be a garden meeting on Friday, February 1, 10:00 a.m. All are welcome to attend.

Senior Center Staff

Sue Gilbert, Human Services Manager
Michelle Choi, Administrative Coordinator
Bonnie Swank, Food Services Specialist

Debra Null, Food Services Cook
John Perry III, Driver Transportation Service Specialist
Cory Cox, Health & Wellness Coordinator
Saba Barkneh, Public Health Nutritionist
Kathleen Wiley, Evidence Based Program Coordinator

UPCOMING EVENTS

St. Patrick's Day Program

Date and Time TBD

Women's History Month Programs

Dates and Times TBD

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.

INFORMATION

SENIOR SERVICES

Information about aging, disabilities, caregiving and available services.

Assistance with Connecting to Services:

(703) 792-6374

Evidenced Based Programs:

kwiley@pwcgov.org or (571) 241-3925

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.

pwcgov.org/bluebird or (703) 339-0333

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Inclement Weather Policy 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. When Prince William County Schools are DELAYED in opening, the Senior Centers are OPEN WITHOUT TRANSPORTATION.</p>		<p>Our Mission Statement: To provide services, education and socialization to persons 55+ in the community, in order to foster independence and quality of life.</p>		<p>1 10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Classroom) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)</p>
				<p>2 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 1:00 Acting Class (Fitness Rm 1) 1:00 Tai Chi (Fitness Rm 2) National Wear Red Day</p>
		<p>Stuffed Pepper</p>		<p>Spinach & Cheese Ravioli</p>
<p>5 9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>6 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Superbowl Video & Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>7 9:30 Self-Guided Painting (Craft Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Cancelled) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Friends Meeting (Classroom) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>8 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Heart Health Nutrition Presentation (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) Friends Jewelry Sale 10:00 a.m.</p>	<p>9 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:30 PWC Library Local Black History Presentation (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Tai Chi (Fitness Rm 2)</p>
<p>White Chicken Chili</p>		<p>Cheese Pizza</p>		<p>Hot Dog</p>
<p>12 9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:45 Early Lunch (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Valentine's Day Party (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>13 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 BHM: Female African American Inventors (Dining Rm) 10:30 Digital Navigator Class (Conference Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>14 9:30 Self-Guided Painting (Craft Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Music w/Randy (Dining Rm) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 12:15 Friends Briefing (Dining Rm) 12:30 Birthday Celebration (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>15 10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Classroom) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)</p>	<p>16 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:30 Chinese New Year Origami Video (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Tai Chi (Fitness Rm 2)</p>
<p>Stuffed Shells</p>		<p>Cabbage Roll</p>		<p>Fish Sandwich</p>
<p>19 9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 BHM: Male African American Inventors (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Jeopardy (Dining Rm) 1:30 Bridge (Classroom)</p>	<p>20 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Jeopardy (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>21 9:30 Self-Guided Painting (Craft Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Friends Dance Party (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>22 10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Classroom) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Friends Peanut Auction (Dining Rm) 12:30 Self-Guided Painting (Craft Rm) 12:45 Bible Study (Classroom)</p>	<p>23 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:00 Music w/Ted (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Tai Chi (Fitness Rm 2)</p>
<p>Chicken Alfredo</p>		<p>Meatball Sub</p>		<p>Vegetarian Chili</p>
<p>26 9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 BHM: Civil Rights Movement (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:30 Bridge (Classroom)</p>	<p>27 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator Class (Conference Rm) 10:30 Karaoke (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>28</p>	<p>29 10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Classroom) 11:00 Line Dancing (Fitness Rm 2) 11:45 Early Lunch (Dining Rm) 12:30 Dance for Your Heart Day (Dining Rm) 12:30 Mahjong (Card Rm) 12:30 Self-Guided Painting (Craft Rm) 12:45 Bible Study (Classroom)</p>	<p>Crab Cake</p>
<p>Grilled Cheese</p>		<p>Sirloin Beef Tips</p>		<p>Baked Tilapia</p>
		<p>Closed Staff In-Service</p>		<p>A Chef Salad is available in lieu of regular lunch. If you plan on having lunch, you must sign up by 10:30 a.m. the day you are eating. Please note the menu is subject to change due to availability. Reminder: Lunch is served at noon daily unless otherwise stated.</p>