

MARCH 2024

St. Patrick's Day Celebration With Tom Delaney

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

Come out and enjoy some good Irish music and comedy. Sign up at the front desk.

No morning activities and salads will not be offered.

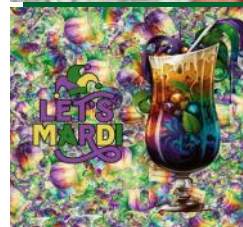


National Theater Presents Steve Gellman

Thursday, March 7, 10:30 a.m.
Enjoy music performed by a quintessential folk singer and songwriter. He will have you humming and tapping your feet. No morning activities or salads offered.



Low Vision Presentation by
UVA Prince William Hospital
Thursday, March 14, 10:00 a.m.
Come out and learn what it means to have low vision, it's most common causes, and what can be done to help.



Mardi Gras Revisited with
Angel and The Band
Friday, March 15, 10:30 a.m.
"In case you haven't noticed I'm kinda a bead deal" Come out and enjoy our Mardi Gras celebration. No morning activities or salad offered.



Interactive presentation by
PWC Library
Friday, March 15, 12:30 p.m.
An interactive presentation utilizing free library and online resources to travel (virtually) to the United Kingdom.

Angel and The Band
Friday, March 1, 8, 15,
and 29, 10:30 a.m.

Egg Painting
Wednesday, March 6, 10:30 a.m.
Join Kim as she instructs how to paint and design eggs for spring decorations. Seating is limited. Sign up at the front desk.



Pi Day
Celebrate Pi Day on March 14th (3/14). Pi (Greek letter "π" which is approximately 3.14159). Pi Day is an annual opportunity for math enthusiasts to recite the infinite digits of Pi, talk to their friends about math, and eat pie, which will be enjoyed at lunch today!

Movie and Popcorn
Thursday, March 28, 9:45 a.m.
We will start the movie as soon as the bus arrive. There will be 3 titles at the front desk to pick from a week before. Stop by and vote for the movie you would like to see.

March Birthday Recognition
Friday, March 15, 11:50 a.m.

Looking For Volunteers:
Help needed running the computer for Jeopardy and Karaoke. If you are willing to help keep these activities going at the center please stop by and talk with either Angelina or Kathy. Please let us know if you have any other talents you would like to share in a class or presentation.

Upcoming EVENTS

Glass Etching Class
Wednesday, March 20, 10:30 a.m.
Learn and create etching on glass. Seating is limited. Sign up at the front desk.

Mark your calendars for upcoming events:
Spring Fashion Show
Friday, April 5. See Ling to sign up for participation. This will be the time to show off your best Spring outfit!

Leesylvania State Park
Thursday, March 21, 11:00 a.m.
Park employees will be here to give a presentation about volunteering for the park and an overview on the history of the park.

Line Dance Class **NEW**
Mondays at 1:15 p.m.
Additional class has been added. See Ling for sign-up.

Beginner's Guitar Lessons **NEW and FREE**
Mondays 1:00 pm - Classroom #3
Learn with John the basics of guitar playing. Must bring your own guitar.

English Country Dance
Tuesdays and Thursdays at 2:00 p.m. - Classroom #1.
Join Diane as she teaches a fun group activity about all the benefits of physical and mental health.

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 & W	1:00 pm	Free
Chinese Crafts	F	11:00 am	Free
Gospel Singing	T	10:00 am	Free
Guitar Lessons	M	1:00 pm	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	1:15 pm	Free
Beginners Line Dance	M	1:15 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 the front desk

Join us to learn about the latest in nutrition research.

March 5 - National Nutrition Month Celebration
(12:30 p.m. multipurpose room)

March 12 - Nuts & Seeds

March 19 - Soy Foods

March 26 - Healthy Eating on a Budget

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



Are you looking for a fun volunteer opportunity? Evidence-Based Programs is looking for individuals to become volunteer leaders for the fall prevention program, Bingocize. This socially engaging group-based program combines bingo with a mix of exercise, health and fall prevention education to help individuals increase activity levels and overcome health problems. Training is provided to learn more about becoming a volunteer, please contact Kathleen Wiley, Program Coordinator (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 – 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

MEETING

The next board meeting is on
Wednesday, March 13, 2024 at 1:00 p.m.
All are welcome to attend this meeting.

RECOGNITION CORNER

Thank you!

Volunteer of the Month for December was awarded to George Reid. Thank you to all the volunteers who help in the center making this a great place to be a part of!

Upcoming Spring Sale

We are now accepting donations for Spring Purse and Accessory Sale. Please bring your new, like new, or gently used purses and accessories to the volunteers at the front desk. Donations are accepted until April 22, 2024. All proceeds will go to Friends to help with future events at the center.



Senior Center Technology Training Classes held in the conference room-

Seating is limited

March 5, 10:30 a.m. Setting up an iPad

Learn how to transfer settings from a previous device, connect to the internet, update privacy settings, and Apple Pay, use Siri, navigate the tablet, lock/unlock an iPad, turning the iPad off.

March 19, 10:30 a.m. Setting up and Android Tablet

Learn how to connect to the Internet, create/access your Google account, use Google Assistant and Google services, set up privacy settings, navigate your Android tablet, lock/unlock an Android, and turn your Android tablet off.

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

Site Manager

Kathy Ambrose

Admin Coordinator

Angelina D. Reynolds

Driver/Trans Org

Kim Reynolds

Wellness & Fit. Coord.

Vacant

Nutritionist

Saba Barkneh

Lead Cook

Chris Bohn

Cook

Wendy Arca-Moore

Evidenced-Base Coord.

Kathleen Wiley



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

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.



***ACTIVITIES
AND MEALS
ARE SUBJECT TO
CHANGE***

Accredited by
National Institute of
Senior Centers

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

1
9:15 Chair Yoga
10:30 Angel and the Band
11:00 Chinese Crafts
12:00 Double Deck Pinochle
1:00 Quilting

Pulled Pork

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
1:00 Guitar Lessons
1:15 Beginner Line Dancing

Baked Salmon

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

**Baked Chicken
No Salad**

6
10:15 Scrabble
10:30 Bingo
1030 Egg Painting
12:00 Double Deck Pinochle

Swedish Meatballs

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

Chicken Egg Noodle

8
9:15 Chair Yoga
10:30 Angel and the Band
11:00 Chinese Crafts
12:00 Double Deck Pinochle
1:00 Scarlett Sophisticates
1:00 Quilting

Tuna Salad Plate

11
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
1:00 Guitar Lessons
1:15 Beginner Line Dancing

Chicken & Dumplings

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
1:15 Line Dancing / Chess
2:00 English Dancing
3:00 Rummikub/Skip-bo

**Chili
No Salad**

13
10:15 Scrabble
10:30 Ceramics
10:30 Bingo
12:00 Double Deck Pinochle
1:00 FRIENDS MEETING

Pork Chops

14
10:00 Bible Study
**10:00 UVA Prince William
Hospital**
10:30 Ceramics
10:30 Meditation
11:00 Bid Whist
12:00 Double Deck Pinochle
1:15 Line Dancing
2:00 English Dancing
3:00 Rummikub/Skip-bo

Egg Salad

15
9:15 Chair Yoga
**10:30 Mardi Gras Celebration
with Angel and the Band**
11:00 Chinese Crafts
11:50 Birthday Recognition
12:00 Double Deck Pinochle
12:30 Library Presentation
1:00 Quilting

**Jambalaya
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
1:00 Guitar Lessons
1:15 Beginner Line Dancing

Open face Turkey

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

**Spinach Quiche
No Salad**

20
10:15 Scrabble
10:30 Bingo
10:30 Glass etching
12:00 Double Deck Pinochle

Chicken Wings

21
10:00 Bible Study
10:30 Ceramics
10:30 Meditation
11:00 Leesylvania State Park
11:00 Bid Whist
12:00 Double Deck Pinochle
1:15 Line Dancing
2:00 English Dancing
3:00 Rummikub/Skip-bo

Beef Lasagna

22
9:15 Chair Yoga
**10:30 St. Patrick Day
Celebration**
11:00 Chinese Crafts
12:00 Double Deck Pinochle
1:00 Scarlett Sophisticates
1:00 Quilting

**Shepherd's Pie
No Salad**

25
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
1:00 Guitar Lessons
1:15 Beginner Line Dancing
Sweet & Sour
Chicken Tenders

26
9:30 Shanghai
10:00 Gospel Singing
11:00 Zumba / Bid Whist
11:00 Nutrition Class
12:00 Double Deck Pinochle
1:15 Line Dancing / Chess
2:00 English Dancing
3:00 Rummikub/Skip-bo
Mushroom Swiss Burger
No Salad

27
**Center
Closed
Staff
In-service**

28
9:45 Movie and Popcorn
10:00 Bible Study
10:30 Ceramics
10:30 Meditation
11:00 Bid Whist
12:00 Double Deck Pinochle
1:15 Line Dancing
2:00 English Dancing
3:00 Rummikub/Skip-bo

Shrimp Po' Boy

29
9:15 Chair Yoga
10:30 Angel and the Band
11:00 Chinese Crafts
12:00 Double Deck Pinochle
1:00 Quilting

Stuffed Shells