

PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

MARCH 2024



**St. Patrick's Day Celebration
With Tom Delaney
Friday, March 15, 12:30 p.m.
Early Lunch: 11:45 a.m.**

Join us to celebrate St. Patrick's Day with
entertainment by Tom Delaney.
Sign up in the book at the front desk.

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

Upcoming **EVENTS**

DIGITAL NAVIGATOR CLASS

Every other Tuesday, 10:30 a.m.

Please join Jenny Cárdenas from PWC DoIT. Topics include Setting up an Android Tablet on March 12 and Your Digital Footprint on March 26. Each class is limited to 5. Register on the touchscreen.

CRAFTS WITH ELENA (Sponsored by the Friends)

Friday, March 8, 10:00 a.m.

Join Elena in the craft room to make a St. Patrick's Day craft. Take a look at the sample at the front desk. All supplies are provided. Sign up in the book at the front desk to reserve your seat.

CONVERSATIONAL SPANISH

(Sponsored by the Friends)

Mondays, 10:00 a.m.

Please join the Friends for this informal one hour class to learn basic Spanish phrases. After a short lesson, you can apply your knowledge in conversation and then finish with a fun activity.

THIRD ANNUAL EGG HUNT

(Sponsored by the Friends)

Thursday, March 28, 9:00 a.m. — 12:00 p.m.

Join us to search for eggs. Each member can find up to 3 eggs. **Please do not take any more.** After lunch, you can resume the search to find additional eggs.

Prince William Senior Center

MANASSAS



Trivia With John Bucsko (Dining Room)
Tuesdays, March 12 & 26, 10:30 a.m.

Music With Ted (Dining Room)
Fridays, March 22 & 29, 12:00 p.m.

Wii Bowling With Tom Jones (Dining Room)
Tuesdays, March 5 & 19, 10:30 a.m.



"A Spooky Radio Show"
Acting Class Performance
Friday, March 1, 12:30 p.m.
Early Lunch: 11:45 a.m.

Please join us for the first acting class performance of the year. Sign up in the book at the front desk to reserve your seat. Sign up for lunch by 10:30 a.m. on the touchscreen or by calling the front desk.



VIRTUAL TRAVEL TO THE UNITED KINGDOM
PWC Library
Friday, March 8, 12:30 p.m.

Join PWC library staff for an interactive presentation utilizing free library and online resources to travel (virtually) to the United Kingdom. Please sign up in the book at the front desk to reserve your seat.



LOW VISION PRESENTATION

UVA Health
Prince William Medical Center
Thursday, March 7, 10:00 a.m.

Surabhi Rao, an Occupational Therapist working at UVA Health Prince William Medical Center, will be here to discuss low vision and how to navigate it.

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



Looking for a fun volunteer opportunity? Evidence-Based Programs is looking for individuals to become volunteer leaders for the fall prevention program BINGOsize®. 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.

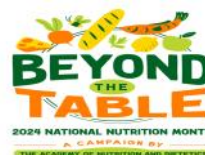
Training is provided. To learn more about becoming a volunteer, please contact Kathleen Wiley, Program Coordinator (571)241-3925 or wiley@pwcgov.org

NUTRITION CLASS WITH SABA

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

March Nutrition Topics

Nuts & Seeds, Soy Foods, and Healthy Eating on a Budget. Please sign up at the front desk.



CELEBRATING NATIONAL NUTRITION MONTH®

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

This year's theme inspires us to look at "Beyond the Table," when thinking about our health and the environment. Join us to learn more and have a smoothie.

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, March 6 at 1:00 p.m. Everyone is welcome to attend.

The Friends will give a briefing in the dining room on Wednesday, March 13, at 12:15 p.m.

Join the Friends for a dance party in the dining room on Wednesday, March 20, at 12:30 p.m. in the dining room.

Crafts are scheduled every Friday from 1:00 p.m. to 2:00 p.m. If you have a craft to share, please see a member of the Friends.

Garden workdays are scheduled on Wednesdays, March 6, 13, and 20 from 9:00 a.m. to 10:00 a.m.

A Sip and Bid is scheduled for Thursday, March 21 from 10:00 a.m. to 12:00 p.m. in the dining room.

2024 scholarship applications are available at the front desk. The deadline to submit is COB May 15.

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

Vacant, Health & Wellness Coordinator

Saba Barkneh, Public Health Nutritionist

Kathleen Wiley, Evidence Based Program Coordinator

UPCOMING EVENTS

Volunteer Reception

Wednesday, April 24, 2024

Spring Program

Date and Time 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
<div><div>Inclement Weather Policy</div><div>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.</div></div> <div><div>Our Mission Statement:</div><div>To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</div></div> <div><div>A Chef Salad is available in lieu of regular lunch.</div><div>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.</div><div>Reminder:</div><div>Lunch is served at noon daily unless otherwise stated.</div></div> <div><div>1</div><div>10:00 Table Tennis (Fitness Rm 1)</div><div>10:30 Bingo (Dining Rm)</div><div>10:30 Zumba Gold (Fitness Rm 2)</div><div>11:45 Early Lunch (Dining Room)</div><div>12:30 “A Spooky Radio Show” Acting Class Performance (Dining Room)</div><div>1:00 Friends’ Crafts (Craft Room)</div><div>1:00 Tai Chi (Fitness Rm 2)</div></div>				
Cheeseburger				
<div>4</div> <div>9:10 Tai Chi (Fitness Rm 2)</div> <div>10:00 Conversational Spanish (Classroom)</div> <div>10:00 Fitness Video (Fitness Rm 2)</div> <div>10:00 Table Tennis (Fitness Rm 1)</div> <div>11:00 Intro to Line Dancing (Fitness Rm 2)</div> <div>12:00 Tap Dancing (Fitness Rm 1)</div> <div>1:00 Bridge (Classroom)</div>	<div>5</div> <div>9:30 Meditation/Chair Yoga (Fitness Rm 2)</div> <div>10:30 Wii Bowling (Dining Room)</div> <div>11:00 Line Dancing (Fitness Rm 2)</div> <div>12:30 Bingo (Dining Rm)</div> <div>2:00 Middle Eastern Dancing (Fitness Rm 2)</div> <div>3:30 Zumba Gold (Fitness Rm 2)</div>	<div>6</div> <div>9:00 Garden Workday (Garden)</div> <div>9:30 Self-Guided Painting (Craft Rm)</div> <div>10:00 Digital Devices (Classroom)</div> <div>10:00 Fitness Video (Fitness Rm 2)</div> <div>10:00 Table Tennis (Cancelled)</div> <div>11:00 Intro to Line Dancing (Fitness Rm 2)</div> <div>11:00 Photography (Classroom)</div> <div>12:00 Tap Dancing (Fitness Rm 1)</div> <div>1:00 Friends Meeting (Classroom)</div> <div>1:00 Intermediate Tap (Fitness Rm 1)</div> <div>4:30 Woodcarving (Craft Rm)</div>	<div>7</div> <div>10:00 Self-Guided Adult Coloring (Open)</div> <div>11:00 Line Dancing (Fitness Rm 2)</div> <div>10:00 UVA Low Vision Presentation (Dining Room)</div> <div>11:00 National Nutrition Month Presentation (Dining Room)</div> <div>12:30 Mahjong (Card Rm)</div> <div>12:45 Bible Study (Classroom)</div> <div></div>	<div>8</div> <div>10:00 Crafts w/ Elena (Craft Room)</div> <div>10:00 Table Tennis (Fitness Rm 1)</div> <div>10:30 Bingo (Dining Rm)</div> <div>10:30 Zumba Gold (Fitness Rm 2)</div> <div>11:45 Early Lunch (Dining Room)</div> <div>12:30 PWC Library Virtual Travel To The United Kingdom</div> <div>1:00 Acting Class (Fitness Rm 1)</div> <div>1:00 Friends’ Crafts (Craft Room)</div> <div>1:00 Tai Chi (Fitness Rm 2)</div>
Vegetable Lasagna	Country Fried Chicken w/Gravy	Sloppy Joe	Baked Cod	Shrimp Po’boy
<div>11</div> <div>9:10 Tai Chi (Fitness Rm 2)</div> <div>10:00 Conversational Spanish (Classroom)</div> <div>10:00 Fitness Video (Fitness Rm 2)</div> <div>10:00 Table Tennis (Fitness Rm 1)</div> <div>11:00 Intro to Line Dancing (Fitness Rm 2)</div> <div>12:00 Tap Dancing (Fitness Rm 1)</div> <div>1:00 Bridge (Classroom)</div>	<div>12</div> <div>9:30 Meditation/Chair Yoga (Fitness Rm 2)</div> <div>10:30 Digital Navigator Class (Conference Rm)</div> <div>10:30 Trivia (Dining Room)</div> <div>11:00 Line Dancing (Fitness Rm 2)</div> <div>12:30 Bingo (Dining Rm)</div> <div>2:00 Middle Eastern Dancing (Fitness Rm 2)</div> <div>3:30 Zumba Gold (Fitness Rm 2)</div>	<div>13</div> <div>9:00 Garden Workday (Garden)</div> <div>9:30 Self-Guided Painting (Craft Rm)</div> <div>10:00 Digital Devices (Classroom)</div> <div>10:00 Fitness Video (Fitness Rm 2)</div> <div>10:00 Table Tennis (Fitness Rm 1)</div> <div>11:00 Intro to Line Dancing (Fitness Rm 2)</div> <div>11:00 Music w/Randy (Dining Rm)</div> <div>11:00 Photography (Classroom)</div> <div>12:00 Tap Dancing (Fitness Rm 1)</div> <div>12:15 Friends Briefing (Dining Rm)</div> <div>12:30 Birthday Celebration (Dining Rm)</div> <div>1:00 Intermediate Tap (Fitness Rm 1)</div> <div>4:30 Woodcarving (Craft Rm)</div>	<div>14</div> <div>10:00 Self-Guided Adult Coloring (Open)</div> <div>11:00 Nutrition Class (Classroom)</div> <div>11:00 Line Dancing (Fitness Rm 2)</div> <div>12:30 Mahjong (Card Rm)</div> <div>12:45 Bible Study (Classroom)</div>	<div>15</div> <div>10:00 Table Tennis (Fitness Rm 1)</div> <div>10:30 Bingo (Dining Rm)</div> <div>10:30 Zumba Gold (Fitness Rm 2)</div> <div>11:45 Early Lunch (Dining Room)</div> <div>12:30 St. Patrick’s Day Program (Dining Room)</div> <div>1:00 Acting Class (Fitness Rm 1)</div> <div>1:00 Friends’ Crafts (Craft Room)</div> <div>1:00 Tai Chi (Fitness Rm 2)</div>
Roast Turkey	Oven Fried Chicken	Pork BBQ	Egg Salad Sandwich	Corned Beef & Cabbage
<div>18</div> <div>9:10 Tai Chi (Fitness Rm 2)</div> <div>10:00 Conversational Spanish (Classroom)</div> <div>10:00 Fitness Video (Fitness Rm 2)</div> <div>10:00 Table Tennis (Fitness Rm 1)</div> <div>11:00 Intro to Line Dancing (Fitness Rm 2)</div> <div>12:00 Tap Dancing (Fitness Rm 1)</div> <div>1:00 Bridge (Classroom)</div>	<div>19</div> <div>9:30 Meditation/Chair Yoga (Fitness Rm 2)</div> <div>10:30 Wii Bowling (Dining Room)</div> <div>11:00 Line Dancing (Fitness Rm 2)</div> <div>12:30 Bingo (Dining Rm)</div> <div>2:00 Middle Eastern Dancing (Fitness Rm 2)</div> <div>3:30 Zumba Gold (Fitness Rm 2)</div>	<div>20</div> <div>9:00 Garden Workday (Garden)</div> <div>9:30 Self-Guided Painting (Craft Rm)</div> <div>10:00 Digital Devices (Classroom)</div> <div>10:00 Fitness Video (Fitness Rm 2)</div> <div>10:00 Table Tennis (Fitness Rm 1)</div> <div>11:00 Intro to Line Dancing (Fitness Rm 2)</div> <div>11:00 Photography (Classroom)</div> <div>12:00 Tap Dancing (Fitness Rm 1)</div> <div>12:30 Friends Dance Party (Dining Rm)</div> <div>1:00 Intermediate Tap (Fitness Rm 1)</div> <div>4:30 Woodcarving (Craft Rm)</div>	<div>21</div> <div>10:00 Friends Sip and Bid (Dining Room)</div> <div>10:00 Self-Guided Adult Coloring (Open)</div> <div>11:00 Nutrition Class (Classroom)</div> <div>11:00 Line Dancing (Fitness Rm 2)</div> <div>12:30 Mahjong (Card Rm)</div> <div>12:30 Self-Guided Painting (Craft Rm)</div> <div>12:45 Bible Study (Classroom)</div>	<div>22</div> <div>10:00 Table Tennis (Fitness Rm 1)</div> <div>10:30 Bingo (Dining Rm)</div> <div>10:30 Zumba Gold (Fitness Rm 2)</div> <div>12:00 Music With Ted (Dining Rm)</div> <div>1:00 Acting Class (Fitness Rm 1)</div> <div>1:00 Friends’ Crafts (Craft Room)</div> <div>1:00 Tai Chi (Fitness Rm 2)</div>
Fish & Chips	Meatloaf	Italian Breaded Baked Chicken	Spaghetti & Meatballs	Beef Stroganoff
<div>25</div> <div>9:10 Tai Chi (Fitness Rm 2)</div> <div>10:00 Conversational Spanish (Classroom)</div> <div>10:00 Fitness Video (Fitness Rm 2)</div> <div>10:00 Table Tennis (Fitness Rm 1)</div> <div>11:00 Intro to Line Dancing (Fitness Rm 2)</div> <div>12:00 Tap Dancing (Fitness Rm 1)</div> <div>1:00 Bridge (Classroom)</div>	<div>26</div> <div>9:30 Meditation/Chair Yoga (Fitness Rm 2)</div> <div>10:30 Digital Navigator Class (Conference Rm)</div> <div>10:30 Trivia (Dining Room)</div> <div>11:00 Line Dancing (Fitness Rm 2)</div> <div>12:30 Bingo (Dining Rm)</div> <div>2:00 Middle Eastern Dancing (Fitness Rm 2)</div> <div>3:30 Zumba Gold (Fitness Rm 2)</div>	<div>27</div> <div>Closed Staff In-Service</div>	<div>28</div> <div>10:00 Self-Guided Adult Coloring (Open)</div> <div>11:00 Nutrition Class (Classroom)</div> <div>11:00 Line Dancing (Fitness Rm 2)</div> <div>12:30 Mahjong (Card Rm)</div> <div>12:30 Self-Guided Painting (Craft Rm)</div> <div>12:45 Bible Study (Classroom)</div> <div>Friends’ Egg Hunt 9:00 a.m.</div>	<div>29</div> <div>10:00 Table Tennis (Fitness Rm 1)</div> <div>10:30 Bingo (Dining Rm)</div> <div>10:30 Zumba Gold (Fitness Rm 2)</div> <div>12:00 Music With Ted (Dining Rm)</div> <div>1:00 Acting Class (Fitness Rm 1)</div> <div>1:00 Friends’ Crafts (Craft Room)</div> <div>1:00 Tai Chi (Fitness Rm 2)</div>
Loaded Baked Potato	Chicken Cordon Bleu		Fish Soft Taco	Swedish Meatballs