

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters

703-792-5081

Prince William Senior Center WOODBIDGE

APRIL 2024

Spring Celebration

With Joe Cerutitti

Friday, April 12, 10:30 a.m.

Let's dance our way into spring together.

Come out and enjoy some of your

favorites songs. Feel free to get

up and dance too! No morning

actives and no salads will be

served. Sign up at the front

desk and reserve your seat.



Spring Fashion Show

Friday, April 26, 10:30 a.m.

See our very own "runway models" as they display some wonderful fashions and showcase how they accessorize their ensembles.



PWC Library Craft

Friday, April 19, 12:30 p.m.

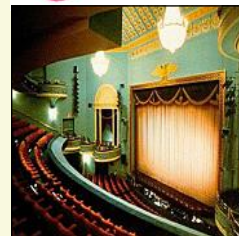
Come out and join the PWC Library staff in making a Fairy door jar. Seating is limited so sign up at the front desk to reserve your spot.



Spring Entertainment

Thursday, April 18, 10:30 a.m.

Enjoy some wonderful dancing by our very own Oldies but Goodies Line Dancers and our Chinese Dancing group.



National Theater Presents

Lisa Sherman

Monday, April 1, 12:30 p.m.

Join Lisa and her "Junk Drawer" writing workshops. She will demonstrate improvisational techniques to develop new story ideas.

Upcoming EVENTS

Angel and The Band

Friday, April 5, 10:30 a.m.

Friday, April 19, 10:30 a.m.

Karaoke

Thursday, April 4, 11:00 a.m.

Thursday, April 25, 11:00 a.m.

Join us for the Karaoke experience. Sign up to sing your favorite song to the group.

Trivia

Wednesday, April 17, 12:45 p.m.

Get ready to challenge your knowledge and have a great time together!

Glass Etching

Wednesday, April 17, 10:00 a.m.

For a fun and creative craft join Therea as she instructs how to permanently etch patterns on glass. Seating is limited. Sign up at the front desk. \$5 per person to be paid at class.

Chair Yoga

Instructor led - Mondays, 9:30 a.m.

Virtual Class - Fridays, 9:15 a.m.

April Birthday Recognition

Friday, April 19 at 11:50 a.m.

Crafting with Kim

Wednesday, April 10, 10:30

Join Kim as she instructs on how to make an Earth Day Craft. Free. Limited seating, please sign up at the front desk.

Earth Day Trivia

Monday, April 22nd.

Learn about our Earth and the environment.

Pick up your copy of Earth Day Trivia from the front desk.

National Jelly Bean Day.

Monday, April 22

Pick up your copy of "Twenty Fun Facts about Jelly Beans" at the front desk. Say the word 'Blueberry' and receive a little flavorful surprise.

Upcoming Reminder

Older American Month Celebration

Friday, May 10th

Camp William B. Snyder, Boy Scouts of America
6100 Antioch Rd, Haymarket, VA 20169

Picnic sign-up begins April 22. Limit of 150 persons.

Bus sign-up begins May 6th. Limit of 54 persons.

The bus ride cost \$2.00 each, to be paid on day of sign-up.

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
Chinese Dancing	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	M, T & TH	1:15 pm	Free
English Line Dancing	T & TH	2:00 pm	Free
Zumba	T	11:00 am	Free
Nutrition Class	T (most)	11:00 am	Free
Chair Yoga	M F (virtual)	9:30 am 9:15 am	Free 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
Dominoes	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	10:15 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 latest in nutrition research.

April 2 - Protein
April 9 - Healthy Eating on a Budget
April 16 - Protein
April 23 - Artificial Sweeteners
April 30 - Nutrition before & after surgery

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



Farm Market Fresh
Senior & WIC Farmers' Market Nutrition Program (S/FMNP)

What is Farm Market Fresh for Older Adults?

Older adults are eligible to receive 10 vouchers (\$5 each), totaling \$50 worth of farmers' market vouchers to purchase fresh fruits, vegetables, and fresh cut herbs from approved vendors if the following statements are true:

- You are 60 years of age or older.
- You are a resident of Prince William County.
- You do not live in the same household, and you are not an immediate family member of the farmer who grows the produce.
- You meet the program's income requirements.
- You must certify your household income.

Application accepted: April 1 – September 30

Vouchers issued to eligible participants:

Vouchers can be redeemed at participating
farmers' markets & roadside stands:

June 1 - November 18

If you have any question, call 703-792-5426
Woodbridge and Manassas Senior Centers

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, April 10, 2024 at 1:00 p.m.
All are welcome to attend this meeting.

RECOGNITION CORNER

Thank you!

Volunteer of the Month for February was awarded to
Elaine Bedard. 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



Senior Center Technology Training Classes held in the conference room.

Seating is limited.

April 2, 10:30 a.m. Who you are on the internet

What is a digital footprint? Unintentional digital
footprints. Managing your online identify.
Consequences of a digital footprint.

April 16, 10:30 a.m. Using your iPhone

Setting it up, calling, contacts, and recent calls,
texting, Facetime, creating an email account, using
email, and wireless networks.

April 30, 10:30 a.m. Using your Android Phone

Android basics, calling, texting, email, all about
apps, and connecting to the internet.

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.

APRIL 2024


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 12:30 National Theater 1:00 Chinese Bible Study 1:00 Art class/Guitar Lessons 1:15 Line Dancing Roast Beef Sandwich	2 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Bid Whist 11:00 Nutrition Class 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:15 Line Dancing / Chess 2:00 English Dancing 3:00 Rummikub/Skip-bo Ham w/ Beans No Salad	3 10:15 Scrabble 10:30 Bingo 12:00 Double Deck Pinochle 1:00 Chinese Bible Study Chicken Tenders	4 10:00 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 Karaoke 11:00 Bid Whist 12:00 Double Deck Pinochle 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Chicken Salad	5 9:15 Chair Yoga- virtual 10:30 Angel and the Band 11:00 Chinese Crafts 11:00 Chinese Dancing 12:00 Double Deck Pinochle 1:00 Quilting Baked Tilapia
8 9:00 Woodcarving 9:30 Chair Yoga 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 Line Dancing Fish Soft Tacos	9 9:30 Shanghai 10:00 Gospel Singing 11:00 Zumba / Bid Whist 11:00 Nutrition Class 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 Line Dancing Chicken & Noodles No Salad	10 10:15 Scrabble 10:30 Bingo 1030 Crafting with Kim 12:00 Double Deck Pinochle 1:00 FRIENDS MEETING 1:00 Chinese Bible Study Salisbury Steak	11 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 Veggie Cheese Pizza	12 9:15 Chair Yoga- virtual 10:30 Spring Celebration 11:00 Chinese Crafts 11:00 Chinese Dancing 12:00 Double Deck Pinochle 1:00 Scarlett Sophisticates 1:00 Quilting Baked Ham No Salad
15 9:00 Woodcarving 9:30 Chair Yoga 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 Line Dancing Chicken Parmesan	16 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Bid Whist 11:00 Nutrition Class 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 Line Dancing / Chess 2:00 English Dancing 3:00 Rummikub/Skip-bo Spinach & Cheese Ravioli No Salad	17 10:15 Scrabble 10:00 Glass Etching 10:30 Bingo 12:00 Double Deck Pinochle 12:45 Trivia 1:00 Chinese Bible Study Cheeseburger	18 10:00 Bible Study 10:30 Spring Dance Performance 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 Baked Chicken	19 9:15 Chair Yoga- virtual 10:30 Angel and the Band 11:00 Chinese Crafts 11:00 Chinese Dancing 11:50 Birthday Recognition 12:00 Double Deck Pinochle 12:30 Library Craft 2:00 Quilting Baked Salmon
22 9:00 Woodcarving 9:30 Chair Yoga 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 Line Dancing White Chicken Chili	23 9:00 Aging Coalition Meeting 9:30 Shanghai 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 Reuben on Marble Rye No Salad	24 Center Closed Staff In-service	25 10:00 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 Karaoke 11:00 Bid Whist 12:00 Double Deck Pinochle 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Meatloaf	26 9:15 Chair Yoga- virtual 10:30 Spring Fashion Show 11:00 Chinese Crafts 11:00 Chinese Dancing 12:00 Double Deck Pinochle 1:00 Scarlett Sophisticates 1:00 Quilting Baked Lemon herb Cod
29 9:00 Woodcarving 9:30 Chair Yoga 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 Line Dancing Chili Dog	30 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Bid Whist 11:00 Nutrition Class 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 Line Dancing Macaroni Cheese No Salad	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* 