

pwcgov.org/seniorcenters
703-792-5081

JUNE 2024



Father's Day Celebration

With Frank Plumer

From the National Theater

Friday, June 14, 10:30 a.m.

Come join us as we celebrate all the fathers at the center.

Sign up at the front desk. No morning activities or salad will be served.



International Dance Performance
Friday, June 21, 10:00 a.m.
Join us for some exciting dance performances by some of our very own senior center members.
Sign up at the front desk. No morning activities or salad will be served.



National Theater Presents—Curtis Blues
Thursday, June 6, 11:00 a.m.
Curtis Blues will be here to perform his one-man-band style of acoustic blues, which brings music history alive. Sign up at the front desk. No morning activities or salad will be served.



PWC Adventure Bingo
Friday, June 21, 12:30 p.m.
Bingo with some slides featuring fun facts about adventure films.
And
PWC Library Mobile Van
Friday, June 21 1:30 p.m.



AARP – Fraud Basics
Thursday, June 27, 10:00 a.m.
Discover strategies for recognizing and steering clear of scams such as identity theft, investment fraud, and holiday scams. Explore resources for safeguarding yourself against

Upcoming EVENTS

Angel and The Band
Friday, June 7 - 10:30 a.m.
Friday, June 28 - 10:30 a.m.

Leesylvania State Park
Tuesday, June 11 - 9:30 a.m.
Join us as we learn about frogs and toads from Leesylvania State Park employees.

Karaoke
Thursday, June 13 - 11:00 a.m.
Thursday, June 20 - 11:00 a.m.
Come out and join us as they continue the center's Karaoke experience. Sign up to sing your favorite song to the group.

April Birthday Recognition
Friday, June 21 - 11:50 a.m.

Cork Craft with Kim
Tuesday, June 5, and Wednesday, June 6 - 10:30 a.m.
Join Kim to make a flag out of cork stoppers.
This is a two day craft - must attend both sessions.
Sign up at the front desk. Seating is limited.

Do you know what makes Friday, June 14th special? It is the 'birthday' of the US Army and Flag Day. The U.S. Army was founded on 14 June 1775, when the Continental Congress authorized the enlistment of expert riflemen to serve the United Colonies for one year. Flag Day was originated by a teacher, in a small town in Wisconsin on June 14, 1885, as an annual observance that reminds us of the dedication and sacrifices made by our military service members.

4th of July Summer Bash
Friday, June 28, 10:30 a.m.
Join Angel and The Band as we celebrate the 4th of July and summer. Let's sing some of our favorite beach songs and move to the beat without the sunburn.

Free Learning Opportunities for Senior Citizens at George Mason University
Eligible Virginia residents aged 60 and older may enroll.
Learn more at <https://tinyurl.com/3phuk53h>

Mark your calendar
The center will be closed for the Independence Holiday
From Monday, July 1, thru Friday July 5



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 Dancing	F	11:00 am	Free
Chinese Singing	Th	1:00 pm	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	9:30 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	1:15 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	10:15 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 about the latest in nutrition research.

June 4 - Hydration Demo
(12:30 p.m. in Multipurpose Room)
June 11 - Nutrition to Prevent and Treat Macular Degeneration
June 18 - Slowing Chronic Kidney Disease Progression
June 25- Food Safety

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

Evidence-Based Program



Bingo + Exercise = Bingoize®

Wednesdays and Fridays, June 5th - August 28th
 1:30-2:30 pm in the Multipurpose Room.
 This proven 10-week health promotion program is a socially engaging group-based program combining bingo with a mix of exercise, health, and fall prevention education to help overcome health problems.

- Socialization •
- Cognitive Improvement •
- Physical Improvement •

Registration is required, and space is limited to 20!

If you are interested in registering for this fun fall prevention exercise program, 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, June 12, 2024 at 1:00 p.m.
 All are welcome to attend this meeting.

ELECTION OF DIRECTORS

According to the By-Laws of FRIENDS, if fewer nominations for the Board are received, vacancies will be filled, and candidates will win elections by acclamation. Otherwise, a ballot election is held. If a ballot election is required, voting will be held June 5 & 6, 9:00 a.m. – 12:00 p.m. Please watch for notification at the front desk regarding this year's election to the Board.



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

Senior Center Technology Training Classes held in the conference room.

Seating is limited.

June 11, 10:30 a.m. Time for Telehealth

Setting up an account, downloading an app, scheduling an appointment, meeting with a health professional, tips for using telehealth.

June 25, 10:30 a.m. All About Apps

App stores, free vs. paid, popular apps, installing/updating/deleting apps.



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.



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



<p>3 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</p> <p style="text-align: center;">Sweet & Sour Chicken</p>	<p>4 9:30 Shanghai 10:00 Gospel Singing 11:00 Zumba / Bid Whist 12:00 Double Deck Pinochle 12:30 Nutrition Demo 1:15 Line Dancing / Chess 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align: center;">Mushroom Swiss Burger No Salad</p>	<p>5 10:15 Scrabble 10:30 Cork Craft Part 1 10:30 Bingo 12:00 Double Deck Pinochle 1:00 Chinese Bible Study</p> <p style="text-align: center;">Crab Cakes</p>	<p>6 10:00 Bible Study 10:30 Cork Craft Part 2 10:30 Meditation 11:00 Bid Whist 11:00 National Theater 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align: center;">Italian Breaded Chicken No Salad</p>	<p>7 10:30 Angel and the Band 11:00 Chinese Dancing 12:00 Double Deck Pinochle 1:00 Quilting</p> <p style="text-align: center;">Stuffed Shells</p>
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<p>10 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 Guitar Lessons 1:15 Line Dancing</p> <p style="text-align: center;">Baked Tilapia</p>	<p>11 9:30 Shanghai 9:30 Leesylvania State Park 10:00 Gospel Singing 10:30 Technology Class 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</p> <p style="text-align: center;">Chicken Tender No Salad</p>	<p>12 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 FRIENDS MEETING 1:00 Chinese Bible Study</p> <p style="text-align: center;">Ham w/ Beans</p>	<p>13 10:00 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 Karaoke 11:00 Bid Whist 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align: center;">Baked Chicken</p>	<p>14 10:30 National Theater Father's Day Celebration 11:00 Chinese Dancing 12:00 Double Deck Pinochle 11:00 Scarlett Sophisticates 1:00 Quilting</p> <p style="text-align: center;">Cheeseburger No Salad</p>
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<p>17 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 Guitar Lessons 1:15 Line Dancing</p> <p style="text-align: center;">Roast Beef Sandwich</p>	<p>18 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</p> <p style="text-align: center;">Spinach & Cheese Ravioli No Salad</p>	<p>19 Center Closed in Observance of Juneteenth 1865</p>	<p>20 10:00 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 Bid Whist 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align: center;">Chicken Parmesan</p>	<p>21 10:00 International Dance Performance 11:00 Chinese Dancing 11:50 Birthday Recognition 12:00 Double Deck Pinochle 12:30 Library Bingo 1:00 Quilting 1:30 Library Mobile Van</p> <p style="text-align: center;">Baked Lemon Herb Cod No Salad</p>
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<p>24 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 Guitar Lessons 1:15 Line Dancing</p> <p style="text-align: center;">Chicken Cordon Bleu</p>	<p>25 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 1:15 Line Dancing / Chess 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align: center;">Baked Salmon No Salad</p>	<p>26 Center Closed Staff In-service</p>	<p>27 10:00 Bible Study 10:00 Legal Services 10:30 Ceramics 10:30 Meditation 11:00 Bid Whist 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align: center;">Reuben on Marble Rye</p>	<p>28 10:30 4th of July Summer Bash 11:00 Chinese Dancing 12:00 Double Deck Pinochle 1:00 Scarlett Sophisticates 1:00 Quilting</p> <p style="text-align: center;">Chili Dog</p>
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