

# PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

# MANASSAS

## JUNE 2024



### FATHER'S DAY DESSERT

Monday, June 17, 12:30 p.m.

Fathers, please join us after lunch for a special Father's Day dessert.

Sign up in the book at the front desk to reserve your seat. (Fathers only!)

## Upcoming EVENTS

### DIGITAL NAVIGATOR CLASS

Every other Tuesday, 10:30 a.m.

Topics include Time For Telehealth (setting up an account, downloading an app, scheduling an appointment, meeting with a health professional, tips for using telehealth) on June 4 and All About Apps (app stores, free vs. paid, popular apps, installing/updating/deleting apps) June 18. Each class is limited to 5. Register on the touchscreen.

### MEDITATION/CHAIR YOGA

(New Registration Process)

Due to its increased popularity, advance registration is required to attend. Registration will start at 1:00 p.m. on Tuesday for the following week's class.

You can register in person at the front desk or by calling 703-792-6405. You do not need to talk to a live person in order to register. Leave a detailed message with your full name. Registration will close once the class reaches capacity. You will get a call if you do not get a seat in the class.

### PATRIOTIC CELEBRATION WITH FRANKLIN CARRINGTON

Friday, June 28, 12:30 p.m.

Please join us in the dining room after lunch to celebrate The Fourth of July before we close for a week! Franklin will sing some classic Patriotic songs to get you in the spirit and we will break in our new outdoor games; Connect Four and Yard Jenga. Sign up in the book at the front desk for lunch and the program!



#### TRIVIA

Tuesdays, June 11 & 25, 10:30 a.m.

#### WII BOWLING

Tuesdays, June 4 & 18, 10:30 a.m.

#### MUSIC WITH TED

Fridays, June 7 & 21, 12:00 p.m.



#### IT TAKES PEOPLE TO RUN A RAILROAD

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

Please join us after lunch for this special Train Presentation.

Please sign up in the book to reserve your seat.

Sign up for lunch by 10:30 a.m. at the front desk.



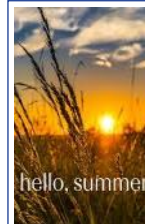
#### ADVENTURE BINGO & MOBILE LIBRARY

PWC Public Library

Friday, June 14, 12:30 p.m.

Join the library after lunch for Bingo with slides featuring fun facts about adventure films.

Also, The Mobile Library will be here for you to check out or return books, get a library card and sign up for the summer reading program!



#### SUMMER SOLSTICE FLOWER ARRANGING DEMO

Doug Burroughs, Flower Gallery

Thursday, June 20, 12:30 p.m.

Join us for a special flower arranging demonstration to celebrate the summer solstice!

Sign up at the front desk to reserve your seat. Sign up for lunch at the front desk by 10:30 a.m.

# ACTIVITIES GUIDE

## LEARNING ACTIVITIES

Acting Class	On break	1:00 PM	Free
Bible Study	TH	12:45 PM	Free
Conversational Spanish	W	10:00 AM	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



Evidence-Based Programs is looking for a volunteer to lead this proven 10-week health promotion program. This socially engaging group-based program combines bingo, exercise, and health and fall prevention education to help overcome health problems. Reported benefits include increased socialization and physical and cognitive improvement.

For more information on becoming a volunteer leader, contact Kathleen Wiley Program Coordinator, at (571)241-3925 or kwiley@pwcgov.org.

### NUTRITION CLASS WITH SABA

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

### June Nutrition Topics

Hydration, Nutrition to Prevent and Treat Macular Degeneration, Slowing Chronic Kidney Disease Progression.

Sign up at the front desk.



Applications are now being accepted and vouchers will be issued to eligible participants through September 30.

Vouchers can be redeemed at participating Farmers' Markets & roadside stands through November 18. If you have any questions, call 703-792-5426.

Scan the code below for the online application or pick up a paper application at the front desk.



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, June 5, at 1:00 p.m. Everyone is welcome to attend.

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

The Friends are hosting another Game Challenge on Wednesday, June 12, at 1:00 p.m.

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.

Join the Friends for a dance party on Thursday, June 13, at 12:30 p.m. in the dining room.

The Friends Scholarships will be awarded on Thursday, June 27, at 10:00 a.m. in the dining room.

### 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

### JULY CLOSURE

July 1 through July 5

### KENA SHRINE BAND

Thursday, July 18, 12:30 p.m.

# 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](mailto: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](http://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

### 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.

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Our Mission Statement:</b> To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</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.</p> <p><b>Reminder:</b> Lunch is served at noon daily unless otherwise stated.</p>	<p><b>Volunteer Opportunities</b> are available. Please inquire in the office and pick up you're an application today.</p>			
<p><b>3</b></p> <p>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><b>Chicken Enchilada</b></p>	<p><b>4</b></p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Digital Navigator Class (Conference Rm)</b> <b>10:30 Wii Bowling (Dining Rm)</b> 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><b>Baked Salmon</b></p>	<p><b>5</b></p> <p>9:00 Garden Workday (Garden) 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. 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) <b>1:00 Friends Meeting (Classroom)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p><b>Open Face Roast Beef</b></p>	<p><b>6</b></p> <p>10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Class (Dining Rm)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)</p> <p><b>Stuffed Peper</b></p>	<p><b>7</b></p> <p>10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) <b>12:00 Music With Ted (Dining Rm)</b> <b>1:00 Acting Class (On Break)</b> 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p> <p><b>Spinach &amp; Cheese Ravioli</b></p>	
<p><b>10</b></p> <p>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><b>White Chicken Chili</b></p>	<p><b>11</b></p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Trivia (Dining Rm)</b> 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><b>Cheese Pizza</b></p>	<p><b>12</b></p> <p>9:00 Garden Workday (Garden) 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) <b>11:00 Music w/Randy (Dining Rm)</b> 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 12:15 Friends Briefing (Dining Rm) <b>12:30 Birthday Celebration (Dining Rm)</b> <b>1:00 Game Challenge (Dining Rm)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p><b>Crab Cake</b></p>	<p><b>13</b></p> <p>10:00 Self-Guided Adult Coloring (Open) <b>11:00 Nutrition Class (Classroom)</b> 11:00 Line Dancing (Fitness Rm 2) <b>12:30 Friends Dance Party (Dining Rm)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)</p> <p><b>Tuna Salad Plate</b></p>	<p><b>14</b></p> <p>10:00 Table Tennis (Fitness Rm 1) <b>10:30 Bingo (Cancelled)</b> <b>10:30 It Takes People to Run a Railroad (Dining Rm)</b> 10:30 Zumba Gold (Fitness Rm 2) <b>12:30 PWCPL Adventure Bingo (Dining Room)</b> <b>12:30 Mobile Library (Outside)</b> <b>1:00 Acting Class (On Break)</b> 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p> <p><b>Chicken a la King</b></p>	
<p><b>17</b></p> <p>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) <b>12:30 Father's Day Dessert (Dining Rm)</b> 1:00 Bridge (Classroom)</p> <p><b>Salisbury Steak</b></p>	<p><b>18</b></p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Digital Navigator Class (Conference Rm)</b> <b>10:30 Wii Bowling (Dining Rm)</b> 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><b>Cabbage Roll</b></p>	<p><b>Center Closed Juneteenth</b></p>		<p><b>20</b></p> <p>10:00 Self-Guided Adult Coloring (Open) <b>11:00 Nutrition Class (Classroom)</b> 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Self-Guided Painting (Craft Rm) <b>11:45 Early Lunch (Dining Rm)</b> <b>12:30 Flower Arranging Demo (Dining Rm)</b> 12:45 Bible Study (Classroom)</p> <p><b>Fish Sandwich</b></p>	<p><b>21</b></p> <p>10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Canceled) 10:30 Zumba Gold (Fitness Rm 2) <b>12:00 Music With Ted (Dining Rm)</b> <b>1:00 Acting Class (On Break)</b> 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p> <p><b>Stuffed Shells</b></p>
<p><b>24</b></p> <p>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><b>Chicken Alfredo</b></p>	<p><b>25</b></p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Trivia (Dining Rm)</b> 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Bridge (Classroom) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p><b>Meatball Sub</b></p>	<p><b>Closed Staff In-Service Day</b></p>		<p><b>27</b></p> <p>10:00 Self-Guided Adult Coloring (Open) <b>10:00 Scholarship Award Program (Dining Rm)</b> <b>11:00 Nutrition Class (No Class)</b> 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Self-Guided Painting (Craft Rm) 12:45 Bible Study (Classroom)</p> <p><b>BLT</b></p>	<p><b>28</b></p> <p>10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) <b>11:45 Early Lunch (Dining Rm)</b> <b>12:30 Patriotic Celebration (Dining Rm)</b> <b>1:00 Acting Class (On Break)</b> 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p> <p><b>Hot Dog</b></p>