

JUNE 2025

4th of July Summer Celebration

Featuring Live Entertainment
by Dian

Thursday, June 26 • 10:30 a.m.

Celebrate Independence Day early with
your fellow members!

Enjoy music, fun, and great company as
we kick off the summer in style.

Sign-up at the front desk is required.

Please note: No salads will be served.

Upcoming Events

Karaoke

Thursdays, June 5 and 12, 11:00 a.m.

See the schedule for specific dates.

Get ready for another exciting Karaoke event at the center!
Sign up to sing your favorite songs with the group!

Technology Training Classes

Tuesdays, June 3, 10, 17, & 24, 10:30 a.m.

In the computer lab. Seating is limited. The first hour is a
scheduled topic. The second hour open forum, so bring
your questions and get technology assistance.

Dainty Daisy Craft with Kim has been rescheduled

Wednesday, June 4th, 10:30 a.m.

If you signed up for this craft in May it was rescheduled
to this month. All previous sign-ups are already on the
list.

Glass Etching Craft with Theresa

Thursday, June 12th, 10:30 a.m.

Join Theresa to create a glass etched however you like!
\$5.00 due at the start of class.

Sign up at the front desk. Seats are limited.

Gallery of Flags

Monday, June 9

Celebrate Flag Day with us by exploring a special display
of flags. Learn the importance of each flag and how to
show proper respect. A colorful tribute to our shared
history and pride!



National Theatre Presents

Baba Ras D

Friday, June 6, 10:30 a.m.

Join artist and educator Baba Ras D for an
entertaining morning of music and fun.
Sign up at the front desk.
No salads served today.



AARP Artificial Intelligence Presentation

Thursday, June 5, 10:00 a.m.

Learn all about Artificial Intelligence with
AARP—and how to protect yourself using
it. Sign up at the front desk.



Father's Day Luncheon

With Frank Plumer, National Theatre

Friday, June 13, 10:30 a.m.

Celebrate our amazing fathers with music
by Frank Plumer. Sign up at the front
desk. No salads served today.



International Dance Recital

Friday, June 20, 10:30 a.m.

Join the Woodbridge Senior Center dance
groups for a fun-filled international dance
recital you won't want to miss. Sign up at
the front desk. No salads served today.

Leesylvania State Park

Thursday, June 12, 9:30 a.m.

Take part in discovering some fun facts about Leesylvania
State Park. Come out and learn about worms and
composting.

Legal Services of Northern Virginia

Wednesday, June 18, 12:30 p.m.

Join us for a discussion on Wills with Legal Services of Northern
Virginia.

June Birthday Recognition

Friday, June 20, 11:50 a.m.

Gather and celebrate all the May birthdays with your
fellow center members.

PWC Library

Friday, June 20, 12:30 p.m. Mobile Library

Friday, June 20, 1:00 p.m. Summer reading BINGO in the
multipurpose room.

Angel and The Band

Friday, June 27, 10:30 a.m.

Closure Reminders

Thursday, June 19 – Closed in observance of Juneteenth

Wednesday, June 25 – Closed for Staff In-Service

Monday, June 30 – Friday, July 4 – Closed for our Annual
Summer Independence Week

—> The center will reopen on Monday, July 7.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Art Class	M	1:00 pm	Free
Bible Study	TH	09:30 am	Free
Ceramics	W & TH	10:30 am	Varies
Chinese Bible Study	M & W	10:30 am	Free
Chinese Dancing	F	11:00 am	Free
Crochet Class	T	1:00 pm	Free
Gospel Singing	TH	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
Meditation	TH	10:30 am	Free
Chair Yoga	M	9:30 am	Free

FUN ACTIVITIES

Angel and the Band	F (Some)	10:00 am	Free
Bid Whist	T & TH	1:00 pm	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	10:15 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
Most Tuesdays, 11:00 a.m.
Sign up at the front desk
Join us to learn about the latest in nutrition research.

Tuesday, June 3, Eating healthily on a budget
Tuesday, June 17, Are you getting enough nutrition?
Tuesday, June 24, Change in Appetite

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



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

What is Farm Market Fresh for Older Adults?

Older adults age 60 years or older are eligible to receive a benefit of \$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 1st through September 30th
 Benefit issued to eligible participants:
May 18 - September 30
 Benefit can be used at farmers' markets
June 1 - November 30
Contact us:

Saba Barkneh, RDN – *Public Health Nutritionist*
sbarkneh@pwcgov.org
 (703) 792-5426

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 11, 2025 at 1:00 p.m.
All are welcome to attend this meeting.
April Volunteer of the Month was awarded to
Gwen Strowbridge.
Thank you to all volunteers who help in making
this a great place to be a part of.

Senior Center Technology Training Classes

(held in the computer room) Seating is limited

June 4, 10:30 a.m.

Using Telehealth

Telehealth can save time and gas and let member
talk with their health professional without taking
time away from their busy schedules.

June 10, 10:30 a.m.

Beyond Android Basics

For people who already know how to use Androids, this lesson will
talk more about downloading and removing apps, how to boost battery
life, and more.

June 17, 10:30 a.m.

Information Literacy

Finding a new doctor or lawyer, learning about new places to live, or
even researching an expensive purchase can be frustrating.

June 24, 10:30 a.m.

All About Apps

There are apps for so many activities from game playing to making
dinner to shopping and everything in between.

PUBLIC HEARING ANNOUNCEMENT– FFY2026 Area Plan

WHEN: June 24, 2025

WHERE: Commission on Aging meeting, Occoquan Conf.
Room, McCoart Building

TIME: 10:00 am – 12:00 pm

FOR: The Prince William Area Agency on Aging 2026 Area
Plan

Area Plan Core Documents will be available upon request by
calling (703) 792-6374

Public comment will also be accepted via email to

pwaaa@pwcgov.org from June 24, 2025 – July 25, 2025

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

Checking Services: Provides daily reassurance calls
to those who need reminders/wellness check

(703) 792-6374

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

Admin Coordinator

Driver/Trans Org

Wellness & Fit. Coord.

Nutritionist

Lead Cook

Cook

Evidenced-Base Coord.

Kathy Ambrose

Angelina D. Reynolds

Kim Reynolds

Megann Hankins

Saba Barkneh

Chris Bohn

Wendy Arca-Moore

Kathleen Wiley






FRIENDS will send a card in the case
of illness, hospitalization, and upon
notification of the passing of an
immediate family member.

Please see FRIENDS

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.

<div>2</div> <div>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Guitar Lesson 1:00 Canasta / Pinochle 1:00 Art class 1:15 Line Dancing Chicken Parmesan</div>	<div>3</div> <div>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Spinach & Cheese—No Salad</div>	<div>4</div> <div>10:00 Chinese Bible Study 10:15 Scrabble 10:30 Bingo 10:30 Dainty Daisy Craft 12:00 Double Deck Pinochle</div> <div>Cod Fillet</div>	<div>5</div> <div>9:30 Bible Study 10:00 AARP Presentation 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</div> <div>Stuffed Green Peppers</div>	<div>6</div> <div>10:30 National Theatre 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub</div> <div>Baked Chicken / No Salad</div>
<div>9</div> <div>Gallery of Flags 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Guitar Lesson 1:00 Canasta / Pinochle 1:00 Art class 1:15 Line Dancing Chicken Lasagna</div>	<div>10</div> <div>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Beef Tips and Rice—No Salad</div>	<div>11</div> <div>10:00 Chinese Bible Study 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Friends Meeting</div> <div>Herb Tilapia</div>	<div>12</div> <div>9:30 Leesylvania State Park 9:30 Bible Study 10:30 Meditation 10:30 Glass Etching 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</div> <div>White Chicken Chili</div>	<div>13</div> <div>10:30 Father’s Day Luncheon 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub</div> <div>Swiss & Mushroom Burger No Salad</div>
<div>16</div> <div>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing Macaroni Cheese</div>	<div>17</div> <div>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Chicken Sandwich —No Salad</div>	<div>18</div> <div>10:00 Chinese Bible Study 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 12:30 Legal Services</div> <div>Beef Lasagna</div>	<div>19</div> <div>Center Closed In Observance</div> <div></div>	<div>20</div> <div>International Dance 10:30 International Dance 11:50 Birthday Recognition 12:00 Double Deck Pinochle 12:30 PWC Mobil Library 1:00 Quilting 1:00 PWC Library Bingo 3:00 Rummikub Pulled Pork BBQ No Salad</div>
<div>23</div> <div>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing Stuffed Cabbage Roll</div>	<div>24</div> <div>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Spinach Quiche - No Salad</div>	<div>25</div> <div>Center Closed For Staff In-service</div>	<div>26</div> <div>9:30 Bible Study 10:30 4th of July Celebration 10:30 Ceramics / Meditation 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Load um up Hot Dog No Salad</div>	<div>27</div> <div>10:30 Angel and the band 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub Cod</div>
<div>30</div> <div>Center is Closed all this week Reopening Monday July 7</div>	<div></div>	<div>Mission Statement: To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.</div>	<div>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</div> <div><div>Accredited by</div><div>National Institute of Senior Centers</div><div></div></div>	