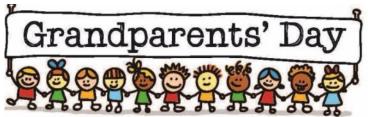
PRINCE WILLIAM

- Area Agency on Aging

pwcgov.org/seniorcenters 703-792-5081

AUGUST 2025



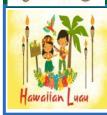
Friday, August 1, 9:00 a.m. until 1:00 p.m. Join us to celebrate Grandparents Day. Enjoy crafts, pizza, and live entertainment by Astronaut Sally Ride. Please sign up at the front desk to attend the event and let us know how many kids

will be present for the event.

Prince William Senior Center

Hoedown

Friday, August 15, 10:30 a.m. Come and enjoy some good dancing by our very own Oldies but Goodies Dancers. Wear your best Hoedown attire. Sign up at the front desk. No salad will be served.



Hawaiian Luau Performance Friday, August 29, 10:30 a.m. Join us for an exciting performance by a Hawaiian dance group! Sign up at the front desk. No salad will be served today. Sign up at the front desk.



Preventing Fraud & Abuse in Medicare Thursday, August 21, 10:00 a.m. Join a presentation by Virginia Senior Medicare Patrol. Sign up at the front desk.



History of PWC Public Schools Presented by PWC Historic Preservation Thursday, August 14, 10:00 a.m. Join PWC to learn some history of PWC public schools by PWC Historic Preservation

Upcoming EVENTS

Trivia

Join us to test your knowledge! Most Wednesdays at 9:30 a.m. and 1:00 p.m. in Classroom #1. Check the calendar for specific dates.

Karaoke

Most Thursdays at 11:00 p.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

Most Tuesdays in the computer lab. Seating is limited. See the schedule for dates.

Summer Seashell Decoupage Craft Thursday, August 7, 10:30 a.m. Join us in a fun summer craft. Sign up at the front desk. Seating is limited.

Leesylvania State Park

Thursday, August 14, 11:00 a.m. Be part of discovering some fun facts about Leesylvania State Park. Come out today and learn about clouds.

August Birthday Recognition

Friday, August 15, 11:50 a.m. Gather and celebrate all the April birthdays with your fellow center members. **PWC Library Mobile Van Friday, August 15, 1:00 p.m.** Join the PWC Library Staff at the Mobile Library and pick up a good book to read.

Taste of Technology

Monday, August 18, 12:30 p.m. Learn what's coming up next in technology class!

Decorating Committee Meeting Thursday, August 28, 1:00 p.m. Classroom #3 All are welcome to attend.

Community Health Assessment Listening Session Thursday, August 28, 10:30 a.m. Join us for a presentation by Community Health.

Legal Services of Northern Virginia

Monday, August 25, 12:30 p.m. Presentation on Health Insurance Options



Farmers Market

Tuesday, August 12, 9 a.m. until 11a.m. Side of the building on outdoor patio.

Prince William Senior Center—Woodbridge Prince William Area Agency on Aging 13850 Church Hill Drive, Woodbridge, Virginia, 22191 Monday through Friday from 9:00 a.m. to 4:30 p.m.

ACTIVITIES GUIDE

LEARNING ACTIVITES

Art Class	М	1:00 pm	Free
Bible Study	ТН	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	т	1:00 pm	Free
Gospel Singing	ТН	10:00 am	Free
Guitar Lessons	М	1:00 pm	Free
Quilting	F	1:00 pm	Free
Woodcarving	М	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	т	11:00 am	Free
Nutrition Class	T (most)	11:00 am	Free
Meditation	тн	10:30 am	Free
Chair Yoga	М	9:30 am	Free

FUN ACTIVITIES

Angel and the Band	F (Most)	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
Chess	Т	1:00 pm	Free
Double Deck Pinochle	Daily	12:00 pm	Free
Dominos	М	12:30 pm	Free
Euchre	М	10:00 am	Free
Pinochle / Canasta	М	1:00 pm	Free
Scarlett Sophisticates	2nd/4th F	1:00 pm	Free
Scrabble	W	10:15 am	Free
Shanghai	т	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, August 5, Food Safety at Home and Outside

> Tuesday, August 26, Protein

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

What is Farm Market Fresh for Older Adults?

Older adults age 60 years or older are eligible to receive a benefit of \$50 w orth 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 w ho grows the produce.

- •You meet the program's income requirements.
- •You must certify your household income.

•Applications will be accepted until September 30



Come out and donate new and unused school supplies. For elementary and middle school aged children. Donations will be accepted until Friday, August 15. Box is located in the library.

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

<u>MEETING</u>

The next board meeting is on Wednesday, August 13 at 1:00 p.m. All are welcome to attend this meeting.

Thank you to all the volunteers who help in making this a great place to be a part of.



June Volunteer of the Month Jane Lehman Meals on Wheels Volunteer



Senior Center Technology Training Classes

Most Tuesdays (held in the computer room) Seating is limited

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August 5-Microsoft vs Google

August 12—Digital Library Focus: Just for Kids

August 19- iPhone Basics

August 26– Videoconference with Ease

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 pwcqov.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

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 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.

August 2025 MONDAY TU	JESDAY WEDI	NESDAY T	HURSDAY FI	RIDAY
ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE		Mission Statement: To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.		1 9:00 Grandparents Day 10:30 National Theatre 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub
National Institute of Senior Centers				Veggie Cheese Pizza No Salad
4 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 Lesson 1:15 Line Dancing	5 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Nutrition 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	6 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Trivia	7 9:30 Bible Study 10:30 Meditation 10:30 Summer Sea Shell Craft 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	8 10:30 Angel and the Band 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub
Fish Soft Tacos	Egg Salad—No Salad	Chicken Soup	BeefStroganoff	Chicken Salad
11 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 Chicken Parmesan	12Farmers Market9:30 Shanghai10:00 Gospel Singing10:30 Technology Class11:00 Zumba / Chinese Dance11:00 Nutrition Class12:00 Double Deck Pinochle1:00 Chess/Bid Whist/Crochet1:15 Line Dancing2:00 English Dancing3:00 Rummikub/Skip-boSpinach Cheese —No Salad	13 9:30 Trivia Women's History 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 1:00 Friends Meeting Cheeseburger	14 9:30 Bible Study 10:00 PWC Historic Preservation 10:30 Ceramics / Meditation 11:00 Leesylvania State Park 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo	1:00 Quilting 1:00 PWC Mobil Bus 3:00 Rummikub
	•	-		
18 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 12:30 Taste of Technology 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing	 19 9:30 Shanghai 9:30 Earth Day Documentary 10:30 Technology Class 11:00 Zumba / Chinese Dance 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo 	20 9:30 Trivia 10:15 Scrabble 10:30 Ceramics 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 1:00 Trivia	21 9:30 Bible Study 10:00 Preventing Fraud 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	22 10:30 Angel and the Band 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub
Chicken Cordon Bleu	Tuna Salad Plate / No Salad	Meatloaf	White Chicken Chili	Baked Potato Cod
25 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 12:30 Legal Services 1:00 Guitar Lesson /Art Class	26 19:30 Shanghai 10:00 Gospel Singing 10:00 Nutrition Activity 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	²⁷ Center Closed For Staff	28 9:30 Bible Study 10:30 Ceramics / Meditation 10:30 Community Health 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:00 Decorating Committee 1:15 Line Dancing 2:00 English Dancing	29 10:30 Hawaiian Luau 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub
1:00 Canasta / Pinochle 1:45 Line Dancing Stuffed Shells	2:00 English Dancing 3:00 Rummikub/Skip-bo Chili Dog Beef—No Salad	In-service	3:00 Rummikub/Skip-bo Chicken Sandwich	Pulled Pork No Salad