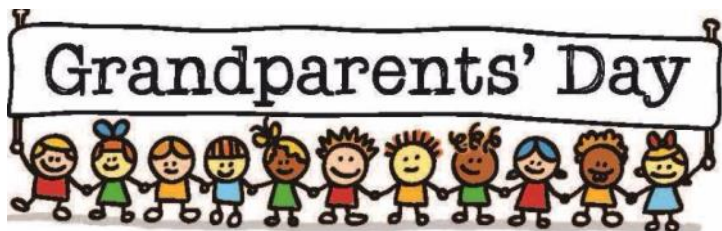


AUGUST 2025



**Friday, August 1,
9:00 a.m. until 1:00 p.m.**

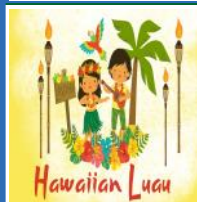
Join us to celebrate Grandparents Day.
Enjoy crafts, pizza, and live entertainment
by Astronaut Sally Ride.
Please sign up at the front desk to attend
the event and let us know how many kids
will be present for the event.



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

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.

Upcoming EVENTS

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 11 a.m.

Side of the building on outdoor patio.

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 (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	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 / Canasta	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, 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 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.
- **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

MEETING

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

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

SENIOR CENTER STAFF

Site Manager	Kathy Ambrose
Admin Coordinator	Angelina D. Reynolds
Driver/Trans Org	Kim Reynolds
Wellness & Fit. Coord.	Megann Hankins
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 illness, hospitalization, and upon notification of the passing of immediate family member.

Please see FRIENDS.



Senior Center Technology Training Classes

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

August 5—Microsoft vs Google

August 12—Digital Library Focus: Just for Kids

August 19—iPhone Basics

August 26—Videoconference with Ease

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.

