

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

AUGUST 2025



GRANDPARENTS' DAY CARNIVAL

Tuesday, August 12, 10:00 a.m.

Let's celebrate grandparents with our second annual Senior Center Carnival with prizes, games, themed activities, and even a magic show.

Space is limited to 20 grandchildren.

Activities are geared towards children between 4 and 10 years old.

Sign up at the front desk.

We hope to see you there!



CREATIVE ART CLASS

Thursdays, August 7, 14, 21 and 28, 10:00 - 12:00
A \$10.00 material fee (cash only) is due on August 7.

Sign up once for the whole month of classes. The class size is limited to 6.

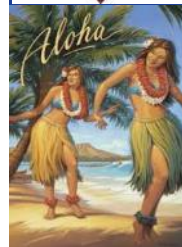
What to expect: Mark-making, monolithic printing with a Gelli plate, collage paper painting.



HISTORY OF PWC PUBLIC SCHOOLS

Monday, August 18, 11:00 a.m.

Join Mike Burnett, PWC Historic Preservation, for this presentation on the history of Prince William County Public Schools to mark the beginner of another school year.



HAWAIIAN LUAU

Friday, August 22, 12:30 p.m.
Early Lunch: 11:45 a.m.

Aloha! Please join us for a fun tropical afternoon with a live performance by the Hawaiian Stars, a diverse group of hula dancers from the Burke/West Springfield Senior Centers Without Walls. Sign up at the front desk to reserve your seat for the program and sign up for lunch by 10:30 a.m.



PREVENTING FRAUD & ABUSE IN MEDICARE

Monday, August 25, 11:00 a.m.

Virginia Senior Medicare Patrol will be here to let you know how you can protect yourself from Medicare fraud and abuse. Sign up at the front desk to reserve your seat.

Upcoming EVENTS

ARMCHAIR TRAVEL

Mondays, August 4, 11, 18 & 25, 10:00 a.m.

Join Megann in August to travel to Scotland, Ireland, the Philippines, and Denmark.

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

July topics are **Digital Library Focus, Technology Security Basics, Email Basics, and Email Tips and Tricks.** Each class is limited to 5.

FARMERS MARKET AT MANASSAS SENIOR CENTER

Tuesday, August 5, 9:00 - 11:00 a.m.

Fresh produce is available for purchase.

Payments accepted: cash, credit card, or you can use your Farm Market card (if available).

PWC MOBILE LIBRARY

Friday, August 8, 12:30 p.m.

Check out the Mobile Library outside for all of your last minute summer reading.

MUSIC WITH TED

Fridays, August 15 and 29, 12:00 p.m.

Sign up for lunch and enjoy some easy guitar music.

VIRTUAL COMMUNITY HEALTH ASSESSMENT LISTENING SESSION

Thursday, August 28, 10:30 a.m.

Please join us as Bonnie Fulford from the Prince William District of the Virginia Department of Health presents the results of the Community Health Assessment that was conducted last Fall. Questions will be answered at the end of the session. Sign up at the front desk.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Acting Class	F	1:00 PM	Free
Bible Study	TH	12:45 PM	Free
Conversational Spanish	W	10:00 AM	Free
Creative Art Class	TH	10:00 AM	Free
Digital Devices	W	10:00 AM	Free
Self-Guided Painting	W	9:30 AM	Free
Photography	W	11:00 AM	Free
Taste of Technology	Every other TU	10:30 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
Tai Chi	M	9:10 AM	Free
Tai Chi	TH	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
Armchair Traveler	M	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
Canasta	TH	1:30 PM	Free
Cards & Games	Daily	9:00 AM—4:30 PM	Free
Euchre	F	2:30 PM	Free
Karaoke	M (see calendar)	11:00 AM	Free
Mahjong	TH	12:30 PM	Free
Music w/Ted	F (See calendar)	12:00 PM	Free
Pool	M-F	9:00 AM—4:30 PM	Free
Table Tennis	M, W, F	10:00 AM—12:00 PM	Free
Trivia	TU	11:00 AM	Free
Wii Bowling	TU, F	9:00 AM	Free
Woodcarving	W	4:30 PM	Free

HEALTH & WELLNESS

VIRTUAL CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

Fridays, August 29 — October 3
10:00 a.m. to 12:30 p.m.

Do you have a chronic pain condition, such as back pain, arthritis, headaches? This 6 week evidence-based Chronic Pain Self-Management Zoom Workshop is designed to help individuals living with chronic pain build confidence in their ability to learn techniques to manage their health and maintain a fulfilling life. Highly participatory and mutually supportive small group format. Living a Healthy Life with Chronic Pain book included.

Space is limited, and registration is required to attend these workshops.

For more information 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.

August topics: Food Safety at Home and Outside, Protein and Tasting Seasonal Produce. Sign up at the front desk.

NUTRITION COUNSELING

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

Farm Market Fresh applications will be accepted and issued to eligible participants through September 30.

Paper applications are available at the center.

To submit the application online visit

<https://www.vda.virginia.gov/FarmMarketFresh.htm>

For more information, please call 703-792-7153 or email sbarkneh@pwcgov.org

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

Game Nights are Tuesdays, August 5 and August 19, 4:30 p.m. to 7:00 p.m. Bring a dish to share.

The next board meeting will be on Wednesday, August 6, at 1:00 p.m. The briefing will be on August 13 at 12:15 p.m. All are welcome.

The birthday celebration is at 12:30 p.m. on August 13. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, August 13, at 1:00 p.m. in the dining room.

A dance party is scheduled for Wednesday, August 20 at 1:00 p.m. in the dining room.

Join us for a Peanut Auction on Thursday, August 21, at 1:00 p.m.

A bubble day event is scheduled on Thursday, August 28 at 10:00 a.m.

Join us every Friday at 1:00 p.m. for crafts.

Senior Center Staff

Sue Gilbert, Human Services Manager
Michelle Choi, Administrative Coordinator
Bonnie Swank, Food Services Specialist
Joseph Hall, Food Services Cook
John Perry III, Driver Transportation Service Specialist
Megann Hankins, Health & Wellness Coordinator
Saba Barkneh, Public Health Nutritionist
Kathleen Wiley, Evidence Based Program Coordinator

UPCOMING EVENTS

R.A.D. Basic Self Defense

Tuesdays and Thursdays,
1:00 p.m. – 3:00 p.m.

End of Summer Bash

Friday, September 19, 1:00 p.m.

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.

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 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 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

Checking Services: Provides daily reassurance calls to those who need reminders or wellness checks.
(703) 792-6374

Transportation to and from Senior Center:
(703) 792-5956

Veterans Services: Call for an appointment.
(703) 359-1210

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>Our 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>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.</div><div>Reminder: Lunch is served at noon daily Unless otherwise stated.</div><div>1 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</div><div>Chicken Alfredo</div></div>				
4 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (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 Karaoke with Anthony (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	5 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2) 4:30 Friends Game Night (Card Rm) Farmer's Market 9:00-11:00	6 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) 1:00 Friends Meeting (Classroom) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)	7 10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-guided (Conf. Rm)	8 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm) 12:30 PWC Mobile Library (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
Meatball Sub	Vegetarian Chili	BLT	Crab Cake	Chicken & Dumplings
11 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (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 Karaoke with Anthony (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) Taste of Tech Talk 12:30 p.m.	12 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 Grandparents' Day Carnival (Dining Rm) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)	13 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) 12:15 Friends Briefing (Dining Rm) 12:30 Friends Birthday Celebration (Dining Rm) 1:00 Friends Game Challenge (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)	14 10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-guided (Conf. Rm)	15 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:00 Music With Ted (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
Sirloin Beef Tips	Grilled Cheese	Cheeseburger	Vegetarian Lasagna	Country Fried Chicken
18 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (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 Karaoke with Anthony (Cancelled) 11:00 History of PWC Public Schools (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	19 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2) 4:30 Friends Game Night (Card Rm)	20 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) 1:00 Friends Dance Party (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)	21 10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Friends Peanut Auction (Dining Rm) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-guided (Conf. Rm)	22 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 11:45 Early Lunch (Dining Rm) 12:30 Hawaiian Luau (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
Sloppy Joe	Shrimp Po'boy	Roast Turkey	Baked Tilapia	Sweet & Sour Chicken
25 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (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 Karaoke with Anthony (Cancelled) 11:00 Medicare Fraud Presentation (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	26 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)	27 <div>Closed Staff In-Service Day</div>	28 10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 10:00 Friends Bubble Day Event (Outside) 10:30 Community Health Assessment Listening Session (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-guided (Conf. Rm)	29 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:00 Music With Ted (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
Fish & Chips	Meatloaf		Italian Breaded Baked Chicken	Beef Stroganoff