

SEPTEMBER 2025



**Thursday, September 18, 2025
10:30 a.m. | Featuring Joe Cerutti**

**Say goodbye to summer and hello to fall with
live music and good company!**

Enjoy a fun performance that'll brighten your day.

Seating is limited - sign up at the front desk to
save your spot!

*Please note: Today there will be no salad
or morning activities.*

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 a.m.
See the schedule for specific dates.

Technology Training Classes

Tuesdays at 10:30 a.m.
Most Tuesdays in the computer lab. Seating is limited.
See the schedule for dates.

Fall Prevention Week (September 22-26, 2025)

September 22nd at 1:15pm
Fall Prevention Awareness Presentation by Kathleen Wiley.

September 25th @9:30am

Fall Safety Scavenger Hunt.

Leesylvania State Park

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

Virtual Chair Yoga

Most Fridays at 9:15 a.m. In classroom #3
Come out and join us as we try something new with this Virtual
Center for Active Adults program.



Gardening as We Age

Thursday, September 4, 10:00 a.m.

Come learn valuable gardening tips tailored to
help us as we age. Discover simple techniques
and smart strategies to keep gardening enjoyable,
accessible, and sustainable for years to come!



Grief Presentation

Thursday, Sept 11, 10:00 a.m.

Today, explore practical, empowering strategies
that honor your emotions while building resili-
ence and hope. Discover how small, simple steps
can support emotional well-being and help you
move forward with strength and clarity.



Elections Presentation

Thursday, September 25, 10:30 a.m.

Join us for an informative session to learn all
about the election process in the United States.
Get answers to your questions and feel more
confident about casting your vote.



National Theatre Presents

Steve Gellman

Friday, September 19, 10:30 a.m.

Come and dance to the music of a quintessential
folk singer-songwriter! Join us for some
captivating melodies and heartfelt lyrics.



Wear Purple Day

Friday, Sept 19

Show your support for
Alzheimer's Awareness.

September Birthday Recognition

Friday, September 19, 11:50 a.m.

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

PWC Library Mobile Van

Friday, September 19, 12:30 p.m.

Join PWC Library staff for a fun fall activity and visit the mobile
library to check out a great book to read.

Senior Center Month Scavenger Hunt

Wednesday, Sept 17, 9:00 a.m.

Pick up your scavenger hunt list and see how many items you
can find around the building by 1:00 p.m. Turn in your
completed list to Megann by 1:00 p.m. to be entered into the
prize drawing!

Movie*

Friday, Sept 12, 9:30 a.m.

Vote for the next movie we watch at the Senior Center starting
Friday, Sept 5. Cast your vote at the front desk.

*We aim to select movies rated PG-13 or lower. However, some
films may contain themes or language that may be considered
sensitive or outdated. Viewer discretion is advised.

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	M -10:00 am	Free
Chinese Singing	TH	2:00 pm	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	10:30 am	\$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, September 2, 12:30 p.m.
Multipurpose Room - all are welcome to attend.
Malnutrition Awareness Presentation

Tuesday, September 23, 11:00 a.m.
Bone Health

Tuesday, September 30, 11:00 a.m.
How to slow chronic kidney disease progression

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

Falls Prevention Awareness Week September 22-26, 2025

Falls are the #1 cause of injury for adults 65+. Most are preventable. During Falls Prevention Awareness Week, we will be promoting understanding and action you can take to reduce your risk of a fall and stay safe, independent, and confident.

Fall Prevention – SAIL Program

SAIL: Stay Active & Independent for Life Strength, balance & fitness classes.

The program runs Oct 1-Jan 9. This 12-week workshop meets twice a week on **Wednesdays and Fridays from 2-3 PM.** A **fitness check is required** before the program begins. Checks will be held on **Friday, Sept 5** and **Monday, Sept 22**, from 2-3 PM. **Register early – space is limited!** ☐ Call Kathleen Wiley at (571) 241-3925 ☐ Email: kwiley@pwcgov.org



Welcome Fall!

The Autumn Equinox on Monday, September 22, 2025, marks the official start of the season when day and night are perfectly balanced. **To celebrate, pick up a leaf at the front desk and add your name or a reason you're thankful to our Autumn Tree.** Let's welcome the beautiful season together! Watch as our tree fills with gratitude and color all season long.

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 – Virginia Ashley
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, September 10, 2025, at 1:00 p.m.
All are welcome to attend this meeting.

July Volunteer of the Month
Shirley Trent
Decorating Committee Volunteer

Thank you to all our amazing volunteers for
helping make this such a wonderful place to be. We
are truly grateful for everything you do!

Farmers Market
Tuesday, Sept 9, 2025
9 a.m. until 11:30 a.m.



Come out and get some locally grown fruits
and vegetables.
The farmer will be located on the side patio.

Senior Center Technology Training Classes

(held in the computer room)
Seating is limited

Tuesday, Sept 2, 10:30 a.m.
Internet Service Plan 101

Tuesday, Sept 9, 10:30 a.m.
Technology Gadgets

Tuesday, Sept 16, 10:30 a.m.
Digital Library Focus:

Read and Research

Tuesday, Sept 23, 10:30 a.m.
Online Banking 101

Tuesday, Sept 30, 10:30 a.m.
Using Google Sheet



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 event
of illness, hospitalization, or the loss
of an immediate family member.**

*Please notify FRIENDS if you know
someone who should be recognized.*

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.

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>★ HAPPY ★ <i>Labor Day</i> <i>September 1, 2025</i> <u>WE ARE CLOSED</u></p>	<p>2</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba 12:00 Double Deck Pinochle 12:30 Nutrition Presentation 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Eggplant Parmesan—No Salad</p>	<p>3</p> <p>9:00 Brain Games Hour 10:00 Chinese Bible Study 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Trivia</p> <p>Chicken Alfredo</p>	<p>4</p> <p>9:30 Bible Study 10:30 Ceramics / Meditation 10:00 Gardening Presentation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 2:00 Chinese Singing 3:00 Rummikub/Skip-bo</p> <p>Swedish Meatballs</p>	<p>5</p> <p>9:15 Virtual Chair Yoga 10:30 Angel & The Band 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub</p> <p>Egg Salad</p>
<p>8</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:00 Chinese Bible Study 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class / Guitar Lesson 1:15 Line Dancing</p> <p>Chicken Sandwich</p>	<p>9</p> <p>9:00– 11:30 Farmers Market 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba 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</p> <p>Taco Salad—No Salad</p>	<p>10</p> <p>9:30 Trivia 10:00 Chinese Bible Study 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Friends Meeting 1:00 Brain Games Hour</p> <p>Chicken Soup</p>	<p>11</p> <p>9:30 Bible Study 10:00 Grief Presentation 10:30 Ceramics / Meditation 11:00 Leesylvania State Park 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 2:00 Chinese Singing 3:00 Rummikub/Skip-bo</p> <p>Jambalaya W/ Shrimp</p>	<p>12</p> <p>9:15 Virtual Chair Yoga 9:30 Movie* 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub</p> <p>Veggie Lasagna</p>
<p>15</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Chinese Bible Study 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing</p> <p>Beef Lasagna</p>	<p>16</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba 12:00 Double Deck Pinochle 1:00 Chess/Bid Whist/Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Spinach Quich—No Salad</p>	<p>17</p> <p>9:00 Scavenger Hunt Starts 9:30 Senior Center Month Trivia 10:00 Chinese Bible Study 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Scavenger Hunt Ends 1:00 Trivia</p> <p>Wings</p>	<p>18</p> <p>10:30 End of Summer Bash 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 2:00 Chinese Singing 3:00 Rummikub/Skip-bo</p> <p>Hotdog—No Salad</p>	<p>19 Wear Purple Day Alzheimer's Awareness</p> <p>9:15 Virtual Chair Yoga 10:30 National Theatre 12:00 Double Deck Pinochle 1:00 Quilting 12:30 Fall Library Activity 1:00 PWC Mobile Library 3:00 Rummikub</p> <p>Tilapia</p>
<p>22</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Chinese Bible Study 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Fall Prevention Awareness Presentation</p> <p>Sweet and Sour Chicken</p>	<p>23</p> <p>9:30 Shanghai 9:30 Earth Day Documentary 10:30 Technology Class 11:00 Zumba 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 Mushroom Swiss Burger No Salad</p>	<p>24</p> <p>Center Closed For Staff In-service</p>	<p>25</p> <p>9:30 Fall Safety Scavenger Hunt 9:30 Bible Study 10:30 Elections Presentation 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Bid Whist 1:00 Decorating Committee 1:15 Line Dancing 2:00 English Dancing 2:00 Chinese Singing 3:00 Rummikub/Skip-bo Stuffed Shells</p>	<p>26</p> <p>Center Closed For Yearly Staff Training</p>
<p>29</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Chinese Bible Study 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Guitar Lesson 1:00 Canasta / Pinochle 1:00 Art class 1:15 Line Dancing Roast Beef Sandwich</p>	<p>30</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Nutrition Class 11:00 Zumba 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 Fish Sandwich—No Salad</p>	<p>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</p> <p>Accredited by  National Institute of Senior Centers</p>		
				<p>Mission Statement:</p> <p>To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.</p>