

# PRINCE WILLIAM

Area Agency on Aging

[www.pwcgov.org/seniorcenters](http://www.pwcgov.org/seniorcenters)

703-792-6405

Prince William Senior Center

## MANASSAS

### SEPTEMBER 2025

#### END OF SUMMER BASH

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

Say goodbye to summer and hello to fall with live music by Joe Cerutti. Sign up in the book at the front desk to reserve your seat.

#### NATIONAL SENIOR CENTER MONTH

Tuesday, September 2, 10:30 a.m.

Join us in celebrating National Senior Center Month with a senior center scavenger hunt at 10:30 a.m. and senior center trivia at 11:00 a.m.

#### FARMER'S MARKET

Tuesday, September 16, 9:00-11:00

Fresh produce is available for purchase. Payments accepted: cash, credit card, or you can use your Farm Market card (if available).

#### National Theatre

##### NATIONAL THEATER PERFORMANCE

Friday, September 5, 1:00 p.m.

Join us in this educational and rhythmic performance by Curtis Blues. The one-man band who, through his music, teaches us all about American acoustic blues roots and how music has evolved over the decades.



##### GARDENING AS WE AGE

Monday, September 8, 11:00 a.m.

Attention all plant lovers! Join us for an educational presentation by a Master Gardener volunteer from Prince William Cooperative Extension Office as they teach you all about gardening as we get older.



##### LEGAL SERVICES PRESENTATION

Monday, September 8, 12:30 p.m.

Join Legal Services of Northern Virginia in this educational presentation on various legal topics to get your general legal questions answered.



##### GRIEF PRESENTATION

Monday, September 15, 11:00 a.m.

Join the Prince William County Community Services Board as you take part in this informative mental health presentation. You will learn all about the stages of grief, management of symptoms and techniques to best handle grief.

### Upcoming EVENTS

#### ARMCHAIR TRAVEL

Mondays, September 8, 15, 22 & 29, 10:00 a.m.

Join Megann this fall to travel to Switzerland, Bermuda, Jamaica, and New Zealand.

#### TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

September topics are **Internet Service Plans, Technology Gadgets, Digital Library Focus, Online Banking 101, and Using Google Sheets**. Each class is limited to 5.

#### MUSIC WITH TED AWUA

Friday, September 12, 12:00 p.m.

Sign up for lunch and enjoy some easy guitar music.

#### PWC MOBILE LIBRARY

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

Join the PWC Library to participate in the perfect fall activity. Don't forget to return or check out a book in the mobile library.

#### R.A.D. CLASS (Rape, Aggression, and Defense)

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

Join the Manassas City Police for this R.A.D class. This class empowers participants with awareness, prevention, and physical defense strategies. Please note, you must commit to attending all 6 classes for successful completion. Sign up at the front desk.

#### PWC ELECTIONS PRESENTATION

September 22, 12:30 p.m.

Join us for an educational discussion all about voting and pertinent information you need to know before going to the polls.

# 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	\$10.00/month
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

## MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS OCTOBER WORKSHOP

Tuesdays and Thursdays, 1:00 p.m. to 3:00 p.m. October 7—30, 8 classes, 2 per week for 4 weeks.

This 16-hour, award-winning program designed for adults 60 and older to manage concerns about falls emphasizes cognitive restructuring and practical strategies to view falls as controllable.

Space is limited and registration is required.

For more information, contact Kathleen Wiley, Evidence-Based Programs Coordinator

571-241-3925 or [kwiley@pwcgov.org](mailto:kwiley@pwcgov.org).

### DANCE FOR BRAIN HEALTH DEMO

Tuesday, September 30, 11:00 a.m.

Dance instructor Cameron Estes will share how dance can help promote health, well-being, and cognitive function through a demonstration of Dance for Brain Health.

### NUTRITION CLASS WITH SABA

Thursdays, 11:00 a.m. - 12:00 p.m.

September topics: Bone Health and How to Slow Chronic Kidney Disease Progression.

### MALNUTRITION AWARENESS PRESENTATION

Thursday, September 4, 12:30 p.m.

### NUTRITION COUNSELING

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh. Call

703-792-7153 or email [sbarkneh@pwcgov.org](mailto: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 apply online, visit

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

For more information, please call 703-792-7153 or email [sbarkneh@pwcgov.org](mailto:sbarkneh@pwcgov.org)

For more information about our programs and services, call 703-792-6374, or email [pwaaa@pwcgov.org](mailto:pwaaa@pwcgov.org). For TTY please dial 7-1-1 for the Virginia Relay system.

# FRIENDS

## NEWS

The last Game Nights of the season are Tuesday, September 2 and 9, 4:30 p.m. to 7:00 p.m. Bring a dish to share.

The next board meeting will be on Wednesday, September 3, at 1:00 p.m. The briefing will be on September 10 at 12:15 p.m. All are welcome.

The birthday celebration is at 12:30 p.m. on September 10. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, September 10, at 1:00 p.m. in the dining room.

A dance party is scheduled for Wednesday, September 17 at 1:00 p.m. in the dining room.

Join us for a Peanut Auction on Thursday, September 25, at 1:00 p.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

### Halloween Party

Monday, October 27, 12:30 p.m.

### Oktoberfest

Friday, October 3, 1:00 p.m.

# 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](mailto: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](http://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

### 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.

# SEPTEMBER 2025

Monday		Tuesday		Wednesday		Thursday		Friday			
<div>Labor Day</div> <div>Senior Center Closed</div>		2	9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 10:30 Senior Center Scavenger Hunt (Lobby) 11:00 Line Dancing (Fitness Rm 2) 11:00 Senior Center Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:00 Bridge (Classroom) 1:00 R.A.D. Class (Fitness Rm 1) 3:30 Zumba Gold (Fitness Rm 2) 4:30 Friends Game Night (Card Rm)	3	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)	4	10:00 Creative Art Class ( Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition C lass (C anceled) 12:30 Mahjong (Card Rm) 12:30 Malnutrition Awareness Presentation (Dining Rm) 12:45 Bible Study (Classroom) 1:00 R.A.D. C lass (F itness R m 1) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta —Self-guided ( Conf. Rm)	5	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) 1:00 National Theater (Dining Rm) 2:30 Euchre (Classroom)		
		Chic le n Cordon Ble u		Por k Chop		Swedish Meat balls		Fish Soft Tacos			
		8	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 Gardening as We Age Presentation (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Karaoke (Canceled) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Legal Services Presentation (Dining Rm) 1:00 Bridge (Classroom)	9	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) 1:00 R.A.D. Class (Fitness Rm 1) 3:30 Zumba Gold (Fitness Rm 2) 4:30 Friends Game Night (Card Rm)	10	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)	11	10:00 Creative Art Class ( Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition C lass (C anceled) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 R.A.D. C lass (F itness R m 1) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta —Self-guided ( Conf. Rm)	12	9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm) 12:00 Music With Ted Awua (Dining Rm) 12:30 PWC Library Fall Activity (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 1:00 PWC Mobile Library (Outside) 2:30 Euchre (Classroom)
		Taco Sala d		Bake d Salmon		Open Face Roast Beef Sandwich		Stuffed She lls		Fish Sandwich	
		15	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 Grief Presentation (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Karaoke (Canceled) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	16	9:00 Farmer’s Mar ket (Outside) 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) 1:00 R.A.D. Class (Fitness Rm 1) 3:30 Zumba Gold (Fitness Rm 2)	17	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 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)	18	10:00 Creative Art Class ( Craft Rm) 10:00 Friends Meet & Greet (Card Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition C lass (C lassroom) 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)	19	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) 1:00 Acting Class (Fitness Rm) 1:00 End of Summer Bash (Dining Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
White Chic le n C hili		Cheese Pizza		Hot Dog		Chic le n a la King		Spinach & Cheese Ravioli			
22	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 (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 12:30 PWC Elections Presentation (Dining Rm) 1:00 Bridge (Classroom)	23	9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 10:45 Fall Prevention Scavenger Hunt (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 11:15 Fall Prevention Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:00 R.A.D. Class (Fitness Rm 1) 3:30 Zumba Gold (Fitness Rm 2)	24	<div>Closed</div> <div>Staff In-Service Day</div>	25	10:00 Creative Art Class ( Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:15 Fall Safety Talk (Dining Rm) 11:00 Nutrition C lass (C lassroom) 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)	26	<div>All Staff</div> <div>Senior Center</div> <div>Closed</div>		
Salisbury Steak		Chic le n Enchila da		Tuna Salad Plate							
29	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 (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 12:45 Aloha Grant Lunch & Learn (Dining Rm) 1:00 Bridge (Classroom)	30	9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Dance for Brain Health Demonstration (Dining 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)	Community Food Pantry Drive September 2-23		Our Mission Statement: To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.		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.			
Chic le n Alfredo		Meatball Sub						Reminder: Lunch is served at noon daily Unless otherwise stated.			