

OCTOBER 2025



Oktoberfest
Thursday, October 2
10:30 a.m.


Join us for a special event featuring live accordion music by Justin Paschalides!

Please sign up at the front desk. Space is limited to 125 participants.


No morning activities or salad served this day.




AARP Safe Driving Course
October 27 & 28, 12:30 pm until 4:30 p.m.
The class is first-come, first-served with **limited space**. Sign up and information available at the front desk and bring your fee and driver's license on the first day.



World Mental Health Day
Friday, October 10, 10:00 a.m.
Join us for a presentation by PWC-CSB in honor of World Mental Health Day and learn about mental wellness.



King and Queen Day
Friday, October 24, 10:30 a.m.
Join us for a royal event by Friends of WSC to crown the 2025 King & Queen Volunteer. Live music by Frank Plummer. Sign up at the front desk—limited to 125.
No morning activities or salad served.



Halloween Party
Friday, October 31st at 10:30 a.m.
Join us for a spooktacular Halloween Party with live music by Ron Howard. Wear your costume! Sign up at the front desk. Space limited to 125. *No morning activities or salads.*

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 schedule for dates.
- Leesylvania State Park**
Thursday, October 9, 9:30 a.m.
Be part of discovering some fun facts about Leesylvania State Park and "Shell Support" for turtles.
- Virtual Chair Yoga**
Most Fridays at 9:30 a.m. In classroom #3
Join the Virtual Program for Active Adults and connect with others through interactive activities.
- Fire Safety Presentation**
Thursday, October 9, 11:00 a.m.
Join the PWC Fire Dept for a Fire Safety week as they discuss the senior safe program.
- Decorating Committee Meeting**
Thursday, October 30, 1:00 p.m. Classroom #3
- PWC Library Mobile Van**
Friday, October 17, 12:30 p.m.
Join the PWC Library staff and the mobile library to check out a good book to read.
- Halloween Beaded Spider Craft**
Wednesday, October 22, 12:30 p.m.
Create a beautifully spooky beaded Halloween spider with Doris. Space is limited. Please register at the front desk.
- Fall Wreath Craft**
Wednesday, October 15, 1:00 p.m.
Join Theresa to make the perfect Fall Wreath for the season. Space is limited so please sign up at the front desk.
- Proper Alert System Presentation**
Thursday, October 16, 10:00 a.m.
Join Mike Mallon, Executive Logistics Deputy with the Clerk of the Circuit Court, as he presents on Property Alert systems.
- ALOHA Lunch and Learn**
Friday, October 10, 12:45 p.m.
The Arlington Longitudinal Optimal Health Aging study team invites you to join us for an interactive, hands-on health education program.
- Angel and the Band**
Some Fridays see the calendar for specific dates.

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

Exercise Equipment	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
Virtual Chair Yoga	F	9:30 am	Free
Chair Yoga	M	9:30 am	Free

FUN ACTIVITIES

Angel and the Band	F (Some)	10:30 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
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, October 7, 11:00 a.m.
 Nutrition before & after surgery
Tuesday, October 14, 11:00 a.m.
 Weight Management Medications
Tuesday, October 21, 11:00 a.m.
 Dysphagia
Tuesday, October 28, 11:00 a.m.
 Oral health & nutrition

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

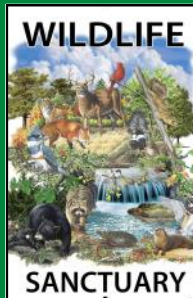


Senior Mental Health Talk
Thursday, October 30, 10:00 a.m.
 Join Heather Martinsen from PWC-CSB
 As she provides an educational
 Presentation
 "All About Mental Health for Seniors"



Legal Services of Northern VA
Monday, October 20, 12:30 p.m.

Join Lisa Pratt, Elder Law Attorney, in
 this informative presentation to
 learn about new Medicare/Medicaid
 legislation.



Wildlife Sanctuary Presentation
Thursday, October 23, 10:00 a.m.

Learn about local Wildlife Sanctuaries in this
 educational talk by the Prince William Cooperative
 Extension Office.

For more information about our programs services, call 703-792-6374, or email pwaas@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, October 8, 2025, at 1:00 p.m.
All are welcome to attend this meeting.

August Volunteer of the Month goes to Shirley Custis
from the decorating committee.

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



Friends Fall Raffle and Sale Thursday, October 2

Support the Friends group. All proceeds go
to future events at the center. Buy your
ticket for a chance at a beautiful raffle
basket. Raffle drawing will be held after
lunch.

Senior Center Technology Training Classes In the Computer Room - Seating is limited

Tuesday, October 7, 10:30 a.m. - Understanding Cloud
Tuesday, October 14, 10:30 a.m. - Digital Library
Tuesday, October 21, 10:30 a.m. - Money Smart Scams Focus
Tuesday, October 28, 10:30 a.m. - Using Gmail



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.

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mission Statement: To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.	*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE* 	1 10:00 Chinese Bible Study 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Trivia Chicken Tenders	2 Oktoberfest 9:30 Bible Study 10:30 Ceramics / Meditation 10:30 Oktoberfest 12:00 Double Deck Pinochle 1:00 Bid Whist 2:00 English Dancing 2:00 Chinese Singing 3:00 Rummikub/Skip-bo Polish Sausage	3 9:30 Virtual Chair Yoga 10:30 Angel and the Band 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub Beef Lasagna
6 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:00 Chinese Bible Study 10:30 Bingo 12:00 Double Deck Pinochle 1:00 Canasta / Pinochle 1:00 Art class / Guitar Lesson 1:15 Line Dancing Spinach Quiche	7 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 Fish Taco—No Salad	8 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 Chicken Soup	9 9:30 Bible Study 9:30 Leesylvania Stat Park 10:30 Ceramics / Meditation 11:00 PWC Fire Safety 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 Beef Stroganoff	10 9:30 Virtual Chair Yoga 10:00 World Mental Health Day Presentation 12:00 Double Deck Pinochle 12:45 ALOHA lunch & Learn 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub Tilapia
13 9:00 Woodcarving 9:30 Chair Yoga 10:00 Chinese Bible Study 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing Chicken Parmesan	14 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 Spinach Ravioli—No Salad	15 9:30 Trivia 10:00 Chinese Bible Study 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Fall Wreath Craft 1:00 Trivia Mushroom Swiss Burger	16 9:30 Bible Study 10:00 Proper Alert System PWC 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 Baked Chikcen	17 9:30 Virtual Chair Yoga 10:00 Movie 12:00 Double Deck Pinochle 12:30 PWC Mobile Library 1:00 Quilting 3:00 Rummikub Baked Lemon Herb Cob
20 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 Legal Services 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Fall Prevention Awareness Presentation Macaroni and Cheese	21 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 Fish Sandwich No Salad	22 9:30 Trivia 10:00 Chinese Bible Study 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 12:30 Halloween Spider Craft 1:00 Trivia Opened Face Roast Beef	23 9:30 Bible Study 10:00 Wildlife Sanctuary 10:30 Ceramics / Meditation 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 Chicken Lasagna- No Salad	24 King and Queen Day 9:30 Virtual Chair Yoga 10:30 King & Queen Day 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub Pulled Pork
27 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 AARP Safe Driving 1:00 Canasta / Pinochle 1:00 Art class / Guitar Lesson 1:15 Line Dancing Cheeseburger	28 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Nutrition Class 11:00 Zumba 12:00 Double Deck Pinochle 12:30 AARP Safe Driving 1:00 Chess / Bid Whist/Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Crab Cake—No Salad	29 <div>Center Closed For Staff In-service</div>	30 9:30 Bible Study 10:00 Senior Mental Health 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 BLT	31 Halloween Party 10:30 Halloween Party 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub Spicy “Bat” Wings- No Salad