

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

OCTOBER 2025



OKTOBERFEST

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

Please join us for a German celebration to enjoy live music by accordionist, Justin Paschalides.

Please sign up in the book at the front desk to reserve your seat.



HALLOWEEN PARTY

Monday, October 27, 12:30 p.m.; Lunch: 11:45 a.m.

Have a spooktacular good time at our annual Halloween party with live music by Ron Howard.

Wear your costume to enter the contest.

FIRE



SAFETY

FIRE SAFETY PRESENTATION

Monday, October 6, 11:00 a.m.

In honor of Fire Safety Week, the Prince William County Fire Department will be here to present the Senior Safe Program, fire safety tips, and what to do to keep you safe in case of a fire.



MENTAL HEALTH PRESENTATION

Friday, October 10, 1:00 p.m.

Join us in learning about our mental health with a presentation by Prince William Community Services Board in honor of World Mental Health Day.



PROPERTY ALERT SYSTEM PRESENTATION

Tuesday, October 14, 11:00 a.m.

Mike Mallon, Executive Logistics Deputy with the Clerk of the Circuit Court, will present on the property Alert System, which helps residents by preventing fraud and preserving

National Theatre

National Theatre

Monday, October 13, 1:00 p.m.

October is National Right Brain Month! Please join us for an improvisational performance by Lisa Sherman.

Upcoming EVENTS

ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Join Megann this fall to travel to Vermont, Rhode Island, Massachusetts, and Maine.

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

October topics are **Understanding Cloud, Digital Library: Travel in Luxury From Home, Money Smart Scams Focus 2: Identity Theft, and Using Gmail**. Each class is limited to 5.

MUSIC WITH T.A. AWUA

Friday, October 17 & 24, 12:00 p.m.

Sign up for lunch and enjoy some easy guitar music.

PWC MOBILE LIBRARY

Friday, October 24, 12:30 p.m.

AARP SAFE DRIVING CLASS

Thursday, October 16 & Friday, October 17, 12:30-4:30

AARP members \$20, Non-AARP members \$25

This class is on a first-come, first-serve basis with limited space available. Attendance on both days is required to receive credit. Sign up in the office starting October 1. Please make sure to bring a check or cash with you on the first day of class as well, as your driver's license and your AARP card if you are an AARP member.

SENIOR MENTAL HEALTH TALK

Tuesday, October 21, 11:00 a.m.

Please Join Heather Martinsen, Prince William County Community Services Board, for this educational presentation all about mental health for seniors.

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.

NUTRITION CLASS WITH SABA

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

October topics: Nutrition Before & After Surgery, Weight Management Medications: How do they work? Dysphagia, Oral Health & Nutrition, and All About Oats.

PWC COOPERATIVE EXTENSION NUTRITION CLASS

Mondays at 11:00 a.m.

October 3 through November 10

Advanced sign-up required, sign-up sheet is located at the front desk binder or call Harriet Johnson at **703-792-7217**

NUTRITION COUNSELING

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

The Farm Market Fresh program application is now closed. Benefit card expires November 30th. Visit your nearest farmer's market.

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

The next board meeting will be on Wednesday, October 1, at 1:00 p.m. The briefing will be on October 8 at 12:15 p.m. All are welcome.

The birthday celebration is at 12:30 p.m. on October 8. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, October 8, at 1:00 p.m. in the dining room.

Join us for pumpkin carving on October 9 at 1:00 p.m.

A dance party is scheduled for Wednesday, October 15 at 1:00 p.m. in the dining room.

The Create a Pumpkin Contest will be on Friday, October 17, at 1:00 p.m.

Thanksgiving Food Drive starts October 20th.

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
Lucy Park, Nutrition Services Manager

UPCOMING EVENTS

Thanksgiving Luncheon

Friday, November 21, 12:00 p.m.

Veterans Day Program

Monday, November 10, 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
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. Reminder: Lunch is served at noon daily Unless otherwise stated	1 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)	2 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) 1:00 Karaoke with Anthony (Dining Rm) 1:30 Canasta—Self-guided (Conf. Rm)	3 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 Oktoberfest (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
		Cabbage Roll	BLT	Bratwurst
6 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 PWC Cooperative Ext. Nutrition Class (Craft Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Karaoke (Cancelled) 11:00 Fire Safety Talk (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	7 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)	8 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)	9 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 Pumpkin Carving (Craft Rm) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-guided (Conf. Rm)	10 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 Mental Health Presentation (Dining Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
Baked Tilapia	Sirloin Beef Tips	Grilled Cheese	Chicken & Dumplings	Cheeseburger
13 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 PWC Cooperative Ext. Nutrition Class (Craft Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Karaoke (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 1:00 National Theatre (Dining Rm)	14 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 (Cancelled) 11:00 Property Alert System Talk (Dining Room) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)	15 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)	16 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 AARP Safe Driving 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)	17 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 T.A. Awua (Dining Rm) 12:30 AARP Safe Driving Class (Classroom) 1:00 Acting Class (Fitness Rm) 1:00 Friends Create a Pumpkin Event (Craft Rm) 2:30 Euchre (Classroom)
Vegetarian Lasagna	Country Fried Chicken w/Gravy	Sloppy Joe	Reuben on Marbled Rye	Shrimp Po'boy
20 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) 11:00 PWC Cooperative Ext. Nutrition Class (Craft Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	21 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 Senior Mental Health Talk (Dining Rm) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)	22 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)	23 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) 1:00 Karaoke with Anthony (Dining Rm) 1:30 Canasta—Self-guided (Conf. Rm)	24 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 T.A. Awua (Dining Rm) 12:30 PWC Mobile Library (Outside) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
Roast Turkey	Oven Fried Chicken	Pork BBQ	Egg Salad	Baked Cod
27 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) 11:00 PWC Cooperative Ext. Nutrition Class (Craft Rm) 11:45 Early Lunch (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Halloween Party (Dining Rm) 1:00 Bridge (Classroom)	28 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)	29 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)	30 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)	31 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 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
Spicy "Bat" Wings	Meatloaf	Closed Staff In-Service		Fish & Chips
			Spaghetti & Meatless Meatballs	