

# PRINCE WILLIAM

Area Agency on Aging

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

## NOVEMBER 2025



**Thursday, November 20, 11:00 a.m.**

Join us for our annual Thanksgiving Luncheon.

There will be live music by Joe Swetnam.

Lunch services will be sponsored by the  
Woodbridge Kiwanis Club.

Seating is limited to 125; sign up  
at the front desk.

There will be no scheduled  
activities or salad served.

## Prince William Senior Center WOODBIDGE



**Veterans' Day Celebration**  
**Friday, November 7, 10:30 a.m.**

Join us in honoring the brave men and women who have served our country. The entertainment will be provided by Ernie Tolley. Sign up at the front desk.



**National Theatre Presents**  
**Friday, November 14, 10:30 a.m.**

Join us as Mary Anne Jung performs her acclaimed portrayal of Amelia Earhart in honor of National Aviation Month. Sign up at the front desk.



**Fall Fashion Show**  
**Thursday, November 13, 10:30 a.m.**

Celebrate the season in style! Join your fellow members as they strut their stuff in stunning autumn ensembles. Sign up at the front desk.



**Indigenous Tribes Presentation**  
**Thursday, November 6, 10:00 a.m.**

Discover the Indigenous heritage of Prince William County. Join us for an enriching experience as we explore the history, culture, and legacy of the Native tribes who first called this land home.

### 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.

### Virtual Chair Yoga

Most Fridays at 9:15 a.m. In classroom #3

Come out and join us as we try the Virtual Center for Active Adults program.

### Pumpkin Decoupage Craft

Wednesday, November 5, 1:00 p.m.

Join us in making decoupage pumpkins for the fall season. Seating is limited; sign up at the front desk.

### Leesylvania State Park

**Thursday, November 13, 11:00 a.m.**

Join us to learn about "Musicians of the Forest" with Leesylvania State Park.

### OmniRide Presentation Friday, November 14, 10:30 a.m.

Discover OmniRide services available for seniors.

### Upcoming EVENTS

### November Birthday Recognition

**Friday, November 14, 11:50 a.m.**

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

### Beaded Craft

Wednesday, November 19, 1:00 p.m.

Come out and make a fall beaded craft. Seating is limited so sign up at the front desk.

### PWC Library Mobile Van

**Friday, November 21, 12:30 p.m.**

Join the PWC Library and visit the mobile library to check out a great book to read this fall.

### Holiday Decorating of the center.

Monday and Tuesday November 24 & 25 after 3:00 p.m.

### Center Closures

**Tuesday, November 11** in observance of Veterans Day

**Wednesday, November 26** monthly in-service staff day

**Thursday and Friday November 27 & 28**

for the Thanksgiving Holiday



### Thanksgiving Food Drive

Let's help 10 families in our community this holiday season. Donate canned and non-perishable items by **November 14** – drop-off box in the library.

Together, we can make the season a little brighter for local families.

# 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 -10:30 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 |
| Virtual Chair Yoga   | F         | 9:30 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   |
| 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, November 4 , 12:30 p.m.—Diabetes Part 1**

**Tuesday, November 18, 11:00 a.m.—Diabetes Part 2**

**Tuesday, November 11:00 a.m.—Healthy Holiday**

**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.

**Stay Active. Stay Healthy. Prevent Type 2 Diabetes!**

Learn how to fit diabetes care into your daily life—and find what works best for you.

**Info & registration session:**

Monday, November 3, 1:00 p.m.

**Register at:**

[novadiabetesprevention.com](http://novadiabetesprevention.com)

or scan the QR code.



## Holiday Toy Drive

Let's spread joy this season by giving back to those who need it most. We're collecting new, unwrapped toys to brighten the holidays for local children. The box will be located in the library from **November 17– December 19**



**Prince William Senior Center/ Woodbridge Caregivers Support Group**

On behalf of the **Alzheimer's Association.**

Meets virtually via Zoom

every 2nd and 4th Tuesday from 7:00p.m. – 8:00 p.m.

If you're interested in joining, the link is provided below.

[https://linktr.ee/pwc\\_caregivers\\_support\\_group](https://linktr.ee/pwc_caregivers_support_group)

For more information about our programs services, call 703-792-6374, or email [pwaas@pwcgov.org](mailto: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, February 11, 2026, at 1:00 p.m.**  
All are welcome to attend this meeting.

The September Volunteer of the Month was awarded  
to Juanita Chamberlain.

Juanita is part of the decorating committee as well as  
Vice President of Friends.

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!

WINTER SALE  
**COMING  
SOON**

Friends is collecting new and slightly  
used items for their upcoming  
Holiday sale.

Please turn in all donations to a Friends  
member at the front desk. The sale will  
be announced at a later date. All  
proceeds go to the Friends group and  
future events at the Senior Center.



## Senior Center Technology Training Classes

(held in the computer room)

Seating is limited

**Tuesday, November 4, 10:30 a.m.**  
Google Drive

**Tuesday, November 18, 10:30 a.m.**  
Let's Use Telehealth

**Tuesday, November 25, 10:30 a.m.**  
Cut the Cable Cord

# 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](http://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

Human Services Site Manager

Kathy Ambrose

Administrative Coordinator

Angelina D. Reynolds

Driver Transportation Specialist

Kim Reynolds

Health & Wellness Coordinator

Megann Hankins

Evidence-Based Program Coordinator

Kathleen Wiley

Nutrition Services Manager

Lucy Park

Public Health Nutritionist

Saba Barkneh

Food Services Specialist-Lead Cook

Chris Bohn

Food Services Cook

Wendy Arca-Moore



**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.

Lunch is served daily at noon unless otherwise stated.



# NOVEMBER 2025

| MONDAY                                                                                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>9:00 Woodcarving<br>9:30 Chair Yoga<br>10:00 Euchre<br>10:30 Chinese Bible Study<br><b>10:30 Bingo</b><br>12:00 Double Deck Pinochle<br>1:00 Canasta / Pinochle<br>1:00 Art class / Guitar Lesson<br>1:15 Line Dancing<br><br><b>Chicken Sandwich</b>              | <b>4</b><br>9:30 Shanghai<br>10:00 Gospel Singing<br><b>10:30 Technology Class</b><br>11:00 Zumba<br>11:00 Nutrition<br>12:00 Double Deck Pinochle<br>1:00 Chess / Bid Whist<br>1:00 Crochet<br>1:15 Line Dancing<br>2:00 English Dancing<br><br><b>Tilapia—No Salad</b>                                                              | <b>5</b><br>10:30 Chinese Bible Study<br>10:15 Scrabble<br><b>10:30 Bingo</b><br>10:30 Ceramics<br>12:00 Double Deck Pinochle<br><b>1:00 Pumpkin Decoupage Craft</b><br><br><b>Chicken Noodle Soup</b>                     | <b>6</b><br>9:30 Bible Study<br>10:30 Ceramics / Meditation<br><b>10:00 Indigenous Tribes Presentation</b><br>11:00 Karaoke<br>12:00 Double Deck Pinochle<br>1:00 Bid Whist<br>1:15 Line Dancing<br>2:00 English Dancing<br>2:00 Chinese Singing<br><br><b>Stuffed Shells</b>                        | <b>7</b><br>9:15 Virtual Chair Yoga<br><b>10:30 Veteran's Day</b><br>12:00 Double Deck Pinochle<br>1:00 Quilting<br>3:00 Rummikub<br><br><b>Swedish Meatballs</b>                                                           |
| <b>10</b><br>9:00 Woodcarving<br>9:30 Chair Yoga<br>10:00 Euchre<br>10:30 Chinese Bible Study<br><b>10:30 Bingo</b><br>12:00 Double Deck Pinochle<br>1:00 Canasta / Pinochle<br>1:00 Art class / Guitar Lesson<br>1:15 Line Dancing<br><br><b>Veggie Cheese Pizza</b>          |                                                                                                                                                                                                                                                      | <b>12</b><br>9:30 Trivia<br>10:30 Chinese Bible Study<br>10:15 Scrabble<br><b>10:30 Bingo</b><br>10:30 Ceramics<br>12:00 Double Deck Pinochle<br><b>1:00 Friends Meeting</b><br><br><b>Baked Chicken</b>                   | <b>13</b><br>9:30 Leesylvania State Park<br><b>10:30 Fall Fashion Show</b><br>10:30 Ceramics / Meditation<br>11:30 Gospel Choir<br>12:00 Double Deck Pinochle<br>1:00 Bid Whist<br>1:15 Line Dancing<br>2:00 English Dancing<br>2:00 Chinese Singing<br><br><b>Pulled Pork Sandwich<br/>No Salad</b> | <b>14</b><br>9:15 Virtual Chair Yoga<br><b>10:30 National Theatre</b><br>12:00 Double Deck Pinochle<br>1:00 Quilting<br><b>1:00 OmniRide Presentation</b><br>1:00 Scarlett Sophisticates<br>3:00 Rummikub<br><br><b>Cod</b> |
| <b>17</b><br>9:00 Woodcarving<br>9:30 Chair Yoga<br>10:30 Chinese Bible Study<br>10:00 Euchre<br><b>10:30 Bingo</b><br>12:00 Double Deck Pinochle<br>1:00 Canasta / Pinochle<br>1:00 Art class/Guitar Lessons<br>1:15 Line Dancing<br><br><b>Chicken Wings</b>                 | <b>18</b><br>9:30 Shanghai<br>10:00 Gospel Singing<br><b>10:30 Technology Class</b><br>11:00 Zumba<br>11:00 Nutrition Class<br>12:00 Double Deck Pinochle<br>1:00 Chess/Bid Whist/Crochet<br>1:15 Line Dancing<br>2:00 English Dancing<br><br><b>Spinach Quich—No Salad</b>                                                           | <b>19</b><br>9:30 Trivia<br>10:30 Chinese Bible Study<br><b>10:30 Bingo</b><br>10:15 Scrabble<br>10:30 Ceramics<br>12:00 Double Deck Pinochle<br><b>1:00 Trivia</b><br><b>1:00 Beaded Craft</b><br><br><b>Beef Lasagna</b> | <b>20</b><br><br><b>No Scheduled Activities</b><br><br><b>11:00 Joe Swetnam Performance</b><br><b>12:00 Thanksgiving Luncheon</b><br><br><b>Roast Turkey / No Salad</b>                                           | <b>21</b><br>9:15 Virtual Chair Yoga<br><b>10:00 Balance for Wellness Event</b><br>12:00 Double Deck Pinochle<br>1:00 Quilting<br><b>12:30 PWC Mobile Library</b><br>3:00 Rummikub<br><br><b>Jambalaya</b>                  |
| <b>24</b><br>9:00 Woodcarving<br>9:30 Chair Yoga<br>10:30 Chinese Bible Study<br>10:00 Euchre<br><b>10:30 Bingo</b><br>12:00 Double Deck Pinochle<br>1:00 Canasta / Pinochle<br>1:00 Art class/Guitar Lessons<br>3:00 Holiday Decorating<br><br><b>Italian Breaded Chicken</b> | <b>25</b><br>9:30 Shanghai<br>10:00 Gospel Singing<br><b>10:30 Technology Class</b><br>11:00 Zumba<br><b>11:00 Nutrition Class</b><br>12:00 Double Deck Pinochle<br>1:00 Chess / Bid Whist<br>1:00 Crochet<br>1:15 Line Dancing<br>2:00 English Dancing<br>3:00 Holiday Decorating<br><b>Mushroom Swiss Burger</b><br><b>No Salad</b> | <b>25</b><br><div>Center<br/>Closed<br/>For<br/>Staff<br/>In-service</div>                                                                                                                                                 | <b>27</b><br>                                                                                                                                                                                                    | <b>28</b><br>                                                                                                                                                                                                               |
|                                                                                                                                                                                              | <p>If you plan on having lunch, you must sign up by 10:30 a.m. the day you are eating.</p> <p>Please note the menu is subject to change due to availability.</p> <p>Reminder:<br/>Lunch is served at noon daily unless otherwise stated</p>                                                                                           | <p><b>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</b></p> <p>Accredited by<br/>National Institute of Senior Centers</p>                                                                                                   | <p><b>Mission Statement:</b></p> <p>To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.</p>                                                                                                                       |                                                                                                                                                                                                                             |