

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

NOVEMBER 2025

VETERANS' DAY PINNING CEREMONY

Monday, November 10, 1:00 p.m.

Calling all Veterans!

Please join us to honor our military veterans. All military veterans and their spouses will receive a flag pin. Sign up at the front desk to reserve your seat.



THANKSGIVING LUNCHEON

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

Registration required starting

Friday, November 7 in the office.

Join us for Thanksgiving dinner with music by the Sho'N'Off Quartet.

The center will open at 11:30 a.m.

All activities are cancelled until 1:30 p.m.



OMNIRIDE PRESENTATION

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

In an area known for some of the worst congestion in the U.S., OmniRide strives to provide a family of travel options that meet the needs of the residents and businesses within our community. Join us for an informational presentation about OmniRide and its services.



ACTING CLASS PERFORMANCE

Friday, November 7, 1:00 p.m.

Our very own Manassas Senior Center acting class, sponsored by the ARTfactory, will be performing various comedy skits and short plays. This is a performance you won't want to miss.



NATIVE AMERICAN HERITAGE PRESENTATION

Monday, November 17, 11:00 a.m.

Please join us in celebrating Native American Heritage Month with this educational presentation by the Prince William Historic Preservation Department.



National Theatre

Monday, October 24, 1:00 p.m.

In honor of National Family Stories Month, Noa Baum, an award-winning storyteller from the National Theatre, will be performing a special story.

Upcoming EVENTS

ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Join Megann this fall to travel to New York, Minnesota, North Dakota & South Dakota, and Wisconsin

INTRO TO LINE DANCE

Starting in November, Intro to Line Dance will be on Wednesdays and Fridays at 11:30 a.m. instead of Mondays and Wednesdays at 11:00 a.m.

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

November topics are **Google Drive, Let's Use Telehealth and Cut the Cable Cord.** Each class is limited to 5.

LEGAL SERVICES PRESENTATION

Monday, November 3, 11:00 a.m.

MIDDLE EASTERN DANCE

Tuesdays, 1:30 p.m.

Back by popular demand! Join Gae to learn how to belly dance.

GUITAR MUSIC WITH T.A. AWUA

Friday, November 7, 12:00 p.m.

PWC MOBILE LIBRARY

Friday, November 14, 12:30 p.m.

Come check out a book or two, or return previously checked-out books using your PWC Library card.

HOLIDAY DECORATING

Monday, November 24, and Tuesday, November 25
From 2:00-4:30

Join us in decorating the senior center for the holidays. There will be light refreshments.

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	W,F	11:30 AM	Free
Line Dancing	TU, TH	11:00 AM	Free
Meditation/Chair Yoga	TU	9:30 AM	Free
Middle Eastern Dance	TU	1:30 PM	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

BALANCE FOR WELLNESS

George Mason University SMART Lab:

Thursday, November 6, 10:00 a.m. to 3:00 p.m.

Join the George Mason University SMART Lab in this free wellness event, where they will conduct free tests of blood pressure, balance, strength, and thinking. Registration will be through George Mason University. For more information, see the flyer at the front desk or speak with a senior center staff member. Must be over 55 years old, have corrected vision/hearing, and be able to read and understand English.

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.

November topics: Diabetes Part I, Diabetes Part 2, and Healthy Holiday

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, November 5, at 1:00 p.m. The briefing will be on Wednesday, November 12, at 12:15 p.m. All are welcome.

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

A game challenge is scheduled for Wednesday, November 12, at 1:00 p.m. in the dining room.

A Sip and Bid jewelry sale is scheduled for Thursday, November 13, 1:00 p.m.

A dance party is scheduled for, Wednesday, November 19 at 1:00 p.m. in the dining room.

Thanksgiving Food Drive runs through November 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 Programs Coordinator
Lucy Park, Nutrition Services Manager

UPCOMING EVENTS

DAVE ANDERSON'S HOLIDAY SHOW

Friday, December 5, 10:30 p.m.

HOLIDAY LUNCHEON

Monday, December 15, 12:00 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	
3 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 Legal Services Presentation (Dining Rm) 11:00 PWC Cooperative Ext. Nutrition Class (Craft Rm) 11:00 Karaoke (Cancelled) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 1:00 Omniride Presentation (Dining Rm) Loaded Baked Potato		4 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) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) Chicken Cordon Bleu		5 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 Photography (Classroom) 11:30 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Friends Meeting (Classroom) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm) Beef Stew		6 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) Honey Soy Pork Loin		7 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm) 11:30 Intro to Line Dancing (Fitness Rm 2) 12:00 Music with T.A. Awua (Dining Rm) 1:00 Acting Class Performance (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom) Baked Salmon	
10 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 Karaoke (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 1:00 Veterans' Day Pinning Ceremony (Dining Rm) GMU Smart Lab: By registration Only 10:00 a.m. to 3:00 p.m. Chicken & Noodles		11 Closed Veterans' Day		12 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 Photography (Classroom) 11:30 Intro to Line Dancing (Fitness Rm 2) 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) Cajun Shrimp Etoufee		13 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 Sip & Bid Jewelry Sale (Dining Rm) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-guided (Conf. Rm) Broccoli Cheddar Soup		14 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm) 11:30 Intro to Line Dancing (Fitness Rm 2) 12:30 PWC Mobile Library (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom) Spinach Cheese Ravioli	
17 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 Karaoke (Cancelled) 11:00 Native American Heritage Presentation (Dining rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) White Chicken Chili w/Beans		18 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) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) Fish Sandwich		19 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Cancelled) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Photography (Classroom) 11:30 Intro to Line Dancing (Fitness Rm 2) 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) Creamy Sundried Tomato Chicken		20 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) Tuna Salad Plate		21 Thanksgiving Luncheon by Reservation Only 12:00 p.m. Opening at 11:30 a.m. No activities until 1:30 p.m. 12:00 Thanksgiving Luncheon 1:30 Acting Class (Classroom) 1:30 Friends Craft (Craft Rm) 2:30 Euchre (Classroom) Roast Turkey/No salad	
24 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 Karaoke (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 1:00 National Theatre Performance (Dining Rm) 2:00 Holiday Decorating (Dining Rm) Salisbury Steak		25 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 Thanksgiving Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 2:00 Holiday Decorating (Dining Rm) Stuffed Shells		26 Closed Staff In-Service Day		Closed for the Thanksgiving Holiday 			
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		FRIENDS FOOD DRIVE The friends are collecting non-perishable food items now through November 20. Non-expired items Non-glass containers Non-perishable		Our Mission Statement: To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.					