

DECEMBER 2025

Bull Run Troubadours Holiday Music Performance Wednesday, December 17 12:30 p.m.

Celebrate the season with the Bull Run Troubadours as they perform holiday classics you know and love.

Reserve your seat at the front desk. space is limited to the first 125 guests.

Please note: salad will not be served at this event.

Trivia

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.

Leesylvania State Park

Thursday, December 11, 11:00 a.m.
Join us to learn about Furs, Feathers & Skulls with Leesylvania State Park.

December Birthday Recognition Friday, December 19, 11:50 a.m.

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

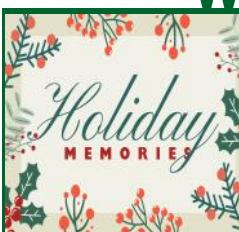
PWC Library Holiday Bingo and Mobile Van Friday, December 19, 12:30 p.m.

Join the PWC Library for Bingo at 12:30 p.m. and visit the mobile library to check out a great book to read this winter.

Legal Services Presentation

Monday, December 1, 12:30 p.m.
Join Legal Services of Northern VA as they present on Wills.

Upcoming EVENTS



**Holiday Memories with
Dance & Song Show**
Wednesday, December 3, 10:30 a.m.
Join Dave Anderson for our annual holiday show full of festive music and performances. Sign up at the front desk.
No morning activities or salad.



Holiday Recital & Quin Winds Quintet
Thursday, December 18, 10:00 a.m.
Join us for our annual holiday recital performances by the various groups from our center. Also enjoy beautiful instrumental holiday music during lunch by the Quin Winds Quintet. Sign up at the front desk.
No morning activities or salad.



Supervisor Franklin Holiday Party
Friday, December 12, 10:00 a.m.
Please join us in celebrating the holidays with Supervisor Franklin! Our annual holiday luncheon will be accompanied by live music and fun prizes. Reserve your spot seating is limited to 125.
No morning activities or salad.



**National Theatre Present
Frank Plumer**
Friday, December 5, 10:30 a.m.
Enjoy music by pianist Frank Plumer, as he performs a wide variety of holiday classics that you can sing along to.

Ugly Sweater Contest

Thursday, December 18, 1:00 pm. Wear your favorite ugly sweater for the holiday contest for your chance to win a prize.

Medicare 101

Wednesday, December 3, 1:00 p.m.
Johns Hopkins will be doing an educational presentation to teach about the basics of Medicare.

Pool Tournament

Tuesday, December 9, and Wednesday, December 10 starting at 9:00 a.m. each day.
Sign up in the pool room if you are interested in participating. 1st, 2nd, and 3rd place winners will be announced.

Angel and the Band

Friday, December 19, 10:30 a.m.
Join Angel as he performs a variety of music that will guarantee to have you singing along and dancing to the music!

ESL— English as a Second Language class.

Join us for a new class and learn English basics.
Wednesdays at 1:30 p.m. in classroom # 3

Just a Reminder:

- ◆ Center will be closing early Thursday, Dec 11, at 2 p.m. for a Staff Event
- ◆ Center will be closed for the holiday season from Wednesday, December 24 thru Thursday, January 1, 2026

Wishing you and yours a joyful New Year!
**We look forward to welcoming you back on
Friday January 2, 2026**

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
ESL	W	1:30 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	10:00 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, December 2, 12:30 p.m.—Fiber

Tuesday, December 9, 11:00 a.m.—Healthy Fats

Tuesday, December 16, 11:00 a.m.—Salt Awareness

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



Nutrition Class by the Virginia Co-Operative Extension at Woodbridge Senior Center sign-up sheet at the front desk.

Stay Active, Stay Healthy, Prevent Type 2 Diabetes!!

Classes start January 2026
Scan the QR code or link to register for the program
<https://novadiabetesprevention.com/>

Holiday Craft Classes



Holiday Hydro-dipped Ornament
Thursday, December 4, 10:30 a.m.

Join Kim to make hydro-dipped ornaments, perfect for the holidays! You must sign up as space is limited to 10 for this class.



Snowflake & Icicle Class

Monday, December 15, 12:30 p.m.

Join Doris to make beautiful, beaded snowflakes and icicles. Please sign up at the front s space is limited.



Glass Etching with Theresa Wednesday, December 10, 1:00pm.

Make beautiful glass etched bottles for the holidays. This class is \$5 per participant. Please sign up at the front desk as space is limited.

For more information about our programs services, call 703-792-6374, or email pwaana@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.



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.
November 17– December 19



Senior Center Technology Training Classes

(held in the computer room)

Seating is limited

Tuesday, December 2 10:30 a.m.
Digital Library

Tuesday, December 9, 10:30 a.m.
How to Trust Your Online Research

Tuesday, December 16, 10:30 a.m.
Android Phone

Tuesday, December 23, 10:30 a.m.
Digital Library: Feed Your Brain

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

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.

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Chinese Bible Study 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Legal Services 1:00 Canasta / Pinochle 1:00 Art class / Guitar Lesson 1:15 Line Dancing Swedish Meatballs	2 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba 11:00 Nutrition 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing Chicken Noodle Soup No Salad	3 10:00 Scrabble 10:30 Dave Anderson Show 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Medicare 101 Presentation 1:00 Trivia 1:30 ESL Chicken Cordon Bleu No Salad	4 9:30 Bible Study 10:30 Ceramics / Meditation 10:30 Hydro-dipped Ornament 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 2:00 Chinese Singing Pork Chop	5 9:15 Virtual Chair Yoga 10:30 National Theatre 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub Jambalaya w/ Shrimp
8 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 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 Chicken Wings	9 9:00 Pool Tournament 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Nutrition 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing Baked Lemon Cod Sandwich— No Salad	10 9:00 Pool Tournament 9:30 Trivia 10:00 Scrabble 10:30 Chinese Bible Study 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Trivia 1:30 ESL Cheeseburger	11 9:30 Bible Study 10:30 Meditation 10:30 Glass Etching 11:00 Leesylvania State Park 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing Center Closing @ 2 pm today Spinach & Cheese Ravioli	12 10:00 Supervisor Franklin Holiday Luncheon 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub Roasted Turkey—No Salad
15 9:00 Woodcarving 9:30 Chair Yoga 10:30 Chinese Bible Study 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Beaded Snowflakes 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing Vegetarian Lasagna	16 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:00 Chess/Bid Whist/Crochet 1:15 Line Dancing 2:00 English Dancing Potato Cod Fillet—No Salad	17 9:30 Holiday Trivia 10:00 Scrabble 10:30 Chinese Bible Study 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 12:30 Bull Run Troubadours Meatloaf	18 10:00 Holiday Recital 10:30 Ceramics 12:00 Double Deck Pinochle 12:00 Quin Winds Quintet 1:00 Bid Whist 1:00 Ugly Sweater Contest 1:15 Line Dancing 2:00 English Dancing 2:00 Chinese Singing Baked Ham— No Salad	19 9:15 Virtual Chair Yoga 10:30 Angel & The Band 12:00 Double Deck Pinochle 12:30 Holiday Bingo 1:00 PWC Mobile Library 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub Baked Chicken
22 9:00 Woodcarving 9:30 Chair Yoga 10:30 Chinese Bible Study 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:00 Line Dancing 3:00 Holiday Decorating Chef's Special	23 9:30 Shanghai 10:00 Gospel Singing 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 Holiday Decorating Chili Dog/ Beef No Salad	24 25 26 		
29 		31 	1 Mission Statement: To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life. Accredited by  National Institute of Senior Centers	