

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

DECEMBER 2025



HOLIDAY MEMORIES WITH DANCE AND SONG

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

Join Dave Anderson for our annual holiday show full of festive music and performances. Sign up at the front desk to reserve your seat.

HOLIDAY LUNCHEON

Monday, December 15, 12:00 p.m.

Opening at 11:30 a.m.

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

Please join us in celebrating the holiday with a delicious meal accompanied by live music from pianist, Frank Plumer from the National Theatre. Sign up in the office starting December 1.



SETON HALL JAZZ BAND PERFORMANCE

Tuesday, December 2, 1:30 p.m.

Join us in listening to holiday classics from the Seton Hall Jazz Band. Be sure to sign up at the front desk to reserve your seat and sign up for lunch by 10:30 a.m. Sign up at the front desk to reserve your seat.



BRENTSVILLE DISTRICT HIGH SCHOOL JAZZ BAND PERFORMANCE

Tuesday, December 9, 10:30 a.m.

Join BDHS jazz band as they perform a variety of holiday hits you will know and love. Sign up at the front desk to reserve your seat.



QUIN WINDS QUINTET PERFORMANCE

Tuesday, December 16, 12:00 p.m.

Join us in listening to a beautiful selection of instrumental holiday music during lunch by the Quin Winds Quintet. The Quin Winds is a woodwind Quintet that performs a variety of music written for flute, oboe, bassoon, clarinet and French horn. They are an ensemble of the Prince William County Community Band, an all-volunteer organization.



BULL RUN TROUBADOURS HOLIDAY MUSIC PERFORMANCE

Friday, December 19, 12:30 p.m.

Join the Bull Run Troubadours as they perform all of your favorite classics for the holidays. Sign up at the front desk to reserve your seat.

Upcoming EVENTS

ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Join Megann to travel to Canada (Two-part series) and then off to explore the North Pole.

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

December topics are **Digital Library Entertainment**, **Trust Your Online Research**, **Android Basics**, and **Digital Library: Feed Your Brain**.

GUITAR MUSIC WITH T.A. AWUA

Friday, December 5, 12:00 p.m.

PWC COOPERATIVE EXTENSION PRUNING PRESENTATION

Monday, December 8, 11:00 a.m.

Learn how to prune your shrubs and bushes.

PWC MOBILE LIBRARY & BINGO

Friday, December 12, 12:30 p.m.

EVERGREEN WORKSHOP

Tuesday, December 16, 10:00 a.m.

Join the Manassas Garden Club to make a holiday centerpiece. Pay \$6.00 and register at the front desk by December 9.

HAPPY HOOFER HOLIDAY PERFORMANCE

Thursday, December 18, 12:30 p.m.

FELT HOLIDAY ORNAMENT MAKING with Angela

December 22, 10:00 a.m.

Class limited to 8. Sign up at the desk.

HOLIDAY SING-A-LONG & UGLY SWEATER CONTEST

Monday, December 22, 12:30 p.m.

Sing along to all your favorite holiday hits with piano music by Jim! Ugly Sweater prizes will be awarded.

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	11:00 AM, 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

TAI CHI FOR ARTHRITIS/FALLS PREVENTION

Tuesdays and Thursdays

January 6-March 5, 9:45 a.m.-10:45 a.m.

This evidence-based, 16-hour program was developed by Dr. Paul Lam at the Tai Chi for Health Institute. It utilizes Sun Style Tai Chi focused on slow controlled circular movements and is proven to build strength, improve balance, free up stiff joints, and relieve stress. It is recommended for adults with arthritis, rheumatic disease or related musculoskeletal conditions, mild, moderate, and severe joint involvement, back pain, and at higher risk for falls.

Registration is required for these workshops and space is limited!

For more information or to register, contact Kathleen Wiley, Program Coordinator (571) 241-3925 or kwiley@pwcgov.org

ADULT NUTRITION CLASS

Virginia Cooperative Extension

Class starts in January. Sign up at the front desk.

STAY ACTIVE STAY HEALTHY Prevent Type 2 Diabetes!

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



NUTRITION CLASS WITH SABA

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

December topics: Fiber, Healthy Fats, and Salt Awareness.

NUTRITION COUNSELING

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

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, December 3, at 1:00 p.m. The briefing will be on Wednesday, December 10 at 12:15 p.m. All are welcome.

Music with Randy is scheduled Wednesday, December 10 at 11:00 a.m.

The birthday celebration is at 12:30 p.m. on Wednesday, December 10. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, December 10, at 1:00 p.m. in the dining room.

A dance party is scheduled for Wednesday, Wednesday, December 17 at 1:00 p.m. in the dining room.

Join us every Friday at 1:00 p.m. for crafts.

The mitten and angel trees will be displayed starting December 1.

Barbara will lead a holiday craft extravaganza Tuesdays, December 2 and 9 at 1:00 p.m.

Senior Center Staff

Sue Gilbert, Human Services Manager
Michelle Choi, Administrative Coordinator
Lucy Park, Nutrition Services Manager
Saba Barkneh, Public Health Nutritionist
Bonnie Swank, Food Services Specialist
Joseph Hall, Food Services Cook
John Perry III, Driver Transportation Service Specialist
Megann Hankins, Health & Wellness Coordinator
Kathleen Wiley, Evidence Based Programs Coordinator

UPCOMING EVENTS

NEW YEAR'S PARTY

Friday, January 9, 12:30 p.m.

NATIONAL THEATRE

Monday, January 12, 1:00 p.m.

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

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.

DECEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 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) 12:30 Medicare 101 (Dining Rm) 1:00 Bridge (Classroom)	2 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 (Cancelled) 1:00 Friends Craft Extravaganza (Craft Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 1:30 Seton Hall Jazz Band (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)	3 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)	4 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)	5 9:00 Wii Bowling (Cancelled) 10:00 Table Tennis (Cancelled) 10:30 Bingo (Cancelled) 10:30 Holiday Memories with Dance and Song (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 11:30 Intro to Line Dancing (Fitness Rm 2) 12:00 Music With T.A. Awua (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
Chicken Alfredo	Meatball Sub	Vegetarian Chili	BLT	Crab Cake
8 9:10 Tai Chi (Cancelled) 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 PWC Cooperative Extension Pruning Presentation (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	9 9:00 Wii Bowling (Cancelled) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Brentsville District High School Jazz Band (Dining Rm) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:00 Friends Craft Extravaganza (Craft Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	10 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 Music with Randy (Dining Rm) 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)	11 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 (Cancelled) Closing at 2:00 p.m. for a staff event.	12 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 & Bingo (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
Baked Tilapia	Grilled Cheese	Sirloin Beef Tips	Chicken & Dumplings	Cheeseburger
15 Holiday Luncheon Opening at 11:30 a.m. No activities until 1:30 p.m. 12:00 Holiday Luncheon 1:30 Acting Class (Fitness Room) 1:30 Bridge (Classroom)	16 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 Evergreen Workshop (Craft Rm) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Cancelled) 12:00 Quin Winds Quintet (Dining Rm) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	17 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 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)	18 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 Happy Hoofers Performance (Dining Rm) 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)	19 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 Bull Run Troubadours (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
Baked Ham w/ Pineapple	Country Fried Chicken w/Gravy	Sloppy Joe	Chicken Florentine	Shrimp Linguine
22 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Classroom) 10:00 Felt Ornament Making (Craft Rm) 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) 12:30 Sing-a-long with Jim 1:00 Bridge (Classroom) 1:00 Ugly Sweater Contest (Dining rm)	23 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) 3:30 Zumba Gold (Fitness Rm 2)	Closed For winter break December 24 through January 1 We Re-open on Friday, January 2 Have a safe and Happy Holiday		
Roast Turkey	Baked Chicken			
MEDICARE 101 Monday, December 1 12:30 p.m. Bring your questions and join Rashida from Johns Hopkins for this educational presentation to learn about Medicare.	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 December 15 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.	GIFT WRAPPING STATION! Bring your gifts to have them wrapped for the holidays! The perfect way to get all your gift wrapping done. December 1-4 and 8-11 9:00 a.m. — 12:00 p.m.