

JANUARY 2026

New Year's Roaring 20's Party **Friday, January 16, 10:30 a.m.**

Live music by Randy Villadon. Let's start the year off right with a Roaring '20s party! Dress in your best 1920s style and enjoy a lively afternoon of celebration and upbeat tunes.

Seating is limited. Please sign up at the front desk to reserve your seat.
No salad will be served.

Upcoming

National Hugging Month

Share a hug through words! Pick up a Post-it at the front desk, write a kind message, quote, or compliment, and we'll post it to brighten someone's day.

The New Year Challenge

Try a new class or activity you've never done before like Zumba, yoga, cards, computers, crafts, and more as part of our New Year Challenge. Fill out a quick survey after participating. Then drop your name in the box for a prize drawing at the end of the month!

Trivia

Join us to test your knowledge! This month, we are trying a new schedule: most Wednesdays at 9:30 a.m. and 1:00 p.m. in Classroom #1. Check the calendar for specific dates.

Prince William Historic Preservation: Rippon Lodge

Thursday, January 08, 10:00 a.m.
Come out and learn about the history of Rippon Lodge.

Angel and the Band

Friday, January 9, 10:30 a.m.

Crafting with Kim

Tuesday, January 13, 10:30 a.m.

Join us for a special craft session with Kim. Sign-up at front desk. Limited to 8 participants.



Leesylvania Park
Thursday, January 15, 9:30 a.m.

Come out and learn more about hibernations and brumation.



AARP Romance Scams Talk
Thursday, January 22 at 10:00 a.m.

Join us to learn how to spot the warning signs of romance scams. These scams involve fake relationships that trick people into sending money or personal information. Knowing the signs can help protect you and others.



National Theatre Presents - Steve Gellman
Friday, January 23, 10:30 a.m.

Come and dance to the music of a quintessential folk singer-songwriter! Join us for some captivating melodies and heartfelt lyrics.



Day of Remembrance
Friday, January 30, 10:30 a.m.

Let us gather not in sorrow alone, but in gratitude for the lives that touched ours. Though some of our fellow members are gone too soon, their stories, laughter, and love remain with us.

January Birthday Recognition

Friday, January 16, 11:50 a.m.
Gather and celebrate all the January birthdays.

PWC Mobile Library

Friday, January 16, 10:00 a.m.
Join PWC Library staff and check out a good book, perfect for the winter days ahead.

National Puzzle Day

Thursday, January 29, 9:30 a.m.
Join us in completing various puzzles that are good for the brain.

Decorating Committee Meeting

Thursday, January 29, 12:45 p.m.
Will be held in classroom 3.

Winter Wellness Reminder Stay warm and safe this season by dressing in layers and keeping hydrated, even in colder weather. Remember to take breaks, stretch, and enjoy fresh air when possible, to boost your energy. A little self-care goes a long way toward starting the New Year, feeling healthy and strong.

The Center will be closed:
Thursday, January 1- New Year's Day
Monday, January 19- MLK, Jr. Day
Wednesday, January 28- Inservice



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 W-1:00 pm	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

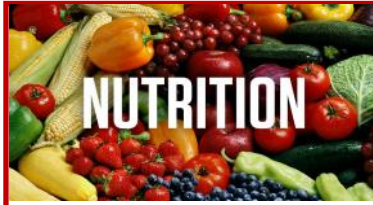
FITNESS AND HEALTH ACTIVITIES

Open Exercise	Daily	9:00am-4:30pm	Free
Line Dancing	M, T & TH	1:15 pm	Free
English Line Dancing	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
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	10:30am	\$1.00
Chess	T	1:00 pm	Free
Double Deck Pinochle	Daily	12:00 pm	Free
Dominos	M	12:30 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, January 06,
Brain Health & Nutrition**

**Tuesday, January 13,
Plant Forward Eating**

**Tuesday, January 20,
What is new in nutrition research?**

**Tuesday, January 27,
Start Simple**

**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 signup sheet at
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/>



For more information about our programs services, call 703-792-6374, or email pwaas@pwcgov.org
For TTY please dial 7-1-1 for the Virginia Relay system.

FRIENDS

OFFICERS

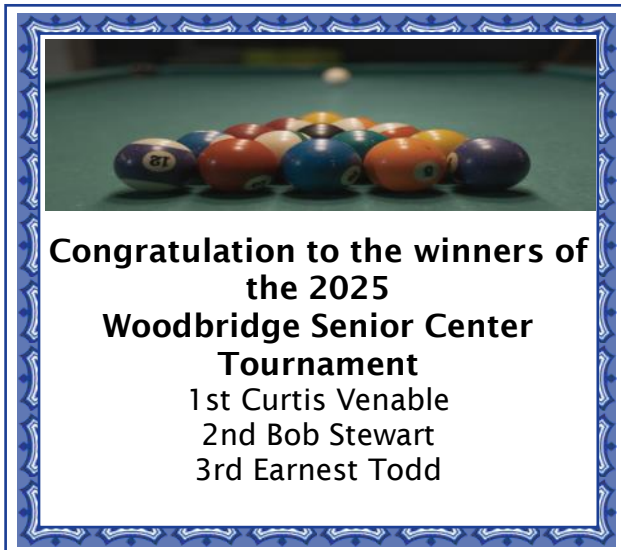
President – Roberta Wilson-Antoine
Vice President – Juanita Chamberlain
Secretary – Theresa Cannady
Treasurer – Lana Tobey

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.
Thank you to all the volunteers who help make
this a great place to be a part of.



Senior Center Technology Training Classes

(held in the computer room) Seating is limited

Tuesday, January 06

Digital Library Focus: Videos, TV and Books



Tuesday, January 13
Technology Security Basics

Tuesday, January 20
Email Basics

Tuesday, January 27
Email Tips and Tricks

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

Site Manager

Kathy Ambrose

Admin Coordinator

Angelina D. Reynolds

Driver/Trans Org

Kim Reynolds

Wellness & Fit. Coord.

Megann Hankins

Nutritionist

Saba Barkneh

Lead Cook

Chris Bohn

Cook

Wendy Arca-Moore

Evidenced-Base Coord.

Kathleen Wiley



**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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Accredited by  National Institute of Senior Centers

**Center
Closed
New Years
Day**

2

9:15 Virtual Chair Yoga

9:30 Movie

12:00 Double Deck Pinochle

1:00 Quilting

3:00 Rummikub

Chicken Tenders— No Salad

5

9:00 Woodcarving
9:30 Chair Yoga
10:00 Euchre
10:30 Bingo
10:30 Chinese Bible Study
12:00 Double Deck Pinochle
1:00 Canasta / Pinochle
1:00 Art class / Guitar Lesson
1:15 Line Dancing

Baked Cod—No Salad

6

9:30 Shanghai
10:00 Gospel Singing
10:30 Technology Class
11:00 Nutrition Class
11:00 Zumba
12:00 Double Deck Pinochle
1:00 Chess / Bid Whist
1:00 Crochet
1:15 Line Dancing
3:00 Rummikub/Skip-bo

Sirloin Beef Tips—No Salad

7 Trivia Day

9:30– Trivia (Self-Guided)
10:00 Scrabble
10:30 Bingo
10:30 Chinese Bible Study
10:30 Ceramics
12:00 Double Deck Pinochle
1:00ESL Class
1:00 Trivia

Vegetable Lasagna– No Salad

8
9:30 Bible Study
10:00 Rippon Lodge Presentation
10:30 Ceramics / Meditation
11:00 Karaoke
12:00 Double Deck Pinochle
1:00 Bid Whist
1:15 Line Dancing
2:00 English Dancing
2:00 Chinese Singing
3:00 Rummikub/Skip-bo

Asian Chicken

9

9:15 Virtual Chair Yoga
10:30 Angel and the Band
12:00 Double Deck Pinochle
1:00 Quilting
1:00 Scarlett Sophisticates
3:00 Rummikub

Tuna

12
9:00 Woodcarving
9:30 Chair Yoga
10:00 Euchre
10:30 Bingo
10:30 Chinese Bible Study
12:00 Double Deck Pinochle
12:30 Taste of Technology
1:00 Canasta / Pinochle
1:00 Art class/Guitar Lessons
1:15 Line Dancing
Pork Chop

13

9:30 Shanghai

10:00 Gospel Singing

10:30 Technology Class

10:30 Crafting w/ Kim

11:00 Zumba

11:00 Nutrition Class

12:00 Double Deck Pinochle

1:00 Chess/Bid Whist/Crochet

1:15 Line Dancing

3:00 Rummikub/Skip-bo

Chicken Soup—No Salad

14

9:30 Trivia
10:30 Bingo
10:00 Scrabble
10:30 Chinese Bible Study
10:30 Ceramics
12:00 Double Deck Pinochle
1:00 Trivia
1:00 ESL Class

Swedish Meatballs

15
9:30 Leesylvania State Park
 9:30 Bible Study
 10:30 Ceramics / Meditation
 11:00 Karaoke
 12:00 Double Deck Pinochle
 1:00 Bid Whist
 1:15 Line Dancing
 2:00 English Dancing
 2:00 Chinese Singing
 3:00 Rummikub/Skip-bo
Egg Salad

16

9:15 Virtual Chair Yoga
10:00 PWC Mobile Library
**10:30 New Years Roaring
20's Party**
12:50 Birthday recognition
12:30 Double Deck Pinochle
1:00 Quilting
3:00 Rummikub

Crab Cake / No salad

19

**Center
Closed
In
observance
of MLK Day**

20

9:30 Shanghai
9:30 Earth Day Documentary
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
3:00 Rummikub/Skip-bo

Spinach Quiche—No Salad

21

9:30 MLK Trivia
10:00 Scrabble
10:30 Ceramics
10:30 Chinese Bible Study
12:00 Double Deck Pinochle
1:00 Chinese Bible Study
1:00 ESL Class
1:00 MLK Trivia

Beef Lasagna

22

9:30 Bible Study
10:00 AARP Romance Scams
10:30 Ceramics / Meditation
11:00 Karaoke
12:00 Double Deck Pinochle
1:00 Bid Whist
1:15 Line Dancing
2:00 English Dancing
2:00 Chinese Singing
3:00 Rummikub/Skip-bo

Chicken Wings

23

9:15 Virtual Chair Yoga
10:30 National Theatre
12:00 Double Deck Pinochle
1:00 Quilting
1:00 Scarlett Sophisticates
3:00 Rummikub

Herbed Tilapia

26
9:00 Woodcarving
9:30 Chair Yoga
10:00 Euchre
10:30 Bingo
10:30 Chinese Bible Study
12:00 Double Deck Pinochle
1:00 Guitar Lesson
1:00 Canasta / Pinochle
1:00 Art class
1:15 Line Dancing
Sweet & Sour Chicken Nuggets

27
19:30 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
3:00 Rummikub/Skip-bo

Stuffed Shells—No Salad

28

**Center
Closed
For
Staff
In-service**

29 National Puzzle Day
9:30 Puzzle Hour
 9:30 Bible Study
 11:00 Karaoke
 10:30 Ceramics / Meditation
 12:00 Double Deck Pinochle
12:45 Decorating Committee
 1:00 Bid Whist
 1:15 Line Dancing
 2:00 English Dancing
 2:00 Chinese Singing
 3:00 Rummikub/Skip-bo
Mushroom Swiss Burger

30

9:15 Virtual Chair Yoga
10:30 Day of Remembrance
12:00 Double Deck Pinochle
1:00 Quilting
3:00 Rummikub

Potato Crusted Cod