

# PRINCE WILLIAM

Area Agency on Aging

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

703-792-6405

Prince William Senior Center

## MANASSAS

### JANUARY 2026



#### NEW YEAR'S CELEBRATION

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

Join us in ringing in the New Year with dance & song! Make sure to put on your dancing shoes and enjoy all your favorite hits from the '60s & '70s with a live performance by guitarist, songwriter, and vocalist, Randy Vidallon.

Please sign up at the front desk to reserve your seat. Space is limited. Don't forget to sign up for lunch by 10:30 a.m.



#### NATIONAL THEATRE

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

Join us for the first National Theatre performance of the New year by Curtis Blues. Curtis is a one-man band who will teach you about the acoustic roots of blues music through the playing of traditional blues instruments.



#### PWC HISTORIC PRESERVATION

Monday, January 5, 11:00 a.m.

Join us for this "Taste of Home" presentation. Learn about the contributions of enslaved and native people to Modern Southern Cuisine.



#### ACTING CLASS PERFORMANCE

Friday, January 16, 1:00 p.m.

Our Manassas Senior Center Acting Class in partnership with the ARTfactory of Manassas, will be having its first performance of 2026! Please join us in watching various comedy skits that are guaranteed to make you laugh. Sign-up book is at the front desk.



#### AARP ROMANCE SCAMS

Tuesday, January 27, 11:00 a.m.

Learn about various romance scams, ways to spot a scam, prevention, and how to report these types of scams to keep you and your loved ones safe.

### Upcoming EVENTS

#### ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Please join Megann to travel to tropical destinations: the Bahamas, Mexico, Bermuda, and Tahiti.

#### TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

January topics: **Digital Library: TV, Books & Videos, Technology Security Basics, Email Basics, and Email Tips & Tricks.**

#### GUITAR MUSIC WITH T.A. AWUA

Friday, January 2 & 30, 12:00 p.m.

#### PWC MOBILE LIBRARY

Tuesday, January 20, 10:00 a.m.

#### LEGAL SERVICES PRESENTATION

LSNV will be discussing Power of Attorney & Guardianship  
Monday, January 26, 11:00 a.m.

#### INCLEMENT WEATHER POLICY

When Prince William County Schools are closed due to snow, ice, and bad weather, the senior center is **CLOSED**. When the County schools are delayed in opening, we are **OPEN ON TIME**, but there is no bus transportation. Listen to your local radio and TV stations for closing notifications.

If you have a scheduled class, it will be cancelled if the schools are closed but not cancelled if there is just a delay. No meals are served in either the congregate nutrition program at the senior center, or on our Meals on Wheels routes when the senior center is closed due to inclement weather.

# 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](mailto:kwiley@pwcgov.org)

## VIRGINIA COOPERATIVE EXT. NUTRITION CLASS

Mondays at 10:00. 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.

January Topics: Brain Health & Nutrition, Plant Forward Eating, What is Nutrition in Research?, and Start Simple.

## NUTRITION COUNSELING

Individual Nutrition Counseling is available with our Nutritionist, Saba Barkneh. Call 703-792-7153 or email [sbarkneh@pwcgov.org](mailto: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](mailto: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, January 7 at 1:00 p.m. The briefing will be on Wednesday, January 14 at 12:15 p.m. All are welcome.

The birthday celebration is at 12:30 p.m. on Wednesday, January 14. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, January 14, at 1:00 p.m. in the dining room.

A dance party is scheduled for Wednesday, January 21 at 1:00 p.m. in the dining room.

Join us every Friday at 1:00 p.m. for crafts. January 2 at 1:00 p.m. - Create A Snowman.

Friends Meet & Greet is scheduled for January 15 at 10:00 a.m. in the card room. All new members are welcome to attend!

Peanut Auction is scheduled for January 22 at 1:00 p.m. in the dining room.

### 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

**Valentine's Day Celebration**  
February 9, 1:00 p.m.

**Low Vision Awareness Month  
Presentation**  
February 2 at 11:00 a.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](mailto: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](http://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

# JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>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.</b></p>	<p><b>Our Mission Statement:</b> To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</p>		<p><b>Closed</b> <b>Happy New Year!</b></p>	<p><b>2</b> 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Dining Rm) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 11:30 Intro to Line Dancing (Fitness Rm 2) <b>12:00 Music With T.A. Awua (Dining Rm)</b> 1:00 Acting Class (Cancelled) <b>1:00 Create A Snowman (Craft Rm)</b> 2:30 Euchre (Classroom)</p>
<p><b>5</b> 9:10 Tai Chi (Cancelled) <b>10:00 Armchair Travel (Classroom)</b> 10:00 Fitness Video (Fitness Rm 2) <b>10:00 Adult Nutrition Class (Craft Rm)</b> 10:00 Table Tennis (Fitness Rm 1) <b>11:00 PWC Historic Preservation Presentation (Dining Rm)</b> 11:00 Karaoke (Cancelled) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p><b>6</b> 9:00 Wii Bowling (Cancelled) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Classroom)</b> 11:00 Line Dancing (Fitness Rm 2) <b>11:00 National Trivia Day Trivia (Dining Rm)</b> 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p><b>7</b> 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) <b>1:00 Friends Meeting (Classroom)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p><b>8</b> 10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Class (Classroom)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-guided (Conference Rm)</p>	<p><b>9</b> 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) <b>12:30 New Year's Celebration with Randy Vidallon (Dining Rm)</b> 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p>
Italian Breaded Baked Chicken	Meatloaf	Fish & Chips	Spaghetti & Meatballs	Pork & Sauerkraut
<p><b>12</b> 9:10 Tai Chi (Fitness Rm 2) <b>10:00 Armchair Travel (Classroom)</b> 10:00 Fitness Video (Fitness Rm 2) <b>10:00 Adult Nutrition Class (Craft Rm)</b> 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) <b>1:00 National Theatre Curtis Blues Performance (Dining Rm)</b></p>	<p><b>13</b> 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Classroom)</b> 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)</p>	<p><b>14</b> 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) <b>12:15 Friends Briefing (Dining Rm)</b> <b>12:30 Friends Birthday Celebration (Dining Rm)</b> <b>1:00 Friends Game Challenge (Dining Rm)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p><b>15</b> 10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) <b>10:00 Friends Meet &amp; Greet (Card Rm)</b> 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Class (Classroom)</b> 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)</p>	<p><b>16</b> 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) <b>1:00 Acting Class Performance (Dining Rm)</b> 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p>
Loaded Baked Potato	Chicken Cordon Bleu	Beef Stroganoff	Cajun shrimp Etouffee	Swedish Meatballs
<p><b>19</b>  <b>Senior Center Closed</b> <b>Martin Luther King Jr. Day</b></p>	<p><b>20</b> 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:00 PWC Mobile Library (Conference Rm)</b> <b>10:30 Taste of Technology (Classroom)</b> 11:00 Line Dancing (Fitness Rm 2) <b>11:00 MLK Trivia (Dining Rm)</b> 12:30 Bingo (Dining Rm) 1:00 Bridge (Classroom) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p><b>21</b> 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) <b>1:00 Friends Dance Party (Dining Rm)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p><b>22</b> 10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Class (Classroom)</b> 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) <b>1:00 Peanut Auction (Dining Rm)</b></p>	<p><b>23</b> 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) 1:00 Acting Class (Fitness Rm) <b>1:00 Snowmen Craft with Michelle (Craft Rm)</b> 2:30 Euchre (Classroom)</p>
	Baked Salmon	Philly Cheesesteak	Stuffed Pepper	Spinach & Cheese
<p><b>26</b> 9:10 Tai Chi (Fitness Rm 2) <b>10:00 Armchair Travel (Classroom)</b> 10:00 Fitness Video (Fitness Rm 2) <b>10:00 Adult Nutrition Class (Craft Rm)</b> 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Cancelled) <b>11:00 Legal Services Presentation (Dining Rm)</b> 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p><b>27</b> 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Classroom)</b> 11:00 Line Dancing (Fitness Rm 2) <b>11:00 AARP Romance Scams (Dining Rm)</b> 11:00 Trivia (Cancelled) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p><b>28</b>  <b>Closed</b> <b>Staff In-Service</b></p>	<p><b>29</b> <b>National Puzzle Day</b> <b>9:00 Puzzle Hour (Craft Rm)</b> 10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Class (Classroom)</b> 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)</p>	<p><b>30</b> 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) <b>12:00 Music With T.A. Awua (Dining Rm)</b> 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p>
Whit Chicken Chili	Cheese Pizza		Broccoli Cheese Soup	Chickem a la King