

PRINCE WILLIAM

Area Agency on Aging
pwcgov.org/seniorcenters
703-792-5081

FEBRUARY 2026

Valentine's Day Sweetheart Dance Friday, February 13, 10:30 a.m.

Join us for our annual Valentine's Day Dance featuring music by Adam Melia from Nashville Standard.

Come out and enjoy great music and dancing!

Sign up is required by Feb. 6 as seating is limited to 125. There will be no morning activities or salad served.



National Wear Red Day

Friday, February 6

Wear red with us to help raise awareness about cardiovascular disease and its significant impact on women.

Trivia

Join us to test your knowledge! 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 schedule for specific dates.

Get ready for another exciting Karaoke event at the center! Sign up to sing your favorite songs.

Technology Training Classes

Most Tuesdays in the computer lab. Seating is limited. See schedule for dates.

Decorating Committee Meeting

Thursday, February 26, 1:00 p.m.

Will be held in classroom 3

Legal Services

Monday, February 23, 12:30 p.m.

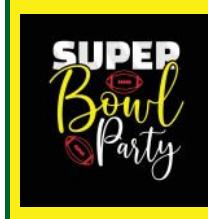
Topic will be Power of Attorney & Guardianships.

Upcoming EVENTS

Prince William Senior Center WOODBRIDGE

Superbowl Party Wednesday, February 4, 1:00 p.m.

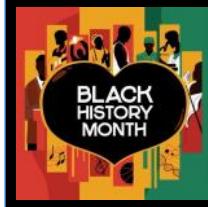
Calling all football lovers! Celebrate the Super Bowl and cheer on your favorite team in your favorite jersey with games, prizes, and contests. Sign-up is required.



Black History Month

Thursday, February 19, 10:00 a.m.

Explore the Settlement's history and its community impact with this educational talk by PWC Historic Preservation Dept. Then at 11:00am join the WSC Gospel Choir for their special performance honoring Black History Month.



DBVI Low Vision Presentation

Thursday, February 26, 10:00 a.m.

The VA Department for the Blind & Vision Impaired will be here to teach you all about low vision, vision impairment, and services DBVI offers.



National Theatre Presents Baba Ras D

Friday, February 27, 10:30 a.m.

Come out and enjoy African drumming along with story telling from the creator of "Harambee". Harambee is the practice of hope, possibility and compassion, all the things that happen when we come together.



Leesylvania State Park

Thursday, February 12, 9:30 a.m.

Be part of discovering some fun facts about Leesylvania State Park and invasive species.

February Birthday Recognition

Friday, February 20, 11:50 a.m.

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

PWC Mobile Library

Friday, February 20, 10:00 a.m.

Join PWC Library staff and come out to the mobile library to check out a good book to read.

Movie

Friday, February 20, 9:30 a.m.

Come by the front desk starting Friday, February 13 to place your vote for what movie will be shown.

Rummikub Tournament

Friday, February 27, 9:30 a.m.

Sign up at the front desk starting Jan 20 thru Feb 20 if you would like to participate. Join and see who takes home the #1 Rummikub player in the center for 2026.

Sewing 101

A new class begins Thursday, February 6 at 10:00 a.m.

Sign up at the front desk for one-on-one instruction. Each session will accommodate two members.

ACTIVITIES GUIDE

LEARNING ACTIVITES

Art Class	M	1:00 pm	Free
Baha'i Book Study	T	2:15 pm	Free
Bible Book Study	TH	09:30 am	Free
Ceramics	W & TH	10:30 am	Varies
Chinese Book Study	M & W	M -10:30 am	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
Sewing 101	TH	10 :00 am (limited)	Sign-up
Woodcarving	M	9:00 am	Free

FITNESS AND HEALTH ACTIVITIES

Open Exercise	Daily	9:00am-4:30pm	Free
Line Dancing	M, T, TH	1:30 pm 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

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



NUTRITION

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, February 3–, 12:30 p.m.

Heart Health Presentation

In the dinning room all welcome to attend.

Tuesday, February 10—Cholesterol

Tuesday, February 17— Blood Pressure

Tuesday, February 24— Blood Sugar

In the dining room all are welcome to attend.

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.

Call 703-792-7153 or email sbarkneh@pwgov.org to schedule your appointment.



Heart Health Presentation

Tuesday, February 3, 12:30 p.m.

Come out and learn all about heart health from our staff nutritionist.

Presentation will take place in the dinning room.

Immediately following lunch service.

All are welcome to attend.



Bahá'í Book Study

Starting Tuesday

February 6 at 2:15 p.m.

Meeting weekly in Classroom #3.

A Bahá'í book study explores spiritual teachings from the Bahá'í Faith, with a focus on unity and community building.

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 first board meeting of 2026 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 in making this a great place to be.



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.

Senior Center Technology Training Classes (held in the computer room) Seating is limited



Tuesday, February 3
Beyond Android Basics

Tuesday, February 10
Digital Library Focus

Tuesday, February 17
Google vs. Microsoft

Tuesday, February 24
Social Media

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

Caregiver Support Group: For more information please
call: (703) 501-0749

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 Pgm. Coord.	Vacant
Nutrition Services Manager	Lucy Park
Public Health Nutritionist	Saba Barkneh
Food Svcs. Spec.–Lead Cook	Chris Bohn
Food Svcs. Spec.–Cook	Wendy Arca-Moore

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 .

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Groundhog Day 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class / Guitar Lesson 1:30 Line Dancing	3 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba 12:00 Double Deck Pinochle 12:30 Heart Health Talk 1:00 Chess / Bid Whist 1:00 Crochet 1:30 Line Dancing 2:15 Baha'i Book Study 3:00 Rummikub/Skip-bo	4 10:00 Scrabble 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 1:00 Superbowl Party	5 9:30 Bible Book Study 10:00 Sewing 101 10:30 Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo	6 National Wear Red Day 9:30 Chinese New Year 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub
Pulled Pork Sandwich	Tilapia—No Salad	Chicken Wings	Beef Chilli	Asian Chicken
9 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class / Guitar Lesson 1:30 Line Dancing	10 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 1:30 Line Dancing 2:15 Baha'i Book Study 3:00 Rummikub/Skip-bo	11 9:30 Trivia 10:00 Scrabble 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 1:00 Friends Meeting	12 9:30 Leesylvania State Park 9:30 Bible Book Study 10:00 Sewing 101 10:30 Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo	13 10:30 Valentine's Day Dance 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub
Chicken Noodle Soup	Taco Salad—No Salad	Pork Chop	Jambalaya w/ Shrimp	Baked Chicken / No Salad
16 Presidents Day 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:30 Line Dancing	17 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 1:30 Line Dancing 2:15 Baha'i Book Study 3:00 Rummikub/Skip-bo	18 9:30 President's Day Trivia 10:00 Scrabble 10:30 Chinese Book Study 10:30 Bingo 12:00 Double Deck Pinochle 1:00 Trivia	19 9:30 Bible Book Study 10:00 Black History Month 10:00 Sewing 101 10:30 Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo	20 9:30 Movie 10:00 PWC Mobile Library 11:50 Birthday Recognition 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub
Ham	Spinach Quiche—No Salad	Butternut Squash Soup	Beef Lasagna	Fish Taco
23 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 12:30 Legal Services 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:30 Line Dancing	24 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Nutrition Class / Zumba 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:30 Line Dancing 2:15 Baha'i Book Study 3:00 Rummikub/Skip-bo	25 Center Closed For Staff In-service	26 9:30 Bible Book Study 10:00 DBVI Low Vision Presentation 10:00 Sewing 101 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 12:45 Decorating Committee 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Italian Breaded Chicken	27 9:30 Rummikub Tournament 10:30 National Theatre 12:00 Double Deck Pinochle 1:00 Scarlett Sophisticates 1:00 Quilting 3:00 Rummikub
Beef Barbacoa	Stuffed Shells / No Salad			Scallops



***ACTIVITIES
AND MEALS
ARE SUBJECT TO
CHANGE***

Accredited by 
National Institute of
Senior Centers

Mission Statement:

To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.

Upcoming March Events:

- St. Patrick's Celebration
- AARP Fraud Presentation
- Caregiver Support Presentation
- And so much more....