

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.



Prince William Senior Center WOODBIDGE



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.

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

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 ACTIVITIES

| | | | |
|--------------------|--------|---------------------|---------|
| 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



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@pwcgov.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.

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

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

Take it Slowmo
and you will
Get Well Soon.



**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

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.

| WEEKDAY 2020 | | | | |
|--------------|---------|-----------|----------|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |



Goodbye
February!

See You Next Year

Hello
March!

Please Be Great