

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters

703-792-5081

Prince William Senior Center WOODBIDGE

MARCH 2026

St. Patrick's Day Celebration
Tom Delaney
Friday, March 20, 10:30 a.m.

Celebrate St. Patrick's Day with us! Enjoy lively Irish music and a festive atmosphere.

Seating is limited to 125. Sign up at the front desk by Friday, March 13.

Note: No salad or morning activities this day.



Caregiver Support Presentation Thursday, March 5, 10:00 a.m.

Join our CSB team for an informative session supporting caregivers. Learn resources and tips to make caring for others easier and rewarding



National Theatre Presents Mary Ann Jung

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

Step back in time with award-winning actress Mary Ann Jung as she brings Rosie the Riveter to life!



AARP Fraud Prevention

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

Join us for an informative session on preventing identity theft. Learn practical tips to protect yourself and your personal information.



Day of Remembrance

Friday, March 13, 10:30 a.m.

Let us gather not in sorrow alone, but in gratitude for lives that touched ours. Though some of our fellow members left us too soon, their stories, laughter, and love live on in our hearts.

Upcoming EVENTS

Trivia

Join us to test your knowledge! This month, we're 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.

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 with the group!

Technology Training Classes

Most Tuesdays at 10:30 a.m. in the computer lab. Seating is limited. See schedule for dates.

Decorating Committee Meeting

Friday, March 27, 1:00 p.m.
Will be held in classroom 3

Leesylvania State Park

Thursday, March 12, 9:30 a.m.
Be part of an exciting journey as we uncover fascinating facts about Leesylvania State Park and its rich Colonial history. Learn about the people, stories, and events that shaped this beautiful area—and enjoy a fun, educational experience with friends!

Wear Green

Tuesday, March 17

Wear your favorite green and join friends for a day of laughter, Irish cheer, shamrocks, and a sprinkle of extra luck—plus a dash of Lucky Charms magic for good measure!

March Birthday Recognition

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

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

PWC Library Mobile Van

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

Join the PWC Library step outside to explore the mobile library and pick up a great book to enjoy!

Be Weather Ready! Statewide Tornado Drill Tuesday, March 10, 9:45 a.m.

Join us for Virginia's annual tornado drill! This is your chance to practice what to do during severe weather.

Safety Tips:

- Move to an interior room or hallway on the lowest floor.
- Stay away from windows and doors.
- Protect your head and neck.

Let's make sure everyone knows how to stay safe!



ACTIVITIES GUIDE

LEARNING ACTIVITIES

| | | | |
|--------------------|--------|----------|--------|
| Art Class | M | 1:00 pm | Free |
| Bible Book Study | TH | 09:30 am | Free |
| Bahai Book Study | T | 2:15 pm | Free |
| Ceramics | W & TH | 10:30 am | Varies |
| Chinese Book Study | M & WT | 10:30 am | 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 |
| Sewing 101 | TH | 10:00 a, | 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 | 10:15 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, March 2, 12:30 p.m.
National Nutrition Month Celebration
In the dining room all are welcome to attend

Tuesday, March 10 – Healthy eating on a budget
Tuesday, March 17 – Whole Grains
Tuesday, March 24 – Vitamins and Minerals
Tuesday, March 31– Protein

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

Cold, Flu, and RSV Season is here.

Cold and flu season runs from October through May, during which colder drier air helps viruses spread more.

Symptom Comparison

Flu–High fever, severe fatigue, aches, cough and rapid onset.
Cold–Gradual onset, sneezing, runny/stuffy nose, and rare/mild fever.

Senior Center Sick Policy

The Senior Center respects the health and safety of all of the participants, Therefore, we require that any participant stay at home if he/she shows any of the following.

1. Temperature over 100 degrees Fahrenheit
2. Recurrent diarrhea or vomiting
3. Upper respiratory infection
4. Any communicable disease

If a participant should become ill while at the senior center, he/she will be asked to leave or designated emergency contact will be called.

Let's help to keep each other safe.

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 – Virginia Ashley
 Treasurer – Lana Tobey

DIRECTORS

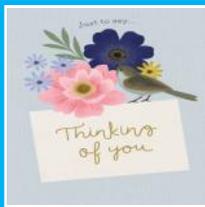
Janet Happoldt John Happoldt
 Marie Kelminsky Fannie Hargrave
 Victoria Buie-Owens Retha Davis
 George Reid Shirley Custis
 Marta Reyes

MEETING

The next board meeting is on
Wednesday, March 11, 2026, at 1:00 p.m.
 All are welcome to attend this meeting.

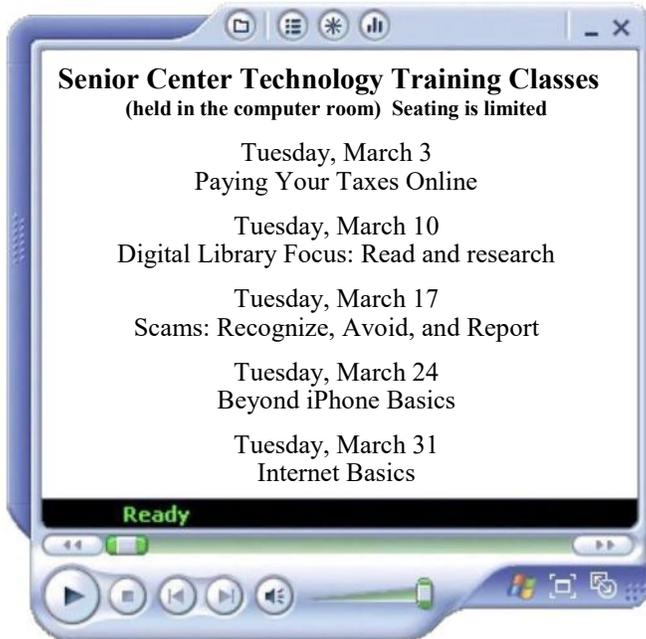
Volunteer of the Month
 October 2025 Helen Ghodrat
 November 2025 Iva Johnston
 December 2025 Kenneth Brennan
 January 2026 Fannie Hargrave

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



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.



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 |
| Nutrition Services Manager | Vacant |
| Nutritionist | Saba Barkneh |
| Lead Cook | Chris Bohn |
| Cook | Wendy Arca-Moore |
| Evidenced-Base Coord. | Vacant |



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.

