

## FEBRUARY 2026



### VALENTINE'S DAY PARTY

Monday, February 9, 1:00 p.m.

Join us to celebrate Valentine's Day at the senior center with a live performance by *Nashville Standard*, guitarist and singer, Adam Melia. Enjoy singing along to all your favorite tunes.

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.



#### LOW VISION AWARENESS PRESENTATION

Tuesday, February 2, 11:00 a.m.

The Virginia Department for the Blind and Vision Impaired will be here to teach you all about low vision, vision impairment and services DBVI offers in honor of Low Vision Awareness Month.



#### SUPERBOWL PARTY

Friday, February 6, 1:00 p.m.

Join us to celebrate the Superbowl by wearing your favorite team jersey! There will be Superbowl predictions, videos, trivia, and prizes. Please sign up at the front desk.



#### BLACK HISTORY MONTH TRIVIA

Tuesday, February 10, 11:00 a.m.

#### BLACK HISTORY MONTH TALK

PWC Historic Preservation

Tuesday February 24, 11:00 a.m. Learn about "The Settlements" in Prince William County.



#### CHINESE NEW YEAR PROGRAM

Monday, February 23, 1:00 p.m.

Join us to honor the Chinese "Lunar" New Year and celebrate the Year of the Horse by completing fun word puzzles, participating in Chinese New Year Trivia, and writing your name in Chinese calligraphy. Sign up at the front desk to reserve your seat.

## Upcoming EVENTS

### ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Please join Megann to travel to these destinations:  
**Jamaica, Cuba, Brazil, Africa.**

### TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

February Topics: **Beyond Email Basics, Digital Library: Just for Kids, Google vs. Microsoft, Social Media, and Paying Your Taxes Online.**

### GUITAR MUSIC WITH T.A. AWUA

Fridays, February 6 & 27, 12:00 p.m.

### PWC MOBILE LIBRARY

Tuesday, February 17, 10:00 a.m.

Return and check out books with the mobile library.

### BOOK READING & FREEDOM MUSEUM PRESENTATION

Tuesday, February 17, 11:00 a.m.

Join Myra Sampson-Reeves in the craft room for a book reading and then head to the dining room for a presentation on the Manassas Freedom Museum.

### NATIONAL THEATER BABA RAS D.

Friday, February 20, 1:00 p.m.

Join Baba Ras D, an inspirational speaker and musician, as he entertains his audience with an afternoon of song and inspiration with "Harambee". Sign up at the front desk.

**Please take a look at the Health and Wellness section on the next page for activities for AMERICAN HEART HEALTH MONTH!**

# 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 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 w/Gae	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/T.A. Awua	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



## DANCE FOR YOUR HEART PERFORMANCE

February 26, 1:00 p.m.

Join us for special dance performances by some of our talented senior center dance groups. You will be sure to enjoy watching this heart healthy activity and even join in.

## HEART HEALTH PRESENTATION

Thursday, February 5, 11:00 a.m.

Join Saba in the dining room for a heart health presentation in honor of National Heart Healthy Month.

## STAY ACTIVE STAY HEALTHY Prevent Type 2 Diabetes!

Scan the QR code or link to register for the program  
<https://novadiabetesprevention.com/>



## Stay Active, Stay Healthy Prevent Type II Diabetes

Information and Registration Session  
 Thursday, February 12, 12:30 p.m.

## NUTRITION CLASS WITH SABA

Thursdays, 11:00 a.m. - 12:00 p.m.

February Topics: Cholesterol, Blood Pressure, and Blood Sugar.

## NUTRITION COUNSELING

Individual Nutrition Counseling is available with our Nutritionist, Saba Barkneh. Call 703-792-7153 or email [sbarkneh@pwgov.org](mailto:sbarkneh@pwgov.org) for more information or to schedule an appointment.

For more information about our programs and services, call 703-792-6374, or email [pwaaa@pwgov.org](mailto:pwaaa@pwgov.org). For TTY please dial 7-1-1 for the Virginia Relay system.

# FRIENDS

## NEWS

The next board meeting will be on Wednesday, February 4 at 1:00 p.m. The briefing will be on Wednesday, January 14 at 12:15 p.m. All are welcome.

A jewelry sale is scheduled February 9 & 10, from 10:00 a.m. to 12:00 p.m.

The birthday celebration is at 12:30 p.m. on Wednesday, February 11. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, February 11, at 1:00 p.m. in the dining room.

The dance party is scheduled for Wednesday, February 18 at 1:00 p.m. in the dining room.

Join us every Friday at 1:00 p.m. for crafts.

The annual corn hole tournament is on February 16, at 1:00 p.m.

A garden meeting is scheduled on February, 19, at 10:00 a.m.

### 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  
Vacant, Evidence Based Programs Coordinator

## UPCOMING EVENTS

### St. Patrick's Day Celebration

Monday, March 16, 1:00 p.m.

### AARP Fraud Prevention Presentation

Tuesday, March 10, 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:**  
[eharrison@pwccgov.org](mailto:eharrison@pwccgov.org)

**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.  
[pwccgov.org/bluebird](http://pwccgov.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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:10 Tai Chi (Fitness Room 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 Low Vision Awareness Presentation (Dining Rm)</b> 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	<b>3</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)	<b>4</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)	<b>5</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 Heart Health Presentation (Dining Rm)</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)	<b>6</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 (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) <b>1:00 Superbowl Party (Dining Rm)</b> 2:30 Euchre (Classroom)
<b>Salisbury Steak</b>  <b>Friends Jewelry Sale</b> 10am-12pm (Conf Rm)	<b>Shrimp &amp; Grits</b>  <b>Friends Jewelry Sale</b> 10am-12pm (Conf. rm)	<b>Fish Sandwich</b>  	<b>Taco Salad</b>  	<b>Wear Red Day</b> <b>Chicken Wings</b>
<b>9</b> 9:10 Tai Chi (Fitness Room 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 Valentine's Day Party (Dining Rm)</b>  <b>Friends Jewelry Sale</b> 10am-12pm (Conf Rm)	<b>10</b> 9:00 Wii Bowling (Dining Room) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Classroom)</b> <b>11:00 Black History Month Trivia (Dining Rm)</b> 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Cancelled) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	<b>11</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)	<b>12</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) <b>12:30 Stay Active, Stay Healthy Prevent Diabetes Information &amp; Registration Session (Dining Rm)</b> 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-Guided (Conference Rm)	<b>13</b> 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 11:30 Intro to Line Dancing (Fitness Rm 2) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)
<b>Crab Cake</b>  <b>Friends Annual Corn Hole Tournament (Dining Rm)</b>	<b>Meatball Sub</b>  	<b>Vegetarian Chili</b>  	<b>Sirloin Beef Tips</b>  	<b>Chicken Parmesan</b>
<b>16</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 Friends Annual Corn Hole Tournament (Dining Rm)</b>	<b>17</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> <b>11:00 Freedom Museum Talk &amp; Book Reading (Dining Rm)</b> 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Black History Month Talk (Dining Rm)</b> 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Cancelled) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	<b>18</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)	<b>19</b> 10:00 Creative Art Class (Craft Rm) <b>10:00 Friends Garden Meeting (Conference Rm)</b> 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>20</b> 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 11:30 Intro to Line Dancing (Fitness Rm 2) 1:00 Acting Class (Dining Rm) 1:00 Friends Craft (Craft Rm) <b>1:00 National Theater Baba Ras D (Dining Rm)</b> 2:30 Euchre (Classroom)
<b>Baked Tilapia</b>  <b>Chinese New Year Program (Dining Rm)</b>	<b>Chicken &amp; Dumplings</b>  	<b>Vegetable Beef Soup</b>  	<b>Chicken &amp; Sausage Gumbo</b>  	<b>Cheeseburger</b>
<b>23</b> 9:10 Tai Chi (Fitness Rm 2) <b>10:00 Armchair Travel (Classroom)</b> 10:00 Fitness Video (Fitness Rm 2) 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 Chinese New Year Program (Dining Rm)</b>	<b>24</b> 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Classroom)</b> <b>11:00 Black History Month Talk (Dining Rm)</b> 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Cancelled) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	<b>25</b>	<b>26</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) <b>1:00 Dance For Your Heart Performance (Dining Rm)</b> 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-Guided (Conf. Rm)	<b>27</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)
<b>Chicken &amp; Vegetable Potstickers</b>  	<b>Country Fried Chicken</b>  	 	<b>Chicken Alfredo with Peas</b>  	<b>Shrimp Po'Boy</b>
<p><b>INCLEMENT WEATHER POLICY</b></p> <p>When Prince William County Schools are closed due to snow, ice, and bad weather, the senior center is <b>CLOSED</b>. When the County schools are delayed in opening, we are <b>OPEN ON TIME</b>, but there is no bus transportation. Listen to your local radio and TV stations for closing notifications.</p> <p>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.</p>				
<p><b>A Chef Salad is available in lieu of regular lunch.</b>  <b>If you plan on having lunch, you must sign up by 10:30 a.m. the day you are eating.</b>  Please note the menu is subject to change due to availability.</p> <p><b>Reminder:</b>  <b>Lunch is served at noon daily Unless otherwise stated.</b></p>				
 <p><b>Our Mission Statement:</b>  <b>To provide services, education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</b></p>				