

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

MARCH 2026



ST. PATRICK'S DAY CELEBRATION

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

Join us to celebrate St. Patrick's Day with live entertainment, Irish storytelling and comedy by Tom Delaney. Please sign up at the front desk to reserve your seat.

Sign up for lunch on the computer or call the front desk by 10:30 a.m.

	AARP FRAUD PREVENTION PRESENTATION Tuesday, March 10, 11:00 a.m. In honor of National Fraud Prevention Month, join Martin Bailey in learning about types of fraud and fraud prevention.
	GETTING TO KNOW YOU Wednesday, March 11, 10:30 a.m. Join Jan Lawler as you get to know your fellow Manassas Senior Center members better for this fun and social event.
	WINTER OLYMPICS PRESENTATION Friday, March 20, 9:30 a.m. Please join Bobb Jordan in the dining room for a special show & tell presentation as he talks about the 1980 Winter Olympics. There will be some fantastic memorabilia from the 80's winter Olympic games you will want to see. Sign Up at the front desk.
	ACTING CLASS PRESENTATION Friday, March 20, 12:45 p.m. Early Lunch: 11:45 a.m. Our Manassas Senior Center Acting Class in partnership with the ARTfactory of Manassas, will be having its second performance of 2026! Please join us for this spectacular performance. Sign-up book is at the front desk.

Upcoming EVENTS

ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Please join Megann to travel to these destinations: Bermuda, Tahiti, Puerto Rico, and El Salvador.

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

March: Beyond Android Basics, Digital Library: Just for Kids, Google vs. Microsoft, and Social Media.

CAREGIVER SUPPORT PRESENTATION

Monday, March 2, 11:00 a.m.

Please join CSB for this special presentation.

GUITAR MUSIC WITH T.A. AWUA

Fridays, March 13 & 27, 12:00 p.m.

PWC MOBILE LIBRARY

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

Return and check out books with the mobile library.

NATIONAL THEATER PERFORMANCE

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

Please join Mary Ann Jung from the National Theater for a "History Alive" performance on Clara Barton.

LEGAL SERVICES PRESENTATION

Monday, March 30, 11:00 a.m.

Please join legal services for this informative presentation for all of your general legal services questions.

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.

ACTIVITIES GUIDE

HEALTH & WELLNESS

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.	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



NATIONAL NUTRITION MONTH PRESENTATION

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

Join Saba in the dining room for this special presentation in honor of National Nutrition 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, March 30, 12:30 p.m.

NUTRITION CLASS WITH SABA

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

March Topics: Healthy Eating on a Budget, Whole Grains, and Vitamins and Minerals.

NUTRITION COUNSELING

Individual Nutrition Counseling is available with our Nutritionist, Saba Barkneh. Call 703-792-7153 or email 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. For TTY please dial 7-1-1 for the Virginia Relay system.

FRIENDS

NEWS

The next board meeting will be on Wednesday, March 4 at 1:00 p.m. The briefing will be on Wednesday, March 11 at 12:15 p.m.

All are welcome.

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

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

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

A Peanut Auction is scheduled for Thursday, March 19 at 1:00 p.m.

The Friends scholarship applications will be available on March 1. The deadline for submittal is May 15.

An election will be held April 6 and April 7. You must be a current member to vote.

A yard sale is scheduled Saturday, April 18. Please look on the Friends bulletin board for more information.

Senior Center Staff

Sue Gilbert, Human Services Manager
Michelle Choi, Administrative Coordinator
Vacant, 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

Volunteer Appreciation Luncheon

Wednesday, April 29, 11:00 a.m.

Spring Celebration

Friday, April 17, 12:30 p.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@pwcgov.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.

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

MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:10 Tai Chi (Fitness Room 2) 10:00 Armchair Travel (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Caregiver Support Talk (Dining Rm) 11:00 Karaoke (Cancelled) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p> <p>Roast Turkey</p>	<p>3</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Classroom) 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>Oven Fried Chicken</p>	<p>4</p> <p>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) 1:00 Friends Meeting (Classroom) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p>Pork BBQ</p>	<p>5</p> <p>10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 National Nutrition Month Presentation (Dining Rm) 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>Baked Cod</p>	<p>6</p> <p>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) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p> <p>Egg Salad Sandwich</p>
<p>9</p> <p>9:10 Tai Chi (Fitness Room 2) 10:00 Armchair Travel (Classroom) 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)</p> <p>Fish & Chips</p>	<p>10</p> <p>9:00 Wii Bowling (Dining Room) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Classroom) 11:00 AARP Fraud Prevention Presentation (Dining Rm) 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)</p> <p>Meatloaf</p>	<p>11</p> <p>9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Dining Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Getting to Know You (Classroom) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 12:15 Friends Briefing (Dining Rm) 12:30 Friends Birthday Celebration (Dining Rm) 1:00 Friends Game Challenge (Dining Rm)</p> <p>Italian Breaded Baked Chicken</p>	<p>12</p> <p>10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 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>Spaghetti & Meatballs</p>	<p>13</p> <p>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) 12:00 Music with T.A. Awua (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p> <p>Beef Stroganoff</p>
<p>16</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Classroom) 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) 1:00 St. Patrick's Day Celebration (Dining Room)</p> <p>Corned Beef and Cabbage</p>	<p>17</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 PWC Mobile Library (Conf. Rm) 10:30 Taste of Technology (Classroom) 11:00 Line Dancing (Fitness Rm 2) 11:00 St. Patrick's Day 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>Chicken Cordon Bleu</p>	<p>18</p> <p>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) 1:00 Friends Dance Party (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p>Pork Chop</p>	<p>19</p> <p>10:00 Creative Art Class (Craft Rm) 10:00 Friends Garden Meeting (Conference Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:00 Friends Peanut Auction (Dining Rm) 1:30 Canasta—Self-Guided</p> <p>Fish Soft Taco</p>	<p>20</p> <p>9:00 Wii Bowling (Cancelled) 9:30 Winter Olympics Presentation (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) 11:45 Early Lunch (Dining Rm) 12:45 Acting Class Performance (Dining Rm) 1:00 Acting Class (Dining Rm) 1:00 Friends Craft (Craft Rm)</p> <p>Swedish Meatballs</p>
<p>23</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Classroom) 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) 1:00 National Theater Mary Ann Jung (Dining Rm)</p> <p>Chicken Enchilada</p>	<p>24</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Classroom) 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>Baked Salmon</p>	<p>25</p> <p>Closed Staff In-Service Day</p> <p>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.</p> <p>Reminder: Lunch is served at noon daily Unless otherwise stated.</p>		<p>26</p> <p>10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 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>Stuffed Pepper</p>
<p>30</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Cancelled) 11:00 Legal Services Presentation (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Stay Active, Stay Healthy Prevent Diabetes Information and Registration Session (Dining Rm) 1:00 Bridge (Classroom)</p> <p>White Chicken Chili</p>	<p>31</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Classroom) 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>Cheese Pizza</p>	<p>Our Mission Statement: To provide services, education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</p> 		