

## APRIL 2026

### Spring Celebration w/ Joe Cerutti

Thursday, April 16, 10:30 a.m.

Join us as we celebrate Spring with some great music. Sign up is required as seating is limited to 125.

There will be no morning activities or salad served.

Sign up close Friday, April 10.



**National Theatre**  
Presents Frank Plummer  
Friday, April 3, 10:30 a.m.  
Join Frank Plummer for Broadway, jazz, and classics. Experience his masterful piano and soulful vocals.



**Egg Hunt**  
Thursday, April 2, 9:00 a.m.  
Join us for the Senior Center annual Spring Egg Hunt. Try your luck and see how many eggs you can find in the center.  
Good Luck!



**Senior First Aid Presentation by PWC Fire and Rescue**  
Thursday, April 23, 10:00 a.m.  
Come out and learn some basic first aid to help you at home.  
All welcome to attend.



**Dance Party**  
Friday, April 10, 10:30 a.m.  
Let's move and grove to your favorite tunes with a local DJ who'll be taking song request. No sign up required.

### Upcoming EVENTS

#### Trivia

Join us to test your knowledge! Wednesdays at 9:30 a.m. and 1:00 p.m. in Classroom #1. Check the calendar for specific dates and times.

#### Karaoke

Most Thursdays at 11:00 a.m. See schedule for specific dates. Sign up to sing your favorite songs with the group!

#### Technology Training Classes

Most Tuesdays in Classroom #3. See schedule for dates.

#### Spring Craft

Wednesday, April 1, 1:00 p.m.  
Join Theresa in making a Spring craft. Seating is limited to 10 sign up at the front desk.

#### Bunny Craft

Wednesday, April 8, 10:30 a.m.  
Join Kim in making a Bunny craft. Seating is limited to 8. Sign up at the front desk.

#### Pretty in Pink and Pearls

Wednesday, April 15, 12:30 p.m.  
Join Doris in creating some pretty beaded jewelry. Seated is limited to 12 so sign up at the front desk.

#### Legal Services

Monday, April 13, 12:30 p.m.  
Come out and get some helpful information on tax law.

#### Leesylvania State Park

Thursday, April 9, 9:30 a.m.  
Be part of discovering some fun facts about Leesylvania State Park. Come out today and learn about Native plants and Pollinators.

#### April Birthday Recognition

Friday, April 17, 11:50 a.m.  
Gather and celebrate all the April birthdays with your fellow center members.

#### PWC Library Mobile Van

Friday, April 17, 10:00 a.m.  
Join PWC Library staff by visiting the mobile library and check out a good book to read.

#### Decorating Committee Meeting

Friday, April 24, 1:00 p.m. Will be held in classroom #3.



#### Older American's Month Celebration

Friday, May 8th, Camp Snyder  
Sign-ups begin Monday, April 13. Event seating is limited to 150 participants per center. The bus has limited space and a \$2 bus fee due at registration.

# ACTIVITIES GUIDE

## LEARNING ACTIVITIES

Art Class	M	1:00 pm	Free
Bible Book Study	TH	09:30 am	Free
Ceramics	W & TH	10:30 am	Varies
Chinese Bible Book Study	M & W	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	1:30 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	10:15 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, April 7—Alcohol & Health**  
**Tuesday, April 14— Nuts & Seeds**  
**Tuesday, April 28— Nutrition & Sleep**

In the dining room all welcome to attend.

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.

Call 703-792-7153 or email [sbarkneh@pwcgov.org](mailto:sbarkneh@pwcgov.org) to schedule your appointment.

## H.E.L.P.P.

(Healthy Edlers Lifespan Potomac Program)

**Friday, April 24, 10:00 a.m.**

Join the Marymount Center for Optimal Aging to deepen your understanding of health and explore strategies for optimal aging. We will provide health screenings, including measurements of grip strength, body mass index, and blood pressure. Participants will then receive a comprehensive wellness consultation with an expert to review their results and available resources to support their overall well-being.



### New Classes and Activities Starting Fridays In April.

Conversation English  
11:00 a.m. in classroom #1

Chinese Dancing 1:00 p.m. in multipurpose room

For more information about our programs services, call 703-792-6374, or email [pwaaa@pwcgov.org](mailto: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

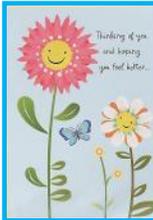
Janet Happoldt    John Happoldt  
 Vacant            Fannie Hargrave  
 Victoria Buie-Owens    Retha Davis  
 George Reid    Shirley Custis  
 Marta Reyes

## MEETING

The next board meeting is on  
**Wednesday, May 13, 2026 at 1:00 p.m.**  
 All are welcome to attend this meeting.

**Volunteer for the month of February** goes to  
 Marta Reyes of the Friends Café.

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.



## Senior Center Technology Training Classes

(held in the classroom 3)

Tuesday, April 7

Travel in Luxury from Home

Tuesday, April 14

Google Drive

Tuesday, April 21

Money Smart Financial

Tuesday, April 28

Google Maps

# 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](http://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 Coord.

Angelina D. Reynolds

Driver Transportation Spec.

Kim Reynolds

Health & Wellness Coord.

Megann Hankins

Evidence-Based Pgm. Coord.

Vacant

Nutrition Services Manager

Vacant

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.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</b></p> 		<p><b>Mission Statement:</b></p> <p>To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.</p>		<p><b>1</b></p> <p>10:15 Scrabble  <b>10:30 Bingo</b>            10:30 Ceramics            10:30 Chinese Bible Book Study            12:00 Double Deck Pinochle  <b>1:00 Spring Craft</b>  <b>1:00 Trivia</b></p>		<p><b>2</b></p> <p>9:30 Bible Book Study  <b>10:00 Egg Hunt</b>            10:30 Ceramics / Meditation  <b>11:00 Karaoke</b>            12:00 Double Deck Pinochle            1:00 Bid Whist            1:15 Line Dancing            2:00 Chinese Singing            2:00 English Dancing            3:00 Rummikub/Skip-bo</p>		<p><b>3</b></p> <p><b>10:30 National Theatre</b>            11:00 Conversation English            12:00 Double Deck Pinochle            1:00 Quilting            1:00 Chinese Dancing            3:00 Rummikub</p>	
				Spinach & Cheese Ravioli		Chicken Cordon Bleu		Tilapia	
<p><b>6</b></p> <p>9:00 Woodcarving            9:30 Chair Yoga            10:00 Euchre            10:30 Bingo            10:30 Chinese Bible Book Study            12:00 Double Deck Pinochle            12:30 Dominos            1:00 Canasta / Pinochle            1:00 Art class / Guitar Lesson            1:30 Line Dancing</p>		<p><b>7</b></p> <p>9:30 Shanghai            10:00 Gospel Singing  <b>10:30 Technology Class</b>  <b>11:00 Nutrition Class</b>            11:00 Zumba            12:00 Double Deck Pinochle            1:00 Chess / Bid Whist            1:00 Crochet            1:30 Line Dancing            2:30 Bahai Book Study            3:00 Rummikub/Skip-bo</p>		<p><b>8</b></p> <p><b>9:30 Trivia</b>  <b>10:30 Bunny Craft with Kim</b>            10:15 Scrabble            10:30 Bingo            10:30 Ceramics            10:30 Chinese Bible Book Study            12:00 Double Deck Pinochle  <b>1:00 Trivia</b></p>		<p><b>9</b></p> <p>9:30 Bible Book Study  <b>9:30 Leesylvania State Park</b>            10:30 Ceramics / Meditation  <b>11:00 Karaoke</b>            12:00 Double Deck Pinochle            1:00 Bid Whist            1:15 Line Dancing            2:00 English Dancing            2:00 Chinese Singing            3:00 Rummikub/Skip-bo</p>		<p><b>10</b></p> <p><b>10:30 Dance Party</b>            11:00 Conversation English            12:00 Double Deck Pinochle            1:00 Quilting            1:00 Scarlett Sophisticates            1:00 Chinese Dancing            3:00 Rummikub</p>	
Veggie Cheese Pizza		Tuna Salad—No Salad		Baked Chicken		Pulled Pork Sandwich		Cod	
<p><b>13</b></p> <p>9:00 Woodcarving            9:30 Chair Yoga            10:00 Euchre            10:30 Bingo            10:30 Chinese Bible Book Study            12:00 Double Deck Pinochle            12:30 Dominos  <b>12:30 Legal Services</b>            1:00 Canasta / Pinochle            1:00 Art class/Guitar Lessons            1:30 Line Dancing</p>		<p><b>14</b></p> <p>9:30 Shanghai            10:00 Gospel Singing  <b>10:30 Technology Class</b>  <b>11:00 Nutrition Class</b>            12:00 Double Deck Pinochle            1:00 Chess/Bid Whist/Crochet            1:30 Line Dancing            2:30 Bahai Book Study            3:00 Rummikub/Skip-bo</p>		<p><b>15</b></p> <p><b>9:30 Trivia</b>            10:30 Bingo            10:15 Scrabble            10:30 Ceramics            10:30 Chinese Bible Book Study            12:00 Double Deck Pinochle  <b>12:30 Pretty in Pink and Pearls</b>  <b>1:00 Trivia</b></p>		<p><b>16 Friend's Annual Spring Sale</b></p> <p>9:30 Bible Book Study (Cancelled)            10:30 Meditation (Cancelled)  <b>10:30 Spring Celebration</b>            12:00 Double Deck Pinochle            1:00 Bid Whist            1:30 Line Dancing            2:00 Chinese Singing            3:00 Rummikub/Skip-bo</p>		<p><b>17</b></p> <p><b>10:00 PWC Mobile Library</b>            11:00 Conversation English            11:50 Birthday Recognition            12:00 Double Deck Pinochle            1:00 Quilting            1:00 Chinese Dancing            3:00 Rummikub</p>	
Chicken Tenders		Chili Dog—No Salad		Pork Chop		Fish Sandwich - No Salad		Egg Salad	
<p><b>20</b></p> <p>9:00 Woodcarving            9:30 Chair Yoga            10:00 Euchre            10:30 Bingo            10:30 Chinese Bible Book Study            12:00 Double Deck Pinochle            12:30 Dominos            1:00 Canasta / Pinochle            1:00 Art class/Guitar Lessons            1:30 Line Dancing</p>		<p><b>21</b></p> <p>9:30 Shanghai            10:00 Gospel Singing  <b>10:30 Technology Class</b>            11:00 Zumba            12:00 Double Deck Pinochle            1:00 Chess / Bid Whist            1:00 Crochet            1:30 Line Dancing            2:30 Bahai Book Study            3:00 Rummikub/Skip-bo</p>		<p><b>22</b></p> <p><b>9:30 Trivia</b>            10:30 Bingo            10:15 Scrabble            10:30 Ceramics            10:30 Chinese Bible Book Study            12:00 Double Deck Pinochle  <b>1:00 Trivia</b></p>		<p><b>23</b></p> <p>9:30 Bible Book Study  <b>10:00 Senior First Aid</b>            10:30 Ceramics / Meditation  <b>11:00 Karaoke</b>            12:00 Double Deck Pinochle            1:00 Bid Whist            1:15 Line Dancing            2:00 English Dancing            2:00 Chinese Singing            3:00 Rummikub/Skip-bo</p>		<p><b>24</b></p> <p><b>10:00 HELPP Program</b>            11:00 Conversation English            12:00 Double Deck Pinochle            1:00 Quilting            1:00 Scarlett Sophisticates  <b>1:00 Decorating Committee</b>            1:00 Chinese Dancing            3:00 Rummikub</p>	
Beef Lasagna		Spinach Quiche / No Salad		White Chicken Chili		Eggplant Parmesan		Baked Fish	
<p><b>27</b></p> <p>9:00 Woodcarving            9:30 Chair Yoga            10:00 Euchre  <b>10:30 Bingo</b>            10:30 Chinese Bible Book Study            12:00 Double Deck Pinochle            12:30 Dominos            1:00 Guitar Lesson            1:00 Canasta / Pinochle            1:00 Art class            1:30 Line Dancing</p>		<p><b>28</b></p> <p><b>9:00 Commission on Aging</b>            9:30 Shanghai  <b>10:30 Technology Class</b>            11:00 Zumba / <b>Nutrition Class</b>            12:00 Double Deck Pinochle            1:00 Chess / Bid Whist            1:00 Crochet            1:30 Line Dancing            2:30 Bahai Book Study            3:00 Rummikub/Skip-bo</p>		<p><b>29</b></p> <p><b>Center Closed For Staff In-service</b></p>		<p><b>30</b></p> <p>9:30 Bible Book Study  <b>10:00 DBVI Low Vision Talk</b>            10:30 Ceramics / Meditation  <b>11:00 Karaoke</b>            12:00 Double Deck Pinochle            1:00 Bid Whist            1:15 Line Dancing            2:00 English Dancing            2:00 Chinese Singing            3:00 Rummikub/Skip-bo</p>		<p><b>May Upcoming Events</b></p> <p><b>Annual Older American's Month Celebration</b>            Friday, May 8            Sign up starts Monday, April 6</p> <p><b>Spring Recital and Hat Show</b>            Friday, May 1</p> <p><b>Mother's Day Celebration</b>            Friday, May 15</p> <p><b>Memorial Day Celebration</b>            Thursday, May 28</p>	
Italian Breaded Chicken		Mushroom Swiss Burger No Salad				Fish Soft Taco			