

# PRINCE WILLIAM

Area Agency on Aging

[www.pwcgov.org/seniorcenters](http://www.pwcgov.org/seniorcenters)

703-792-6405

Prince William Senior Center

# MANASSAS

## APRIL 2026



### SPRING CELEBRATION

Friday, April 17, 12:30 p.m.

Early lunch: 11:45 a.m.

Join us for a spring celebration with a special performance by Joe Cerutti that will have you singing and dancing to all your favorite songs. 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.



### VEGETABLE GARDENING

Monday, April 6, 11:00 a.m.

Join the Prince William County Cooperative Extension for this educational program to learn about vegetable gardening and how you can start one of your own.



### AARP ROMANCE SCAMS PRESENTATION

Tuesday, April 21, 11:00 a.m.

About 16 percent of adults 50 and older, roughly 1 in 6, say they or someone they know has had money stolen through a romance scam. Attend this presentation to learn how to protect yourself from falling victim to one of these scams.



### NATIONAL THEATRE PERFORMANCE

Monday, April 27, 11:00 a.m.

Please join Noa Baum from the National Theater for this special storytelling performance in honor of National Tell a Story Day. It is a day to foster creativity, and connection by sharing stories.



### SENIOR FIRST AID PRESENTATION

Tuesday, April 28, 10:00 a.m.

Join Chris Brothers with Prince William Fire & Rescue for this educational presentation to learn the basics of first aid for seniors.

## Upcoming EVENTS

### ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Please join Megann to travel to these destinations:  
**Bermuda, California, Hawaii, and Aruba.**

### TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

April: Using Social Media, Best Travel Apps, Google Maps, Google Drive, and Scams: Recognize, Avoid, Report.

### GUITAR MUSIC WITH T.A. AWUA

Friday, April 10 & 24 12:00 p.m.

### PWC MOBILE LIBRARY

Tuesday, April 21, 10:00 a.m.

Return and check out books for spring with the mobile library.

### VOLUNTEER APPRECIATION Luncheon (Senior Center Closed)

Wednesday, April 29, 11:00 a.m. — 1:00 p.m.

This special lunch is planned to honor all our wonderful volunteers. You must have volunteer hours recorded to receive an invitation to attend. Invitations will go out the first week in April. RSVP by April 15.

### VCAA (Virtual Center for Active Adults)

Join live, interactive programs and engage with other adults. You can also watch prerecorded programs on-demand on your own schedule.

To join a class, visit [bit.ly/VCAAzoom2](https://bit.ly/VCAAzoom2) on your computer, smartphone, or tablet.

Prince William Senior Center—Manassas  
Prince William Area Agency on Aging

9320 Mosby St., Manassas, VA 20110  
Monday through Friday from 9:00 a.m. to 4:30 p.m.

# 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

### Healthy Elders Potomac Program (HELPP)

Friday, April 03, 12:30 p.m.

Join the Marymount Center for Optimal Aging to deepen your understanding of health and explore strategies for optimal aging. They 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.

Sign up at the front desk to reserve your seat.

### BALANCE FOR WELLNESS EVENT

Tuesday, April 14, 9:30 a.m. to 3:30 p.m.

Join the George Mason University SMART Lab in this free wellness event where they will conduct free tests of blood pressure, balance, strength and thinking. Registration will be through George Mason University. For more information see flyer at the front desk or speak with a senior center staff member. Must be over 55 years old, have corrected vision/hearing and can read and understand English.

### NUTRITION CLASS WITH SABA

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

April Topics: Protein, Alcohol & Health, Nuts & Seeds, and Nutrition & Sleep the connection.

### NUTRITION COUNSELING

Individual Nutrition Counseling is available with our Nutritionist, Saba Barkneh. Call 703-792-7153 or email [sbarkneh@pwcgov.org](mailto: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](mailto: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, April 1 at 1:00 p.m. The briefing will be on Wednesday, April 8 at 12:15 p.m. All are welcome.

An egg hunt is scheduled on April 2 at 1:00 p.m.

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

The birthday celebration is at 12:30 p.m. on Wednesday, April 8. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, April 8, at 1:00 p.m. in the dining room.

The dance party is scheduled for Wednesday, April 15 at 1:00 p.m. in the dining room.

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

The Friends scholarship applications are available at the front desk. The deadline for submittal is May 15.

### 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

### Older American Month Celebration

Friday, May 8 10:00 a.m. to 2:00 p.m.

### Memorial Day Celebration

Monday, May 29 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](mailto: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](http://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

# APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>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.</b></p> <p><b>Reminder: Lunch is served at noon daily</b></p>	<p><b>STAY HEALTHY STAY ACTIVE PREVENT TYPE 2 DIABETES</b></p> <p>Scan the QR code or link to register for the program <a href="https://novadiabetespresentation.com">https://novadiabetespresentation.com</a></p> 	<p><b>1</b></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) <b>1:00 Friends Meeting (Classroom)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p><b>Hot Dog</b></p>	<p><b>2</b></p> <p>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 Friends Egg Hunt (Lobby)</b> 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-Guided (Conf. Rm)</p> <p><b>Tuna Salad Plate</b></p>	<p><b>3</b></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) <b>12:30 HELPP Program Presentation (Dining Rm)</b> 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p> <p><b>Chicken a la King</b></p>	
<p><b>6</b></p> <p>9:10 Tai Chi (Fitness Room 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 (Cancelled) <b>11:00 Vegetable Gardening Presentation (Dining Rm)</b> 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p> <p><b>Friends Election</b></p> <p><b>Taco Salad</b></p>	<p><b>7</b></p> <p>9:00 Wii Bowling (Dining Room) 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)</p> <p><b>Friends Election</b></p> <p><b>Stuffed Shells</b></p>	<p><b>8</b></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) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Dining Rm) 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)</p> <p><b>Fish Sandwich</b></p>	<p><b>9</b></p> <p>10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 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><b>Salisbury Steak</b></p>	<p><b>10</b></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) <b>12:00 Music with T.A. Awua (Dining Rm)</b> 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p> <p><b>Cabbage Roll</b></p>	
<p><b>13</b></p> <p>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)</p> <p><b>Chicken Alfredo</b></p>	<p><b>14</b></p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>9:30 Balance for Wellness Event (Conf. Rm)</b> <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)</p> <p><b>Meatball Sub</b></p>	<p><b>15</b></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) <b>1:00 Friends Dance Party (Dining Rm)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p><b>Vegetarian Chili</b></p>	<p><b>16</b></p> <p>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) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-Guided (Conf. Rm)</p> <p><b>BLT</b></p>	<p><b>17</b></p> <p>9:00 Wii Bowling (Cancelled) 0:00 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) <b>11:45 Early Lunch</b> <b>12:30 Spring Celebration (Dining Rm)</b> 1:00 Acting Class (Dining Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p> <p><b>Friends Yard Sale Saturday, April 18, 9:00-1:00</b></p> <p><b>Baked Ham</b></p>	
<p><b>20</b></p> <p>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)</p> <p><b>Baked Tilapia</b></p>	<p><b>21</b></p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:00 PWC Mobile Library (Conf. Rm)</b> <b>10:30 Taste of Technology (Classroom)</b> <b>11:00 AARP Romance Scams Presentation (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)</p> <p><b>Chicken &amp; Dumplings</b></p>	<p><b>22</b></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 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p><b>Sirloin Beef Tips</b></p>	<p><b>23</b></p> <p>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) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-Guided (Conf. Rm)</p> <p><b>Grilled Cheese</b></p>	<p><b>24</b></p> <p>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)</p> <p><b>Cheeseburger</b></p>	
<p><b>27</b></p> <p>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 (Cancelled) <b>11:00 National Theater Performance (Dining Rm)</b> 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p> <p><b>Vegetable Lasagna</b></p>	<p><b>28</b></p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:00 Senior First Aid (Dining Rm)</b> <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)</p> <p><b>Country Fried Chicken w/Gravy</b></p>	<p><b>29</b></p> <p><b>Closed Staff In-Service Day</b></p> <p><b>Volunteer Appreciation Luncheon</b></p>		<p><b>30</b></p> <p>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) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-Guided (Conf. Rm)</p> <p><b>Sloppy Joe</b></p>	<p><b>Our Mission Statement: To provide services, education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</b></p>