

MAY 2026



Memorial Day Celebration Thursday, May 28, 10:30 a.m.

Join us for a Memorial Day Celebration with live music by Dian.

Seating is limited to the first 125 so sign-up at the front desk. Registration will close Friday, May 22.
No morning activities or salad will be served.



Spring Recital and Hat Show Friday, May 1, 10:00 a.m.

Join our annual Spring Recital! We've added a Kentucky Derby Hat Show—wear your best hat and join the fun! Sign-up required.



Mother's Day Celebration Featuring Ernie Tolley Friday, May 15, 10:30 a.m.

Just us in celebrating all the mothers in the center with a wonderful luncheon and live music by Ernie Tolley. Sign-up is required.



Kena Shrine Band Thursday, May 21, 12:30 p.m.

Join the Kena Shrine Band for an uplifting, diverse repertoire of music celebrating talent and the joy of live performance. Sign-up is required.



Cinco De Mayo Celebration Featuring Frank Plumer Friday, May 22, 10:30 a.m.

Join Frank Plummer as he performs his vibrant Spanish repertoire in celebration of Cinco de Mayo. Sign-up is required.

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 in classroom #3. Seating is limited. See schedule for dates and topics.

Leesylvania State Park

Thursday, May 7, 9:30 a.m.
Be part of discovering some fun facts about Leesylvania State Park. Come out today and learn about VA State Park history.

Legal Services

Thursday, May 7, 11:00 a.m.
Services for seniors in honor of Law Day.

Military History Presentation

Thursday, May 14, 10:00 a.m.
Come learn about Prince William military history.

PWC Mobile Library

Friday, May 15, 10:00 a.m.
Join PWC Library staff for a visit to the mobile library and check out a good book to read.

May Birthday Recognition

Friday, May 15, 11:50 a.m.
Gather and celebrate all the April birthdays with your fellow center members.

APS Bingo

Wednesday, May 20, 10:30 a.m.
Come join PWC APS staff for a FREE bingo session.

Decorating Committee Meeting

Friday, May 29, 1:00 p.m.
Will be held in classroom 3



Older American's Month Celebration Friday, May 8, 2026

****Sign-up required****

Seating is limited to 150 per center.
The center will be closed this day.

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	1:15 pm	Free
English Line Dancing	TH	2:00 pm	Free
Zumba	T	11:00 am	Free
Nutrition Class	T (most)	11:00 am	Free
Meditation	TH	10:30 am	Free
Chair Yoga	M	9:30 am	Free

FUN ACTIVITIES

Angel and the Band	F (Some)	10:00 am	Free
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, May 5—Bone Health
Tuesday, May 12—Kidney Health
Tuesday, May 19—Diary?
Tuesday, May 26— Food Label

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 to schedule your appointment.



Farm Market Fresh
 Senior & WIC Farmers' Market Nutrition Program (S/FMNP)

What is Farm Market Fresh for Older Adults?

Older adults aged 60 years or older are eligible to receive a benefit voucher to purchase fresh fruits, vegetables, and fresh cut herbs from approved vendors if the following statements are true:

- You are 60 years of age or older.
- You are a resident of Prince William County.
- You do not live in the same household, and you are not an immediate family member of the farmer who grows the produce.
- You meet the program's income requirements.
- You must certify your household income.

Application accepted until Sept 30, 2026.

Online application accepted through the healthy together app. Also paper application available at the Senior Centers

<https://www.healthytogether.co/onboarding/virginia-fm>

If you have any questions, call us on 703-792-5426

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



Senior Center Technology Training Classes

(held in Classroom #3) Seating is limited

Most Tuesdays at 10:30 a.m.

Tuesday, May 5

Best travel apps

Tuesday, May 12

Trust your online research

Tuesday, May 19

Digital Library: Entertainment

Tuesday, May 26

Money Smart Scams

Focus: Identity Theft



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

Caregiver Support Group: For more information
 please call:

(703) 501-0749

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

Saba Barkneh

Nutritionist

Vacant

Food Svcs. Spec.-Lead Cook

Chris Bohn

Food Svcs. Spec.-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.

***ACTIVITIES**

AND MEALS

ARE SUBJECT TO CHANGE*



Mission Statement:

To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.



1

10:00 Spring Recital and Hat Show
11:00 English Conversation
12:00 Double Deck Pinochle
1:00 Quilting
1:00 Chinese Dance
3:00 Rummikub

Chicken Salad / No Salad

4

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
1:15 Line Dancing

Chicken & Noodles

5

9:30 Shanghai
10:00 Gospel Singing
10:30 Technology Class
11:00 Nutrition Class
11:00 Zumba
12:00 Double Deck Pinochle
1:00 Chess / Bid Whist
1:00 Crochet
1:15 Line Dancing
2:30 Bahai Book Study
3:00 Rummikub/Skip-bo

Fish Soft Taco—No Salad

6

10:15 Scrabble
10:30 Bingo
10:30 Ceramics
10:30 Chinese Bible Book Study
12:00 Double Deck Pinochle
1:00 Trivia

Veggie Cheese Pizza

7

9:30 Leesylvania State Park
9:30 Bible Book Study
10:30 Ceramics / Meditation
11:00 Legal Services Presentation
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

Salisbury Steak / Biscuit

8

Center Closed Older American's Celebration

11

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
1:15 Line Dancing

Chicken Alfredo

12

9:30 Shanghai
10:00 Gospel Singing
10:30 Technology Class
11:00 Zumba
11:00 Nutrition Class
12:00 Double Deck Pinochle
1:00 Chess/Bid Whist/Crochet
1:15 Line Dancing
2:30 Bahai Book Study
3:00 Rummikub/Skip-bo

Stuffed Bell Pepper—No Salad

13

9:30 Trivia
10:30 Bingo
10:15 Scrabble
10:30 Ceramics
10:30 Chinese Bible Book Study
12:00 Double Deck Pinochle
1:00 Friends Meeting

Ham w/Beans

14

9:30 Bible Book Study
10:00 Military History Talk
10:30 Ceramics Meditation
11:00 Karaoke
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

Cheeseburger

15

10:00 PWC Mobile Library
10:30 Mother's Day Celebration
11:00 English Conversation
12:00 Double Deck Pinochle
1:00 Quilting
1:00 Chinese Dance
3:00 Rummikub

Baked Salmon / No Salad

18

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
1:15 Line Dancing

Chicken Cordon Bleu

19

9:30 Shanghai
10:00 Gospel Singing
10:30 Technology Class
11:00 Zumba
11:00 Nutrition Class
12:00 Double Deck Pinochle
1:00 Chess / Bid Whist
1:00 Crochet
1:15 Line Dancing
2:30 Bahai Book Study
3:00 Rummikub/Skip-bo

Stuffed Shells / No Salad

20

9:30 Trivia
10:15 Scrabble
10:30 Ceramics
10:30 APS Bingo
10:30 Chinese Bible Book Study
12:00 Double Deck Pinochle
1:00 Trivia

Baked Lemon Herb Cod

21

9:30 Bible Book Study
10:00 Caregiver Support
10:30 Ceramics
10:30 Meditation
11:00 Karaoke
12:00 Double Deck Pinochle
12:30 Kena Shrine Band
1:00 Bid Whist
1:15 Line Dancing (Cancelled)
2:00 English Dancing (Cancelled)
2:00 Chinese Singing
3:00 Rummikub/Skip-bo

Roast Beef Sandwich

22

10:30 Cinco De Mayo
11:00 English Conversation
12:00 Double Deck Pinochle
1:00 Quilting
1:00 Chinese Dance
3:00 Rummikub

Mexican Chicken Salad / No Salad

25

Center Closed In observance of Memorial Day

26

19:30 Shanghai
10:00 Gospel Singing
10:30 Technology Class
11:00 Zumba / **Nutrition Class**
12:00 Double Deck Pinochle
1:00 Chess / Bid Whist
1:00 Crochet
1:15 Line Dancing
2:30 Bahai Book Study
3:00 Rummikub/Skip-bo

Chicken Tenders—No Salad

27

Center Closed For Staff In-service

28

9:30 Bible Book Study (Cancelled)
10:30 Meditation (Cancelled)
10:30 Ceramics
10:30 Memorial Day Celebration
12:00 Double Deck Pinochle
1:00 Bid Whist
1:30 Line Dancing
2:00 English Dancing (Cancelled)
2:00 Chinese Singing
3:00 Rummikub/Skip-bo

Chili Dog / No Salad

29

11:00 English Conversation
12:00 Double Deck Pinochle
1:00 Quilting
1:00 Decorating Committee
1:00 Chinese Dance
3:00 Rummikub

Beef Stroganoff