

# PRINCE WILLIAM

Area Agency on Aging

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

703-792-6405

Prince William Senior Center

# MANASSAS

## MAY 2026



### MOTHER'S DAY CELEBRATION

Monday, May 11, 1:00 p.m.

Join us to celebrate Mother's Day with a special performance by Frank Plumer from National Theatre. 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.



### CINCO DE MAYO LUNCHEON

Tuesday, May 5, 12:00 p.m.

Please join us to celebrate Cinco de Mayo with this themed luncheon. Sign up for lunch by 10:30 a.m. on the touchscreen or by calling the front desk.



### MEMORIAL DAY CELEBRATION

Friday May 29, 12:30 p.m.

Join us to celebrate Memorial Day with live music by Dian! You won't want to miss this celebration. Please sign up at the front desk to reserve your spot. Space is limited. Sign up for lunch on the computer or call the front desk on the day of the event by 10:30 a.m.



### KENA SHRINERS

Tuesday, May 12, 12:30 p.m.

Join us for this special performance for Mother's Day by the Kena Shrine Band. Sign up in the book at the front desk to reserve your seat. Space is limited, so sign up early.



### ACTING CLASS PRESENTATION

Friday, May 22, 12:45 p.m.

Early Lunch: 11:45 a.m.

You do not want to miss this performance by our acting class. Please sign up in the book at the front desk to reserve your seat. Sign up for lunch by 10:30 a.m.

## Upcoming EVENTS

### ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Please join Megann to travel to these European destinations: Germany, Italy, France.

### TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

April: Best Travel Apps, Trust Your Online Research, Digital Library: Entertainment, and Money Smart Scams: Identity Theft.

### KENTUCKY DERBY HAT CONTEST

Friday, May 1, 11:30 a.m.

Wear your best Kentucky Derby hat and join us for a chance to win a prize.

### MUSIC WITH T.A. AWUA

Friday, May 1 & 15, 12:00 p.m.

Join Ted to enjoy guitar music during lunch.

### MILITARY HISTORY PRESENTATION

Monday, May 18, 11:00 a.m.

Learn about our local military history in honor of National Military Appreciation Month by PWC Historic Preservation.

### PWC MOBILE LIBRARY

Tuesday, May 19, 10:00 a.m.

Spring into summer with a few good books or DVDs.

### LAW DAY PRESENTATION

Tuesday, May 5, 11:00 a.m.

Legal Services of Northern Virginia will be here to discuss the legal services that they provide for older adults.

### BINGO by Adult Protective Services

Tuesday, May 26, 1:00 p.m.

PWC Department of Social Services will be hosting APS Bingo in honor of Adult Abuse Prevention Month.

# 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. 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

## NUTRITION CLASS WITH SABA

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

May Topics: Bone Health, Kidney Health, and Food Labels

## 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.



Applications are now being accepted and vouchers will be issued to eligible participants through September 30.

Online applications are accepted through the healthy together app

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



Paper applications will be available at the senior centers.

For more information, please contact Saba Barkneh at 703-792-5426.

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, May 6 at 1:00 p.m. The briefing will be on Wednesday, May 13 at 12:15 p.m. All are welcome.

The Mother's Day Jewelry sale is on Monday, May 4 and Tuesday, May 5, 10:00-12:00.

Game nights are Wednesdays, May 6 and 20, 4:30-7:00 p.m.

The birthday celebration is at 12:30 p.m. on Wednesday, May 13.

A game challenge is scheduled for Wednesday, May 13, at 1:00 p.m. in the dining room.

A Friends Meet & Greet is Thursday, May 14 at 10:00 a.m.

Scholarship application deadline is May 15.

The dance party is scheduled for Wednesday, May 20 at 1:00 p.m. in the dining room.

A Peanut Auction is scheduled for Thursday, May 21 at 1:00 p.m.

Crafts are scheduled every Friday at 1:00 p.m.

### 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

### STRAWBERRY SHORTCAKE DAY

Friday, June 12, 1:00 P.M.

### FATHER'S DAY CELEBRATION

Monday, June 22, 1:00 p.m.

# 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

### 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.

# MAY 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>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>		<p><b>1</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) <b>11:30 Kentucky Derby Hat Contest (Dining Rm)</b> 11:30 Intro to Line Dancing (Fitness Rm 2) <b>12:00 Music w/ 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>Shrimp Po'boy</b></p>
<p><b>4</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 (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p> <p><b>Mother's Day Jewelry Sale 10:00-12:00</b></p> <p><b>Roast Turkey</b></p>	<p><b>5</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> <b>11:00 Law Day Presentation (Dining Rm)</b> 11:00 Line Dancing (Fitness Rm 2) <b>12:00 Cinco de Mayo Luncheon (Dining Rm)</b> 1:00 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p><b>Mother's Day Jewelry Sale 10:00-12:00</b></p> <p><b>Chicken Enchilada</b></p>	<p><b>6</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 (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) <b>1:00 Friends Meeting (Classroom)</b> 1:00 Intermediate Tap (Fitness Rm 1) <b>4:30 Friends Game Night (Card Rm)</b> 4:30 Woodcarving (Craft Rm)</p> <p><b>Baked Cod</b></p>	<p><b>7</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>Egg Salad Sandwich</b></p>	<p><b>8</b></p> <p><b>Closed Older Americans Month Celebration</b></p> <p><b>Sign up required for this event. Space is limited.</b></p>
<p><b>11</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) <b>1:00 Mother's Day Celebration (Dining Rm)</b></p> <p><b>Blackened Salmon Salad</b></p>	<p><b>12</b></p> <p>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) 12:30 Bingo (Cancelled) <b>12:30 Kena Shrine Band (Dining Rm)</b> 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p><b>Meatloaf</b></p>	<p><b>13</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>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>Italian Breaded Baked Chicken</b></p>	<p><b>14</b></p> <p>10:00 Creative Art Class (Craft Rm) <b>10:00 Friends Meet &amp; Greet (Card 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)</p> <p><b>Spaghetti &amp; Meatballs</b></p>	<p><b>15</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>12:00 Music With T.A. Awua (Dining Rm)</b> 1:00 Acting Class (Dining Rm) 1:00 Friends Craft (Craft Rm) <b>1:00 Annual Memory Garden Ceremony (Memory Garden)</b> 2:30 Euchre (Classroom)</p> <p><b>Beef Stroganoff</b></p>
<p><b>18</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 Military History Presentation (Dining Rm)</b> 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p> <p><b>Loaded Baked Potato</b></p>	<p><b>19</b></p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:00 PWC Mobile Library (Front Lobby)</b> <b>10:30 Taste of Technology (Classroom)</b> 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>20</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) <b>4:30 Friends Game Night (Card Rm)</b> 4:30 Woodcarving (Craft Rm)</p> <p><b>Pork Chop</b></p>	<p><b>21</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 (Cancelled)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) <b>1:00 Friends Peanut Auction (Dining Rm)</b> 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-Guided (Conf. Rm)</p> <p><b>Fish Soft Taco</b></p>	<p><b>22</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>11:45 Early Lunch (Dining Rm)</b> <b>12:45 Acting Class Presentation (Dining Rm)</b> 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p> <p><b>Swedish Meatballs</b></p>
<p><b>25</b></p> <p><b>Closed Memorial Day</b></p>	<p><b>26</b></p> <p>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) <b>1:00 APS Bingo (Dining Rm)</b> 1:00 Bridge (Classroom) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p><b>Baked Salmon</b></p>	<p><b>27</b></p> <p><b>Closed Staff In-Service Day</b></p>	<p><b>28</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>Stuffed Pepper</b></p>	<p><b>29</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>11:45 Early Lunch (Dining Rm)</b> <b>12:30 Memorial Day Celebration (Dining Rm)</b> 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p> <p><b>Pork BBQ</b></p>