

# PRINCE WILLIAM

Area Agency on Aging

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

703-792-5081

Prince William Senior Center

## WOODBIDGE

### JUNE 2026

CELEBRATING

## Father's Day

**Father's Day Celebration**  
Thursday, June 25, 10:30 a.m.  
W/ Nikki Franklyn

We are celebrating all the incredible men who inspire us with a great event featuring live music by Nikki Franklyn! Regular morning activities are canceled so everyone can join the celebration. Please note that our regular salad menu will not be available today. The event is limited to the first 125 people, so please sign up soon to secure your seat!



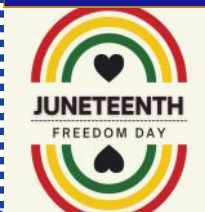
**Gardening As we Age**  
Thursday, June 4, 10:00 a.m.  
Join Prince William County Cooperative Extension to learn about how to continue gardening safely as you age.



**International Recital**  
Friday, June 5, 10:00 a.m.  
Come and share the fun as our in-house groups step into the spotlight to perform their favorite international pieces for your entertainment and enjoyment.



**DBVI Vision Rehab**  
Thursday, June 11, 10:00 a.m.  
Attend this presentation in honor of Vision Rehabilitation Week. Learn about DBVI and the special programs and services they offer to help individuals gain the skills and confidence they need to live more independently.



**Juneteenth Celebration**  
Thursday, June 18, 10:30 a.m.  
w/ Ron Howard  
Come join us for a day that commemorates African American freedom, and achievements while we enjoy some good music and fellowship.

### 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 the computer lab. Seating is limited. See schedule within for dates.

#### Decorating Committee Meeting

Thursday, June 25, 1:00 p.m.

Will be held in classroom 3

#### Leesylvania State Park

Thursday, June 11, 11:00 a.m.

Be part of discovering some fun facts by Leesylvania State Park. Come out today and learn about Snakes.

#### Legal Services

Monday, June 8, 12:30 p.m.

Topic: Avoiding Cyber, Crypto and Gold Scams

#### Travel Training

Friday, June 12, 10:00 a.m.

Unlock better ways to get around Northern Virginia! Join the Dulles Area Transportation Association for an expert-led session on local commuter programs and transit solutions.

#### June Birthday Recognition

Friday, June 17, 11:50 a.m.

Gather and celebrate all the April birthdays with your fellow center members.

#### National Theatre Presents: Curtis Blues

Friday, June 12, 10:30 a.m.

Join us for some great music by Curtis Blues from the National Theatre.



### Center Closures for June and July

Friday, June 19- Closed for Juneteenth

Wednesday, June 24- Closed for Staff In-Service

Friday, June 26- Closed for Annual Staff Training

Closed the Week of June 29 until July 3

\*Senior Center will reopen on Monday, July 6\*

# 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	Currently	Cancelled	
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

## Nutrition Services



Printed Nutrition information available at this center, no in person nutrition class scheduled for month of June.

One on one nutrition counseling available by appointment contact us at 703-792-5426



## Farm Market Fresh

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

### What is Farm Market Fresh for Older Adults?

Older adults age 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.

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

- 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

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

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 – Vacant

## 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, June 10, 2026 at 1:00 p.m.**  
All are welcome to attend this meeting.

### Volunteer of the month

March Volunteer goes to Istu Wurie  
April Volunteer goes to George Reid

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 the classroom 3) Seating is limited



**Tuesday, June 2, 10:30 a.m.**

### Using Google Docs:

Write letters, notes, or even a book using Google docs that other people will love to read.

**Tuesday, June 9, 10:30 a.m.**

### Who You are Online:

Learn what a digital footprint is, unintentional digital footprints, managing your online identity, consequences of digital footprints.

**Tuesday, June 16, 10:30 a.m.**

### Things you only hear about online

What exactly do influencers do, what is fake news, clickbait, wikis, reddit, and sponsored content? Come find out.

**Tuesday, June 23, 10:30 a.m.**

### Digital Library: Feed your brain

The Digital Library, supported by the Prince William Public Library, offers sites where you can learn a variety of skills, from GED to languages to career skills, Perhaps pick up a new craft, who knows?

# 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

## SENIOR CENTER STAFF

Human Services Manager	Kathy Ambrose
Administrative Coordinator	Angelina D. Reynolds
Driver Transportation Specialist	Kim Reynolds
Health & Wellness Coordinator	Megann Hankins
Nutrition Services Manager	Saba Barkneh
Public Health Nutritionist	Vacant
Food Services Specialist Chef	Chris Bohn
Food Services Cook	Wendy Arca-Moore
Evidence-Based Program Coordinator	Lea Kimmelman



## 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	
<b>1</b> 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 Canasta / Pinochle 1:00 Art class / Guitar Lesson 1:15 Line Dancing <b>Sloppy Joe</b>		<b>2</b> 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 1:15 Line Dancing 3:00 Rummikub/Skip-bo <b>Mushroom Ravioli—No Salad</b>		<b>3</b> 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 Trivia</b> <b>Chicken Wings</b>		<b>4</b> 9:30 Bible Book Study <b>10:00 Gardening As We Age</b> 10:30 Ceramics / Meditation 11:00 Karaoke 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 <b>Meatball Sub</b>		<b>5</b> <b>10:30 International Recital</b> 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 1:00 English Conversation 2:00 Chinese Dance 3:00 Rummikub <b>Crab Cake— No Salad</b>	
<b>8</b> 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 <b>12:30 Legal Services</b> 1:00 Canasta / Pinochle 1:00 Guitar Lesson 1:15 Line Dancing <b>Sweet &amp; Sour Chicken Nug-</b>		<b>9</b> 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 1:15 Line Dancing 3:00 Rummikub/Skip-bo <b>Spinach Quiche-No Salad</b>		<b>10</b> <b>9:30 Trivia</b> 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 Friends Meeting</b> <b>Beef Lasagna</b>		<b>11</b> 9:30 Bible Book Study <b>10:00 DBVI Vision Rehab</b> 10:30 Ceramics / Meditation <b>11:00 Leesylvania State Park</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 <b>Chicken Tenders</b>		<b>12</b> <b>10:00 Travel Training</b> <b>10:30 National Theatre</b> 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 1:00 English Conversation 2:00 Chinese Dance 3:00 Rummikub <b>Baked Cod</b>	
<b>15</b> 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 Canasta / Pinochle 1:00 Guitar Lessons 1:15 Line Dancing <b>Sirloin Beef Tips</b>		<b>16</b> 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/Crochet 1:15 Line Dancing 3:00 Rummikub/Skip-bo <b>Tilapia—No Salad</b>		<b>17</b> <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> <b>Egg Salad</b>		<b>18</b> 9:30 Bible Book Study <b>10:30 Juneteenth Celebration</b> 10:30 Ceramics / Meditation 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 <b>Oven Fried Chicken / No Salad</b>		<b>19</b> <h2 style="text-align: center;">Center Closed</h2> <p style="text-align: center;">In observance of Juneteenth</p>	
<b>22</b> 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 Canasta / Pinochle 1:00 Guitar Lessons 1:15 Line Dancing <b>Tuna Salad</b>		<b>2</b> 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 1:15 Line Dancing 3:00 Rummikub/Skip-bo <b>Italian Breaded Chicken / No Salad</b>		<b>24</b> <h2 style="text-align: center;">Center Closed For Staff In-service</h2>		<b>25</b> 9:30 Bible Book Study <b>10:30 Father's Day Celebration</b> 10:30 Ceramics / Meditation 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 <b>Cheeseburger / No Salad</b>		<b>26</b> <h2 style="text-align: center;">Center Closed For Staff Training</h2>	
<b>29</b> <h2 style="text-align: center;">The Center will be CLOSED the week of June 29 through July 3</h2>		<b>30</b>  <b>Center will reopen Monday, July 6</b>		<p><b>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</b></p> 		<p>Mission Statement: To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.</p>			