

JULY 2026

4th of July Summer Celebration
With live music by Dian Wilson
Thursday, July 9, 10:30 a.m.

Are you ready to keep the Independence Day fun going? The incredibly energetic Dian is coming back to help us party. If you were here for her last visit, you already know she had everyone up on their feet. So don't miss out!

Sign up at the front desk. Seating is limited to 125. No salads served.



International Fashion Show
Friday, July 10, 10:30 a.m.

Travel the world without leaving your seat! Come out and cheer on our members as they showcase traditional outfits from their cultures. You will learn the history behind these beautiful garments. Space is limited, so please sign up at the front desk ahead of time. No salads served.



Ice Cream Social
Friday, July 17, 12:00 p.m.

Let's enjoy ice cream and make new friends! The center has so many new members. Come out to meet your fellow neighbors and enjoy a sweet treat in honor of National Ice Cream Month.



National Theatre Presents
Steve Gellman
Friday, July 24, 10:30 a.m.

Come enjoy some Americana/folk music by award winning performer, Steve Gellman. Get ready to have a great time and sing along.



Preparedness BINGO
Friday, July 31, 10:30 a.m.

Join The Greater Prince William Medical Reserve Corps for Preparedness Bingo. A lively way to boost your readiness for emergencies. We'll laugh, learn practical tips, and celebrate small steps toward staying safe and confident together.

Upcoming EVENTS

Trivia

Join us to test your knowledge! Most 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.

Get ready for another exciting Karaoke event at the center! Sign up to sing your favorite songs with the group!

Decorating Committee Meeting

Thursday, July 30, 12:45 p.m.

Will be held in classroom 3

July Birthday Recognition

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

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

PWC Library Trivia and Mobile Library

Friday, July 17, 10:00 a.m.

Mobile Library at 10:30 a.m.

Come out for a fun trivia game with the PWC Library stuff. After come and get a good book to read from the mobile library.

OmniRide Presentation

Thursday, July 23, 10:00 a.m.

Come out to learn about the services OmniRide provides and how you can navigate around Prince William County using public transportation.

Pretty in Turquoise Craft

Thursday, July 22, 12:30 p.m.

Come out and make beautiful turquoise pearls with Doris. Sign up at the front desk. Seating is limited.

Protecting Yourself from Fraud

By Navy Federal Credit Union

Thursday, July 30, 10:00 a.m.

Come out for an educational presentation by Navy Federal Credit Union to learn about how to protect yourself from fraud.

Upcoming Events

Grandparents Day

Friday, August 14, 10:00 a.m.

Sign up starts July 27 at the front desk. Register your grandchildren so we can plan for the number of children attending. We can't wait for you to enjoy this "Treasure Island" themed event with the kids.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

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|--------------------------|--------|------------------|--------|
| Art Class | | Back in the fall | 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

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| 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

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|------------------------|-----------|----------------|--------|
| 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 | 10:00 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.
- You do not live in the same household, and you are not an

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

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 at 703-792-5426

For more information about our programs services, call 703-792-6374, or email 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 – Theresa Cannady
 Treasurer – Vacant

DIRECTORS

Janet Happoldt John Happoldt
 Jackie Morgan Fannie Hargrave
 Victoria Buie-Owens Retha Davis
 George Reid Shirley Custis
 Marta Reyes Virginia Ashley

MEETING

The next board meeting is on
Wednesday, July 8, 2026 at 1:00 p.m.
 All are welcome to attend this meeting.

Volunteer of the month

May Volunteer goes to Mary Johnson
 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 of someone who should be recognized.

SCHOOL SUPPLY DRIVE

DONATE TODAY!



Annual School Supply Drive

Monday, July 6 through Friday, August 14

Help us support local children in need! We are collecting new and unused school supplies for the upcoming school year. The drop-off box is located in the library. Let's work together to pack even more boxes than we did last year!

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



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| 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

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| <p>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</p> <p>Accredited by  National Institute of Senior Centers</p> | <p>Mission Statement:</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>1</p> | <p>2</p> | <p>3</p> |
|  <p style="font-size: 2em; font-weight: bold;">Our office is CLOSED in observance of <i>Independence Day</i></p> | | | | |

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| <p>6</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 Guitar Lesson 1:15 Line Dancing</p> <p style="text-align: center;">Chicken Soup</p> | <p>7</p> <p>9:30 Shanghai 10:00 Gospel Singing 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</p> <p style="text-align: center;">Meatloaf-No Salad</p> | <p>8</p> <p>10:00 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Bible Book Study 12:00 Double Deck Pinochle 1:00 Friends Meeting</p> <p style="text-align: center;">Egg Salad</p> | <p>9</p> <p>9:30 Bible Book Study 10:30 4th July Celebration 10:30 Ceramics / Meditation 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing (Cancelled) 2:00 English Dancing 2:00 Chinese Singing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Chili Dog / No Salad</p> | <p>10</p> <p>10:30 International Fashion Show 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 1:00 English Conversation 2:00 Chinese Dance 3:00 Rummikub</p> <p style="text-align: center;">Crab Cake / No Salad</p> |
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| <p>13</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 Guitar Lessons 1:15 Line Dancing</p> <p style="text-align: center;">Italian Breaded Chicken</p> | <p>14</p> <p>9:30 Shanghai 10:00 Gospel Singing 11:00 Zumba 12:00 Double Deck Pinochle 1:00 Chess/Bid Whist/Crochet 1:15 Line Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Beef Lasagna—No Salad</p> | <p>15</p> <p>9:30 Trivia 10:00 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Bible Book Study 12:00 Double Deck Pinochle 1:00 Trivia</p> <p style="text-align: center;">Chicken Wings</p> | <p>16</p> <p>9:30 Bible Book Study 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</p> <p style="text-align: center;">Spinach Quiche</p> | <p>17</p> <p>10:00 PWC Library Trivia 10:30 PWC Mobile Library 11:50 Birthday Recognition 12:00 Double Deck Pinochle 12:00 Ice Cream Social 1:00 Quilting 1:00 English Conversation 2:00 Chinese Dance 3:00 Rummikub</p> <p style="text-align: center;">Baked Cod</p> |
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| <p>20</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 Guitar Lessons 1:15 Line Dancing</p> <p style="text-align: center;">White Chicken Chili</p> | <p>21</p> <p>9:30 Shanghai 10:00 Gospel Singing 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</p> <p style="text-align: center;">Beef Stew / No Salad</p> | <p>22</p> <p>9:30 Trivia 10:00 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Bible Book Study 12:00 Double Deck Pinochle 12:30 Pretty in Turquoise 1:00 Trivia</p> <p style="text-align: center;">Eggplant Parmesan</p> | <p>23</p> <p>9:30 Bible Book Study 10:00 Omnidire Presentation 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</p> <p style="text-align: center;">Mushroom Swiss Burger</p> | <p>24</p> <p>10:30 National Theatre 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 1:00 English Conversation 2:00 Chinese Dance 3:00 Rummikub</p> <p style="text-align: center;">Tuna Salad</p> |
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| <p>27</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 Guitar Lessons 1:15 Line Dancing</p> <p style="text-align: center;">Chicken Tenders</p> | <p>28</p> <p>9:30 Shanghai 10:00 Gospel Singing 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</p> <p style="text-align: center;">Baked Tilapia / No Salad</p> | <p style="font-size: 2em; font-weight: bold;">Center Closed For Staff In-service</p> | <p>30</p> <p>9:30 Bible Book Study 10:00 Navy Federal Fraud Presentation 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 12:45 Decorating Committee 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 2:00 Chinese Singing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Broccoli Cheddar Soup</p> | <p>31</p> <p>10:30 Preparedness BINGO By PW Medical Reserve Corps 12:00 Double Deck Pinochle 1:00 Quilting 1:00 English Conversation 2:00 Chinese Dance 3:00 Rummikub</p> <p style="text-align: center;">Stuffed Shells</p> |
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