

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

JULY 2026



JULY FOURTH CELEBRATION

Monday, July 6, 12:30 p.m.

Join us to celebrate the Fourth of July with a special performance by Dian Wilson.

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.



ICE CREAM SOCIAL

Friday, July 10, 12:30 p.m.

Please join us in the dining room to enjoy ice cream in honor of National Ice Cream Month. Sign up for lunch by 10:30 a.m.



WATERMELON SEED SPITTING CONTEST

Thursday, July 16, 1:00 p.m.

Join the Friends of the Manassas Senior Center outside for some friendly competition. See how far you can spit a watermelon seed!



OMNIRIDE PRESENTATION

Monday, July 20, 11:00 a.m.

Omniride will be here to talk about the services they offer and how you can navigate around Prince William County using public transportation.



READY BINGO

Tuesday, July 28, 10:30 a.m.

Join the Greater Prince William Medical Reserve Corps for this special readiness bingo so that you can prepare yourself in the event of an emergency.

Upcoming EVENTS

ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Please join Megann to virtually travel to these famous National Park destinations: Great Smokey Mountains, Yellowstone National Park, Grand Canyon National Park, Yosemite National Park, and Zion National Park.

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

July Technology Topics: Android Watch Basics, Apple Watches, Android Device Basics, and Beyond Android Basics.

MUSIC WITH T.A. AWUA

Friday, July 17 and 31, 12:00 p.m.

Join Ted for an enjoyable guitar performance during lunch.

VIRTUAL SENIOR CENTER FOR ACTIVE ADULTS

Join the VCAA for free interactive virtual programs for older adults throughout the week using the link below bit.ly/VCAAzoom2

MEDICARE, MEDICAID, AND LONG-TERM CARE PRESENTATION

Monday, July 13, 12:30 p.m.

Join Legal Services of Northern Virginia for educational session on the different types of insurance for seniors.

PWC MOBILE LIBRARY TRIVIA

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

Join PWC Mobile library to participate in their summer trivia to win fun prizes followed by checking out a few good books or DVDs for the warmer months.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Acting Class	F	1:00 PM	Free
Bible Study	TH	12:45 PM	Free
Conversational Spanish	W	10:00 AM	Free
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	12:00 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
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
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

HEALTH & WELLNESS

Nutrition Services



No in-person nutrition classes are scheduled for the month of July. Printed Nutrition information will be available on the counter.

NUTRITION COUNSELING

Individual nutrition counseling is available with Saba Barkneh. Call 703-792-5426 or email 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. For TTY please dial 7-1-1 for the Virginia Relay system.

FRIENDS

NEWS

The next Board Meeting will be on Wednesday, July 8 at 1:00 p.m. The briefing will be on Wednesday, July 15 at 12:15 p.m. All are welcome.

Game Nights are Wednesday, July 8 and Tuesday, July 21 from 4:30-7:00 p.m.

The Birthday Celebration is on Wednesday, July 15 at 12:30 p.m.

Game Challenge is scheduled for Wednesday, July 15 at 1:00 p.m.

The Watermelon Seed Spitting Contest is on Thursday, July 16 at 1:00 p.m.

The Dance Party is on hold for the summer.

A Peanut Auction will be held Thursday, July 23 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
Saba Barkneh, Nutrition Services Manager
Vacant, 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
Lea Kimmelman, Evidence Based Programs Coordinator

UPCOMING EVENTS

Grandparents' Day Celebration

Tuesday, August 11, 10:00 a.m.-1:00 p.m.

In Between Concert

Monday, August 17, 1:00 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: Lea Kimmelman

703-792-7152

LKimmelman@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 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

JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Our Mission Statement: To provide services, education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</p>	<p>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.</p> <p>Please note the menu is subject to change due to availability.</p> <p>Reminder: Lunch is served at noon daily Unless otherwise stated.</p>	<p>1</p> <p>Closed Fourth of July Break</p>	<p>2</p> <p>Closed Fourth of July Break</p>	<p>3</p> <p>Closed Fourth of July Break</p>
<p>6</p> <p>9:10 Tai Chi (Fitness Room 2) 10:00 Armchair Travel (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Dining Rm) 11:45 Early Lunch (Dining Rm) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 12:30 Fourth of July Celebration (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>7</p> <p>9:00 Wii Bowling (Dining Room) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Classroom) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 1:00 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>8</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 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Friends Meeting (Classroom) 4:30 Friends Game Night (Card Rm) 4:30 Woodcarving (Craft Rm)</p>	<p>9</p> <p>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>10</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) 12:30 Ice Cream Social (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm)</p>
Cheeseburger/No Salad	Fish Soft Taco/No Salad	Stuffed Pepper/No Salad	Loaded Baked Potato	Roast Turkey
<p>13</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Cancelled) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 12:30 LSNV Medicare, Medicaid, & Long Term Care Insurance Presentation (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>14</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Classroom) 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>15</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 Intermediate Tap Dancing (Fitness Rm 1) 12:15 Friends Briefing (Dining Rm) 12:30 Friends Birthday Celebration (Dining Rm) 1:00 Friends Game Challenge (Dining Rm) 4:30 Woodcarving (Craft Rm)</p>	<p>16</p> <p>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 (Cancelled) 1:00 Friends Watermelon Seed Spitting Contest (Outside) 1:30 Canasta—Self-Guided (Conf. Rm)</p>	<p>17</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) 12:00 Music with T.A. Awua (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm)</p>
Shrimp Po'boy	Sweet Chili Chicken	Harvest Chicken Salad	Beef Stroganoff	Egg Salad Sandwich
<p>20</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Cancelled) 11:00 OmniRide Presentation (Dining Rm) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>21</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 PWC Mobile Library Trivia (Dining Rm) 10:30 Taste of Technology (Classroom) 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) 4:30 Friends Game Night (Card Room)</p>	<p>22</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 Intermediate Tap Dancing (Fitness Rm 1) 4:30 Woodcarving (Craft Room)</p>	<p>23</p> <p>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 Friends Peanut Auction (Dining Rm) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-Guided (Conf. Rm)</p>	<p>24</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) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm)</p>
Taco Salad	Baked Cod	Bufalo Chicken Wrap	Spinach & Mushroom Quiche	Soup and Salad
<p>27</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Dining Rm) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>28</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Ready Bingo (Dining Rm) 10:30 Taste of Technology (Classroom) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Cancelled) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2)</p>	<p>29</p> <p>Closed Staff In-Service Day</p>	<p>30</p> <p>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 (Cancelled) 1:30 Canasta—Self-Guided (Conf. Rm)</p>	<p>31</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) 12:00 Music with T.A. Awua (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm)</p>
Sweet & Sour Tofu	Crab Cake		Sloppy Joe	BLT