

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

JUNE 2026



FATHER'S DAY CELEBRATION

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

Join us to celebrate Father's Day with a special performance by Nikki Franklyn.

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.

National Theatre

NATIONAL THEATER PERFORMANCE

Friday, June 5, 1:00 p.m.

Please join us in the dining room for this performance by Curtis Blues. Sign up for lunch by 10:30 a.m. on the touchscreen or by calling the front desk.

dbvi

DBVI VISION PRESENTATION

Monday, June 8, 11:00 a.m.

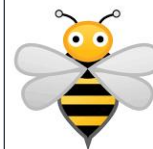
Attend this presentation in honor of Vision Rehabilitation Week. Learn about DBVI and the special programs and services they offer to help individuals gain the skills and confidence they need to live more independently.



STRAWBERRY SHORTCAKE DAY

Friday, June 12, 1:00 p.m.

Join the Friends in the dining room following lunch for strawberry shortcake with fresh strawberries grown in our garden. To volunteer in the garden, please complete a volunteer application and talk to Barbara Reese.



POLLINATOR PRESENTATION

Monday, June 15 10:00 a.m.

Join Megann for this special presentation on pollinator gardens and how to create a garden that attracts bees.

Upcoming EVENTS

ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Please join Megann to travel to these European destinations: Croatia, Netherlands, Greece, and Hungary.

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

June: Using Google Docs, Who You Are Online, Things You Only Hear About Online, Digital Library: Feed Your Brain.

MUSIC WITH T.A. AWUA

Friday, June 12, 12:00 p.m.

Join Ted to enjoy guitar music during lunch.

JUNTEENTH EVENTS

Karaoke— June 15, 11:00 a.m.

Trivia— June 16, 11:00 a.m.

PWC MOBILE LIBRARY

Tuesday, June 16, 10:00 a.m.

Select a few good books or DVDs.

GARDENING AS WE AGE

Monday, June 22, 11:00 a.m.

Join PWC Cooperative Extension for this informative presentation on how you can continue to garden safely while aging.

CLOSED FOR ALL STAFF

Friday, June 26

The Senior Center will be closed for all staff training.

CLOSED FOR FOURTH OF JULY BREAK

The centers are closed June 29 through July 3. If you need assistance during this time, please contact our Information and Service Line at 703-792-6374.

Prince William Senior Center—Manassas
Prince William Area Agency on Aging

9320 Mosby St., Manassas, VA 20110
Monday through Friday from 9:00 a.m. to 4:30 p.m.

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
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

HEALTH & WELLNESS

Nutrition Services



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

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, June 3 at 1:00 p.m. The briefing will be on Wednesday, June 10 at 12:15 p.m. All are welcome.

Game Nights are Wednesday, June 3 and Tuesday, June 23 from 4:30-7:00 p.m.

The Birthday Celebration is on Wednesday, June 10 at 12:30 p.m.

Game Challenge is scheduled for Wednesday, June 10 at 1:00 p.m.

Friends Sip and Bid is Thursday, June 11 at 1:00 p.m.

The Dance Party is scheduled on Wednesday, June 17 at 1:00 p.m.

The Scholarship Award Program is June 25 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

JULY FOURTH CELEBRATION

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

ICE CREAM SOCIAL

Friday, July 10, 12:30 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:

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 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

JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 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) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	2 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)	3 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)	4 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)	5 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) 1:00 National Theater (Dining Rm) 2:30 Euchre (Classroom)
Honey Soy Pork Chop	Tuna Salad Boat	Swedish Meatballs	Soup & Salad	White Chicken Chili
8 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 DBVI (Dining Rm) 11:00 Karaoke (Cancelled) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	9 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)	10 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)	11 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 Sip and Bid (Dining Rm) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta—Self-Guided (Conf. Rm)	12 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) 1:00 Strawberry Shortcake Day (Dining Rm) 2:30 Euchre (Classroom)
Gnocchi Pesto	Oven Fried Chicken	Stuffed Shells	Pork BBQ	Salmon Quinoa Bowl
15 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Pollinator Presentation (Dining Rm) 10:00 Table Tennis (Fitness Rm 1) 11:00 Juneteenth Karaoke (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	16 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 PWC Mobile Library (Conference Rm) 10:30 Taste of Technology (Classroom) 11:00 Line Dancing (Fitness Rm 2) 11:00 Juneteenth Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	17 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 Dance Party (Dining Rm) 4:30 Woodcarving (Craft Rm)	18 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)	19 <div style="text-align: center; color: purple; font-weight: bold; font-size: 1.2em;"> Closed Juneteenth </div>
Chicken Santa Fe	Salisbury Steak	Country Fried Chicken	Fish & Chips	
22 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 Gardening as we Age (Dining Rm) 11:00 Karaoke (Cancelled) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 1:00 Father's Day Celebration (Dining Rm)	23 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) 4:30 Friends Game Night (Card Rm)	24 <div style="text-align: center; color: green; font-weight: bold; font-size: 1.5em;"> Closed Staff In-Service Day </div>	25 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 Scholarship Award Program (Dining Rm) 1:00 Tai Chi with Gae (Cancelled) 1:30 Canasta—Self-Guided (Conf. Rm)	26 <div style="text-align: center; color: purple; font-weight: bold; font-size: 1.2em;"> Closed All Staff </div>
Lemon Pepper Salmon	Cheese Pizza		Chicken Salad Croissant	
Closed Fourth of July Break		Closed Fourth of July Break		Our Mission Statement: To provide services, education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.
				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. Reminder: Lunch is served at noon daily