

AUGUST 2026

Grandparents Day Celebration

"Treasure Island Party"

Friday, August 14, 10 am until 2 pm

Come join us for a day of pirate themed fun, activities, and pizza! There will even be a "Pirate Queen" show by Mary Ann Jung from National Theatre. Make sure to sign your grandchildren and yourself up at the front desk as seating is limited.



In Between Concert

Friday, August 7, 10:30 a.m.

Come and enjoy some of the great live music from the 60's and the 70's. This band is sure to please. As seating is limited to 125 sign up is required at the front desk.

**Dance Party with DJ Floyd
Friday, August 21, 10:30 a.m.**

Put on your dancing shoes for an hour full of song & dance. Get ready to move and groove to all of your favorite tunes with DJ Floyd. Request will be taken.

Hawaiian Luau

Thursday, August 27, 10:30 a.m.

Join us for a morning in paradise with special Hula performances you will not want to miss. Seating is limited to 125. Sign up is required. No salad will be served today.



Hoedown Party

Friday, August 28, 10:30 a.m.

Show off your best cowboy hat and boots. Join us to enjoy line dancing performances by our very own Oldies but Goodies dancers. Wear your best Western attire.



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.

Sign up to sing all of your favorite karaoke songs with the group at the senior center.

Legal Services

Monday, August 17, 12:30 p.m.

Topic- Medicare, Medicaid & Long Term Care.

"Forgiveness & Letting Go"

Thursday, August 6, 10:00 a.m.

Join PWC Community Services Board staff for a special presentation on forgiveness.

PWC School History

Thursday, August 13, 10:00 a.m.

Join PWC school staff and learn about the history of the PWC school system.

Leesylvania State Park

Thursday, August 13, 11:00 a.m.

Let's learn about frogs and toads together from the Leesylvania State Park staff.

PWC Mobile Library

Friday, August 21 10:00 a.m.

Come out and check out a good book or DVD from the mobile library for the summer.

August Birthday Recognition

Friday, August 21, 11:50 a.m.

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

Decorating Committee Meeting

Thursday, August 27, 12:45 p.m.

Will be held in classroom 3

Upcoming Events

- Monday, Sept 7- Center is CLOSED for Labor Day
- Friday, Sept 4- Balance For Wellness Event. Sign ups start August 4th.
- Thursday, September 17- End of Summer Bash
- Friday, September 11- Dance Party with DJ Floyd

ACTIVITIES GUIDE

LEARNING ACTIVITIES

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

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
Dominoes	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 August.**

**Individual Nutrition Counseling is available with
Nutritionist, Saba Barkneh**

Call 703-792-5426 or email sbarkneh@pwcgov.org

WHAT IS A



Medicare Savings Programs (MSPs) can help pay your Part B premiums, deductibles, and copayments. Eligibility is based on 2026 federal thresholds, requiring individual monthly incomes under \$1,816 and countable assets below \$9,950 (couples: \$2,455 income / \$14,910 assets).

Qualified Medicare Beneficiary (QMB) Single Married
Monthly Income \$1350 \$1824
Assets \$9950 \$14,910

Specified Qualified Medicare Beneficiary (SLMB)
Income \$1616 \$2184
Assets \$9950 \$14,910

Qualifying Individual Program (QI1)
Income \$1816 \$2455
Assets \$9950 \$14,910

If you have questions, contact your local Area Agency on Aging to speak to a VICAP counselor at 703-792-4156. VICAP offers free counseling to Medicare beneficiaries.

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, August 12, 2026 at 1:00p.m.
All are welcome to attend this meeting.

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.



Annual School Supply Drive Monday, July 6 thru 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 — pwcva.gov/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

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.

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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 Fish Soft Tacos	4 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 Spinach Quiche-No Salad	5 10:00 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Bible Book Study 12:00 Double Deck Pinochle 1:00 Trivia Chicken & Waffles	6 9:30 Bible Book Study 10:00 CSB 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 Beef Stroganoff	7 10:30 In Between Concert 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 1:00 English Conversation 2:00 Chinese Dance 3:00 Rummikub Baked Lemon herb Cod
10 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 Chicken Parmesan	11 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 Cheeseburger-No Salad	12 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 Friends Meeting Spinach & Cheese Ravioli	13 9:30 Bible Book Study 10:00 PWC School History 10:30 Ceramics / Meditation 11:00 Leesylvania State Park 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 Chicken Sandwich	14 Grandparents Day 10:00 Grandparents Day Celebration 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 1:00 English Conversation 2:00 Chinese Dance 3:00 Rummikub Veggie Cheese Pizza - No Salad
17 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 Legal Services Talk 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Guitar Lessons 1:15 Line Dancing (Cancelled) Egg Salad	18 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 Stuffed Cabbage Roll Beef—No Salad	19 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 White Chicken Chili	20 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 Rock Fish	21 10:00 PWC Mobile Library 10:30 Dance Party 11:50 Birthday Recognition 12:00 Double Deck Pinochle 1:00 Quilting 1:00 English Conversation 2:00 Chinese Dance 3:00 Rummikub Chicken Cordon Bleu
24 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 Herb Tilapia	25 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 Chili Dog Beef - No Salad	26 Center Closed For Staff In-service	27 9:30 Bible Book Study 10:30 Hawaiian Luau 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 12:45 Decorating Committee 1:00 Bid Whist 1:30 Line Dancing 2:00 English Dancing 2:00 Chinese Singing 3:00 Rummikub/Skip-bo Pork Chop w/ Gravy—No Salad	28 10:30 Hoedown Party 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 1:00 English Conversation 2:00 Chinese Dance 3:00 Rummikub Baked Chicken
31 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 Tuna Salad Plate	*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE* 			Mission Statement: To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.