PRINCE WILLIAM
Area Agency on Aging

www.pwcva.gov/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

AUGUST 2026

GRANDPARENTS' DAY CELEBRATION

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

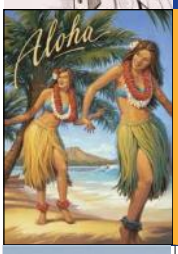
Join us for an "Out of this World" Grandparents Day event! There will be space themed games, crafts, and even a special performance by Mary Ann Jung as Sally Ride–America's first woman astronaut!
Activities will be geared to children 4 -10 years of age. Sign up at the front desk to reserve your spot as space is limited.

GRIEF PRESENTATION
Monday, August 3, 11:00 a.m.

Please join the Prince William Community Services Board for this special presentation on ways to manage grief.

OLDIES BUT GOODIES EVENT
Friday, August 7, 1:00 p.m.

Join Gary Hermer, guitarist & singer, as he performs your favorite Oldies but Goodies music. Sign up at the front desk to reserve your seat.



HAWAIIAN LUAU
Tuesday, August 25, 10:30 a.m.

The Hawaiian Stars are back to perform their Luau dances for a showstopping performance you won't want to miss. Please sign up at the front desk to reserve your seat.

Monday, August 31, 11:00 a.m.
Join PWC Historic Preservation Department to learn about the history of the schools in Prince William County in honor of National Back to School Month.

Upcoming EVENTS

ARMCHAIR TRAVEL
Mondays at 10:00 a.m.

Please join Megann to virtually travel to these famous National Park destinations: Grand Tetons, Joshua Tree, Acadia, Rocky Mountains, and Olympic National Park.

TASTE OF TECHNOLOGY WITH DEBBIE AVIS
Every Tuesday, 10:30 a.m.

August Technology Topics: Using Canva, Apple Device Basics, Beyond Apple Device Basics, and Scam Focus: Identity Theft.

EIGHT BALL POOL TOURNAMENT
Tuesday, August 18th, 10:00 a.m.
Join the Manassas Senior Center for this one-day pool tournament. Medals will be given to the winners. Sign up at the front desk.

INBETWEEN SUMMER CONCERT
Monday, August 17, 1:00 p.m., Early lunch:11:45 a.m.

Join us for a special summer performance by this three-piece group to enjoy the sounds of the early 1960's and 1970's. Sign up at the front desk to reserve your seat. Register for lunch by 10:30 a.m.

PWC MOBILE LIBRARY
Tuesday, August 18, 10:00 a.m.

Join PWC Mobile library to check out a few good books, audiobooks or DVD's for summer.

NATIONAL THEATER
Friday, August 28, 12:30 p.m.

Steve Gellman, from the National Theater, will be performing his quintessential folk songs right after lunch. Sign up at the front desk to reserve your seat.

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 (On hold)	9:00 AM	Free
Woodcarving	W	4:30 PM	Free

HEALTH & WELLNESS

No in-person nutrition classes are scheduled for the month of August. 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.

SENIOR CENTER WITHOUT WALLS

Every Thursday from 10:00 a.m. to 1:00 p.m.
Location: Dumfries United Methodist Church
3890 Cameron St.
Dumfries, VA 22026

Join us from 10:00 a.m. to 1:00 p.m. every Thursday at the Dumfries United Methodist Church through the end of August for FREE featured programs for seniors 55 and older. Walk-ins welcome, but to register or if you have any questions, please contact Megann Hankins at 703-792-5085 or mhankins1@pwcgov.org

For more information, please visit the Prince William Area Agency on Aging website: https://www.pwcva.gov/department/area-agency-aging/senior-center-without-walls

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 board meeting is cancelled this month. The next meeting will be on Wednesday, September 2 at 1:00 p.m. The briefing will be on Wednesday, September 9 at 12:15 p.m. All are welcome.

Game Nights are scheduled Tuesday, August 4 and Tuesday, August 18 at 4:30 p.m.

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

Game Challenge is scheduled for Wednesday, August 12 at 1:00 p.m.

The Dance Party is on hold for the summer.

Bubble Day Event will be held Wednesday, August 13, 10:00 a.m.

Senior Center Staff

Sarah Henry, Community-Based Services Division Manager
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

Senior Center Closed for Labor Day
Monday, September 7

End of Summer Bash
Friday, September 18, 12:30 p.m.

Balance for Wellness Event by GMU
Monday, September 25, 9:30 a.m. – 3:30 p.m.

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.
pwcva.gov/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

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.

AUGUST 2026

Accredited by National Institute of Senior Centers

Monday	Tuesday	Wednesday	Thursday	Friday
3 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 Grief Presentation (Dining Rm)** 11:00 Karaoke (Cancelled) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) **Asian Beef & Broccoli Stir Fry**	**4** 9:00 Wii Bowling (On Hold) 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) **4:30 Friends Game Night (Card Rm)** **Fish Sandwich**	**5** 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 (Cancelled)** 4:30 Woodcarving (Craft Rm) **Sirloin Beef Tips**	**6** 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) 1:00 Canasta—Self-Guided (Conf. Rm) **Chicken Pot Pie**	**7** 9:00 Wii Bowling (On Hold) 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 No Acting Class (On hold) **1:00 Friends Craft (Craft Rm)** **1:00 Oldies But Goodies Performance (Dining Rm)** **Bean Casserole**
10 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 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) **Bean & Cheese Papusa**	**11** 9:00 Wii Bowling (On Hold) 9:30 Meditation/Chair Yoga (Fitness Rm 2) **10:00 Grandparents' Day Celebration (Fitness Rm I)** 10:30 Taste of Technology (Cancelled) **11:00 Sally Ride Performance (Dining Rm)** 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Cancelled) 1:00 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) **Baked Tilapia**	**12** 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) **12:30 Friends Birthday Celebration (Dining Rm)** **1:00 Friends Game Challenge (Dining Rm)** 4:30 Woodcarving (Craft Rm) **Meatball Sub**	**13** 10:00 Self-Guided Adult Coloring (Open) **10:00 Friends Bubble Day Event (Outside)** 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) 1:00 Canasta—Self-Guided (Conf. Rm) **Spinach & Cheese Ravioli**	**14** 9:00 Wii Bowling (On Hold) 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 No Acting Class (On hold) **1:00 Friends Craft (Craft Rm)** **Sundried Tomato Chicken**
17 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) **11:45 Early Lunch (Dining Rm)** 11:00 Karaoke (Dining Rm) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) **1:00 InBetween Concert (Dining Rm)** **Chicken & Chickpea Curry**	**18** 9:00 Wii Bowling (On Hold) 9:30 Meditation/Chair Yoga (Fitness Rm 2) **10:00 Pool Tournament (Billiards Rm)** **10:00 PWC Mobile Library (Conference Rm)** 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)** **Pork Chops**	**19** 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 Rm) **Philly Cheesesteak**	**20** 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 Canasta—Self-Guided (Conf. Rm) **Blackened Chicken Salad**	**21** 9:00 Wii Bowling (On hold) 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 No Acting Class (On hold) **1:00 Friends Craft (Craft Rm)** **Grilled Cheese**
24 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) **Stuffed Mushrooms**	**25** 9:00 Wii Bowling (On Hold) 9:30 Meditation/Chair Yoga (Fitness Rm 2) **10:30 Hawaiian Luau (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) **Huli Huli Chicken**	**26** **Closed Staff In-Service Day**	**27** 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) 1:00 Canasta—Self-Guided (Conf. Rm) **Fish Vera Cruz**	**28** 9:00 Wii Bowling (On Hold) 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 National Theater Performance (Dining Rm)** 1:00 No Acting Class (On hold) **1:00 Friends Craft (Craft Rm)** **Cheeseburger**
31 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 PWC School History Presentation (Dining Rm)** 12:00 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) **Honey Soy Pork Chops**	**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		**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**