

PRINCE WILLIAM

Area Agency on Aging

pwcva.org/seniorcenters

703-792-5081

Prince William Senior Center
WOODBIDGE

OCTOBER 2026

Oktoberfest

Friday, October 9, 10:30 a.m.

With King's Park German Band

Come out and enjoy Oktoberfest at its best with King's Park German Band!

Celebrate the season with great company, festive traditions and an unforgettable experience. Sign-up is required. Seating is limited to 125, so early sign up is strongly encouraged.

FALL FASHION SHOW

Fall Fashion Show

Friday, October 16, 10:00 a.m. Come out and see the wonderful fashions of fall, worn by our very own senior center members. It is sure to be a fun morning that just might inspire a fresh twist to your seasonal wardrobe!



King & Queen Day

Friday, October 23, 10:30 a.m. Performance by National Theaters Frank Plumer. Come out and see who will be named the 2026 King and Queen of Woodbridge Senior Center while enjoying some good music. Sign up at the front desk is required.



Halloween Party

Thursday, October 29, 10:30 a.m.
Performance by Dian

Join us for a fun, spirited celebration filled with music, laughter and plenty of Halloween flair. Prizes will be awarded for best, scariest, and most original costume. Sign up required.



Fire & Life Safety Presentation

Thursday, October 22, 10:00 a.m.
Join PWC Fire and Rescue for an informative presentation about fire safety tips. This helpful session will cover simple, everyday steps to protect what matters most and give you peace of mind.

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.

AARP "Psychology of a Scam"

Thursday, October 1, 10:00 a.m.
Come out and get some tips about scams and how to protect yourself.

Dance Party with DJ Floyd

Friday, October 2, 10:30 a.m.
Let's dance! Our favorite DJ is back in the building.

Legal Services Presentation

Monday, October 5, 12:30 p.m.
Come out and learn about helpful legal topics that matter the most to you.

Glamorous Spider Craft

Wednesday, October 7, 12:30 p.m.
Sign up to make glamorous spiders with Doris. Seating is limited.

Mental Health Presentation by PWC-CSB

Thursday, October 8, 10:00 a.m.

Leesylvania State Park

Thursday, October 8, 11:00 a.m.
Let's learn about furs, feathers, and skulls.

Omniride Presentation

Thursday, October 15, 10:00 a.m.
Learn about transportation services with Omniride.

PWC Mobile Library

Friday, October 16, 10:00 a.m.
Cozy up and check out a good book/DVD for Fall.

October Birthday Recognition

Friday, October 16, 11:50 a.m.
Gather and celebrate all the October birthdays with your fellow senior center members.

Decorating Committee Meeting

Thursday, October 29, 1:00 p.m.
Will be held in classroom 3.

Tournament Time

Uno Flip Attack—Wednesday, Oct. 14, 9:30 a.m.
Pool—Wednesday, Oct. 21, 9:30 a.m.
Sign up at the front desk if you want to participate.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Art Class	M	1:00 pm	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	F	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

Independent 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	Canceled	
Meditation	TH	10:30 am	Free
Chair Yoga	M	10:00 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
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. There are no in person nutrition class scheduled for month of October.

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh

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



Reminder that the Medicare Annual Enrollment Period (AEP) is October 15th- December 7th.

This is the time for Medicare Plan D and Medicare Advantage Plan beneficiaries to review their plans and make changes for the upcoming year. The Virginia Insurance Counseling and Assistance Program (VICAP) offers free Medicare counseling to assist beneficiaries review plans for 2027. For assistance, contact Rosemari Walker at Prince William Area Agency on Aging, 703-792-4156 or rwalker@pwcgov.org.



Thank you all those that gave to the school supply drive. We were able to collect a total of 27 boxes of school supplies that helped to two elementary schools in our area.

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
Jackie Morgan
Victoria Buie-Owens
George Reid
Marta Reyes

John Happoldt
Fannie Hargrave
Retha Davis
Shirley Custis
Virginia Ashley

MEETING

The next board meeting is on
Wednesday, October 14, 2026 at 1:00 p.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



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 Holiday Food Drive



It's time again, we will be collecting food for our annual food drive. Last year we collected enough to help 14 families. Let's see if we can do it again this year. We will be collecting starting on Monday, October 19 thru Monday, November 16. Please help us feed some local families in need this Holiday season

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
pwcgov.org/bluebird - **(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/wellness check **(703) 792-6374**

Transportation: To & From Senior Center. **(703) 792-5682**

Veterans Services: Call for an appointment. **(703) 359-1210**

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*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	1 9:30 Bible Book Study 10:00 AARP Presentation 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing 2:00 English Country Dancing 3:00 Rummikub/Skip-bo	2 10:30 Dance Party– DJ Floyd 12:00 Double Deck Pinochle 1:00 Quilting 1:00 English Conversation 2:00 Chinese Singing 3:00 Chinese Dance 3:00 Rummikub
	5 9:00 Woodcarving 10:00 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Bible Book Study 12:00 Double Deck Pinochle 12:30 Dominos 12:30 Legal Services 1:00 Canasta / Pinochle 1:00 Guitar Lesson / Art Class 1:15 Line Dancing (CANCELLED) Chicken Tenders	6 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 2:30 Bahai Book Study 3:00 Rummikub/Skip-bo Taco Salad—No Salad	7 10:00 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Bible Book Study 12:00 Double Deck Pinochle 12:30 Glamorous Spiders Craft 1:00 Trivia 1:30 Eight Pieces of Brocade Stuffed Cabbage	8 9:30 Bible Book Study 10:00 Mental Health Presentation by PWC CSB 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 Country Dancing 3:00 Rummikub/Skip-bo Vegetarian Lasagna
12 9:00 Woodcarving 10:00 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 / Art Class 1:15 Line Dancing Waffle w/ Sausage	13 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 2:30 Bahai Book Study 3:00 Rummikub/Skip-bo Tuna Salad - No Salad	14 9:30 Uno Flip Tournament 10:00 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Bible Book Study 12:00 Double Deck Pinochle 1:00 Friends Meeting 1:30 Eight Pieces of Brocade Chicken Noodle Soup	15 9:30 Bible Book Study 10:00 Omniride Presentation 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing 2:00 English Country Dancing 3:00 Rummikub/Skip-bo Beef Stroganoff	16 10:00 Fall Fashion Show 10:00 PWC Mobile Library 11:50 Birthday Recognition 12:00 Double Deck Pinochle 1:00 Quilting 1:00 English Conversation 2:00 Chinese Singing 3:00 Chinese Dance 3:00 Rummikub Shrimp Po'Boy
19 9:00 Woodcarving 10:00 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 / Art Class 1:15 Line Dancing Chicken Parmesan	20 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 2:30 Bahai Book Study 3:00 Rummikub/Skip-bo Spinach & Cheese Ravioli No Salad	21 9:30 Pool Tournament 9:30 Fall Prevention Trivia 10:00 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Bible Book Study 12:00 Double Deck Pinochle 1:00 Trivia 1:30 Eight Pieces of Brocade Mushroom Swiss Burger	22 9:30 Bible Book Study 10:00 Fire & Life Safety 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing 2:00 English Country Dancing 3:00 Rummikub/Skip-bo Baked Chicken	23 King & Queen Day 10:30 King & Queen Event 10:30 National Theatre 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 1:00 English Conversation 2:00 Chinese Singing 3:00 Chinese Dance 3:00 Rummikub Baked Lemon Herb Cod No Salad
26 9:00 Woodcarving 10:00 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 / Art Class 1:15 Line Dancing Macaroni & Cheese	27 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 2:30 Bahai Book Study 3:00 Rummikub/Skip-bo Fish (Cod) - No Salad	28 Center Closed For Staff In-Service	29 9:30 Bible Book Study 10:30 Halloween Party 10:30 Ceramics / Meditation 12:00 Double Deck Pinochle 1:00 Decorating Committee 1:00 Bid Whist 1:15 Line Dancing 2:00 English Country Dancing 3:00 Rummikub/Skip-bo Spicy "Bat" Wings - No Salad	30 10:00 Halloween Scavenger Hunt 11:00 Brain Puzzles Hour 12:00 Double Deck Pinochle 1:00 Quilting 1:00 English Conversation 2:00 Chinese Singing 3:00 Chinese Dance 3:00 Rummikub Chicken Lasagna