

SEPTEMBER 2026

End of Summer Bash

Thursday, Sept 17, 10:30 a.m.

Let's say farewell to summer and wear white even though it is after Labor Day. Plus, get ready to move to your favorite music performed by one of the center's favorite performers Joe Cerutti. Sign-up is required as seating is limited to 125.

No Salad will be served today.



Balance for Wellness Event
Friday, Sept 4, 10:00 a.m.
George Mason University will host a balance for wellness event. You will have the opportunity to participate in various balance and cognitive assessments.



DJ Dance Party w/ DJ Floyd
Friday, Sept 11, 10:30 a.m.
Come out and get ready to move to some great music. DJ Floyd is back in the building and taking requests for your favorite songs!



National Theatre Performance
by Groovy Nate
Friday, Sept 18, 10:30 a.m.
Come out and enjoy a high-energy performance blending music, comedy, and exotic instruments by a new performer to The National Theatre's line-up. Help us welcome Groovy Nate for the first time to our center. Sign up at the front desk.



AARP AI Presentation
Thursday, Sept 24, 10:00 a.m.
Let's learn how Artificial Intelligence (AI) works and to spot scams and AI generated deep fakes. Learn all the helpful uses of AI in our daily lives as well.

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.

Get ready for another exciting Karaoke event at the center! Sign up to sing your favorite songs with the group!

Gardening Presentation by VA Cooperative Extension
Thursday, Sept 03, 10:00 a.m.

Want to learn more about gardening in our area? Well come out and listen to some of the experts in our area.

Decorating Committee Meeting
Thursday, Sept 24, 12:45 p.m.

Will be held in classroom 3 to discuss upcoming events.

September Birthday Recognition
Friday, Sept 18, 11:50 a.m.

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

PWC Library Mobile Library
Friday, Sept 18, 10:00 a.m.

Mobile library will be at the center for members to come out and check out a good book to read. Come explore what library services they have to offer.

Leesylvania State Park
Thursday, Sept 3, 11:00 a.m.

Let's learn all about birding and bird's native to this area.

Tours Presentation

Friday, Sept 25, 10:00 a.m.

Want to take a trip? Come learn from a company that can help you do just that. Be ready to be amazed at where you can go right from here in Woodbridge.

Voting Presentation

Wednesday, Sept 23, 12:30 p.m.

Join Prince William Office of Elections for this educational presentation to answer all of your election and voting questions.

**Top Ladies of Distinction Host-
Flower Planting Workshop**

Friday, Sept. 25, 10:30 a.m. Craft Room

Join the Top Ladies in planting some beautiful flowers.

New Eight Pieces of Brocade (Ba Duan Jin) Video class
Starting September 2, 1:30 p.m.

Join your fellow members for a follow along video class of Ba Duan Jin it features eight slow gentle movements paired with deep breathing. This is on a trial bases to see how much participation we have.

Baha'i Book Club Returns

Tuesday, Sept 1 at 2:30 p.m.

This study group explores spiritual teachings focused on Unity and community building. It is open to anyone who is interested in learning and participating.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Art Class		Back in the fall	Free
Bible Book Study	TH	09:30 am	Free
Bahi'l Book Club	T	2:30 pm	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	Canc. For Sept	Free
Chinese Dance	F	3:00 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
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, no in person nutrition class scheduled for month of September.

One on one nutrition counseling available by

2026 Wills for Vets

The 2026 Wills for Vets clinic offers free legal services to local veterans, spouses, widows, and caregivers. Sponsored by local agencies and the county bar association, the

program is limited to the first 100 eligible participants who email to request and return a registration questionnaire.

By attending this one-day clinic in Woodbridge, participants complete the entire process and leave at the end of the day with three different signed, dated, and witnessed legal documents:

1. A Last Will and Testament
2. A Power of Attorney
3. A Medical Directive

For more information or to request your questionnaire, contact the organizers using the details below.

Event Details

- **Date:** Saturday, October 17, 2026
- **Time:** 9:00 AM – 3:00 PM
- **Location:** Prince William Senior Center, 13850 Church Hill Drive, Woodbridge, VA 22191
- **Cost:** Free

Eligibility & Requirements

- **Service Area:** Open to residents of Prince William County, Manassas, and Manassas Park.
- **Capacity:** Limited to the first 100 participants who sign up.
- **Confirmation:** Must complete and return a questionnaire to confirm your spot.

How to Sign Up

- **Email:** Barbara Diehl at bdiehl2@pwcgov.org or Tracy Solomon at TSolomon@pwcgov.org to request your questionnaire.
- **Details Needed:** Include your name, phone number, and email address.
- **Questions Call:** Call 571-242-8010 or 703-792-4583.



For more information about our programs services, call 703-792-6374, or email pwaas@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, Sept 9, 2026 at 1:00 p.m.
 All are welcome to attend this meeting.

Volunteer of the month

June Volunteer goes to Jane Lehman
 July Volunteer goes to Shirley Trent
 Thank you to all the volunteers who help in making
 this a great place to be a part of.



FRIENDS will send support cards for illness, hospitalization, or the loss of an immediate family member, so please notify us if someone should be recognized.

What is a Medicare Savings Program?



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).

Program	Monthly	Single	Married
Qualified Medicare Beneficiary (QMB)	Income	\$1,350	\$1,824
	Assets	\$9,950	\$14,910
Specified Qualified Medicare Beneficiary (SLMB)	Income	\$1,616	\$2,184
	Assets	\$9,950	\$14,910
Qualifying Individual Program (QII)	Income	\$1,816	\$2,455
	Assets	\$9,950	\$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.

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
pwcgov.org/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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</u> 	1 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 Club 3:00 Rummikub/Skip-bo Eggplant Parmesan / No Salad	2 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 Chicken Alfredo	3 9:30 Bible Book Study 10:00 Gardening Presentation 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– Canceled 3:00 Rummikub/Skip-bo Swedish Meatballs	4 10:00 Balance for Wellness 12:00 Double Deck Pinochle 1:00 Quilting 1:00 English Conversation 2:00 Chinese Singing 3:00 Chinese Dance 3:00 Rummikub Crab Cake
7 Center Closed In Observance of Labor Day Holiday	8 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 Club 3:00 Rummikub/Skip-bo Chicken Soup / No Salad	9 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 1:30 Eight Pieces of Brocade Taco Salad	10 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-Canceled 3:00 Rummikub/Skip-bo Jambalaya	11 10:30 Dance Party– DJ Floyd 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 Vegetable Lasagna
14 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 Beef Lasagna	15 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 Club 3:00 Rummikub/Skip-bo Spinach Quiche / No Salad	16 <u>National Senior Center Month</u> 9:30 National Senior Center Month Scavenger Hunt 10:00 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Bible Book Study 12:00 Double Deck Pinochle 1:00 Senior Center Month Trivia 1:30 Eight Pieces of Brocade Hog Dog	17 9:30 Bible Book Study 10:30 End of Summer Bash 10:30 Ceramics / Meditation 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing-Canceled 3:00 Rummikub/Skip-bo Chicken Wings / No Salad	18 10:00 PWC Mobile Library 10:30 National Theatre 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 Tilapia
21 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 Sweet & Sour Chicken	22 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 Club 3:00 Rummikub/Skip-bo Mushroom Swiss Burger / No Salad	23 9:30 Trivia 10:00 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Bible Book Study 12:00 Double Deck Pinochle 12:30 Voting Presentation 1:30 Eight Pieces of Brocade Fish Sandwich	24 9:30 Bible Book Study 10:00 AARP –AI 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-Canceled 3:00 Rummikub/Skip-bo Cheese Stuff Shells	25 10:00 Bluebird Tours Talk 10:30 Flower Planting 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 Egg Salad Sandwich
28 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 Cod Fish	29 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 Club 3:00 Rummikub/Skip-bo Beef Sloppy Joe / No Salad	30 Center Closed For Staff In-service	Mission Statement: To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.	