

PRINCE WILLIAM

Area Agency on Aging

www.pwcva.gov/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

OCTOBER 2026



OKTOBERFEST

Friday, October 2, 1:00 p.m.

Please join us for a German celebration to enjoy live music by King's Park German Band. Please sign up in the book at the front desk to reserve your seat as space is limited.



FRIENDS' HALLOWEEN PARTY

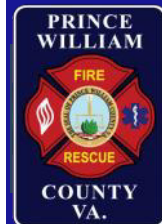
Friday, October 30, 1:00 p.m.

Have a spooktacular good time as the Friends host this year's Halloween party. Come in costume for a chance to win a prize. Sign up in the book at the front desk.



COMMUNITY SERVICES BOARD MENTAL HEALTH PRESENTATION

Tuesday, October 6, 11:00 a.m. Please join the Prince William CSB for this special mental health presentation. Sign up in the book at the front desk.



FIRE SAFETY PRESENTATION

Monday, October 12, 10:30 a.m. In honor of Fire Safety Week, the Prince William County Fire Department will be here to present on fire safety tips and what to do to keep yourself safe in case of a fire.



PINK PARTY

Friday, October 16, 1:30 p.m. Please join us for our annual Pink Party with music by Ron Howard in honor of Breast Cancer Awareness Month.



OMNIRIDE PRESENTATION

Monday, October 19, 11:00 a.m. Join OmniRide for this educational presentation on public transportation in Prince William County.

Upcoming EVENTS

ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Please join Megann to virtually travel to these destinations: Germany, Denmark, Poland, Switzerland.

TASTE OF TECHNOLOGY WITH DEBBIE AVIS

Every Tuesday, 10:30 a.m.

October Technology Topics: Best Travel Apps, Video Conferencing Basics, and Google vs. Microsoft.

LIVE MUSIC WITH T.A. AWUA

Friday, October 9, 12:00 p.m.

Enjoy guitar music by Ted during lunch.

CARD MAKING WITH DEBBIE (All supplies provided)

Mondays, October 12 & 26, 10:30 a.m.

Please join Debbie Avis in the craft room to learn how to make your very own greeting cards for the upcoming holiday season. Sign up required. Space limited to ten.

ACTING CLASS PERFORMANCE

Friday, October 23, 12:30 p.m.; Early Lunch 11:45 a.m.

Join us for a special acting class performance you do not want to miss.

NATIONAL THEATER PERFORMANCE

Monday, October 26, 1:00 p.m.

Join us after lunch for this special performance by Groovy Nate from the National Theater.

AARP PSYCHOLOGY OF A SCAM PRESENTATION

Tuesday, October 27, 10:00 a.m.

Join AARP for this educational presentation that explores the behavioral science and emotional manipulation that scammers use to bypass logical thinking.

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,TH	10:00 AM, 9:30 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

NUTRITION COUNSELING

Printed nutrition information available at this center. No in person nutrition classes scheduled in October. Nutrition counseling available by appointment at 703-792-5426.

SENIOR CENTER WITHOUT WALLS

Every Tuesday from 10:00 a.m. to 2:00 p.m. Location:

Pat White Center at Ben Lomond

10501 Copeland Dr, Manassas, VA 20109

Join us from 10:00 a.m. to 2:00 p.m. every Tuesday- September through December 15 for FREE featured programs for seniors 55 and older. For more information visit

<https://www.pwcva.gov/department/area-agency-aging/senior-center-without-walls>

Reminder:

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 the Area Agency on Aging, 703-792-4156 or rwalker@pwcgov.org

2026 Wills for Vets Clinic

The 2026 Wills for Vets clinic offers free legal services to local veterans, spouses, widows, and caregivers. Limited to the first 100 who sign up. Last Will and Testament, Power of Attorney, Medical Directives

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 & Request Your Questionnaire

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

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

A fall jewelry sale is scheduled for October 5 & 6 from 10:00 a.m. to 12:00 p.m.

The next Friends meeting will be on Wednesday, October 7 at 1:00 p.m. The briefing will be on Wednesday, October 14 at 12:15 p.m. All are welcome.

Pumkin Carving is scheduled on Thursday, October 8 at 1:00 p.m.

The Birthday Celebration is on Wednesday, October 14 at 12:30 p.m.

Game Challenge is scheduled for Wednesday, October 14 at 1:00 p.m.

Friends Halloween Party is scheduled for Friday, October 30 at 1:00 p.m.

Crafts are scheduled most Fridays at 1:00 p.m.

Senior Center Staff

Sarah Henry, Community-Based 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

Thanksgiving Luncheon

Wednesday, November 18, 12:00
Center opens at 11:00 a.m.

Kena Shrine Band

Tuesday, November 10, 12:30 p.m.

Veteran's Day Celebration

Friday, November 13, 1:00 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: Lea Kimmelman 703-792-7152

LKimmelman@pwcgov.org

Medicare Counseling: Rosemari Walker

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.

Checking Services: Provides daily reassurance calls to those who need reminders or wellness checks.
(703) 792-6374

Senior Center Transportation: John Perry **(703) 792-5956**

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

Monday	Tuesday	Wednesday	Thursday	Friday
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 Unless otherwise stated.				
Bratwurst & Sauerkraut				
5 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Classroom) 10:00 Fall Jewelry Sale (Craft Rm) 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)	6 9:00 Wii Bowling (Dining Rm) 9:30 Chair Yoga (Fitness Rm 2) 10:00 Fall Jewelry Sale (Craft Rm) 10:30 Taste of Tech (Classroom) 11:00 Line Dancing (Fitness Rm 2) 11:00 CSB Presentation (Dining Rm) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance 3:30 Zumba Gold (Fitness Rm 2) 4:30 Friends Game Night (Card Rm)	7 9:30 Fitness Video (Fitness Rm 2) 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 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 Woodcarving (Craft Rm)	8 9:30 Fitness Video (Fitness Rm 2) 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 Canasta—Self-Guided (Conf. Rm) 1:00 Friends Pumpkin Carving (Craft Rm) 1:00 Tai Chi with Gae (Fitness Rm 2)	9 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: Create A Pumpkin (Craft Rm)
Shrimp Po'boy	Cabbage Roll	Sweet Chili Chicken	Beef Stroganoff	Mushroom Swiss Veggie Burger
12 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) 10:30 Fire Safety Presentation (Dining Rm) 10:30 Card Making with Debbie (Craft Rm) 11:00 Karaoke (Canceled) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	13 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: Fall Edition (Dining Rm) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	14 9:30 Fitness Video (Fitness Rm 2) 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 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)	15 9:30 Fitness Video (Fitness Rm 2) 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 Canasta—Self-Guided (Conf. Rm) 1:00 Tai Chi with Gae (Fitness Rm 2)	16 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 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) 1:30 Pink Party with Ron Howard (Dining Rm)
Taco Salad	Baked Cod	Buffalo Chicken Wrap	Quiche	BLT
19 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 (Canceled) 11:00 OmniRide Presentation (Dining Rm) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)	20 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 with Bobb (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)	21 9:30 Fitness Video (Fitness Rm 2) 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 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)	22 9:30 Fitness Video (Fitness Rm 2) 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 Canasta—Self-Guided (Conf. Rm) 1:00 Tai Chi with Gae (Fitness Rm 2)	23 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) 11:45 Early Lunch (Dining Rm) 12:30 Acting Class Performance (Dining Rm) 1:00 Friends Craft (Craft Rm)
Sweet & Sour Tofu	Crab Cake	Chicken Enchilada	Sloppy Joe	Meatloaf
26 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) 10:30 Card Making with Debbie (Craft Rm) 11:00 Karaoke (Dining Rm) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 1:00 National Theater Performance (Dining Rm)	27 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 AARP Psychology of a Scam (Dining Rm) 10:30 Taste of Technology (Classroom) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia with Bobb (Dining Rm) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	Closed Staff In-Service Day		
Asian Beef & Broccoli Stir Fry	Fish Sandwich	Chicken Pot Pie	Spicy "Bat" Wings	