

PRINCE WILLIAM

Area Agency on Aging

www.pwcva.gov/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

SEPTEMBER 2026

NATIONAL SENIOR CENTER MONTH

Tuesday, September 1, 9:00 a.m.

Join us in celebrating National Senior Center Month

-Senior Center Scavenger Hunt at 9:00 a.m.

-Senior Center Trivia at 10:00 a.m.

Prizes will be awarded to participants

END OF SUMMER BASH

Friday, September 18, 12:30 p.m.

Early Lunch: 11:45 a.m.

Say goodbye to summer and hello to fall with live music by Joe Cerutti. Sign up in the book at the front desk to reserve your seat. Sign up for lunch by 10:30 a.m.



BLUEBIRD TOUR PRESENTATION

Friday, September 4, 1:00 p.m.

Please join us to learn about the Bluebird Tour Program and all of the fabulous trips planned for residents of Prince William County who are 55 or better.



Virginia
Cooperative
Extension

VIRGINIA COOPERATIVE EXTENSION PRESENTATION

Monday, September 14, 11:00 a.m.

Join the VA-Cooperative Extension Office of Prince William to learn about various gardening tips in preparation for fall.



VOTER EDUCATION PRESENTATION

Tuesday, September 22, 11:00 a.m.

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



ARTIFICIAL INTELLIGENCE

Tuesday, September 29, 11:00 a.m.

Join Martin Bailey for this special presentation on how artificial intelligence has transformed scams and how to keep yourself protected.

Upcoming EVENTS

ARMCHAIR TRAVEL

Mondays at 10:00 a.m.

Please join Megann to virtually travel to these destinations: Australia, New Zealand, and Austria.

TASTE OF TECHNOLOGY WITH DEBBIE AVIS

Every Tuesday, 10:30 a.m.

September Technology Topics: Cut the Cable Cord, Digital Library: The Basics, Internet Service Plans 101, Technology Security Basics.

LIVE MUSIC WITH T.A. AWUA

Friday, September 11 and 25, 12:00 p.m.

Enjoy guitar music by Ted during lunch.

PWC MOBILE LIBRARY

Friday, September 11, 12:15 p.m.

Jump into fall by checking out a few good books, audiobooks or DVD's.

DBVI PRESENTATION

Monday, September 21, 10:00 a.m.

Please join the Department for the Blind and Vision Impaired for this educational presentation on various services they offer for those who are visually impaired.

NATIONAL THEATER PERFORMANCE

Monday, September 21, 1:00 p.m.

Join us after lunch for this special performance by Frank Plumer from the National Theater in honor of National Piano Month.

LEGAL SERVICES PRESENTATION

Monday, September 28, 12:30 p.m.

Please join Legal Services of Northern Virginia for this informative presentation on Medicare, Medicaid, and Long-Term Care: What You Need to Know?

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	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

NUTRITION COUNSELING

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

George Mason University: BALANCE FOR WELLNESS

Friday, September 25, 9:30 a.m. - 3:30 p.m.

You will have the opportunity to participate in various fall and cognitive assessments. See flyer at Senior Center to register.

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>

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

Cost: FREE

13850 Church Hill Drive

Woodbridge, VA 22191



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

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.

The Birthday Celebration is on Wednesday, September 9 at 12:30 p.m.

Game Challenge is scheduled for Wednesday, September 9 at 1:00 p.m.

A Meet & Greet is Scheduled for Thursday, September 10 at 10:00 a.m.

A Peanut Auction is scheduled for Thursday, September 17 at 1:00 p.m.

Crafts are scheduled every Friday at 1:00 p.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

October 7: Oktoberfest Event

October 12: Fire Safety Presentation

October 16: Pink Party in Honor of Breast Cancer Awareness Month

October 19-23: Fall Prevention Week

October 30: Friends Halloween Party

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:

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.
(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

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		1 9:00 National Senior Center Month Scavenger Hunt (Lobby) 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 National Senior Center Month Trivia (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) Tuna Salad Boat		2 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Cancelled) 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 (Cancelled) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Friends Meeting (Classroom) 4:30 Woodcarving (Craft Rm) Swedish Meatballs		3 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) Soup & Salad		4 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) 1:00 Acting Class (Fitness Rm 1) 1:00 Bluebird Tour Presentation (Dining Rm) 1:00 Friends Craft (Craft Rm) White Chicken Chili	
7 Closed Labor Day		8 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 (Cancelled) 12:30 Bingo (Dining Rm) 1:00 Bridge (Classroom) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) Oven Fried Chicken		9 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Cancelled) 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 (Cancelled) 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) Stuffed Shells		10 10:00 Friends Meet & Greet (Card Rm) 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) Pork BBQ		11 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) 12:15 PWC Mobile Library (Outside Patio) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) Salmon Quinoa Salad	
14 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 VA Coop Ext. Presentation (Dining Rm) 11:00 Karaoke (Cancelled) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) Chicken Santa Fe		15 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) Salisbury Steak		16 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Cancelled) 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 (Cancelled) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 4:30 Woodcarving (Craft Rm) Country Fried Chicken		17 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) 1:00 Friends Peanut Auction (Dining Rm) Fish & Chips		18 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) 11:45 Early Lunch (Dining Rm) 12:30 End of Summer Bash (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:30 Friends Craft (Craft Rm) Hot Dog	
21 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Classroom) 10:00 DBVI Presentation (Dining 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) 1:00 National Theater Performance (Dining Rm) (Dining Rm) Cajun Shrimp Etouffee		22 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 (Cancelled) 11:00 Voter Education Presentation (Dining Rm) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) Lemon Pepper Salmon		23 9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Cancelled) 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 (Cancelled) 12:00 Intermediate Tap Dancing (Fitness Rm 1) 4:30 Woodcarving (Craft Rm) Cheese Pizza		24 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 Salad Croissant		25 9:00 Wii Bowling (Dining Rm) 9:30 Balance for Wellness Event (Lobby) 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 (Finess Rm 1) 1:00 Friends Craft (Craft Rm) Naan Gyro	
28 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) 12:30 LSNV Presentation (Dining Rm) 1:00 Bridge (Classroom) Fish Soft Tacos		29 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Classroom) 11:00 Artificial Intelligence Presentation (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Cancelled) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) Peruvian Beef		30 Closed Staff In-Service Day		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.	