PRINCE WILLIAM
Area Agency on Aging

pwcva.org/seniorcenters

703-792-5081

WOODBRIDGE
Prince William Senior Center

NOVEMBER 2026



Thanksgiving Luncheon Friday, November 20, 10:00 a.m.

Join us for our Annual Thanksgiving Luncheon. Starting off the Luncheon with "Giving Thanks" performance by Gospel Singers at 9:30 a.m. Followed by a live performance by Joe Swetnam. Lunch service will be sponsored by the Woodbridge Kiwanis Club. Sign up is required as seating is limited to 125. There will be no morning activities or salad served.



Veteran's Day Celebration
Friday, November 6, 10:30 a.m.

Join us for our annual Veteran's Day Celebration starting with live entertainment provided by Ernie Tolley at 10:30am followed by a Pinning Ceremony at 11:30am. Come spend time with fellow Veterans, family of Veteran's and center members.



AARP Holiday Scam Presentation
Thursday, November 12, 10:00 a.m.

Join AARP as we learn about ways to protect ourselves and our families from scams this Holiday season.



National Theatre Presents: Lisa Sherman
Friday, November 13, 10:30 a.m.

Join us for a fantastic show by Lisa Sherman; a talented actor, improviser, and team-builder in honor of National Gratitude Month. Get ready to be entertained and have fun along side your fellow center members.

KENA SHRINERS

Kena Shrine Band
Thursday, November 19, 12:30 p.m.

Come join us for an afternoon of live, uplifting music by a group of with a diverse repertoire. Sign up at the front desk is required, as seating is limited to 125.

Upcoming EVENTS

Trivia
Canceled for the month of November. Check the calendar for specific dates and times in the months to come.

Karaoke
Most Thursdays at 11:00 a.m.
See schedule for specific dates. Sign up to sing all of your favorite karaoke songs with the members at the senior center.

Native American Heritage Presentation
Thursday, November 5, 10:00 a.m.
Join us for an enriching experience as we explore the history, culture and legacy of the Native Americans of our area.

Holiday Mental Health Presentation by CSB
Thursday, November 5, 11:00 a.m.
Let's get together and learn some tips on how to help with our mental health for the upcoming Holiday Season.

Decorating Committee Meeting
Thursday, November 19, 1:00 p.m. Will be held in classroom 3

PWC Mobile Library
Friday, November 20, 10:00 a.m.
Come to the front lobby and check out a good book to read over the Holiday season.

Leesylvania State Park
Thursday, November 12, 11:00 a.m.
Let's learn all about the different species of bats.

Rescheduled Pool Tournament
Monday, November 16 starting at 9:00 a.m. Sign up if you are interested in participating. 1st, 2nd and 3rd place winners will be announced.

November Birthday Recognition
Friday, November 13, 11:50 a.m.
Gather and celebrate all the November birthdays with your fellow senior center members.

Medicare & VICAP Presentation
Wednesday, November 4, 1:00 p.m.
Join Martin Bailey, from Senior Medicare Patrol, and Rosemari Walker, from the Prince William Area Agency on Aging to learn about Medicare Open Enrollment & VICAP.

Center Closures

Tuesday, November 11- Veterans Day
Wednesday, November 25- Monthly Staff In-Service
Thurs. & Fri., November 26 & 27- Thanksgiving Break

Annual Holiday Toy Drive
We will be collecting toy for our annual toy drive starting Monday, November 16 thru Friday, December 18. Please help us brighten up the holidays for some of our local children by donating a new unwrapped toy this Holiday season.

ACTIVITIES GUIDE

LEARNING ACTIVITES

Art Class	M	1:00 pm	Free
Bible Book Study	TH	09:30 am	Free
Ceramics	W & TH	10:30 am	Varies
Chinese Book Study	M&W	10:30 am	Free
Chinese Singing	TH	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	Cancelled	
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
Domino's	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



Printed Nutrition information available at this center.

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 through 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.

Medicare & VICAP Presentation Wednesday, November 4, 1p.m

Join Martin Bailey, volunteer with Senior Medicare Patrol, as he provides the Medicare enrollee with clear, practical information that will help you better understand your options and the important considerations involved during the Open Enrollment period. Then you will hear from Rosemari Walker, from the Prince William Area Agency on Aging, to get your specific Medicare questions answered, receive insurance counseling, and learn about the Virginia Insurance Counseling and Assistance Program (VICAP).

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	**John Happoldt**
Jackie Morgan	**Fannie Hargrave**
Victoria Buie-Owens	**Retha Davis**
George Reid	**Shirley Custis**
Marta Reyes	**Virginia Ashley**

MEETING

The next board meeting is on
Wednesday, November 18, 2026 at 1:00 p.m.
All are welcome to attend this meeting.
Volunteer for the month
August goes to Susan Huff Meals on Wheels Drive
September goes to Julia Spinetti gardening helper.
Thank you to all the volunteers who help in making this a great place to be a part of.



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.

Tips to stay healthy during the Holidays

- Always make water your first drink of choice. Hot greats can be great on these cold day but always remember to drink your 8 glasses of water a day.
- The Holidays should be joyful but can cause lots of stress. Focus on traditions, family and friends forget the rest.
- Try and stick to your normal sleep patterns. Try to avoid or limit caffeine and alcohol. Also take naps and avoid large meals before bed.
- Dress in layers of loose clothing. If your clothes get wet change them as soon as possible. Remember to wear headgear that protects your ears.
- Limit time in the cold and watch forest for windchill. Dress accordingly, watch for signs of hypothermia. Seek help immediately. **Wash your hands for at least 20 seconds scrubbing all surfaces and rinse well. One of the best ways to avoid spreading germs**

INFORMATION

SENIOR SERVICES

Information about aging, disabilities, care-giving 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**

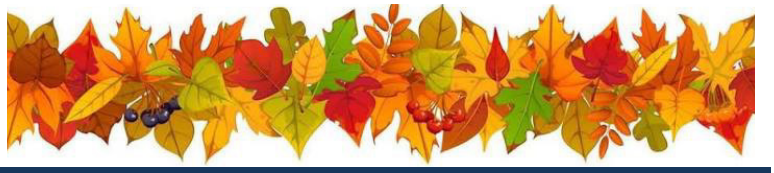
Checking Services: Provides daily reassurance calls to those who need reminders/wellness check **(703) 792-6374**

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	Vacannt
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 .

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Woodcarving 10:00 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 12:30 Domino's 1:00 Canasta / Pinochle 1:00 Art Class / Guitar Lesson 1:15 Line Dancing **Chicken Noodle Soup** **No Salad**	**3** 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 2:00 Bahai Book Study 3:00 Rummikub /Skip-bo **Baked Cod-No Salad**	**4** 10:00 Scrabble 10:30 Bingo 10:30 Chinese Book Study 12:30 Double Deck Pinochle **1:00 Medicare & VICAP Talk** 1:30 Eight Pieces of Brocade **Pulled Pork Sandwich** **No Salad**	**5** 9:30 Bible Book Study **10:00 Native American Talk** 10:30 Ceramics/Meditation 11:00 Holiday Mental Health Talk 12:00 Double Deck Pinochle 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dance – **Canceled** 3:00 Rummikub/Skip-bo **Vegetarian Lasagna** **No Salad**	**6** **10:30 Veteran's Day Celebration** 11:30 Pinning Ceremony 12:00 Double Deck Pinochle 1:00 Quilting 1:00 English Conversation 2:00 Chinese Singing 3:00 Chinese Dancing 3:00 Rummikub **Swedish Meatballs -** **No Salad**
9 9:00 Woodcarving 10:00 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 12:30 Domino's 1:00 Canasta / Pinochle 1:00 Guitar Lesson / Art Class 1:15 Line Dancing **Veggie Cheese Pizza** **No Salad**	**10** 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 2:00 Bahai Book Study 3:00 Rummikub /Skip-bo **Chicken Tenders** **-No Salad**	**11** **Center Closed In-Observance Of Veterans Day**	**12** 9:30 Bible Book Study **10:00 AARP Holiday Scams** 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 Dance – **Canceled** 3:00 Rummikub/Skip-bo **Pork Chop**	**13** **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 Dancing 3:00 Rummikub **Jambalaya**
16 9:00 Woodcarving **9:00 Pool Tournament** 10:00 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 12:30 Domino's 1:00 Canasta / Pinochle 1:00 Guitar Lessons / Art Class 1:15 Line Dancing **Tilapia**	**17** 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 **Spinach Quiche** **No Salad**	**18** 10:00 Scrabble 10:30 Bingo 10:30 Ceramics 10:30 Chinese Book Study 12:00 Double Deck Pinochle 1:30 Eight Pieces of Brocade **Beef Lasagna**	**19** 9:30 Bible Book Study 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle **12:30 Kena Shrine Band** 1:00 Bid Whist **1:00 Decorating Committee** 1:15 Line Dancing- Canceled 2:00 English Dance-Canceled 3:00 Rummikub/Skip-bo **Chicken Wings**	**20** **9:30 Giving Thanks Performance** **10:30 Thanksgiving Luncheon** 10:00 PWC Mobile Library 12:00 Double Deck Pinochle 1:00 Quilting 1:00 English Conversation 2:00 Chinese Singing 3:00 Chinese Dancing 3:00 Rummikub **Roast Turkey** **No Salad**
23 9:00 Woodcarving 10:00 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 12:30 Domino's 1:00 Canasta / Pinochle 1:00 Guitar Lessons / Art Class 1:15 Line Dancing **Italian Breaded Chicken**	**24** 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 **Mushroom Swiss Burger** **No Salad**	***25*** **Center Closed For Staff In-service**	**26** 	**27**
30 9:00 Woodcarving 10:00 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Book Study 12:00 Double Deck Pinochle 12:30 Domino's 1:00 Canasta / Pinochle 1:00 Guitar Lessons / Art Class 1:15 Line Dancing **Chicken or Fish Sandwich**	***ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*** Accredited by ncoa National Institute of Senior Centers	Mission Statement: To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.	**DECEMBER EVENTS** **Dave Anderson Show** • December 4, 2026 **Holiday Luncheon** December 18, 2026 • **Ugly Sweater Contest** December 11 , 2026	**National Theatre Holiday Music w/ Steve Gellman** • December 11 , 2026 **Wear your Holiday Pajamas Last day before we close for the Holidays. December 23**