PRINCE WILLIAM
Area Agency on Aging

www.pwcva.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

DECEMBER 2026



HOLIDAY MEMORIES WITH DANCE AND SONG

Monday, December 7, 10:30 a.m. ; Lunch: 12:15 p.m.

Join Dave Anderson for this extraordinary production featuring InBetween, Don Norris, The High Steppers, and the Step Sisters.
Sign up at the front desk to reserve your seat.

HOLIDAY LUNCHEON

Monday, December 14, 12:00 p.m.

CENTER OPENS AT 11:30 a.m.

There will be no morning activities. Regularly scheduled activities will resume at 1:30 p.m.

Registration is required

Sign up starts: Friday, December 4.
Sign up in the office to reserve your seat.



GIFT WRAPPING WITH JUDY

December 2 & 3, 8-10, and 15-17,
9:00 a.m.-12:00 p.m.

Bring in your gifts on one of the dates listed above and Judy will professionally wrap them free of charge.

NATIONAL THEATER PERFORMANCE

Tuesday, December 8, 11:00 a.m.

Please join Steve Gellman from the National Theater to sing along to your favorite holiday music.

Sign up in the book at the front desk.



HAPPY HOOFERS HOLIDAY PERFORMANCE

Thursday, December 10, 12:45 p.m.; Lunch 11:45 p.m.

Join the Happy Hoofers for their annual holiday performance. Sign up at the front desk to reserve your seat .

Sign up for lunch by 10:30 a.m.



UGLY SWEATER CONTEST AND COOKIE DECORATING

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

Wear your favorite ugly sweater and join us to decorate a cookie and be entered in the ugly sweater contest. Sign up for lunch by 10:30 a.m.

Upcoming Events

ARMCHAIR TRAVEL

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

Please join Megann to virtually travel to France.

TASTE OF TECHNOLOGY WITH DEBBIE AVIS

Every Tuesday, 10:30 a.m.

December technology topics: Using Google Sheets, Google Maps, Online Banking, and Things You Hear About Only Online.

NO SEW PROJECTS WITH DENISE

Thursday, December 3, 1:00 p.m. - Morovian Stars

Thursday, December 10, 1:00 p.m - Eye Glass Case

Join Denise to make a Morovian no sew star or an Eye glass case for the holidays. Sign up in the book at the desk to reserve your seat. Space is limited to 5.

CARD MAKING WITH DEBBIE

Monday, December 7, 10:30 a.m.

Join Debbie to make greeting cards for the holidays.

LIVE MUSIC WITH T.A. AWUA

Friday, December 11 & 18, 12:00 p.m.

Enjoy guitar music by Ted for these final two performances during lunch.

EVERGREEN CENTERPIECE WORKSHOP ($6.00 Cash only)

Tuesday, December 15, 10:00 a.m.

Bring a container, gloves and garden sheers to make a holiday evergreen centerpiece. Register in the office. Space is limited to 10.

GENERAL PHONE SETTINGS WITH BRETT

Monday, December 21, 10:30 A.M.

Join Brett to learn basic phone settings.

HOLIDAY SONGS WITH JIM

Tuesday, December 22, 1:00 p.m.

Join us after lunch to enjoy holiday music with Jim. Sign up at the front desk to reserve your seat.

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
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	9:30 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 With Gae	TH	1:00 PM	Free
Nutrition Class	On Hold	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	Free
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 – 4:30PM	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 December. Nutrition counseling is available by appointment at 703-792-5426.

SENIOR CENTER WITHOUT WALLS

Tuesdays from 10:00 a.m. to 2:00 p.m.
through December 15

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 15 through December 7.

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.



NUTRITION CLASS RESUMES

Thursday, January 7, 11:00 a.m. - 12:00 p.m.

The weekly nutrition class will resume on Thursdays from 11-12 pm starting January 7.
Class topics and sign up sheets will be available starting January 4.

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 craft extravaganza is scheduled for December 1 from 1:00 to 3:00 p.m. A donation of $3.00 will be collected.

The next Friends meeting will be on Wednesday, December 2 at 1:00 p.m. The briefing will be on Wednesday, December 9 at 12:15 p.m. All are welcome.

A Holiday Sing-along is scheduled December 4 at 1:00 p.m.

Gingerbread House Making with Patti is scheduled for Tuesday, December 8 at 1:00 p.m. Cost is $5.00. Space is limited to 10. Sign up at the desk and get a receipt.

Game Night is scheduled on Tuesday, December 8 at 4:30 p.m.

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

Game Challenge is scheduled for December 9 at 1:00 p.m.

Create-a- Wreath is scheduled December 11 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
Arleija McGeachy,	Public Health Nutritionist
Bonnie Swank	Food Services Specialist
Joseph Hall	Food Services Cook
John Perry III	Driver Transportation Service Specialist
Megann Hankins	Recreation Specialist
Lea Kimmelman	Evidence Based Programs Coordinator

UPCOMING EVENTS

New Year's Celebration
Friday, January 8, 1:00 p.m.

Dr. Martin Luther King Jr. Trivia
Tuesday, January 19, 11:00 a.m.

Clerk of the Court Presentation
Tuesday, January 26, 12:00 p.m.

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. **(703) 792-6374**

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

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.

DECEMBER 2026

Accredited by National Institute of Senior Centers

Monday	Tuesday	Wednesday	Thursday	Friday
INCLEMENT WEATHER POLICY When Prince William County Schools are **CLOSED** due to snow, ice or bad weather, the senior centers are **CLOSED**. No meals are served at the senior centers or on our Meals on Wheels routes if the centers are closed due to inclement weather. When Prince William county Schools are **DELAYED** in opening, the senior centers are **OPEN WITHOUT TRANSPORTATION.**	**1** 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness rm 2) **10:30 Taste of Tech (Classroom)** 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) **1:00 Craft Extravaganza (Craft Rm)** 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	**2** **9:00 Gift Wrapping (Conf. Rm)** 9:30 Fitness Video (Fitness Rm 2) 10:00 Conversational Spanish (Craft 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 (Fitness Rm 1) **1:00 Friends Meeting (Classroom)** 4:30 Woodcarvers (Craft Rm)	**3** **9:00 Gift Wrapping (Conf. Rm.)** 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 (Conf. Rm) **1:00 No Sew Morovian Stars (Craft Rm)** 1:00 Tai Chi with Gae (Fitness Rm 2)	**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 Friends Craft (Canceled) **1:00 Friends Holiday Sing-along (Dining Rm)**
	Honey Sriracha Chicken Thigh	**Swedish Meatballs**	**Soup & Salad**	**White Chicken Chili**
7 9:10 Tai Chi (Canceled) 10:00 Armchair Travel (Canceled) 10:00 Fitness Video (Canceled) 10:00 Table Tennis (Canceled) **10:30 Card Making with Debbie (Classroom)** **10:30 Holiday Memories with Dance and Song (Dining Rm)** 11:00 Karaoke (Canceled) 12:00 Intermediate Tap (Fitness Rm 1) **12:15 Late Lunch (Dining Rm)** 1:00 Bridge (Classroom)	**8** **9:00 Gift Wrapping (Conf. Rm.)** 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) **10:30 Taste of Tech (Classroom)** 11:00 Line Dancing (Fitness Rm 2) **11:00 National Theater (Dining Rm)** 11:00 Trivia (Canceled) 12:30 Bingo (Dining Rm) **1:00 Friends Gingerbread House Making with Patti (Craft Rm)** 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) **4:30 Friends Game Night (Dining Rm)**	**9** **9:00 Gift Wrapping (Conf. Rm.)** 9:30 Fitness Video (Fitness Rm 2) 10:00 Conversational Spanish (Craft 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 (Fitness Rm 1) **12:15 Friends Briefing (Dining Rm)** **12:30 Friends Birthday Celebration** **1:00 Friends Game Challenge (Dining Rm)** 4:30 Woodcarvers (Craft Rm)	**10** **9:00 Gift Wrapping (Conf. Rm.)** 9:30 Fitness Video Fitness Rm 2) 10:00 Self-guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2 **11:45 Early Lunch (Dining Rm)** 12:30 Mahjong (Card Rm) **12:45 Happy Hoofers Holiday Show (Dining Rm)** 12:45 Bible Study (Classroom) 1:00 Canasta (Canceled) **1:00 No Sew Eye Glass Case (Craft Rm)** 1:00 Tai Chi with Gae (Fitness Rm 2 **Closing at 2:00**	**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)** 1:00 Acting Class (Fitness Rm 1) **1:00 Create-a-Wreath (Craft Rm)**
Roast Turkey	**Ovrn Fried Chicken**	**Stuffed Shells**	**Pork BBQ**	**Salmon Quinoa Bowl**
14 **Holiday Luncheon** Doors open at 11:30 a.m. Lunch starts at 12:00 p.m. All activities canceled until 1:30 p.m.	**15** **9:00 Gift Wrapping (Conf. Rm.)** 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness rm 2) **10:00 Evergreen Workshop (Craft Rm)** **10:30 Taste of Tech (Classroom)** 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	**16** **9:00 Gift Wrapping (Conf. Rm.)** 9:30 Fitness Video (Fitness Rm 2) 10:00 Conversational Spanish (Craft 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 (Fitness Rm 1) 4:30 Woodcarvers (Craft Rm)	**17** **9:00 Gift Wrapping (Conf. Rm.)** 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 (Conf. Rm) 1:00 Tai Chi with Gae (Fitness Rm 2	**18** 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 (Craft Rm)
Baked Ham w/Pineapple	**Sslisbury Steak**	**Country Fried Chicken**	**Fish & Chips**	**Cheese Pizza**
21 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 General Phone Settings with Brett (Conf. Rm)** 11:00 Karaoke (Dining Rm) 12:00 Intermediate Tap (Fitness Rm 1) 1:00 Bridge (Classroom) **1:00 Ugly Sweater Contest and Cookie Decorating (Dining Rm)**	**22** 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness rm 2) **10:30 Taste of Tech (Classroom)** 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) **1:00 Holiday Songs with Jim (Dining Rm)** 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)	**23** 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 (Fitness Rm 1 4:30 Woodcarvers (Craft Rm)	**24**	**25** **Closed for Winter Break** **December 24 through January 1** **We Re-open** **January 4 at 9:00 a.m.**
Cajun Shrimp Etouffee	**Lemon Pepper Salmon**	**Meatloaf**		
28 **Closed**	**29** **Closed**	**30** **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.**	**31** **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.**