PRINCE WILLIAM
Area Agency on Aging

www.pwcva.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

NOVEMBER 2026



Thanksgiving Luncheon

Wednesday, November 18, 12:00 p.m.

Join us for a traditional Thanksgiving meal with live music by Frank Plumer from National Theatre.

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 ups start: Wednesday, November 6 Sign up in the office to reserve your seat.



HOLIDAY MENTAL HEALTH PRESENTATION

Monday, November 2, 11:00 a.m. Join the Prince William CSB for this special talk on tips to maintain your mental health during the holiday season. Sign up at the front desk.



NATIVE AMERICAN HERITAGE PRESENTATION

Monday, November 9, 11:00 a.m. Please join the PWC Historic Preservation Department for this educational talk in honor of Native American Heritage Month.
Sign up in the book at the front desk.



KENA SHRINE BAND

Tuesday, November 10, 12:30 p.m. Join the Kena Shrine Band in the dining room after lunch for this special performance. Sign up in the book at the front desk. Sign up for lunch separately by 10:30 a.m.



VETERANS' DAY CELEBRATION

Friday, November 13, 1:00 p.m. Join us to honor our veterans with live music by Nikki Franklyn. The VA Dept. of Veteran Affairs will also be here with an informational table located in the lobby. Sign up to reserve your seat.

Upcoming Events

ARMCHAIR TRAVEL
Mondays at 10:00 a.m.
Please join Megann to virtually travel to these destinations: Japan, Russia, Tahiti, Turkey, and Thailand.

TASTE OF TECHNOLOGY WITH DEBBIE AVIS
Every Tuesday, 10:30 a.m.
November Technology Topics: Digital Library Focus: Read and Research, Get Stuff Done on the Web, Using Gmail, and Scams Out Now!

CARD MAKING WITH DEBBIE
Monday, November 2, 16, and 30, 10:30 a.m. Join Debbie to make greeting cards for the holidays.

CARD MAKING WITH PATTI JEAN
Monday, November 9, 11:00 a.m.
Join us for a creative hands-on card making workshop that lets you transform simple pieces of paper into heartfelt messages.

LIVE MUSIC WITH T.A. AWUA
Friday, November 6 & 20, 12:00 p.m.
Enjoy guitar music by Ted during lunch.

AARP HOLIDAY SCAMS PRESENTATION
Tuesday, November 17, 11:00 a.m.
Please join AARP to find out how you can protect yourself from getting scammed this holiday season. Sign up at the front desk to reserve your seat.

UNITY REED HOLIDAY DECORATING
Monday, November 23, 2:00 p.m.
Join the students from Unity Reed High School to decorate the center for the holidays.

LEGAL SERVICES OF NORTHERN VIRGINIA
Monday, November 30, 12:30 p.m.
Join us after lunch for this special presentation and to get your general legal questions answered.

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	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 w/Gae	TH	1:00 PM	Free
Nutrition Class	TH	11:00 AM	Free
Zumba Gold	TU, F	3:30 PM, 10:30AM	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 November. Nutrition counseling is 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.

VICAP/MEDICARE PRESENTATION

Monday, November 16, 11:00 a.m.

Join Martin Bailey, volunteer with Senior Medicare Patrol, as he provides Medicare enrollees 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 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 Friends meeting will be on Wednesday, November 4 at 1:00 p.m. The briefing will be on Thursday, November 5 at 12:15 p.m. All are welcome.

A game night is scheduled on Tuesday, November 3 at 4:30 p.m.

The Birthday Celebration is on Thursday, November 5 at 12:30 p.m.

Game Challenge is canceled for November.

A Sip and Bid is scheduled for Thursday, November 12 at 1:00 p.m.

A Peanut Auction is scheduled for Thursday, November 19 at 1:00 p.m.

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

Senior Center Staff

Sarah Henry	CommunityBased 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	Recreation Specialist
Lea Kimmelman	Evidence Based Programs Coordinator

UPCOMING EVENTS

Dave Anderson's Holiday Show
Monday, December 07, 10:30 a.m.

Happy Hoofer's Holiday Performance
Thursday, December 10, 12:45 p.m.

Holiday Luncheon
Monday, December 14, 12:00 p.m.
Doors open at 11:30 a.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.

November 2026

Accredited by National Institute of Senior Centers

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 (Canceled) **11:00** Holiday Mental Health Presentation (Dining Rm) 12:00 Intermediate Tap (Fitness Rm 1) 1:00 Bridge (Classroom) Bean & Cheese Empanada	**3** 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) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) **4:30 Game Night (Card Rm)** Baked Tilapia	**4** 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) **1:00 Friends Meeting (Classroom)** 4:30 Woodcarvers (Craft Rm) Meatball Sub	**5** 9:30 Fitness Video Fitness Rm 2) 10:00 Self-guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:15 Friends Briefing (Dining Rm) 12:30 Friends Birthday Celebration (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) **1:00 Tai Chi with Gae (Fitness Rm 2)** 1:00 Canasta (Conf. Rm) Spinach & Cheese Ravioli	**6** 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) 10:30 Intro to Line Dancing (Fitness Rm 2) **12:00 Music with T.A. Awua (Dining Rm)** 1:00 Acting Class (Fitness Rm 1) Rm) 1:00 Friends Craft (Craft Rm) Creamy Sundried Tomato Chicken
9 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 Card Making with Patti Jean (Craft Rm 2)** 11:00 Karaoke (Canceled) **11:00 Native American Heritage Presentation (Dining Rm)** 12:00 Intermediate Tap (Fitness Rm 1) 1:00 Bridge (Classroom) Chicken & Chickpea Curry	**10** 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 with Bobb (Dining Rm) 12:30 Bingo (Canceled) **12:30 Kena Shrine Band (Dining Rm)** 1:30 (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) Pork Chop	**11** **Closed** **Veteran's Day**	**12** 9:30 Fitness Video Fitness Rm 2) 10:00 Self-guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:15 Friends Briefing (Dining Rm) 12:30 Friends Birthday Celebration (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:00 Canasta (Conf. Rm) **1:00 Friends Sip & Bid (Dining Rm)** Blackened Salmon Salad	**13** 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) 10:30 Intro to Line Dancing (Fitness Rm 2) **12:15 PWC Mobile Library (Outside)** 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) **1:00 Veteran's Day Celebration (Dining Rm)** Grilled Cheese and Tomato Soup
16 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 Card Making with Patti Jean (Craft Rm 2)** 11:00 Karaoke (Canceled) **11:00 VICAP/Medicare Presentation (Dining Rm)** 12:00 Intermediate Tap (Fitness Rm 1) 1:00 Bridge (Classroom) Stuffed Portobello Mushroom	**17** 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 (Canceled) **11:00 AARP Holiday Scams Presentation (Dining Rm)** 12:30 Bingo (Dining Rm) 1:30 Middle Eastern Dance (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) Chicken Cordon Bleu	**18** **Thanksgiving Luncheon** Doors open at 11:30 a.m. Lunch starts at 12:00 p.m. All activities canceled until 1:30 p.m. Turkey Dinner	**19** 9:30 Fitness Video Fitness Rm 2) 10:00 Self-guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:15 Friends Briefing (Dining Rm) 12:30 Friends Birthday Celebration (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) **1:00 Friends Peanut Auction (Dining Rm)** 1:00 Tai Chi with Gae (Fitness Rm 2) 1:00 Canasta (Conf. Rm) Fish Vera Cruz	**20** 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) 10:30 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) Cheeseburger
23 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) 12:00 Intermediate Tap (Fitness Rm 1) 1:00 Bridge (Classroom) **2:00 Unity Reed Holiday Decorating (Dining Rm)** Honey Soy Pork Chop	**24** 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 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 Plate	**25** **Closed** **Staff In-Service Day**	**26** **Closed for Thanksgiving** 	**27**
30 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 (Fitness Rm 1) **12:30 LSNV Presentation (Dining Rm)** 1:00 Bridge (Classroom) Gnocchi Pesto	**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.**	**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.**	**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.**