

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters

JULY 2024

Prince William Senior Center
WOODBIDGE



Ice Cream Meet & Greet
Wednesday, July 17, 12:30 p.m.
Please join us for an Ice Cream Social with Megan. Get to know Megann and all your fellow center members while enjoying some tasty treats. We hope to see you all there.



National Theater Presents Bab Ras D
Thursday, July 11, 11:00 a.m.
Join us in welcoming back Baba Ras D to the center. Let's all "Harambee" together. Harambee is the practice of hope, possibility, and compassion.



Farmers Market
Monday, July 15, 9:30 am-11:30 am
Come out and purchase some fresh fruits and produce from a local farmer. Stands will be set up on the patio, on the side of the building. Farmers Market vouchers, cash, and credit cards will be accepted.



America the Beautiful Wreaths
Wednesday, July 24, 10:30 a.m. and Thursday, July 25, 10:30 a.m.
Join Kim and Megann in creating wreaths with clothespins. This is a two-day craft and attendance is required for both sessions. Seating is limited.

Holiday Season in July
With Kena Shrine Band
Tuesday, July 23, 12:30 p.m.
Come out and enjoy some Holiday music and your favorites by the Kena Shrine Band.
Sign up at the front desk.
No morning activities or salad will be served.

Angel and The Band
Friday, July 12, 10:30 a.m.
Friday, July 19, 10:30 a.m.

Upcoming EVENTS

Crafting Stamp Class
Friday, July 12, 10:00 a.m.
Let's create stamp art together.
Seating is limited. Sign up at the front desk.



Leesylvania State Park
Tuesday, July 16, 9:30 a.m.
What was it like to live during the Colonial Times? Join us as we explore some interesting facts about the Colonial life.

Karaoke
Thursday, July 18, 11:00 a.m.
Thursday, July 25, 11:00 a.m.
Come out and join us as they continue the centers Karaoke experience. Sign up, share, and sing your favorite songs with everyone.

April Birthday Recognition
Friday, July 19, 11:50 a.m.

Glass Etching
Friday, July 19, 10:00 a.m.
Join in the etching fun.
Sign up at the front desk. Seating is limited.

PWC Library
Friday, July 19, 12:30 p.m. – Join the PWC library staff for Adventure Film-Themed Trivia
Friday, July 19, 1:30 p.m. – Visit the mobile library outside on the patio to pick up a few good reads for July.

International Fashion Show
Friday, July 27, 10:00 a.m.
Come see the beautiful clothes from around the world.
Sign up at the front desk to watch the show. No morning activities or salad will be served.



Back to School Supply Drive
Monday, July 15 - Monday, August 12

We will be collecting donations of back-to-school supplies. Only new items will be accepted. Thank You!

Mark your calendars for Senior Center Closing Dates:
July 1 through July 5 in observance of the 4th July holiday.
July 31st for staff in-service and trainings.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Art Class (Drawing & Painting)	M	1:00 pm	Free
Bible Study	TH	10:00 am	Free
Ceramics	W & TH	10:30 am	Varies
Chinese Bible Study	M & W	1:00 pm	Free
Chinese Crafts	F	11:00 am	Free
Chinese Dancing	F	11:00 am	Free
Chinese Singing	TH	1:00	Free
Gospel Singing	T	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

Open Exercise	Daily	9:00am-4:30pm	Free
Line Dancing	M, T & TH	1:15 pm	Free
English Line Dancing	T & TH	2:00 pm	Free
Zumba	T	11:00 am	Free
Nutrition Class	T (most)	11:00 am	Free
Chair Yoga	M	9:30 am	Free

FUN ACTIVITIES

Angel and the Band	F (Most)	10:00 am	Free
Bid Whist	T & TH	11:00 am	Free
Billiards	Daily	9:00am- 4:30pm	Free
Bingo	M & W	10:30am	\$1.00
Canasta	M	1:00 pm	Free
Chess	T	1:00 pm	Free
Double Deck Pinochle	Daily	12:00 pm	Free
Dominos	M	12:30 pm	Free
Euchre	M	10:00 am	Free
Pinochle	M	1:00 pm	Free
Scarlett Sophisticates	2ND/4TH F	1:00 pm	Free
Scrabble	W	10:15 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



Weekly Nutrition Class Tuesdays, 11:00 a.m.

Sign up at the front desk

Join us to learn about the latest in nutrition research.

July 9 - What is in season?

July 16 - All about carbohydrates

July 23 - Nutrition for managing osteoporosis

July 30 - Sugar

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.

Call 703-792-7153 or email sbarkneh@pwcgov.org to schedule your appointment.



What is Farm Market Fresh for Older Adults?

Older adults are eligible to receive 10 vouchers (\$5 each), totaling \$50 worth of farmers' market vouchers to purchase fresh fruits, vegetables, and fresh cut herbs from approved vendors if the following statements are true:

- You are 60 years of age or older.
- You are a resident of Prince William County.
- You do not live in the same household, and you are not an immediate family member of the farmer who grows the produce.
- You meet the program's income requirements.
- You must certify your household income.

Application accepted:

April 1 – September 30

Vouchers issued to eligible participants:

June 1 - September 30

Vouchers can be redeemed by participating farmers' markets & roadside stands:



Scan the code for an online application.

Paper application is available at the senior centers.

If you have any question, call 703-792-5426

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 – Lana Tobey

DIRECTORS

Janet Happoldt John Happoldt
 Marie Kelminsky Fannie Hargrave
 Victoria Buie-Owens Retha Davis
 George Reid Shirley Custis
 Marta Reyes

MEETING

The next board meeting is on
 Wednesday, July 10, 2024 at 1:00 p.m.
 All are welcome to attend this meeting.

RECOGNITION CORNER

Thank you!

Volunteer of the Month for April was awarded to
 Dinah Fisher, Meals on Wheels driver.

Volunteer for May was awarded to Roberta Wilson-
 Antoine, Friends President .

**Thank you to all the volunteers who help in
 making this a great place to be a part of!**

FRIENDS is looking for donations.

Donations are being accepted to help with
 upcoming raffles and giveaways. Please donate new
 and slightly used items. No clothing will be
 accepted. For more details or questions please see
 Roberta or Juanita from the Friends group.

Senior Center Technology Training Classes held in the conference room- Seating is limited

July 16, 10:30 a.m. All About Apps
 Types of apps, how to buy them, what to watch out
 for when buying them, how to get rid of them.

July 30, 10:30 a.m. Get Stuff Done on the Web
 Apps for shopping, ordering food, making restaur-
 ant reservations, buying tickets, and riding or
 housing sharing and how to use them.

INFORMATION

SENIOR SERVICES

Information about aging, disabilities,
 caregiving 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
 (703) 339-0333
pwcgov.org/bluebird

Meals on Wheels: Weekday meals delivered to
 adults 60+ who are homebound and unable to cook
 for themselves
 (703) 792-6374

Senior Link: Provides daily reassurance calls to
 those who need reminders/wellness check
 (703) 368-4141

Transportation: To & From Senior Center.
 (703) 792-5682

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

Caregiver Support Group: For more information
 please call: (703) 501-0749

SENIOR CENTER STAFF

Site Manager	Kathy Ambrose
Administrative Coordinator	Angelina D. Reynolds
Driver/Trans Org	Kim Reynolds
Wellness & Fitness Coordinator	Megann Hankins
Nutritionist	Saba Barkneh
Lead Cook	Chris Bohn
Cook	Wendy Arca-Moore
Evidenced-Based Coordinator	Kathleen Wiley



FRIENDS will send a card in the case
 of an illness, hospitalization, and
 upon notification of the passing of
 an immediate family member.

Please see Elaine Bedard

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 .

1	2	3	4	5
				
Senior	Center	Closed In	Observance	Of Holiday

<p>8</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:00 Guitar Lessons 1:15 Line Dancing</p> <p style="text-align:center;">Eggplant Parmesan</p>	<p>9</p> <p>9:30 Shanghai 10:00 Gospel Singing 11:00 Zumba / Bid Whist 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:15 Line Dancing / Chess 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align:center;">Chicken Alfredo No Salad</p>	<p>10</p> <p>10:15 Scrabble 10:30 Bingo 12:00 Double Deck Pinochle 1:00 FRIENDS MEETING 1:00 Chinese Bible Study</p> <p style="text-align:center;">BLT</p>	<p>11</p> <p>10:00 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 National Theater 11:00 Bid Whist 12:00 Double Deck Pinochle 100 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align:center;">Sirloin Tips No Salad</p>	<p>12</p> <p>10:00 Stamp Craft 10:30 Angel and the band 11:00 Chinese Crafts 11:00 Chinese Dancing 12:00 Double Deck Pinochle 1:00 Scarlett Sophisticates 1:00 Quilting</p> <p style="text-align:center;">Crab Cake</p>
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<p>15</p> <p>9:00 Woodcarving 9:30 Chair Yoga 9:30 Farmer's Market 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:00 Guitar Lessons 1:15 Line Dancing</p> <p style="text-align:center;">Tuna Salad Plate</p>	<p>16</p> <p>9:30 Leesylvania State Park 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Bid Whist 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:00 Chess 1:15 Line Dancing / Chess 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align:center;">Italian Chicken / No Salad</p>	<p>17</p> <p>10:15 Scrabble 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Ice Cream Meet & Greet 1:00 Chinese Bible Study</p> <p style="text-align:center;">Pulled Pork</p>	<p>18</p> <p>10:00 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 Bid Whist 11:00 Karaoke 12:00 Double Deck Pinochle 100 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align:center;">Swedish Meatballs</p>	<p>19</p> <p>10:00 Etching Craft 10:30 Angel and the band 11:00 Chinese Crafts 11:00 Chinese Dancing 11:50 Birthday Recognition 12:00 Double Deck Pinochle 12:30 Library Craft 2:00 Quilting</p> <p style="text-align:center;">Red Snapper</p>
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<p>22</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:00 Guitar Lessons 1:15 Line Dancing</p> <p style="text-align:center;">Chicken and Dumplings</p>	<p>23 Christmas in July</p> <p>9:30 Shanghai 11:00 Nutrition Class 11:00 Bid Whist 12:00 Double Deck Pinochle 12:30 Kena Shriner Band 1:00 Chess 2:00 Line Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align:center;">Spinach Quiche No Salad</p>	<p>24</p> <p>10:15 Scrabble 10:30 Bingo 10:30 Clothespins Craft Part 1 12:00 Double Deck Pinochle 1:00 Chinese Bible Study</p> <p style="text-align:center;">Pork Chop</p>	<p>25</p> <p>10:00 Bible Study 10:30 Ceramics 10:30 Meditation 10:30 Clothespins Craft Part 2 11:00 Bid Whist 11:00 Karaoke 12:00 Double Deck Pinochle 100 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align:center;">Egg Salad</p>	<p>26</p> <p>10:00 International Fashion Show 11:00 Chinese Crafts 11:00 Chinese Dancing 12:00 Double Deck Pinochle 1:00 Scarlett Sophisticates 1:00 Quilting</p> <p style="text-align:center;">Shepherd's Pie No Salad</p>
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<p>29</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:00 Guitar Lessons 1:15 Line Dancing</p> <p style="text-align:center;">Vegetable Lasagna</p>	<p>30</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Bid Whist 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:15 Line Dancing / Chess 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p style="text-align:center;">Lemon Herb Trout No Salad</p>	<p>31</p> <p style="font-size: 2em;">Center Closed Staff In-service</p>	<p>Mission Statement: To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.</p>	<p>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</p> <div style="border: 1px solid black; padding: 5px; text-align: right;"> <p>Accredited by  National Institute of Senior Centers</p> </div>
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