

PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

JULY 2024



THE FOURTH OF JULY CELEBRATION With the Kena Shrine Band

Thursday, July 18, 12:30 p.m.

Early Lunch: 11:45 a.m.

Join us for an hour of music by the Kena Shrine Band to celebrate July 4th.

Sign up in the book at the front desk to reserve your seat!

Upcoming **EVENTS**

DIGITAL NAVIGATOR CLASS

Tuesday, July 9, 10:30 a.m.— All About Apps: Types of apps, how to buy them, security around buying them, how to get rid of them.

Tuesday, July 23, 10:30 a.m.— Get Stuff Done on the Web: Apps for shopping, ordering food, making restaurant reservations, buying tickets, and ride or house sharing and how to use them.

Each class is limited to 5. Register on the touchscreen.

KARAOKE IS BACK!

Monday, July 8 & 22, 10:30 a.m.

Please join Megann every other Monday and sing along to your favorite songs.

INTRODUCTION TO TRAIN DOMINOES

Monday, July 15 & 29, 11:00 a.m.

Join Megann in the classroom every other Monday to learn how to play Train Dominoes.

FRIENDS YARD SALE

Saturday, July 20, 8:00 a.m. to 1:00 p.m.

Join our Friends of the Manassas Senior Center in the dining room for their annual yard sale.

Donations Will Be accepted July 8 through July 19. Please see the Friends' bulletin board for the donation schedule and accepted items.

FARMERS MARKET AT THE MANASSAS SENIOR CENTER

Monday, July 22, 9:30 a.m. to 11:30 a.m.

You can use your Farm Market vouchers or pay with cash or card.

Prince William Senior Center

MANASSAS



MUSIC WITH TED

Friday, July 19 & 26, 12:00 p.m.

RUMMIKUB

Friday, July 12 & 26, 9:00 a.m.

TRIVIA

Tuesdays, July 16 & 30, 10:30 a.m.

WII BOWLING

Tuesdays, July 9 & 23, 10:30 a.m.



ICE CREAM SOCIAL MEET & GREET

Monday, July 15, 12:30 p.m.

Please join us for an Ice Cream Social with Megann, our new Wellness & Fitness Coordinator. Get to know Megann and enjoy a nice, tasty treat. We hope to see you all there!
Happy National Ice Cream Month!



ADVENTURE TRIVIA & MOBILE LIBRARY

PWC Public Library

Friday, July 12, 12:30 p.m.

Join the library after lunch for trivia centered around older and newer themed adventure films.

Also, The Mobile Library will be here for you to check out or return books, get a library card and sign up for the summer reading program!



NATIONAL THEATRE PERFORMANCES

Monday, July 8 & 29, 12:30 p.m.

Early Lunch: 11:45 a.m.

Please join us in the dining room for a one hour performance on July 8 by Baba Ras D and July 29 by Curtis Blues.

Sign up in the book at the front desk to reserve your seat.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Acting Class	On break	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
Digital Navigator	Every other TU	10:30 AM	Free
Self-Guided Painting	W, Last TH	9:30 AM, 12:30 PM	Free
Photography	W	11:00 AM	Free

FITNESS AND HEALTH ACTIVITIES

Fitness Video	M, W	10:00 AM	Free
Intermediate Tap	W	1:00 PM	Free
Intro to Line Dancing	M, W	11:00 AM	Free
Line Dancing	TU, TH	11:00 AM	Free
Meditation/Chair Yoga	TU	9:30 AM	Free
Middle Eastern Dancing	TU	2:00 PM	Free
Tai Chi	M	9:10 AM	Free
Tai Chi	F	1:00 PM	Free
Nutrition Class	TH	11:00 AM	Free
Tap Dancing	M, W	12:00 PM	Free
Zumba Gold	TU, F	3:30 PM, 10:30 AM	Free

FUN ACTIVITIES

Adult Coloring	TH	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
Cards & Games	Daily	9:00 AM-4:30 PM	Free
Karaoke	Every other Monday	10:30 AM	Free
Intro to Train Dominos	Every other Monday	10:30 AM	Free
Mahjong	TH	12:30 PM	Free
Music w/Randy	2nd W	11:00 AM	Free
Pool	M-F	9:00 AM-4:30 PM	Free
Table Tennis	M, W, F	10:00 AM-12:00 PM	Free
Woodcarving	W	4:30 PM	Free

HEALTH & WELLNESS

Evidence-Based Programs (EBPs) offer proven ways to promote health and prevent disease among older adults. They are based on research and provide documented health benefits, so you can be confident they work.

The Area Agency on Aging, in cooperation with the Virginia Department of Aging and Rehabilitative Services, offers Health & Wellness and Falls Prevention Evidence-Based Programs.

We would like your input regarding which of these programs are the most interesting. Please take a moment to complete the Evidence-Based Programs survey insert in this newsletter. Your feedback will help to determine what programs will be offered at Manassas Senior Center in the coming months.

NUTRITION CLASS WITH SABA

Thursdays, 11:00 a.m. - 12:00 p.m.

July Nutrition Topics

What is in Season, All About Carbohydrates and Nutrition for Managing Osteoporosis.

Sign up at the front desk.



Applications are now being accepted and vouchers will be issued to eligible participants through September 30.

Vouchers can be redeemed at participating Farmers Markets & roadside stands through November 18.

If you have any questions, call 703-792-5426.

Scan the code below for the online application or pick up a paper application at the front desk.



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 Board meeting will be Wednesday, July 10, at 1:00 p.m. Everyone is welcome to attend.

The Friends will give a briefing in the dining room on Wednesday, July 17, at 12:15 p.m.

A Game Challenge is scheduled in the dining room on Wednesday, July 17, at 1:00 p.m.

Crafts are scheduled every Friday from 1:00 p.m. to 2:00 p.m. If you have a craft to share, please see a member of the Friends.

A dance party is scheduled on Wednesday, July 24, at 12:30 p.m. Strawberry shortcake will be served.

Game Night has returned and will be held on Wednesday, July 24 from 4:30 to 7:00 p.m.

There will be a Peanut Auction on Thursday, July 25 at 1:00 p.m. in the dining room.

The garden workday has been moved from Wednesdays at 9:00 a.m. to Thursdays at 9:00 a.m.

Senior Center Staff

Sue Gilbert, Human Services Manager

Michelle Choi, Administrative Coordinator

Bonnie Swank, Food Services Specialist

Debra Null, Food Services Cook

John Perry III, Driver Transportation Service Specialist

Megann Hankins, Health & Wellness Coordinator

Saba Barkneh, Public Health Nutritionist

Kathleen Wiley, Evidence Based Program Coordinator

UPCOMING EVENTS

GRAND PARENTS DAY

Tuesday, August 13

QUILTING FOR BEGINNERS WITH SANDY

Thursday, August 1, 8, & 15,

INFORMATION

SENIOR SERVICES

Information about aging, disabilities, caregiving, and available services.

Assistance with Connecting to Services:
(703) 792-6374

Evidenced Based Programs:
kwiley@pwcgov.org or (571) 241-3925

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

Senior Link: Provides daily reassurance calls to those who need reminders or wellness checks.
(703) 368-4141

Transportation to and from Senior Center:
(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.

JULY 2024

Monday Tuesday Wednesday Thursday Friday

Closed

July 1 through July 5


Have a safe and happy July 4th holiday!

<p>8</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Karaoke (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:45 Early Lunch (Dining Rm) 12:30 National Theatre (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>9</p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator Class (Conference Rm) 10:30 Wii Bowling (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>10</p> <p>9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 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 (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Friends Meeting (Classroom) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>11</p> <p>9:00 Garden Workday (Garden) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)</p>	<p>12</p> <p>9:00 Rummikub (Classroom) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:30 PWCPL Adventure Trivia (Dining Rm) 12:30 Mobile Library (Outside) 1:00 Acting Class (On Break) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p>
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Baked Tilapia/No Salad Chicken & Dumplings/No Salad Sirloin Beef Tips/No Salad Grilled Cheese Reuben

<p>15</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Train Dominoes (Classroom) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Ice Cream Social Meet & Greet (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>16</p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Cancelled)</p>	<p>17</p> <p>9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Music w/Randy (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 12:15 Friends Briefing (Dining Rm) 12:30 Birthday Celebration (Dining Rm) 1:00 Game Challenge (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>18</p> <p>9:00 Garden Workday (Garden) 10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Classroom) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 11:45 Early Lunch (Dining Rm) 12:30 July 4th Celebration With the Kena Shrine Band (Dining Rm) 12:45 Bible Study (Classroom)</p>	<p>19</p> <p>10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:00 Music With Ted (Dining Rm) 1:00 Acting Class (On Break) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p> <p>Friends Yard Sale Saturday, July 20 8:00 a.m. to 1:00 p.m.</p>
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Vegetable Lasagna Country Fried Chicken Sloppy Joe Cheeseburger Shrimp Po'Boy

<p>22</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Karaoke (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) Farmers Market 9:30 a.m. to 11:30 a.m.</p> 	<p>23</p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator Class (Conference Rm) 10:30 Wii Bowling (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>24</p> <p>9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 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 (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Friends Dance Party with Strawberry Shortcake (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm) 4:30 Game Night (Card Rm)</p>	<p>25</p> <p>9:00 Garden Workday (Garden) 10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Classroom) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Self-Guided Painting (Craft Rm) 12:45 Bible Study (Classroom) 1:00 Peanut Auction (Dining Rm)</p>	<p>26</p> <p>9:00 Rummikub (Classroom) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:00 Music With Ted (Dining Rm) 1:00 Acting Class (On Break) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p>
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Roast Turkey Oven Fried Chicken Pork BBQ Egg Salad Sandwich Baked Cod

<p>29</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Train Dominoes (Classroom) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 11:45 Early Lunch (Dining Rm) 12:30 National Theatre (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>30</p> <p>9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Bridge (Classroom) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>31</p> <p>Closed Staff In-Service Day</p>	<p>Our 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>A 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.</p>
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Fish & Chips Meatloaf