

pwcgov.org/seniorcenters
703-792-5081

SEPTEMBER 2024



Thursday, September 19, 10:30 a.m.

Come celebrate the changing seasons with us as we bid farewell to summer and welcome the crisp beauty of fall! Enjoy an evening of live music by the talented Joe Cerutti. **Don't forget to dress in your best all-white attire for this special occasion.** Sign up at the front desk to join the fun. Please note, there will be no morning activities or salad served. We can't wait to see you there!



Prince William County Mobile Library
Friday, September 20, 1:00 p.m.

Curl up with a cozy book from the mobile library that will bring a smile to your face and laughter to your heart this autumn season.



Labor Day Celebration With Dian
Thursday, September 5, 10:30 a.m.

Get ready to dance and sing with Dian for a dance party to celebrate Labor Day! Please sign up at the front desk. No salad will be served.



National Theatre Performance with Frank Plumer
Friday, September 20, 10:30 am.

Join Frank as he plays all styles of music pop, jazz and classical. Sign up at the front desk. No salad will be served.



Just Chillin' Community Meeting
Friday, September 20, 12:30 p.m.

Join Supervisor Angela Franklin for free ice cream treat in the parking lot after lunch.

Angel and The Band
Friday, Sept 6, 10:30 a.m.

Upcoming EVENTS

Jeopardy
Wednesday, Sept 4, 9:30 a.m.
Wednesday, Sept 18, 9:30 a.m.
Come join Megann to play Jeopardy.

Leesylvania State Park
Tuesday, Sept 10, 9:30 a.m.
Calling all bird lovers!
Join Leesylvania State Park as they provide an informative Educational talk about Birds.

Patriot's Day and National Day of Service and Remembrance
A Moment of Silence
Wednesday, Sept 11, 8:46 a.m.
Governor Andrew Cuomo said, "Establishing this annual day of remembrance and moment of silence in schools will help ensure we never forget—not just the pain but also the courage, sacrifice, and outpouring of love that defined our response."

National Senior Center Month Celebration with
Trivia, Wednesday, Sept 11, 9:30 a.m.
Bingo, Wednesday, Sept 11, 10:30 a.m.

Election Presentation by Prince William County Office of Elections
Wednesday, Sept 11, 1:00 p.m.
Learn about all thing's election related including mail in ballots, voter registration, election worker information etc.


Movie and Popcorn
Thursday, Sept 12, 9:00 a.m.
Come to the front desk and vote for the movie you would like to see. Movies will be posted Monday, Sept 9

Malnutrition Awareness Week Sept. 16-20
Help fight hunger and malnutrition – 44 million people in the US face food insecurity, including 1 in 5 children. A box will be placed to donate canned goods to support our community outreach efforts.

Karaoke
Thursday, Sept 12, 11:00 a.m.
Thursday, Sept 26, 11:30 a.m.
Join us for another exciting Karaoke event at the center! Sign up to sing your favorite songs with the group.

Prince William County Dispatch Educational Talk
Wednesday, Sept 18, 1:00 p.m.
Join us for a presentation by Susie Waters, Prince William County Telecommunicator, about safety as well as a discussion about emergency vs. non-emergency numbers.

September Birthday Recognition
Friday, Sept. 20, 11:50 a.m.
Gather and celebrate all the September birthdays with your fellow center members.

 Team Spirit Day
Friday, Sept 20
Wear your favorite team's jersey or colors and let your enthusiasm shine!

Financial Fraud Presentation
Thursday, September 26, 10:30 a.m.
Join us for this educational talk by NW3C all about Financial Fraud and how to prevent it.

Decorating Committee
We will meet on the last Thursday of each month to go over plans for the upcoming events.
Thursday, Sept 26, 12:30 p.m.

Brain Games with Megann
Friday, Sept 27, 9:30 a.m.
Staying mentally and physically active boosts brain health and sharpens our ability to remember and learn. Join Megann for some fun as we keep our minds sharp and active!

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Art Class (Drawing & Painting)	M	1:00 pm	Free
Bible Study	TH	09:30 am	Free
Ceramics	W & TH	10:30 am	Varies
Chinese Bible Study	M & W	1:00 pm	Free
Chinese Dancing	F	11:00 am	Free
Crochet Class	T	1:00 pm	Free
Gospel Singing	TH	10:00 am	Free
Guitar Lessons	M	11:00 am	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.

Tuesday, Sept 3, Healthy Aging

Tuesday, Sept 10, Cholesterol

Tuesday, Sept 17, 12:30 pm Malnutrition Awareness Presentation

(will be held in the Dining Room)

Tuesday, Sept 24, Whole Grain

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.

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



Farm Market Fresh

Senior & WIC Farmers' Market Nutrition Program (S/FMNP)

What is Farm Market Fresh for Older Adults?

Older adults are eligible for 10 vouchers (\$5 each, totaling \$50) for fresh fruits, vegetables, and herbs 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.

Application accepted:
April 1 – September 30
Vouchers issued to eligible participants:
June 1 - September 30

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

June 1 - November 18



Scan the code for an online application.

Paper application is available at the senior centers.

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



Senior Center Technology Training Classes

(held in the conference room) Seating is limited

Sept 10, 10:30 a.m. Internet Dangers, How to Protect Yourself

Learn about data breaches, viruses, and scams, plus how to protect yourself without giving up your online time.

Sept 24, 10:30 a.m. Let's Use Telehealth

The advantage of using telehealth, how to get started, tools in telehealth, virtual doctors visits.

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 Melissa Barnwell

MEETING

The next board meeting is on
 Wednesday, September 11, 2024 at 1:00 p.m.



Donate to PWC Gives!

PWC Gives! is a 24-hour online fundraising event by the Prince William County Community Foundation, now in its fourth year. It brings together local nonprofits to boost charitable giving and support their causes through an easy-to-use online platform.

On September 19th, support the Woodbridge Senior Center Friends, who invest 100% of donations into services and programs at our Nationally Accredited Senior Center.

Join the effort and donate at www.pwcgives.org



**Fall Prevention Week
 Presentations and Demos
 Friday, September 27
 10:30 a.m-3:00 pm**

The Prince William Area Agency on Aging is observing National Falls Prevention Awareness Week from September 23-27 to promote fall prevention. On September 27, the Woodbridge Senior Center will host a Falls Prevention Awareness Day with educational activities and presentations. **Activities are listed on the back calendar page.**

Adults 55+ are welcome; no Senior Center membership is needed. To attend the Lunch and Learn Presentation, sign up by 10:30 as space is limited. Lunch costs \$5.75 for ages 55-59, and a donation is suggested for those 60 and older.

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

Admin Coordinator

Angelina D. Reynolds

Driver/Trans Org

Kim Reynolds

Wellness & Fit. Coord.

Megann Hankins

Nutritionist

Saba Barkneh

Lead Cook

Chris Bohn

Cook

Wendy Arca-Moore

Evidenced-Base Coord.

Kathleen Wiley




FRIENDS will send a card in the case of 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.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>2</p>  <p>Center is Closed</p>	<p>3</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 1:00 Chess / Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Red Snapper No Salad</p>	<p>4</p> <p>9:30 Jeopardy 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study</p> <p>Chicken Piccata</p>	<p>5</p> <p>9:30 Bible Study 10:30 Ceramics / Meditation 10:30 Labor Day Celebration 11:00 Bid Whist 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Swedish Meatballs No Salad</p>	<p>6</p> <p>10:30 Angel and the Band 11:00 Chinese Dancing 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates</p> <p>Egg Salad Sandwich</p>
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<p>9</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 11:00 Guitar Lesson 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:00 Art class 1:15 Line Dancing</p> <p>Chicken and Dumplings</p>	<p>10</p> <p>9:30 Leesylvania State Park 9:30 Shanghai 10:00 Gospel Singing 11:00 Zumba / Bid Whist 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:00 Chess 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Taco Salad No Salad</p>	<p>11 National Senior Center Month 8:46 Moment of Silence 9:30 Senior Center Month Trivia 10:15 Scrabble 10:30 Senior Center Month Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Election Presentation 1:00 FRIENDS MEETING</p> <p>Pork Chop</p>	<p>12</p> <p>9:00 Movie and Popcorn 9:30 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 Bid Whist 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Jambalaya w/ Shrimp</p>	<p>13</p> <p>Center Closed Staff In-service</p>
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<p>16 Malnutrition Awareness 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 11:00 Guitar Lesson 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:00 Art class 1:15 Line Dancing</p> <p>Roast Turkey</p>	<p>17</p> <p>10:30 Gospel Singing 11:00 Zumba / Bid Whist 12:00 Double Deck Pinochle 12:30 Nutrition Class 1:00 Chess 1:00 Crochet 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Spinach Quiche No Salad</p>	<p>18</p> <p>9:30 Jeopardy 10:15 Scrabble 10:30 Ceramics 10:30 Bingo 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Prince William County Dispatch Educational Talk</p> <p>Beef Lasagna</p>	<p>19 Wear White Attire 9:30 Bible Study 10:30 End of Summer Bash 10:30 Ceramics 10:30 Meditation 11:00 Bid Whist 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Hot Dogs</p>	<p>20 Wear your Jersey</p> <p>10:30 National Theatre 11:00 Chinese Dancing 11:50 Birthday Recognition 12:00 Double Deck Pinochle 12:30 Ice Cream Truck 1:00 PWC Mobile Library 2:00 Quilting</p> <p>Chicken Wings</p>
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<p>23</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 11:00 Guitar Lesson 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:00 Art Class 1:15 Line Dancing</p> <p>Sweet and Sour Chicken Nuggets</p>	<p>24</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Nutrition Class 11:00 Zumba /Bid Whist 12:00 Double Deck Pinochle 1:00 Chess 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Mushroom Swiss Burger No Salad</p>	<p>25</p> <p>Center Closed Staff In-service</p>	<p>26</p> <p>9:30 Bible Study 10:30 Ceramics 10:30 Financial Fraud 10:30 Meditation 11:00 Bid Whist 11:30 Karaoke 12:00 Double Deck Pinochle 12:30 Decorating Committee 1:00 Chinese Singing 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Italian Chicken</p>	<p>27 Fall Prevention Day 9:30 Brain Games 10:30 Evidence Based Demo: Trivia & Fall Risk Self-Assessment 11:00 Chinese Dancing 11:20 Tai Chi for Arthritis & SAIL 12:00 Double Deck Pinochle 12:15 Lunch, Senior Safe Program, Senior ID's 1:00 Scarlett Sophisticates 1:45 Presentation on Fall Prevention and Recovery 1:00 Quilting</p> <p>Stuffed Shells</p>
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<p>30</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 11:00 Guitar Lesson 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:00 Art Class 1:15 Line Dancing</p> <p>Roast Beef Sandwich</p>	<p>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</p> 		<p>Mission Statement:</p> <p>To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.</p>
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