

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

SEPTEMBER 2024

LABOR DAY CELEBRATION

Friday, September 6, 12:30 a.m.; Lunch: 11:45 a.m.
Dance and sing with Dian for this fun dance party to celebrate Labor Day! Sign up at the front desk.



END OF SUMMER BASH

Friday, September 20, 12:30 p.m.; Lunch: 11:45 a.m.
Say goodbye to summer and hello to fall with live music by Joe Cerutti. Sign up in the book at the front desk to reserve your seat.

Prince William Senior Center

MANASSAS



CELEBRATE NATIONAL SENIOR CENTER MONTH!
Tuesday, September 24

Ultimate Trivia, 11:00 a.m.
Photo Booth, 12:30 p.m.
Scavenger Hunt, 1:30 p.m.

Sign up in the book at the front desk.



KARAOKE

Mondays, September 9, 16, & 30, 11:00 a.m.

PICTIONARY

Tuesday, September 3, 11:00 a.m.

TRIVIA

Tuesdays, September 10 & 24, 11:00 a.m.

WII BOWLING

Tuesdays & Fridays, 9:00-10:00 a.m.

LIVE MUSIC WITH TED

Friday, September 27, 12:00 p.m.



FINANCIAL FRAUD PRESENTATION

Thursday, September 26, 1:00 p.m.

Join us for this educational talk by NW3C (National White Collar Crime Center) all about financial fraud and how to prevent it.

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



NATIONAL THEATRE PERFORMANCE

Monday, September 30, 12:30 p.m.

Early Lunch: 11:45 a.m.

Please join us in the dining room for a one-hour performance on September 30 by Lisa Sherman.

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

Upcoming EVENTS

DIGITAL NAVIGATOR CLASS

Every other Tuesday, 10:30 a.m.

September topics are **Internet Dangers** on September 3 and **Let's Use Telehealth** on September 17. Each class is limited to 5. Register at the kiosk at the front desk.

ACTING CLASS IS BACK!

Fridays, 1:00 p.m.

Come one, come all as acting class is back for the fall. Join instructor Bobb Jordan from the ARTFactory to read, learn, and perform new skits you will be sure to love.

FARMERS MARKET AT MANASSAS SENIOR CENTER

Monday September 9, 9:00 -11:30 a.m.

Fresh produce available for purchase.

Payment accepted: cash, card or Farm Market vouchers.

GETTING TO KNOW YOU

Tuesday September 17, 10:30 a.m.

Join Jan Lawler to get to know your fellow members of the Manassas Senior Center.

PWC DISPATCH EDUCATIONAL TALK

Tuesday, September 24, 10:00 a.m.

Join us as Susie Waters, PWC Telecommunicator, talks about safety and the difference between emergency vs. non-emergency numbers.

NEW ARMCHAIR TRAVEL SERIES

Mondays, 10:00 a.m.

This month we will travel to Hawaii, Italy, Greece and Ireland.

ACTIVITIES GUIDE

HEALTH & WELLNESS

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
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	M (see calendar)	11:00 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

FALL PREVENTION WEEK

EVIDENCE-BASED PROGRAMS DEMONSTRATION & FALL PREVENTION TRIVIA

Monday, September 23, 10:30 a.m.

LUNCH & LEARN (Sgt. Johnson)

Monday, September 23, 12:15 p.m.

Join us as Sgt. Johnson, PWC Sheriff's Office, will be here to discuss the Senior Safe Program, Project Lifesaver as well as distribute senior ID cards.

FALL PREVENTION PRESENTATION (Fox Rehab)

Monday, September 23, 1:45 p.m.

NUTRITION CLASS WITH SABA

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

September Topics: Healthy Eating, Cholesterol, and Whole Grain. Sign up at the front desk.

MALNUTRITION AWARENESS WEEK (Sept. 16-20)

MALNUTRITION AWARENESS PRESENTATION

Thursday, September 19, 12:30 p.m.

More than 44 million people in the US face hunger, including 1 in 5 children. Millions of people in the US don't have enough food to eat or don't have access to healthy food.



Applications being accepted and vouchers are being issued 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, September 4, at 1:00 p.m. Everyone is welcome to attend.

Sing and dance with Randy on Wednesday, September 11 at 11:00 a.m.

The Friends will give a briefing on Wednesday, September 11 at 12:15 p.m.

A Game Challenge is scheduled on Wednesday, September 11 at 1:00 p.m.

Crafts are scheduled every Friday from 1:00 p.m. to 2:00 p.m.

A dance party is scheduled for Thursday, September 19 at 1:00 p.m.

Game Nights are scheduled on Monday, September 9 & 26 from 4:30 to 7:00 p.m.

A Meet & Greet is scheduled on September 12 at 10:00 a.m.

A Jewelry sale is scheduled on September 9 at 1:00 p.m.

Please see the insert and join the effort to support the Friends at www.pwcgov.org

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

OKTOBERFEST

Friday October 4, 12:30 p.m.

FLOWER GALLERY DEMO

Monday October 14, 12:30 p.m.

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.

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

SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="text-align: center;">Closed for Labor Day</p>	<p>3</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator Class (Conference Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Pictionary (Dining Rm) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p style="text-align: center;">Meatball Sub</p>	<p>4</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 style="text-align: center;">Vegetarian Chili</p>	<p>5</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 (Cancelled) 2:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)</p> <p style="text-align: center;">BLT</p>	<p>6</p> <p>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) 11:45 Early Lunch (Dining Rm) 12:30 Labor Day Celebration (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p> <p style="text-align: center;">Crab Cake</p>
<p>9</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Hawaii (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 4:30 Friends Game Night (Card Rm)</p> <p style="text-align: center;">Baked Tilapia</p> <p>Friends Jewelry Sale — 1:00 p.m. Farmers Market — 9:00-11:30 a.m.</p>	<p>10</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p style="text-align: center;">Chicken & Dumplings</p>	<p>11</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 Sing & Dance with Randy (Dining Rm) 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 style="text-align: center;">Sirloin Beef Tips</p>	<p>12</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 style="text-align: center;">Grilled Cheese</p> <p style="text-align: center;">Friends Meet & Greet 10:00 a.m.</p>	<p>13</p> <p style="text-align: center;">Closed for All Staff</p>
<p>16</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Italy (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Election Presentation (Dining Rm) 1:00 Bridge (Classroom) 4:30 Friends Game Night (Card Rm)</p> <p style="text-align: center;">Vegetable Lasagna</p>	<p>17</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator Class (Conference Rm) 10:30 Getting to Know You (Classroom) 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 style="text-align: center;">Country Fried Chicken</p>	<p>18</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 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p style="text-align: center;">Sloppy Joe</p>	<p>19</p> <p>9:00 Garden Workday (Garden) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Malnutrition Presentation (Dining Rm) 12:45 Bible Study (Classroom) 1:00 Friends Dance Party (Dining Rm)</p> <p style="text-align: center;">Cheeseburger</p>	<p>20</p> <p>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) 11:45 Early Lunch (Dining Rm) 12:30 End of Summer Bash (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p> <p style="text-align: center;">Shrimp Po'Boy</p>
<p>23</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Greece (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Evidence Based Program Demo And Fall Prevention Trivia (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:45 Early Lunch (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 12:15 Lunch & Learn (Dining Rm) 1:00 Bridge (Classroom) 1:45 Fall Prevention Presentation (Dining Rm)</p> <p style="text-align: center;">Roast Turkey</p>	<p>24</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 PWC Dispatch Presentation (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Ultimate Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 12:30 Photo Booth (Dining Rm) 1:30 Scavenger Hunt (All) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p> <p style="text-align: center;">Oven Fried Chicken</p>	<p>25</p> <p style="text-align: center;">Closed Staff In-Service Day</p>	<p>26</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 Financial Fraud Presentation (Dining Rm)</p> <p style="text-align: center;">Egg Salad Sandwich</p>	<p>27</p> <p>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) 12:00 Music With Ted (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Cancelled)</p> <p style="text-align: center;">Baked Cod</p>
<p>30</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Ireland (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:45 Early Lunch (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 12:30 National Theater (Dining Rm) 1:00 Bridge (Classroom)</p> <p style="text-align: center;">Fish & Chips</p>	<p style="text-align: center;">September is Falls Prevention Awareness Month</p> <p style="text-align: center;">Join us September 23 for some special Falls Prevention Activities!</p>	<p style="text-align: center;">ELECTION PRESENTATION Prince William County Office of Elections Monday September 16, 12:30 p.m.</p> <p>Learn about all things election related including mail in ballots, voter registration, election worker information, etc.</p>	<p style="text-align: center;">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.</p> <p style="text-align: center;">Reminder: Lunch is served at noon daily unless otherwise stated.</p>