PRINCE WILLIAM

- Area Agency on Aging

pwcgov.org/seniorcenters 703-792-5081

OCTOBER 2024



Angel and The Band

Friday, October 18, 10:30 a.m.

Leesylvania State Park

Thursday, October 10, 9:30 a.m.

Join us in learning some fun facts about Leesylvania State Park.

Fire Safety Presentation by PWC Fire Dept.

Friday, October 11, 10:30 a.m.

Join PWC Fire Dept for Fire Safety Week as they discuss the senior safe program, fire safety tips and what to do to keep you safe in case of a fire.

Upcoming EVENTS

Ghosts & Legends of PWC

Thursday, October 17, 11:00 a.m.

PWC Historic Preservation Dept will be here to talk about the ghosts and legends of PWC. You won't want to miss this!

Movie

Friday, October 4, 9:30 a.m.

Come to the front desk and vote for the movie you would like to see. Voting starts Monday, Sept 30.

Karaoke

Thursday, October 10, 11:15 a.m.

Thursday, October 24, 11:00 a.m.

Join us for another exciting Karaoke event at the center! Sign up to sing your favorite songs with the group.

September Birthday Recognition

Friday, Oct 18, 11:50 a.m.

Gather and celebrate all the September birthdays with your fellow center members.

Uptown Halloween Spiders

Wednesday, October 23, 1:00 p.m. Let's make classy blinged out Halloween spiders.

Seating is limited so sign up at the front desk.

Prince William Senior Center

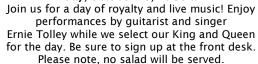
WOODBRIDGE



Halloween Party Thursday, October 31, 10:30 a.m.

Get ready for a spooktacular time at our Annual Halloween Party, featuring live music by Ron Howard! Don't forget to wear your costume for a chance to enter our Costume Contest. Sign up at the front desk, and remember, no salad will be served!

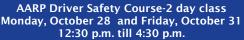
King & Queen Day Friday, October 25, 10:30 a.m.

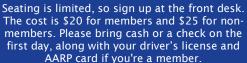




Prince William County Library Craft Friday, October 18, 12:30 p.m.

Puzzle Painted Trees! Participants will select puzzle pieces to place on a pre-drawn tree. The cardstock canvas can be hung or framed as a thoughtful gift for a loved one, perfect for celebrating autumn.







Decorating Committee

Will meet the last Thursday of each month to go over plans for the upcoming events.

Thursday, Oct 31, 12:30 p.m.

Fall No-Sew Pumpkin

Friday, October 11, 9:30 a.m.

Join Megann and Kim to make no-sew pumpkins perfect for fall. Sign up at the front desk seating is limited.

United Mental Health Day

Thursday, October 10, 10:30 a.m.

Join us for a presentation on Mental Health in the multipurpose room.

Billiards Tournament

Monday, October 7, 10:30 a.m. Play will resume next day if no winner is determined.

Come show your skills. Let's crown the next Woodbridge Senior Center winner of the Pool room.

Sign up at the front desk to reserve your spot.

Breast Cancer Awareness Month Activities

During Breast Cancer Awareness Month in October and throughout the year—people wear pink ribbons to honor survivors, remember those lost to the disease, and to support the progress we are making together to defeat breast cancer. Wear pink in support and awareness

Self-Guided Breast Cancer Awareness Pin Craft

Friday, October 4, 11 a.m.

Come out and make Breast Cancer Awareness Pins in craft room.

Breast Cancer Awareness Bingo and Wear Pink Day

Wednesday, October 9, 10:30 p.m.

Breast Cancer Awareness Pink Ribbon Pin at Front Desk

Wednesday, October 9, stop by the desk to collect your pink ribbon.

Jeopardy

"This is Jeopardy" Come out and test your knowledge. This month we are going to test a new schedule.

Prince William Senior Center—Woodbridge Prince William Area Agency on Aging

ACTIVITIES GUIDE

HEALTH & WELLNESS

LEARNING ACTIVITES

Art Class (Drawing & Painting)	М	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	Т	11:00 am	Free
Crochet Class	Т	1:00 pm	Free
Gospel Singing	TH	10:00 am	Free
Guitar Lessons	М	11:00 am	Free
Quilting	F	1:00 pm	Free
Woodcarving	М	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	Т	11:00 am	Free
Nutrition Class	T (most)	11:00 am	Free
Chair Yoga	М	9:30 am	Free

FUN ACTIVITIES						
Angel and the Band	F (Most)	10:00 am	Free			
Bid Whist	T & TH	1:00 pm	Free			
Billiards	Daily	9:00am- 4:30pm	Free			
Bingo	M & W	10:30am	\$1.00			
Canasta	М	1:00 pm	Free			
Chess	Т	1:00 pm	Free			
Double Deck Pinochle	Daily	12:00 pm	Free			
Dominos	М	12:30 pm	Free			
Euchre	М	10:00 am	Free			
Pinochle	М	1:00 pm	Free			
Scarlett Sophisticates	2nd/4th F	1:00 pm	Free			
Scrabble	W	10:15 am	Free			
Shanghai	Т	9:30 am	Free			
Rummikub/Skip-bo	T & TH	3:00 pm	Free			
Table Tennis	Daily	9:00am-4:30pm	Free			

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, Oct 1, Oats Tuesday, Oct 15, Nutrition & Cancer Tuesday, Oct 22, World Food Day Presentation (Multipurpose Room @ 12:30 p.m.) Tuesday, Oct 29, Food Insecurity

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh. Call 703-792-7153 or email sbarkneh@pwcgov.org to schedule your appointment.

A Matter of Balance

Tuesdays and Thursdays 1:30pm-3:30pm

8 classes, 2 per week for 4 weeks Tuesdays October 8,15, 22, 29 Thursday October 10,17, 24, Friday November 1 **Class Location:**

Woodbridge Senior Center 13850 Church Hill Drive, Woodbridge VA 22191 Space Limited for complete information see flyer at the front desk For Information Contact

Kathleen Wilev Evidence Based Programs Coordinator Area Agency on Aging 571-241-3925 kwiley@pwcgov.org

Attention Previous Bingocize Completers

Monday, October 21 wear your Bingocize t-shirt. Show off and share your experience with your fellow members.

Global Handwashing Day - Tuesday, October 15

Pick up your flyer on correct methods of handwashing to help prevent cold and flu this year.

FRIENDS

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, October 9, 2024, at 1:00 p.m. All are welcome to attend this meeting.

Volunteer of the Month for June was awarded to Jane Lehman. Volunteer for the Month of July was awarded to Harold Lowe. Volunteer for the Month of August was awarded to Iva Johnston.

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



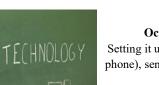


Holiday Food Drive

Please consider donating to our holiday food drive, for those in need. In these days of struggle, it is still important to be grateful for what we have

and share what we can. Donation box will be located in the Library Monday, October14 until Friday, November 15

Senior Center Technology Training Classes



(held in the conference room) Seating is limited

October 8, 10:30 a.m. Emails Basics

Setting it up (ask if participants need to add it to their phone), sending and receiving email. Managing email safely. Email Etiquette

October 22, 10:30 a.m. Using Gmail

Setting up account, creating/sending/reading an email, reply to an email, attach a document to an email, create a folder, move and email

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 (703) 792-6374 for themselves

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 **Admin Coordinator Driver/Trans Org** Wellness & Fit. Coord. Nutritionist **Lead Cook** Cook **Evidenced-Base Coord.**

Kathy Ambrose Angelina D. Reynolds **Kim Reynolds Megann Hankins** Saba Barkneh **Chris Bohn**

Wendy Arca-Moore

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
*ACTIVITIES	1 9:30 Shanghai 10:00 Gospel Singing 11:00 Zumba / Chinese Dance	2 9:30 Jeopardy 10:15 Scrabble 10:30 Bingo	9:30 Bible Study 10:30 Oktoberfest 10:30 Ceramics / Meditation	9:00 Movie
AND MEALS ARE SUBJECT TO	11:00 Nutrition Class 12:00 Double Deck Pinochle	10:30 Ceramics 12:00 Double Deck Pinochle	12:00 Double Deck Pinochle 1:00 Chinese Singing	11:00 Self-Guided Breast Cancer Awareness Pin Craft 12:00 Double Deck Pinochle
CHANGE* Accredited by	1:00 Chess / Crochet 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing	1:00 Chinese Bible Study 1:00 Jeopardy	1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo	1:00 Quilting
National Institute of Senior Centers	3:00 Rummikub/Skip-bo Stuffed Peppers No Salad	Chicken Sandwich	Polish Sausage No Salad	Beef Stroganoff
7	8	9 Wear Pink Day	10	11
9:00 Woodcarving 9:30 Chair Yoga	9:30 Shanghai 10:00 Gospel Singing	9:30 Jeopardy	9:30 Leesylvania State Park 9:30 Bible Study	9:30 Fall No-Sew Pumpkin
10:00 Euchre	10:30 Technology Class	10:15 Scrabble	10:30 Ceramics / Meditation	10:30 Fire Safety Presentation
10:30 Bingo / Pool Event 11:00 Guitar Lesson	11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle	10:30 Breast Cancer Awareness	10:30 United Mental Health Day 11:15 Karaoke	12:00 Double Deck Pinochle 1:00 Quilting
12:00 Double Deck Pinochle	1:00 Chess / Bid Whist	Bingo 10:30 Ceramics	12:00 Double Deck Pinochle	1:00 Quilting 1:00 Scarlett Sophisticates
12:30 Dominos	1:00 Crochet	12:00 Double Deck Pinochle	1:00 Chinese Singing	·
1:00 Canasta / Pinochle 1:00 Chinese Bible Study	1:15 Line Dancing 2:00 English Dancing	1:00 Chinese Bible Study 1:00 Friend's Meeting	1:00 Bid Whist 1:15 Line Dancing	
1:00 Crimese Bible Study	3:00 Rummikub/Skip-bo	1:00 Friend S Weeting	2:00 English Dancing	
1:15 Line Dancing	Stuffed Cabbage Roll		3:00 Rummikub/Skip-bo	
Red Chili Beef	No Salad	White Chicken Chili	Italian Breaded Chicken	Stuffed Shells
14	15 Globe Hand Washing Day	16	9:30 Bible Study	18
9:00 Woodcarving 9:30 Chair Yoga	10:30 Gospel Singing 11:00 Zumba / Chinese Dance	9:30 Jeopardy	10:30 Ceramics Meditation	10:30 Angel and the band
10:00 Euchre	12:00 Double Deck Pinochle	10:15 Scrabble	11:00 Ghosts & Legends	11:50 Birthday Recognition
10:30 Bingo	12:30 Nutrition Class	10:30 Ceramics	12:00 Double Deck Pinochle	12:00 Double Deck Pinochle
11:00 Guitar Lesson 12:00 Double Deck Pinochle	1:00 Chess / Bid Whist 1:00 Crochet	10:30 Bingo 12:00 Double Deck Pinochle	1:00 Chinese Singing 1:00 Bid Whist	12:30 PWC Library Craft 2:00 Quilting
12:30 Dominos	2:00 English Dancing	1:00 Chinese Bible Study	1:15 Line Dancing	0
1:00 Canasta / Pinochle	3:00 Rummikub/Skip-bo	1:00 Jeopardy	2:00 English Dancing	
1:00 Chinese Bible Study 1:00 Art class			3:00 Rummikub/Skip-bo	
1:15 Line Dancing Roast Beef Sandwich	Chicken Tenders No Salad	Ham w/ beans	Spinach Quiche	Cod
21	22	23	24	25
9:00 Woodcarving 9:30 Chair Yoga	9:30 Shanghai 10:00 Gospel Singing	9:30 Jeopardy	9:30 Bible Study 10:30 Ceramics / Meditation	10:30 King & Queen Day
10:00 Euchre	10:30 Technology Class	10:15 Scrabble	11:00 Karaoke	12:00 Double Deck Pinochle
10:30 Bingo	11:00 Nutrition Class	10:30 Ceramics	12:00 Double Deck Pinochle	1:00 Scarlett Sophisticates
11:00 Guitar Lesson 12:00 Double Deck Pinochle	11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle	10:30 Bingo 12:00 Double Deck Pinochle	1:00 Chinese Singing 1:00 Bid Whist	1:00 Quilting
12:30 Dominos	1:00 Chess / Bid Whist	1:00 Uptown Halloween Spiders	1:15 Line Dancing	
1:00 Canasta / Pinochle	1:00 Crochet	1:00 Chinese Bible Study	2:00 English Dancing 3:00 Rummikub/Skip-bo	
1:00 Chinese Bible Study 1:00 Art Class	1:15 Line Dancing 2:00 English Dancing	1:00 Jeopardy	5.50 Namimas/Skip 50	
1:15 Line Dancing	3:00 Rummikub/Skip-bo			
Veggie Cheese Pizza	BLT (Turkey) No Salad		Beef Lasagna	Chicken Cordon Bleu No Salad
		Baked Tilapia		NO Salau
9:00 Woodcarving	29 9:30 Shanghai	30	31 9:30 Bible Study	Mission Statement:
9:30 Chair Yoga	10:00 Gospel Singing	Center	10:30 Ceramics / Meditation	inioonali otatellieliti
10:00 Euchre	11:00 Nutrition Class	Classic	•	To provide services,
	11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle	Closed	12:30 Decorating Committee	education, and
12:00 Double Deck Pinochle	1:00 Chess / Crochet		1:00 Chinese Singing	socialization to persons
12:30 Dominos	1:00 Bid Whist	Staff	1:15 Line Dancing	order to foster
·		34411	2:00 English Dancing	independence and
1:00 Art Class	3:00 Rummikub/Skip-bo	la comito	• •	quality of life.
1:15 Line Dancing Cheesehurger	Spinach & Cheese Ravioli No Salad	in-service	Spicy "Bat" Wings No Salad	
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	9:30 Shanghai 10:00 Gospel Singing 11:00 Nutrition Class 11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle 1:00 Chess / Crochet 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Spinach & Cheese Ravioli	Center Closed Staff In-service	9:30 Bible Study 10:30 Ceramics / Meditation 10:30 Halloween Party 12:00 Double Deck Pinochle 12:30 Decorating Committee 1:00 Chinese Singing 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Spicy "Bat" Wings	To provide serving education, and socialization to pe 55+ in the communication foster independence a