

# PRINCE WILLIAM

Area Agency on Aging

[pwcgov.org/seniorcenters](http://pwcgov.org/seniorcenters)

703-792-5081

## OCTOBER 2024

## Prince William Senior Center WOODBIDGE

### Oktoberfest

With Justin Paschalides

Thursday, October 3, 10:30 a.m.

#### “Frohe Oktoberfest”

(pronounced “froh-eh okh-TOH-ber-fest”)

Join us for a lively celebration of Oktoberfest featuring Justin and his accordion! With experience performing alongside various music acts, Justin is sure to bring an unforgettable atmosphere to the festivities. Don't miss out!

No salads will be offered today



#### 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.

Join us for a day of royalty and live music! Enjoy performances by guitarist and singer Ernie Tolley while we select our King and Queen for the day. Be sure to sign up at the front desk. Please note, no salad will be served.



#### 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.



#### AARP Driver Safety Course-2 day class

Monday, October 28 and Friday, October 31  
12:30 p.m. till 4:30 p.m.

Seating is limited, so sign up at the front desk. The cost is \$20 for members and \$25 for non-members. Please bring cash or a check on the first day, along with your driver's license and AARP card if you're a member.

**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.

**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.

### Upcoming EVENTS

**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.

# ACTIVITIES GUIDE

# HEALTH & WELLNESS

## 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	T	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



## NUTRITION

### 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](mailto:sbarkneh@pwcgov.org) to schedule your appointment.**

## 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	1:00 pm	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

## 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 Wiley

Evidence Based Programs Coordinator

Area Agency on Aging

571-241-3925

[kwiley@pwcgov.org](mailto: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.

For more information about our programs services, call 703-792-6374, or email [pwaaa@pwcgov.org](mailto: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, 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, October 14 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](http://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><b>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</b></p> 	<p><b>1</b> 9:30 Shanghai 10:00 Gospel Singing 11:00 Zumba / Chinese Dance <b>11:00 Nutrition Class</b> 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</p> <p><b>Stuffed Peppers No Salad</b></p>	<p><b>2</b> <b>9:30 Jeopardy</b> 10:15 Scrabble <b>10:30 Bingo</b> 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study <b>1:00 Jeopardy</b></p> <p><b>Chicken Sandwich</b></p>	<p><b>3</b> 9:30 Bible Study <b>10:30 Oktoberfest</b> 10:30 Ceramics / Meditation 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p><b>Polish Sausage No Salad</b></p>	<p><b>4</b> <b>9:00 Movie</b> <b>11:00 Self-Guided Breast Cancer Awareness Pin Craft</b> 12:00 Double Deck Pinochle 1:00 Quilting</p> <p><b>Beef Stroganoff</b></p>
---	--	---	---	---

<p><b>7</b> 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre <b>10:30 Bingo / Pool Event</b> 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><b>Red Chili Beef</b></p>	<p><b>8</b> 9:30 Shanghai 10:00 Gospel Singing <b>10:30 Technology Class</b> 11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p><b>Stuffed Cabbage Roll No Salad</b></p>	<p><b>9 Wear Pink Day</b> <b>9:30 Jeopardy</b> 10:15 Scrabble <b>10:30 Breast Cancer Awareness Bingo</b> 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study <b>1:00 Friend's Meeting</b></p> <p><b>White Chicken Chili</b></p>	<p><b>10</b> <b>9:30 Leesylvania State Park</b> 9:30 Bible Study 10:30 Ceramics / Meditation <b>10:30 United Mental Health Day</b> <b>11:15 Karaoke</b> 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p><b>Italian Breaded Chicken</b></p>	<p><b>11</b> <b>9:30 Fall No-Sew Pumpkin</b> <b>10:30 Fire Safety Presentation</b> 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates</p> <p><b>Stuffed Shells</b></p>
---	--	--	---	--

<p><b>14</b> 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre <b>10:30 Bingo</b> 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><b>Roast Beef Sandwich</b></p>	<p><b>15 Globe Hand Washing Day</b> 10:30 Gospel Singing 11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle <b>12:30 Nutrition Class</b> 1:00 Chess / Bid Whist 1:00 Crochet 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p><b>Chicken Tenders No Salad</b></p>	<p><b>16</b> <b>9:30 Jeopardy</b> 10:15 Scrabble 10:30 Ceramics <b>10:30 Bingo</b> 12:00 Double Deck Pinochle 1:00 Chinese Bible Study <b>1:00 Jeopardy</b></p> <p><b>Ham w/ beans</b></p>	<p><b>17</b> 9:30 Bible Study 10:30 Ceramics Meditation <b>11:00 Ghosts &amp; Legends</b> 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p><b>Spinach Quiche</b></p>	<p><b>18</b> <b>10:30 Angel and the band</b> <b>11:50 Birthday Recognition</b> 12:00 Double Deck Pinochle <b>12:30 PWC Library Craft</b> 2:00 Quilting</p> <p><b>Cod</b></p>
--	--	--	--	--

<p><b>21</b> 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre <b>10:30 Bingo</b> 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><b>Veggie Cheese Pizza</b></p>	<p><b>22</b> 9:30 Shanghai 10:00 Gospel Singing <b>10:30 Technology Class</b> <b>11:00 Nutrition Class</b> 11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p><b>BLT (Turkey) No Salad</b></p>	<p><b>23</b> <b>9:30 Jeopardy</b> 10:15 Scrabble 10:30 Ceramics <b>10:30 Bingo</b> 12:00 Double Deck Pinochle <b>1:00 Uptown Halloween Spiders</b> 1:00 Chinese Bible Study <b>1:00 Jeopardy</b></p> <p><b>Baked Tilapia</b></p>	<p><b>24</b> 9:30 Bible Study 10:30 Ceramics / Meditation <b>11:00 Karaoke</b> 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p><b>Beef Lasagna</b></p>	<p><b>25</b> <b>10:30 King &amp; Queen Day</b> 12:00 Double Deck Pinochle 1:00 Scarlett Sophisticates 1:00 Quilting</p> <p><b>Chicken Cordon Bleu No Salad</b></p>
--	--	--	---	--

<p><b>28</b> 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre <b>10:30 Bingo</b> 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><b>Cheeseburger</b></p>	<p><b>29</b> 9:30 Shanghai 10:00 Gospel Singing <b>11:00 Nutrition Class</b> 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</p> <p><b>Spinach &amp; Cheese Ravioli No Salad</b></p>	<p><b>30</b> <b>Center Closed Staff In-service</b></p>	<p><b>31</b> 9:30 Bible Study 10:30 Ceramics / Meditation <b>10:30 Halloween Party</b> 12:00 Double Deck Pinochle <b>12:30 Decorating Committee</b> 1:00 Chinese Singing 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p><b>Spicy "Bat" Wings No Salad</b></p>	<p><b>Mission Statement:</b> <b>To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.</b></p>
---	--	--	---	--