

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

OCTOBER 2024



OKTOBERFEST

Friday, October 4, 12:30 p.m.

Lunch: 11:45 a.m.

Please join us for a German celebration to enjoy live accordion music by Justin Paschalides. Sign up at the front desk.

HALLOWEEN PARTY

Monday, October 28, 12:30 p.m.

Lunch: 11:45 a.m.

Join us for a Spooktacular good time with live music by Ron Howard. Don't forget to wear a costume for your chance to win a prize. Sign up at the front desk.



FIRE SAFETY PRESENTATION

Monday, October 7, 1:00 p.m.

PWC Fire Department will talk about the Senior Safe Program, fire safety tips, and what to do to keep you safe in the event of a fire.

GENERAL SAFETY TALK

Thursday, October 17, 12:30 p.m.

Early Lunch: 11:45 a.m.

Please join Jason Alicie with the PWC Police Department for this general safety talk.

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



MENTAL HEALTH PRESENTATION

Thursday, October 10, 1:00 p.m.

Join Heather Martinsen, Prince William County Community Services Board (CSB) for this educational presentation in honor of World Mental Health Day.



FLOWER ARRANGING DEMONSTRATION

Monday, October 14, 12:30 p.m.

Lunch: 11:45 a.m.

Doug Burroughs from the Flower Gallery will be here to show you how to make the perfect fall bouquet in this flower demonstration.

Everyone will have a chance to win one of these beautiful arrangements in a raffle.

Sign up at the front desk.



MOTOWN DANCE PARTY WITH ERIC FINE

"Wear Pink Event" for Breast Cancer Awareness

Friday, October 18, 12:30 p.m.

Early Lunch: 11:45 a.m.

Wear pink event for breast cancer awareness.

Sign up at the front desk.

Upcoming EVENTS

DIGITAL NAVIGATOR CLASS

Every other Tuesday, 10:30 a.m.

October topics are **Email Basics** on October 1, **Using Gmail** on October 15, and **Email Tips & Tricks** on October 29. Each class is limited to 5. Sign in on the touch screen.

CORN HOLE TOURNAMENT

Monday, October 7 & 21, 11:00 a.m.

Show your cornhole skills on one or both days. Sign up at the front desk. Teams will be selected.

PWC LIBRARY CRAFT AND MOBILE LIBRARY

Friday, October 11

Checkout the mobile library from 1:00 p.m. to 1:30 p.m. and then make puzzle painted trees with at 1:30 p.m.

GHOSTS AND LEGENDS OF PRINCE WILLIAM COUNTY

Monday, October 21, 10:00 a.m.

PWC Historic Preservation will tell you about the ghosts and legends of Prince William County. Sign up at the front desk.

AARP SAFE DRIVING COURSE

Thursday, October 24 & Friday, October 25, 12:30-4:30

AARP members \$20, Non-AARP members \$25

This class is on a first come first serve basis with limited space available. Attendance on both days is required to receive credit. Sign up in the office starting October 1. Please make sure to bring a check or cash with you on the first day of class as well as your driver's license and your AARP card if you are an AARP member.

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
Sit & Sew	TH	1:00 PM	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 Dance	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
Armchair Traveler	M	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
Jeopardy	TU	11:00 AM	Free
Karaoke	M (see calendar)	11:00 AM	Free
Mahjong	TH	12:30 PM	Free
Music w/Ted	F (See calendar)	12:00 PM	Free
Pool	M-F	9:00 AM—4:30 PM	Free
Table Tennis	M, W, F	10:00 AM—12:00 PM	Free
Wii Bowling	TU, F	9:00 AM	Free
Woodcarving	W	4:30 PM	Free

Let's review what was learned during Fall Prevention Awareness Week and actions you can take to prevent falls. Over the next four monthly newsletters, we will review 4 actions you can take to prevent falls, stay active, and be independent.

Action 1: Talk openly with your healthcare provider, don't be afraid to speak openly about

- Experiencing a fall
- Worry, concerns, or fears of falling
- Feeling unsteady
- Medication review: prescription and over-the-counter. The way medicines work in your body can change some medications and combinations can make you feel sleepy or dizzy causing a fall.
- Vitamin D supplements to improve bone, muscle and, nerve health

NUTRITION CLASS WITH SABA

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

October Topics: Oats, Nutrition and Cancer, and Food Insecurity. Sign up at the front desk.



World Food Day Presentation

Thursday, October 24, 12:30 p.m.

Lunch: 11:45 a.m.



Your Farm Market Fresh 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, October 2, at 1:00 p.m. All are welcome.

The Friends will give a briefing on Wednesday, October 9 at 12:15 p.m.

A Game Challenge is scheduled on Wednesday, October 9 at 1:00 p.m.

A dance party is scheduled for Thursday, October 24 at 1:30 p.m.

Join us every Friday at 1:00 p.m. for crafts.

- Friday, October 18, 1:30 p.m.
Breast Cancer Awareness pin craft with Megann.
- Friday, October 25, 1:00 p.m.
Create-a-Pumpkin & Contest.

A Peanut Auction will be held Thursday, October 31 at 1:00 p.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

VETERANS DAY CELEBRATION

Friday, November 15, 1:00 p.m.

THANKSGIVING DINNER

Friday, November 22, 12:00 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

OCTOBER 2024

Halloween Party (Dining Rm)	Tuesday	Wednesday	Thursday	Friday
<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>1</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 Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 Middle Eastern Dancing (Cancelled) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>2</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>3</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) 2:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom)</p>	<p>4</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 Oktoberfest (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p>
	Meatloaf	Italian Breaded Baked Chicken	Spaghetti & Meatballs	Bratwurst
<p>7</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Australia (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Corn Hole Tournament (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 1:00 Fire Safety Presentation (Dining Rm) 1:30 Decorating Committee Meeting (Craft Rm)</p>	<p>8</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 11:00 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 (Fitness Rm 2)</p>	<p>9</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) 12:15 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>10</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) 1:00 Mental Health Presentation (Dining Rm)</p>	<p>11</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 PWC Mobile Library (Outside) 1:00 PWC Library Craft (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p>
Loaded Baked Potato	Chicken Cordon Bleu	Pork Chop	Fish Soft Taco	Swedish Meatballs
<p>14</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Iceland (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 Flower Arranging Demo (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>15</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 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 (Fitness Rm 2)</p>	<p>16</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>17</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 (Canceled) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 12:30 PWC Police Safety Talk (Dining Rm)</p>	<p>18</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 Motown Music With Eric Fine "Wear Pink" Event for Breast Cancer Awareness (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:30 Breast Cancer Awareness Pin Craft (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p>
Chicken Enchilada	Baked Salmon	Open Face Roast Beef	Stuffed Pepper	Salisbury Steak
<p>21</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Canceled) 10:00 Ghosts & Legends of PWC (Dining Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Corn Hole Tournament (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>22</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 11:00 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 (Fitness Rm 2)</p>	<p>23</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>24</p> <p>9:00 Garden Workday (Garden) 10:00 Self-Guided Adult Coloring (Open) 11:00 Nutrition Class (Canceled) 11:00 Line Dancing (Fitness Rm 2) 11:45 Early Lunch (Dining Rm) 12:30 World Food Day Presentation (Dining Rm) 12:30 AARP Safe Driving Course (Classroom) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Craft Rm) 1:30 Friends Dance Party (Dining Rm)</p>	<p>25</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) 12:30 AARP Safe Driving Course (Classroom) 1:00 Acting Class (Fitness Rm 1) 1:00 Create-A-Pumpkin & Contest (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p>
White Chicken Chili	Cheese Pizza	Hot Dog	Tuna Salad Plate	Chicken a la King
<p>28</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Turkey (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 Halloween Party (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>29</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 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 (Fitness Rm 2)</p>	<p>30</p> <p style="font-size: 2em; font-weight: bold;">Closed Staff In-Service Day</p>		<p>31</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 Friends Peanut Auction (Dining Rm)</p>
Spicy "Bat" Wings	Cabbage Roll	Taco Salad		<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>