

pwcgov.org/seniorcenters
703-792-5081

NOVEMBER 2024



Thanksgiving Day Celebration

Thursday, November 21, 10:30 a.m.

Let's come together to celebrate and be thankful for all we have. Before we enjoy a traditional Thanksgiving lunch, join us for an exceptional piano performance by the talented Joe Swetnam, filled with soothing melodies and joyful memories!

No salad will be served.



Fall Dance Performance

Friday, November 1, 10:30 a.m.

Come enjoy an entertaining showcase featuring our very own dance groups! Join us in celebrating fall with a dance recital performed by your fellow members. There will be a variety of dance ensembles and plenty of excitement! No salad will be served.



Veterans Day

Thursday, November 14

VA Dept of Veterans Service will have a table in the Hallway @ 9:30 am
Veterans Day Celebration
Multipurpose Room @ 10: 30a.m.
No salad will be served.



Hootenanny Day with Live Music by Eric Fine

Friday, November 8, 10:30 a.m.

How do you dress for a Hootenanny? Casually and comfortably! Hootenannies are not stuffy affairs. Come prepared to have a good time with friends, music and a little toe-tapping
No salad will be served.



College Jersey Day

Friday, November 15, 10:30 a.m.

Show your support for your favorite team by wearing your Jersey. Be entertained by Lisa Sherman who is a well-known actress, improvisational acting teacher and cognitive skills coach.
No salad served today.

Upcoming EVENTS

Indigenous History Presentation

Wednesday, November 7, 11 a.m.

Celebrate National Native American Heritage Month by exploring the history of the indigenous people of Prince William County with the Prince William Department of Historic Preservation .

Virginia Insurance Counseling and Assistance Program

Friday, November 8, 12:30 p.m.

Join Rosemari Walker for this educational presentation to learn all about the Virginia Insurance Counseling and Assistance Program.

Karaoke

Friday, November 22, 9:30 a.m.

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

November Birthday Recognition

Friday, Nov 15, 11:50 a.m.

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

Decorating Committee

Thursday, Nov 7, 12:45p.m.

Committee will be discussing holiday decorating for December.

Jeopardy

"This is Jeopardy" Come out and test your knowledge.

Most Wednesdays we will play at 9:30 a.m. and 1:00 p.m. in Class Room 1.

Legal Services of Northern Virginia

Wednesday, November 20, 12:30 p.m.

Come join the conversation about Will's

Creative Craft

Wednesday, November 20, 10 a.m.

Join Theresa for a fun craft. Sign up at the front desk, Seating is limited.



Rummikub Tournament

Tuesday, November 12, 10a.m.

1st, 2nd, 3rd and 4th place winners will receive a prize!
Sign up at the front desk to join the tournament.
Please see Janet if you have questions.

Holiday Card Making

Wednesday, November 13, 10 a.m.

Join Megann and Kim to make beautiful cards perfect for the holiday season.
There will be a \$5 charge for this activity. Sign up at the front desk.

Glass Etching

Wednesday, November 6, 10 a.m.

Sign up at the front desk.

Prince William County Library

Friday, November 15, 1 p.m.

Come out and get a book from the mobile library. Van will be parked on the side of the building for all to come and visit.

AARP Holiday/ Online Shopping Scams Presentation

Friday, November 22, 10:30 a.m.

Learn about how to protect yourself during the holiday's when shopping online.

Holiday Decorating

Monday, November 25, 12:30 p.m.

Join us for decorating the senior center and getting it ready for the holiday season. Hot chocolate and cookies will be provided.

Family Story Month

Wednesday, November 20, 9:30 a.m.

Bring in your school age picture for a "Guess Who?" Turn in your pictures to staff by November 13 to use in the guess. Prize will be announced in after presentation. Pictures due to staff by November 18th.

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	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

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 & F	3:00 pm	Free
Table Tennis	Daily	9:00am-4:30pm	Free

HEALTH & WELLNESS



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, Nov 5 - Make your own parfait
Tuesday, Nov 12 - Tips for a healthy Holiday
Tuesday, Nov 19 - Holiday recipe sharing
Tuesday, Nov 26 - Brain health

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.

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



Senior Center Technology Training Classes

(Class held in the conference room)

Seating is limited

This month we will have a weekly class.

November 5, 10:30 a.m. - Internet Basics

Different browsers, pop-up windows, and staying safe online.

November 12, 10:30 a.m. - Let's Use Telehealth

The advantages of using telehealth, how to get started, tools in telehealth, and virtual doctor's visits.

November 19, 10:30 a.m. - How to Trust Your Online Research

Understanding types of information, planning, using search engines, navigating websites, finding reliable information, organizing research, and making decisions using reliable information.

November 26, 10:30 a.m. - Videoconferencing Basics

Joining a meeting, creating personal Zoom accounts, common features of videoconference tools, scheduling a Zoom meeting, and tips for hosting a meeting.

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, November 13, 2024, at 1:00 p.m.
 All are welcome to attend this meeting.

Volunteer of the Month for September was awarded
 to David Roycraft driver for Meals on Wheels.
**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

Reminder Upcoming Center Holiday Closures

Monday, November 11, In observance of Veterans Day
 Wednesday, November 27, Monthly Staff In-Service
 Thursday and Friday, November 28 & 29
 Thanksgiving Holiday
 Week of December 23 thru 27 Holiday Break
 Wednesday, January 1, 2025 New Years Day

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 .

<p>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</p> <p>Accredited by  National Institute of Senior Centers</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>	<p>1</p> <p>10:30 Fall Dance Recital 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub</p> <p style="text-align: right;">Chicken Parmesan</p>
--	---	--	---

<p>4</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 style="text-align: center;">Egg Salad</p>	<p>5</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 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 style="text-align: center;">Stuffed Cabbage Roll No Salad</p>	<p>6</p> <p>9:30 Jeopardy 10:00 Etching Class 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Jeopardy</p> <p style="text-align: center;">Meatloaf</p>	<p>7</p> <p>9:30 Bible Study 10:30 Ceramics / Meditation 11:00 Indigenous History Presentation 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 style="text-align: center;">White Chicken Chili/No Salad</p>	<p>8 Hootenanny Day</p> <p>10:30 Eric Fine Performance 12:00 Double Deck Pinochle 12:30 VICAP Presentation 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub</p> <p style="text-align: center;">Pulled Pork BBQ/No Salad</p>
--	---	---	---	--

<p>11</p> <p style="text-align: center; color: black;">Center Closed</p> 	<p>12</p> <p>9:30 Rummikub Tournament 10:30 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle 12:30 Nutrition Class 1:00 Chess/Bid Whist/Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Chicken Salad / No Salad No Salad</p>	<p>13</p> <p>10:00 Holiday Card Making 10:15 Scrabble 10:30 Ceramics 10:30 Bingo 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Friend's Meeting</p> <p style="text-align: center;">Salisbury Steak</p>	<p>14</p> <p>9:30 VA Dept of Veteran Services 9:30 Bible Study 10:30 Ceramics Meditation 10:30 Veterans Day Celebration 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 style="text-align: center;">Hot Dog/ No Salad</p>	<p>15 Wear your College Jersey</p> <p>10:30 National Theater 11:50 Birthday Recognition 12:00 Double Deck Pinochle 1:00 PWC Mobile Library 2:00 Quilting 3:00 Rummikub</p> <p style="text-align: center;">Tilapia/ No Salad</p>
--	--	--	--	--

<p>18</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 style="text-align: center;">Eggplant Parmesan</p>	<p>19</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Nutrition Class 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 style="text-align: center;">Tuna Salad Plate No Salad</p>	<p>20</p> <p>9:30 Family Story Photo Activity 10:00 Creative Craft 10:15 Scrabble 10:30 Ceramics 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Legal Services 1:00 Chinese Bible Study 1:00 Jeopardy</p> <p style="text-align: center;">Chicken Alfredo</p>	<p>21</p> <p>9:30 Bible Study 10:30 Thanksgiving Luncheon 10:30 Ceramics / Meditation 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:00 Bid Whist 1:00 Decorating Committee 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Roast Turkey No Salad</p>	<p>22</p> <p>9:30 Karaoke 10:30 AARP Holiday/Online Shopping Scams Presentation 12:00 Double Deck Pinochle 1:00 Scarlett Sophisticates 1:00 Quilting 3:00 Rummikub</p> <p style="text-align: center;">Crab Cakes</p>
---	---	---	---	--

<p>25</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 Holiday Decorating 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:00 Art Class 1:15 Line Dancing</p> <p style="text-align: center;">Chicken Egg Noodle Soup</p>	<p>26</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 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</p> <p style="text-align: center;">Cod</p>	<p>27</p> <p style="text-align: center; color: black;">CENTER CLOSED STAFF IN-SERVICE</p>	<p>28</p> <p style="text-align: center; color: black;">CENTER CLOSED</p> 	<p>29</p> <p style="text-align: center; color: black;">CENTER CLOSED</p>
---	---	---	---	--