

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

NOVEMBER 2024

VETERAN'S DAY PINNING CEREMONY

Friday, November 15, 12:30 p.m.; Early Lunch: 11:45 a.m.

Attention veterans and spouses!

Please join us for an honorable pinning ceremony of all our veteran members.

Don't forget to visit

The VA Department of Veteran Affairs information table.

THANKSGIVING DINNER

Friday, November 22, 12:00 p.m.

Please join us for Thanksgiving dinner with music by the Sho'N'Off Quartet.

The center will open at 11:30 a.m.

All activities are cancelled until 1:30 p.m.

Sign up begins on Friday, November 8 in the office.



VIRGINIA INSURANCE COUNSELING & ASSISTANCE PROGRAM PRESENTATION

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

Please join Rosemary Walker after lunch for this educational presentation to learn all about the Virginia Insurance Counseling and Assistance Program. Sign up at the front desk.

AARP HOLIDAY ONLINE SHOPPING SCAMS PRESENTATION

Monday, November 18, 10:00 a.m.

Learn all about how to protect yourself during the holidays when shopping online.



INDIGENOUS HISTORY PRESENTATION

Monday, November 4, 10:00 a.m.

PWC Historic Preservation

Join us in celebrating National Native American Heritage Month by learning all about the indigenous people of Prince William County.

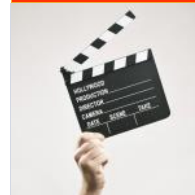


NATIONAL THEATER PERFORMANCE

Monday, November 4, 12:30 p.m.

Early Lunch: 11:45 a.m.

Join the award-winning storyteller, Noa Baum, for a performance you won't want to miss. Please sign up in the book at the front desk.



ACTING CLASS PERFORMANCE

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

Early Lunch: 11:45 a.m.

Join us for another special performance by our very own acting class sponsored by the ARTfactory.

Upcoming EVENTS

DIGITAL NAVIGATOR CLASS

Every Tuesday, 10:30 a.m.

November topics are **Internet Basics**, **Let's Use Telehealth**, **How to Trust Your Online Research**, and **Videoconferencing Basics**. Each class is limited to 5.

"TASTE OF TECHNOLOGY" TALK

Monday, November 18, 12:30 p.m.

This is a 10-minute educational talk by the DoIT team to let senior center members know about the digital navigator classes and what they offer.

PWC LIBRARY MOBILE LIBRARY

Friday, November 8, 1:30 p.m.

Visit the mobile library and remember to bring your books from last month to return.

LEGAL SERVICES PRESENTATION

Tuesday, November 12, 10:00 a.m.

Join us to learn about wills with Legal Services of Northern Virginia.

CRAFT CLASS WITH SANDY

Tuesday, November 12 & 19, 1:00 p.m.

Sign up in the book at the front desk.

FAMILY STORIES MONTH

Tuesday, November 19, 11:00 a.m.

Bring in your favorite baby picture for "Baby Face" Trivia.

The top three baby pictures that are the hardest to guess will receive a prize. All entries will receive one entry into the raffle that will be announced after Trivia.

Provide your picture to Megann by Tuesday, November 12 to enter.

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
Cornhole	Every other M (See Calendar)	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
Trivia	TU	11:00 AM	Free
Wii Bowling	TU, F	9:00 AM	Free
Woodcarving	W	4:30 PM	Free

Last month we reviewed the importance of communicating with your doctor as part of a fall prevention plan. This month we will review physical activity.

Fall Prevention Action # 2 — Keep Moving

- Exercise and physical activity are an important part of your fall prevention plan. Lack of exercise leads to weakness and increases the risk of falling.
- Look for activities that help to improve strength, balance, coordination and flexibility, together this is a powerful combination in reducing fall risk. Tai chi, walking, dancing, and water aerobics are a few examples.
- The CDC recommended amount of exercise is 30 minutes, 5 days a week. If you are new to being active try breaking the 30 minutes into 3, 10-minute activities.
- Look for an exercise or activity that you enjoy, exercise with a friend this will help to stay accountable and help to stay connected.
- It is never too late to become physically active and improve muscle strength!
- If you need help getting started with exercise, ask your doctor for suggestions about exercises that would be a good fit for you.
- Remember there is no one-size fit-all when it comes to an exercise routine, don't be afraid to try new things. The import part is starting!

NUTRITION CLASS WITH SABA

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

October Topics: Make your own parfait, Brain Health, and Tips for a Healthy Holiday. Sign up at the front desk.



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, November 6, at 1:00 p.m. All are welcome.

The Friends will give a briefing on Wednesday, November 13 at 12:15 p.m.

A Game Challenge is scheduled for Wednesday, November 13 at 1:00 p.m.

A dance party is scheduled for Thursday, November 21 at 1:00 p.m.

Join us every Friday at 1:00 p.m. or 1:30 p.m. for crafts.

- November 1, Creative Craft
1:00 p.m.
- November 8, Fall Floral Arrangement, 1:00 p.m.
- November 15 & 22, Card Making
1:30 p.m.

Join us on Thursday, November 7 at 1:00 p.m. for a Sip & Bid jewelry sale. All proceeds go directly to the Friends.

Senior Center Staff

Sue Gilbert, Human Services Manager

Michelle Choi, Administrative Coordinator

Bonnie Swank, Food Services Specialist

Vacant, 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

CONGRATULATIONS TO OUR NORTHERN VIRGINIA SENIOR OLYMPIC WINNERS!

Cornelius Davis, Jr.- Silver Medalist in 9 Ball Pool

Arthur Bohn- Silver Medalist in 8 Ball Pool

UPCOMING EVENTS

DAVE ANDERSON HOLIDAY SHOW

Friday, December 6, 10:30 a.m.

EVERGREEN WORKSHOP (\$6.00)

Tuesday, December 10, 10:00 a.m.

Sign up by December 5 at the front desk.

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

NOVEMBER 2024

Halloween Party (Dining)	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>HOLIDAY DECORATING Monday, November 25 12:30 p.m.</p> <p>Join us to decorate the center for the holidays. Students from Unity Reed High School will be here at 2:30 to help.</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>Reminder: Lunch is served at noon daily unless otherwise stated.</p>	<p>DECORATING COMMITTEE MEETING Monday, November 4, 1:30 p.m.</p> <p>Please join us to talk about holiday decorating for December.</p>	<p>1 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 (Fitness Rm 2) 1:00 Virginia Ins. Counseling & Assistance Program Presentation (Dining Rm)</p> <p>Stuffed Shells</p>
<p>4 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Japan (Craft Rm) 10:00 Indigenous History Presentation (Dining Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Cornhole (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 Performance (Dining Rm) 1:00 Bridge (Classroom) 1:30 Decorating Committee</p>	<p>5 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator (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>6 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 Meeting (Craft Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>7 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 Sit & Sew (Craft Rm)</p> <p>Friends Sip & Bid 1:00 p.m. (Card Rm)</p>	<p>8 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 Acting Class Performance (Dining Rm) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2) 1:30 Mobile Library (Outside)</p>
<p>Chicken Alfredo</p>	<p>Meatball Sub</p>	<p>Vegetarian Chili</p>	<p>BLT</p>	<p>Crab Cake</p>
<p>11</p> <p>Closed Veteran's Day</p>	<p>12 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 Will Presentation (Classroom) 10:30 Digital Navigator Class (Conference Rm) 11:00 Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Bridge (Classroom) 1:00 Crafts With Sandy (Craft Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>13 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>14 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 Sit & Sew (Craft Rm)</p>	<p>15 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 Veteran's Day Pinning Ceremony (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:30 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2)</p>
	<p>Chicken & Dumplings</p>	<p>Sirloin Beef Tips</p>	<p>Grilled Cheese</p>	<p>Cheeseburger</p>
<p>18 9:10 Tai Chi (Fitness Rm 2) 10:00 AARP Holiday Online Scam Presentation (Dining Rm) 10:00 Armchair Travel to Alaska (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Cornhole (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Taste of Technology Talk (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>19 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Digital Navigator Class (Conference Rm) 11:00 "Baby Face" Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Crafts With Sandy (Craft Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>20 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>21 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) 12:45 Bible Study (Craft Rm) 1:00 Friends Dance Party (Dining Rm) 1:00 Sit & Sew (Craft Rm)</p>	<p>22</p> <p>Thanksgiving Dinner by Reservation Only</p> <p>Please note: The Senior Center opens at 11:30 a.m. All activities are cancelled until 1:30 p.m.</p> <p>Friends Craft 1:30 p.m.</p>
<p>Vegetable Lasagna</p>	<p>Country Fried Chicken With Gravy</p>	<p>Sloppy Joe</p>	<p>Shrimp Po'boy</p>	<p>Roast Turkey</p>
<p>25 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to New York (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Dining Rm) Holiday Songs Edition 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 12:30 Holiday Decorating</p>	<p>26 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>27</p> <p>Closed Staff In-Service Day</p>	<p>28</p> <p>Closed for Thanksgiving</p>	<p>29</p> <p>Closed for Thanksgiving</p>
<p>Baked Tilapia</p>	<p>Oven Fried Chicken</p>			