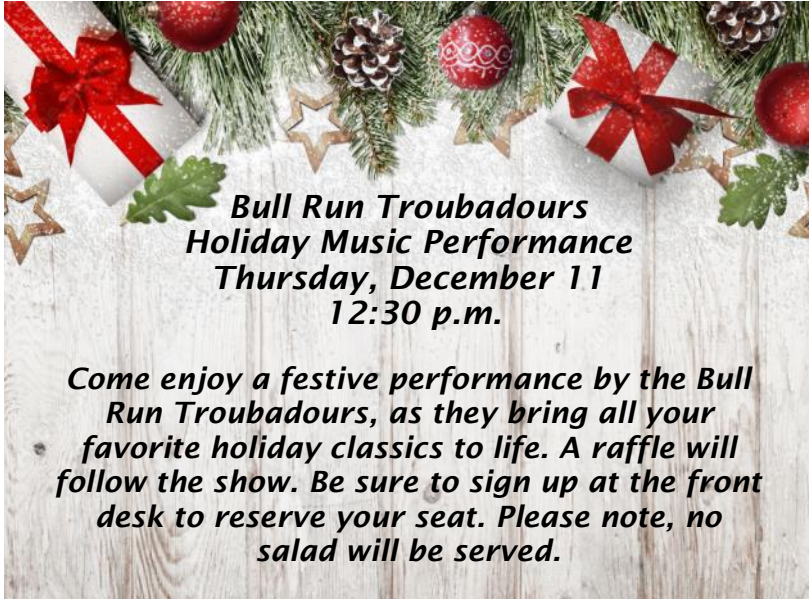


pwcgov.org/seniorcenters

703-792-5081

DECEMBER 2024



**Bull Run Troubadours
Holiday Music Performance
Thursday, December 11
12:30 p.m.**

Come enjoy a festive performance by the Bull Run Troubadours, as they bring all your favorite holiday classics to life. A raffle will follow the show. Be sure to sign up at the front desk to reserve your seat. Please note, no salad will be served.



**Holiday Recital and "Quin Winds"
Thursday, December 19, 10:00 a.m. and Noon.**

Enjoy a holiday performance by our senior groups, followed by the Quin Winds, a woodwind quintet made up of members of the Prince William Community Band. Sign up at the front desk to reserve your seat; no salad will be served.

**Dave Anderson's Holiday Show
Wednesday, December 4, 10:30 a.m.**

Come celebrate the holiday season with song, dance, stories, skits, humor, and classic caroling! Sign-up is required as seating is limited. Please note, there will be no morning activities or salad served.

**Supervisor Franklin's Annual
Holiday Party
Friday, December 13, 10:30 a.m.**

Join us for a Holiday gathering at the center with Supervisor Franklin! Sign-up is required for this event. Please note, there will be no morning activities or salad served.

**National Theatre Performance
featuring Steve Gellman
Friday, December 6, 10:30 a.m.**

Enjoy a Holiday music performance with singer-songwriter Steve Gellman! Sign up at the front desk to reserve your seat.

Jeopardy

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

This month we are going to test a new schedule. Most Wednesdays we will play at 9:30 a.m. and 1:00 p.m. in Class Room 1.

Holiday Fashion Show

Thursday, December 5, 10:30 a.m.

Join us to discover a beautiful array of festive holiday dresses and fashion this season!

Angel Pasta Craft w/ Carolyn

Friday, December 6, 10:00 a.m.

Sign up at the front desk. Seating is limited.

Leesylvania State Park

Thursday, December 12, 9:30 a.m.

Be part of discovering some fun facts about Leesylvania State Park

Busted Canvas Craft w/ Kim

Wednesday and Thursday, December 11 & 12, 10:00 a.m.

Join Kim to make a beautiful holiday canvas creation for the holidays. Sign up at required. Seating is limited. There will be a cost of \$5 to be paid at the start of class.

Legal Services of Northern Virginia Presentation: Social & Legal Health Programs

Thursday, December 12, 11 a.m. Classroom 1

Karaoke

Thursday, December 12, 11 a.m.

Get ready for another exciting Karaoke event at the center! Sign up to sing your favorite songs with the group!

Hot Cocoa & Cookies w/ Carolyn

Wednesday, December 18, 10:00 a.m. Classroom 1

Holiday Bingo

Wednesday, December 18, 10:00 a.m.

Upcoming EVENTS

Ugly Sweater Party

Wednesday, December 18, 11:00 a.m.

Come celebrate the holiday season with us! Wear your favorite ugly sweater for a chance to win a prize in our holiday contest. We'll also have a variety of festive games, each offering plenty of fun prizes to enjoy!

Holiday Raffle

December 18, 12:30

Get your Holiday Raffle tickets today! Friends will be selling tickets for only \$1 each or 6 for just \$5. Don't miss your chance to win.

Uptown Snowflake Craft

Wednesday, December 18, 12:30 p.m.

Come out and make some classy snow flakes w/ Doris. Class seating is limited to sign up at the front desk.

Angel and The Band

Friday, December 20, 10:30 a.m.

December Birthday Recognition

Friday, December 20, 11:50 a.m.

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

PWC Library Holiday Bingo

Friday, December 20, 1:00 p.m.

Come out and join the library staff for a Holiday Bingo.



The center will be closed for the holiday season from Monday, December 23 through Wednesday, January 1, 2025.

Wishing you a joyful New Year!

We look forward to welcoming you back on Thursday, January 2, 2025.

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

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
Meditation	TH	10:30 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



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, December 3, The Gift of Healthy Foods
Tuesday, December 10, Holiday Food Safety
Tuesday, December 17, Winter Energy Boost***

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.

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



CHRONIC DISEASE SELF-MANAGEMENT

**Mondays, January 6 – February 17,
1:00 p.m.- 3:30 p.m.**

This 6-week workshop helps adults living with chronic conditions such as arthritis, diabetes, depression, heart, lung, or kidney disease, and fatigue. Learn practical symptom management techniques.

- Work more effectively with health care providers
- Action-planning, problem-solving, decision-making
- Exercise for maintaining and improving strength and endurance
- Healthy eating

Space is limited to 12 registration required please contact Kathleen Wiley, Evidence Based Programs Coordinator at 571-241-3925 or kwiley@pwcgov.org



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, February 12, 2025, at 1:00 p.m.
 All are welcome to attend this meeting.

Volunteer of the Month for October was
 awarded to Harold Knox.

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



Senior Center Technology Training Classes

(held in the computer room) Seating is limited

December 3, 10:30 a.m. - Using Google Maps

Google maps features, finding directions, locations information, Google imagery, using maps without an Internet connection and accessibility.

December 10, 10:30 a.m. - Using Google Drive

What is Google drive? Managing files, move/rename/delete/upload folder. Settings, sharing file/folders, find files.

December 17, 10:30 a.m.- Using Cloud

What is cloud? The Google portal, Microsoft Office, Dropbox, cloud

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.

DECEMBER 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>2 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 Meatball Sub</p>	<p>3 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 11:00 Nutrition Class 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 Chicken & Waffles—No Salad</p>	<p>4 10:30 Dave Anderson Holiday 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Jeopardy Chicken Cordon Bleu No Salad</p>	<p>5 9:30 Bible Study 10:30 Holiday Fashion Show 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 Pork Chop—No Salad</p>	<p>6 10:00 Angel Pasta Craft 10:30 National Theatre 12:00 Double Deck Pinochle 1:00 Quilting Jambalaya w/ Shrimp No Salad</p>
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<p>9 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 Sirloin Beef Tips</p>	<p>10 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 11:00 Nutrition Class 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 Fish Sticks—No Salad</p>	<p>11 9:30 Jeopardy 10:00 Busted canvas craft Part 1 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 12:30 Bull Run Troubadours 1:00 Chinese Bible Study Baked Ham No Salad</p>	<p>12 9:30 Leesylvania State Park 9:30 Bible Study 10:00 Busted canvas craft Part 2 10:30 Ceramics / Meditation 11:00 Legal Services 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Beef Lasagna</p>	<p>13 10:30 Supervisor Franklin Annual Holiday Party 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates Turkey No Salad</p>
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<p>16 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 BLT Sandwich</p>	<p>17 10:30 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 11:00 Nutrition Class 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 Stuffed Shells—No Salad</p>	<p>18 10:00 Hot Cocoa & Cookies 10:00 Holiday Bingo 10:15 Scrabble 10:30 Ceramics 11:00 Ugly Sweater Party 12:00 Double Deck Pinochle 12:30 Snowflake craft 1:00 Chinese Bible Study 1:00 Jeopardy Oven Fried Chicken</p>	<p>19 10:00 Holiday Recital 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 Mushroom Swiss Burger No Salad</p>	<p>20 9:00 Holiday Brain Puzzles 10:30 Angel and the band 11:50 Birthday Recognition 12:00 Quilting 1:00 Double Deck Pinochle 1:00 PWC Library Bingo 1:30 PWC Mobile Library Baked Salmon</p>
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23 24 25 26 27

CENTER WILL BE CLOSED IN OBSERVANCE OF THE HOLIDAYS



<p>30 Center Closed Center Closed</p>	<p>31 Center Closed</p>	<p>January 1, 2025 Center will be closed.</p>	<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>
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