

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

DECEMBER 2024



A HERITAGE HOLIDAY

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

Lunch: 12:15 p.m.

Join Dave Anderson for his annual holiday show full of festive music and performances. Sign up at the front desk to reserve your seat.

HOLIDAY LUNCHEON

Monday, December 16, 12:00 p.m.

Please join us in celebrating the holiday with a delicious meal accompanied by live music from the Wind Quintet of the Prince William Community Band.

Sign up in the office starting December 1.

	NATIONAL THEATER PERFORMANCE Monday, December 2, 1:00 p.m. Join singer songwriter, Steve Gellman for a holiday music performance. Sign up in the book at the front desk to reserve your seat. Sign up separately for lunch by 10:30 a.m.
	SETON HALL JAZZ BAND PERFORMANCE Monday, December 9, 1:00 p.m. The Seton Hall Jazz Band will be here to perform holiday classics. Sign up in the book at the front desk to reserve your seat.
	BULL RUN TROUBADOURS HOLIDAY PERFORMANCE Thursday, December 12, 12:30 p.m. Early Lunch: 11:45 a.m. Please join us to enjoy all of the holiday classics in this performance by the Bull Run Troubadours. Sign up in the book at the front desk.
	UGLY SWEATER PARTY & CONTEST Friday, December 20, 1:00 p.m. Wear your ugly holiday sweater and join us to play some festive games and get a chance to win a prize. Sign up in the book at the front desk to reserve your seat.

Upcoming EVENTS

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

December topics are **Using Google Maps, Using Google Drive, and Understanding Cloud.**

Each class is limited to 5. Join the class and get a treat.

PWC LIBRARY HOLIDAY BINGO & MOBILE LIBRARY

Friday, December 13, 1:00 p.m.

Visit the mobile library and remember to bring your books from last month to return. Holiday Bingo is planned in the craft room at 1:00 p.m.

LEGAL SERVICES PRESENTATION

Tuesday, December 10, 11:00 a.m.

Join Legal Services for this presentation on Social Security & legal health programs. Sign up at the front desk.

EVERGREEN WORKSHOP (\$6.00 due at registration)

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

Join volunteers from the Manassas Garden Club as we get ready for the holiday season. You will need to bring a container, scissors or clippers, and a small decoration to personalize your creation. The class size is limited. The deadline for sign up is December 5th at 4:30 p.m.

LIVE MUSIC WITH RANDY

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

Join Randy before lunch for live music.

HOLIDAY DANCE RECITAL

Thursday, December 19, 12:30 p.m.; Lunch: 11:45 a.m.

Please join us for our annual holiday recital with performances by our line dance group, the Happy Hoofers and our tap dance group, The Step Sisters.

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

SAIL Stay Active and Independent for Life exercise, strength, balance, and fitness program will be offered on Tuesdays and Thursdays from January 14 to April 3, 10:45 a.m. to 11:45 a.m. in Fitness Room 1. Fitness checks will be conducted prior to the start of the workshop on January 7 & January 9 from 10:00-12:00.

Registration is required for these workshops. Space is limited!

For more information or to register, contact Kathleen Wiley Program Coordinator (571)241-3925 or kwiley@pwcgov.org

Fall Prevention Plan Action Tip #3

Vision, hearing and feet checks.

Getting a yearly vision, hearing and feet check can help to prevent falls and reduce your risk factor for falls.

Vision — yearly visits to update eyeglass prescriptions if needed and identify any conditions such as glaucoma or cataracts that limit vision. Poor vision can increase the chances of a fall.

Hearing — balance and hearing are directly connected, poor hearing makes it harder to interpret sounds requiring more concentration. This leaves less brain focus for balance and environmental awareness increasing fall risk.

Feet — discuss any foot pain, weakness, and proper footwear. Foot issues can negatively affect balance, gait, and mobility and increase fall risk.

NUTRITION CLASS WITH SABA

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

December Topics: The Gift of Healthy Foods, Holiday Food Safety, and Winter Energy Boost. Sign up at the front desk.

NUTRITION COUNSELING

Individual Nutrition Counseling is

available with Nutritionist, Saba Barkneh.

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

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, December 4, at 1:00 p.m. All are welcome.

The Friends will give a briefing on Wednesday, December 11 at 12:15 p.m.

A Game Challenge is scheduled for Wednesday, December 11 at 1:00 p.m. in the dining room.

A dance party is scheduled for Wednesday, December 18 at 1:00 p.m. in the dining room.

Join Cheryl and Barbara for a holiday craft extravaganza on Tuesday, December 3 & 10 in the craft room at 1:00 p.m.

Join us on Fridays at 1:00 p.m. for crafts.

- December 6; create a wreath & contest
- December 20; holiday angels

Join us for a holiday sing-along Friday, December 20 at 12:30 p.m. in the dining room.

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

UPCOMING EVENTS

NEW YEAR'S CELEBRATION WITH STEVE FLYNN

Friday, January 10, 1:00 p.m.

GRIEF PRESENTATION

Monday, January 27, 11:00 a.m.

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

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.

DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Greenland (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) 12:00 Tap Dancing (Fitness Rm 1) 1:00 National Theater Performance (Dining Rm) 1:00 Bridge (Classroom) 1:30 Decorating Committee Meeting (Craft Rm) Fish & Chips	3 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conference Rm) 11:00 Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Holiday Crafts (Craft Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) Meatloaf	4 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 (Craft Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm) Italian Breaded Baked Chicken	5 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 (Cancelled) Spaghetti & Meatballs	6 9:00 Wii Bowling (Cancelled) 10:00 Table Tennis (Cancelled) 10:30 Bingo (Cancelled) 10:30 A Heritage Holiday (Dining Rm) 10:30 Zumba Gold (Cancelled) 12:15 Late Lunch (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi (Fitness Rm 2) Beef Stroganoff
9 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to the North Pole & Antarctica (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) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Seton Hall Jazz Band (Dining Rm) 1:00 Bridge (Classroom) Loaded Baked Potato	10 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 Evergreen Workshop (Craft Rm) 10:30 Taste of Technology (Conference Rm) 11:00 Legal Services Presentation (Classroom) 11:00 Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Holiday Crafts (Craft Rm) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) Chicken Cordon Bleu	11 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 Live Music with Randy McHugh (Dining Rm) 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) Pork Chop	12 9:00 Garden Workday (Garden) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 11:45 Early Lunch (Dining Rm) 12:30 Bull Run Troubadours (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Sit & Sew (Cancelled) Fish Soft Taco	13 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) 1:00 Friends Craft (Craft Rm) 1:00 PWC Library Holiday Bingo (Dining Rm) 1:00 Mobile Library (Outside) 1:00 Tai Chi (Fitness Rm 2) Swedish Meatballs
16 9:10 Tai Chi (Cancelled) 10:00 Armchair Travel (Cancelled) 10:00 Fitness Video (Cancelled) 10:00 Table Tennis (Cancelled) 11:00 Karaoke (Cancelled) 11:00 Intro to Line Dancing (Cancelled) 12:00 Tap Dancing (Cancelled) 12:00 Holiday Luncheon (Dining Rm) 1:00 Bridge (Classroom) Baked Ham	17 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conference Rm) 11:00 Holiday Trivia (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Bridge (Classroom) 2:00 Middle Eastern Dancing (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2) Baked Salmon	18 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 Dance Party (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm) Open Face Roast Beef	19 9:00 Garden Workday (Garden) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 11:45 Early Lunch (Dining Rm) 12:30 Holiday Dance Recital (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Sit & Sew (Cancelled) Stuffed Pepper	20 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) 1:00 Acting Class (Fitness Rm 1) 12:30 Holiday Sing-A-Long (Dining Rm) 1:00 Friends Crafts (Cancelled) 1:00 Tai Chi (Fitness Rm 2) 1:00 Ugly Sweater Party (Dining Rm) Spinach & Cheese Ravioli

**Closing at 4:00 p.m.
for a staff event.**

Closed
December 23 through January 1
For Winter Break
Have a safe and Happy Holiday!

Friends Holiday Food Drive

The Friends are collecting non-perishable food items through December 9.

The bin is located under the counter near the front desk.

Inclement Weather Policy

When Prince William County Schools are **CLOSED** due to snow, ice, or bad weather, the senior centers are also **CLOSED**. No meals are served at the Senior Centers or on our Meals on Wheels routes if the centers are closed due to inclement weather.

When Prince William County Schools are **DELAYED** in opening, the Senior Centers are **OPEN WITHOUT TRANSPORTATION**.

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.

Our Mission Statement:

To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.