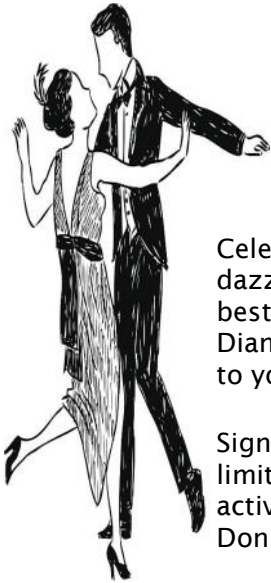


JANUARY 2025



Roaring 20's Party Featuring Dian Friday, January 17, 10:30 a.m.

Celebrate the New Year in style at a dazzling 1920's party! Dress in your best Roaring Twenties attire and join Dian for a night of dancing and singing to your favorite tunes.

Sign up at the front desk—seating is limited! Please note, no morning activities or salad will be served. Don't miss out—reserve your spot today!



New Years Men's Fashion Show Friday, January 10, 10:30 a.m.

Join us for a stylish Men's Fashion Show to kick off the New Year with your fellow members! If you're interested in participating, please see Roberta or Juanita. Sign up at the front desk—seating is limited!



AARP Tax Fraud Presentation Thursday, January 16, 10 a.m.

Join us for a fun and informative session on how to protect yourself from tax fraud, presented by AARP!



New Years Baby Photo Contest Thursday, January 30, 1 p.m.

Kick off the New Year with a fun baby photo guessing game! Submit your baby photo to the staff by January 23 for a chance to win a prize in our raffle. Let the guessing begin!



National Theatre Performance Presents: Curtis Blues Friday, January 31, 10:30 a.m.

Get ready for a toe-tapping good time with Curtis Blues, a one-man band, as he takes you on a musical journey from Africa to rural America with acoustic roots blues! Sign up at the front desk.

Trivia

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. See calendar page for specific dates and times.

Karaoke

Thursday, January 2, 16, 23, 30, 11:00 a.m.
Get ready for another exciting Karaoke event at the center! Sign up to sing your favorite songs with the group!

Angel and The Band

Fridays, January 3 & 24, 10:30 a.m.

Technology Training Classes

Tuesdays, January 7, 14, 21, 28, 10:30 a.m.

Holiday Undecorating & Winter Decorating

Wednesday, January 8, 12:30 p.m.
Join us in undecorating the senior center from the holidays and decorating for winter and new years!

Leesylvania State Park

Thursday, January 9, 9:30 a.m.
Be part of discovering some fun facts about Leesylvania State Park

Grief Presentation by Community Service Board

Thursday, January 9, 10:30 am
Come join us as we explore ways to navigate and cope with different types of grief.

Decorating Committee Meeting

Thursday, January 9, 12:45 p.m.
Will be held in classroom 3

Upcoming EVENTS

Taste of Technology

Monday, January 13, 12:30 p.m.
Come out and learn what our technology classes will be teaching.

January Birthday Recognition

Friday, January 17, 11:50 a.m.
Gather and celebrate all the December Birthdays with your fellow center members.

PWC Library

Friday, January 17, 1 p.m.
Mobile library van will bring books inside. Come and borrow a book.

Martin Luther King, Jr Cranium Crunches

Join us for MLK Trivia January 22, 9:30 a.m.
And MLK Brain Puzzles January 22, 1:00 p.m.

Legal Services of Northern Virginia

Thursday, January 23, 1 p.m.
Elder Fraud Presentation
Presentation will be held in classroom 3

History of Rippon Lodge

Thursday, January 23, 10:00 a.m.
Join the Prince William Historic Preservation Dept to explore the history of one of the County's oldest houses.



Center will be closed

Wednesday, January 1, 2025 for New Years
Monday, January 20, 2025 in observance of MLK Day
Wednesday, January 29, 2025 for Staff in-service

ACTIVITIES GUIDE

HEALTH & WELLNESS

LEARNING ACTIVITIES

Art Class	M	1:00 pm	Free
Bible Study	TH	09:30 am	Free
Ceramics	W & TH	10:30 am	Varies
Chinese Bible Study	M & W	M -11:00 am 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	1:00 pm	Free
Quilting	F	1:00 pm	Free
Woodcarving	M	9:00 am	Free



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, January 14, Diet Resolution
Tuesday, January 21, Healthy Weight
Tuesday, January 28, Salt Awareness

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.
Call 703-792-7153 or email sbarkneh@pwcgov.org to schedule your appointment.

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

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.

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

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 Technology Training Classes

(held in the computer room) Seating is limited

January 7, 10:30 a.m.—Gmail Lesson

Learn to create a free Google Gmail account and use its features to send, receive, and organize email messages.

January 14, 10:30 a.m.—

Basic Computer Lesson

Getting started with computers, what kind of computers, controlling the computer, finding your way around.

January 21 10:30 a.m.— Online Banking

To understand online banking and give an overview of how to use it.

January 28, 10:30 a.m.—Internet Service Plans 101

Basic information to adults planning to subscribe to Internet services about what should be considered and compared before making a commitment.

Taste of Technology

Monday, January 13, 12:30 p.m.

Multipurpose Room

Come out and hear what our very own PWC technology department has in store for the coming classes.

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.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</p> 	<p>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 Center Closed n Observance Of New Years</p>	<p>2 9:30 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 Karaoke 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>Beef Stroganoff- No Salad</p>	<p>3 10:30 Angel and the band 12:00 Double Deck Pinochle 1:00 Quilting</p> <p>Chicken Soup-No Salad</p>
<p>6 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 11:00 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Guitar Lesson 1:00 Canasta / Pinochle 1:00 Art class 1:15 Line Dancing</p> <p>Cheese Pizza –No Salad</p>	<p>7 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</p> <p>Baked Tilapia-No Salad</p>	<p>8 9:30 Self Guided Brain Puzzles 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 12:30 Holiday Undecorating 1:00 Chinese Bible Study</p> <p>Roast Beef Sandwich-No Salad</p>	<p>9 9:30 Leesylvania State Park 9:30 Bible Study 10:30 Grief Presentation 10:30 Ceramics / Meditation 12:00 Double Deck Pinochle 12:45 Decorating Committee 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p>Ham & Beans –No Salad</p>	<p>10 10:30 Men’s Fashion Show 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub</p> <p>Chicken Tenders-No Salad</p>
<p>13 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 11:00 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 12:30 Taste of Technology 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing</p> <p>Spinach Cheese Ravioli</p>	<p>14 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</p> <p>Baked Chicken-No Salad</p>	<p>15 9:30 Trivia 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Legal Services 1:00 Trivia</p> <p>Shrimp Po Boy</p>	<p>16 9:30 Bible Study 10:00 AARP– Tax Fraud 10:30 Ceramics / Meditation 11:00 Karaoke 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>Cheeseburger- No Salad</p>	<p>17 10:30 Roaring 20’s Party 11:50 Birthday Recognition 12:00 Quilting 1:00 Double Deck Pinochle 1:00 PWC Mobile Library 3:00 Rummikub</p> <p>Baked Cod -No Salad</p>
<p>Center Closed in Observance of MLK Day</p>	<p>21 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</p> <p>White Chicken Chili-No Salad</p>	<p>22 9:30 MLK Trivia 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 MLK Brain Puzzles</p> <p>Meatloaf</p>	<p>23 9:30 Bible Study 10:00 Rippon Lodge Presentation 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing 1:00 Bid Whist 1:00 Legal Services 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p>Chicken Cordon Bleu</p>	<p>24 10:30 Angel and the band 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub</p> <p>Fish Soft Tacos</p>
<p>27 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 11:00 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Guitar Lesson 1:00 Canasta / Pinochle 1:00 Art class 1:15 Line Dancing</p> <p>Stuffed Cabbage Roll</p>	<p>28 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</p> <p>Chicken Sandwich-No Salad</p>	<p>29 Center Closed For Staff In-service</p>	<p>30 9:30 Bible Study 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 2025 Baby Photo Contest 1:00 Chinese Singing 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-Bo</p> <p>Macaroni Cheese</p>	<p>31 10:00 National Theatre 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub</p> <p>Herb Tilapia-No Salad</p>