

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

JANUARY 2025



NEW YEAR'S CELEBRATION

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

Join us in listening to Sinatra classics and ringing in the new year with a performance by Steve Flynn.

Please sign up at the front desk to reserve your seat.



HOLIDAY UNDECORATING & WINTER DECORATING

Monday, January 6, 2:30 p.m.

Help Unity Reed High School students undecorate the senior center from the holidays and decorate for winter!



AARP TAX FRAUD PRESENTATION

Monday, January 13, 11:00 a.m.

Learn about how to protect yourself against tax fraud in this educational presentation. Sign up at the front desk to reserve your seat.

National
Theatre

NATIONAL THEATER PERFORMANCE

Friday, January 24, 1:00 p.m.

Join Curtis Blues, a one-man band, to learn about acoustic roots blues music from Africa to rural America. Sign up at the front desk to reserve your seat.



GRIEF PRESENTATION

PWC Community Services Board
Monday, January 27, 11:00 a.m.

Join Heather Martinsen to discuss grief, stages of grief and tips on how to handle grief in the healthiest way. Sign up at the front desk.

Upcoming EVENTS

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

December topics are **Gmail Lessons, Basic Computer Lessons, Online Banking, and Internet Service Plans 101**. Each class is limited to 5.

PWC MOBILE LIBRARY

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

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

LEGAL SERVICES PRESENTATION

Tuesday, January 14, 11:00 a.m.

Join Legal Services for this educational presentation on Elder Fraud. Sign up at the front desk.

CANASTA (NEW)

Every Thursday, 1:00 p.m.

Join Ray on Thursdays to learn and play Canasta.

EUCHRE (NEW)

Every Friday, 2:30 p.m.

Join Bob on Fridays to learn and play Euchre.

INCLEMENT WEATHER POLICY

When Prince William County Schools are **CLOSED** due to snow, ice, or bad weather, the senior centers are **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**.

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
Strength & Cardio for Beginners Video	TU	1:00 PM	Free
Tai Chi	M	9:10 AM	Free
Tai Chi Video	F (See Calendar)	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 are being 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 #4

Make Your Home Safe!

Did you know that most falls occur in the home? Take a few minutes to look around your home to identify fall hazards. You may be surprised by what you find. Below are some quick and easy home modifications:

- Make sure you have adequate lighting. Replace burnt-out bulbs with bright, non-glare lightbulbs, place plug in motion sensor lights or touch lights in hallways
- Keep floors clutter-free
- Remove small throw rugs, or use double-sided tape to keep the rugs from slipping
- Add grab bars in the bathroom—next to and inside the tub, and next to the toilet, use a shower chair, and adjustable height handheld shower head
- Have handrails and lights installed on all staircases
- Have a seat —place a sturdy chair in your bedroom so you can sit while getting dressed
- Store for success — keep frequently used items between waist and shoulder height

NUTRITION CLASS WITH SABA

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

January topics: Diet resolution, Healthy Weight, Salt Awareness, Dietary Fiber, and Decoding Fad Diet & Food News. 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, January 8, at 1:00 p.m. All are welcome.

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

A Game Challenge is scheduled for Wednesday, January 15 at 1:00 p.m. in the dining room.

A dance party is scheduled for Wednesday, January 22 at 1:00 p.m. in the dining room.

Join us Every Friday at 1:00 p.m. for crafts.

The Friends collected enough food donations to make nine food boxes for families in need. Thank you for your donations!

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

VALENTINE'S DAY CELEBRATION w/ERIC FINE

Friday, February 14, 12:30 p.m.

BLACK HISTORY MONTH PRESENTATION

Friday, February 24, 11:00 a.m.

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

JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<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>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>Closed Happy New Year!</p> 	<p>1</p> <p>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 Canasta (Conf. Rm) 1:00 Sit & Sew (Cancelled)</p>	<p>2</p> <p>9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm) 12:00 Music with Ted (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi Video (Fitness Rm 2) 2:30 Euchre (Classroom)</p>
			Chicken Enchilada/No Salads	Reuben on Rye/No Salads
<p>6</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Germany (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) 12:30 A Taste of Technology (Dining Rm) 1:00 Bridge (Classroom) 1:00 Decorating Committee (Dining Rm) 2:30 Holiday Undecorating</p>	<p>7</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:00 Cardio & Strength for Beginners Video (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>8</p> <p>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 (Classroom) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>9</p> <p>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 Canasta (Conf. Rm) 1:00 Sit & Sew (Cancelled)</p>	<p>10</p> <p>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 New Year's Celebration (Dining Rm) 1:00 Mobile Library (Outside) 1:00 Tai Chi Video (Fitness Rm 2) 2:30 Euchre (Classroom)</p>
White Chicken Chili/No Salads	Cheese Pizza/No Salads	Hot Dog/No Salads	Tuna Salad Plate	Pork & Sauerkraut
<p>13</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Finland (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke (Cancelled) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 AARP Tax Fraud Presentation (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>14</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Elder Fraud (Classroom) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:00 Cardio & Strength for Beginners Video (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>15</p> <p>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>16</p> <p>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 Canasta (Conf. Rm) 1:00 Sit & Sew (Cancelled)</p>	<p>17</p> <p>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) 2:30 Euchre (Classroom)</p>
Salisbury Steak	Cabbage Roll	Fish Sandwich	Taco Salad	Stuffed Shells
<p>20</p> <p>Closed Martin Luther King Jr. Day</p>	<p>21</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:00 Bridge (Classroom) 1:00 Cardio & Strength for Beginners Video (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>22</p> <p>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)</p>	<p>23</p> <p>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 Canasta (Conf. Rm) 1:00 Sit & Sew (Cancelled)</p>	<p>24</p> <p>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) 1:00 Friends Crafts (Craft Rm) 1:00 National Theater (Dining Rm) 1:00 Tai Chi Video (Fitness Rm 2) 2:30 Euchre (Classroom)</p>
	Meatball Sub	Vegetarian Chili w/Beans	BLT	Crab Cake
<p>27</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to France (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Grief Presentation (Dining Rm) 11:00 Karaoke (Cancelled) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>28</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:00 Cardio & Strength for Beginners Video (Fitness Rm 2) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>29</p> <p>Closed Staff In-Service Day</p>	<p>30</p> <p>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 Canasta (Conf. Rm) 1:00 Sit & Sew (Cancelled)</p>	<p>31</p> <p>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) 1:00 Friends Crafts (Craft Rm) 1:00 Tai Chi Video (Fitness Rm 2) 2:30 Euchre (Classroom)</p>
Baked Tilapia	Sirloin Beef Tips		Grilled Cheese	Cheeseburger