

## FEBRUARY 2025



### Chinese New Year Celebration

Friday, February 7, 10:30 a.m.

Celebrate the Chinese New Year with us at a special event showcasing traditional Chinese singing and dancing performances. Sign up at the front desk to reserve your seat. No morning actives or salad will be served.



### Superbowl Party

Thursday, February 6, 10:30 a.m.

Get ready to cheer on your favorite team! Wear your team jersey and enjoy Super Bowl predictions, exciting videos, trivia, and the chance to win some great prizes! It's going to be a fun-filled time!



### National Theatre Presents

Friday, February 21, 10:30 a.m.

Come enjoy a performance with Frank Plumer, a talented pianist, vocalist, and musician, as he plays a mix of tunes that will have you singing along. Sign up at the front desk!



### National Heart Health Presentation

Tuesday, February 4, 12:30 p.m.

All are welcome to join a heart health presentation with nutritionist Saba, immediately following lunch in the dining room. No sign-up needed.

**SWEETHEART DANCE**  
With Ron Howard  
Friday, February 14, 10:30 a.m.

Join us in celebrating the Day of Love by dancing and singing along to all your favorite songs with Ron Howard.

"There are friends, there is family then there are friends that become family"

Sign up for this event is required.  
No morning actives or salad will be served.

### 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 Classroom 1. See the calendar page for specific dates and times.

### Karaoke

Most Thursdays at 11:00 p.m. See schedule for specific dates. Get ready for another exciting Karaoke event at the center! Sign up to sing your favorite songs with the group!

### Technology Training Classes

Tuesdays, February 4, 11, 18 & 25, 10:30 a.m. In the computer lab. Seating is limited.

### Wear Red Day

Friday, February 7  
Show your support by wearing red to raise awareness in hopes to eradicate heart disease and stroke in millions of women all over the nation

### Puzzle Heart Craft

Thursday, February 13, 10:30 a.m.  
Join Megann and Kim in making the perfect pink heart puzzle wreath for Valentine's Day. Seating is limited, sign up at the front desk.

### Leesylvania State Park

Thursday, February 13, 9:30 a.m.  
Be part of discovering some fun facts about Leesylvania State Park. Come out today and learn about VA State Park history.

### Upcoming EVENTS

### Legal Services of Northern Virginia

Thursday, February 20, 1:00 p.m.  
The presentation will be held in Classroom 3

### February Birthday Recognition

Friday, February 21, 11:50 a.m.  
Gather and celebrate all the December birthdays with your fellow center members.

### Black History Month Presentation by PWC Historic Preservation

Thursday, February 20, 10:00 a.m.  
Join PWC Historic Preservation in this educational presentation for Black History Month.

### PWC Library Black History Month Presentation by Relic

Friday, February 21, 1:00 p.m.  
Join PWC Library staff for a Black History Month Presentation followed by mobile library van. Books will come inside for the winter. Come and borrow a book.

### Decorating Committee Meeting

Thursday, February 27, 12:45 p.m.  
Will be held in classroom 3

### Angel and The Band

Fridays, February 28, 10:30 a.m.

### Happy Ball Craft

Thursday & Friday, February 27 & 28, 10:30 a.m.  
Come out and make an origami Happy Ball with AJ. Seating is limited. Sign up at the front desk is required.

# ACTIVITIES GUIDE

## 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 -10:30 am W-1:00 pm	Free
Chinese Dancing	F	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

## 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

# HEALTH & WELLNESS



## NUTRITION

### Weekly Nutrition Class

Most Tuesdays, 11:00 a.m.

*Sign up at the front desk*

Join us to learn about the latest in nutrition research.

Tuesday, February 4, Heart Health Presentation  
12:30 p.m. in the Dining Room for welcome to attend

Tuesday, February 11, Cholesterol

Tuesday, February 18, Blood Pressure

Tuesday, February 25, Eating Healthy on a Budget

Individual Nutrition Counseling is  
available with Nutritionist, Saba Barkneh.

Call 703-792-7153 or email [sbarkneh@pwcgov.org](mailto:sbarkneh@pwcgov.org) to  
schedule your appointment.

## Senior Ranger Series

### WHERE

Leesylvania State Park, 2001 Daniel K. Ludwig Dr.,  
Woodbridge, VA 22191.

Throughout the Park

The Senior Ranger Series is an ongoing program. Our goal is to bring seniors together, provide an outdoor opportunity (as weather permits), and explore nature. We also offer a senior ranger badge to participants who attend more than three programs. Below is a list of the next two programs, times, and locations.

February 14th, 2025: Coffee and Museum Tour  
at the Visitor Center at 10 a.m.

March 20th, 2025: Wetland Walk at Bushey Point Trailhead  
at 1 p.m.

Dress for the weather, wear closed-toe shoes, and don't forget your reusable water bottle.

See you there!

### Other Details

Standard parking or admission fee applies: **Yes.**

Extra fee: **No.**

Registration required: **No.**

Children welcome: **Yes.**

Phone: **703-730-8205**

Email Address: [Leesylvania@dcr.virginia.gov](mailto:Leesylvania@dcr.virginia.gov)

For more information about our programs services, call 703-792-6374, or email [pwaaa@pwcgov.org](mailto: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

## 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.

## Senior Center Technology Training Classes

Location: Computer Room - Seating is limited



### February 4, 10:30 a.m. Google Search 101

Designed to help participants who are not comfortable using search tools. Understanding how they work.

### February 11, 10:30 a.m. — iPhone Lesson

For those who have a new Apple mobile device, or are considering getting one and want to learn the basic functions.

### February 18, 10:30 a.m. — Emails tips & Tricks

Participants will learn how to take advantage of email feature to manage emails better and find information faster.

### February 25, 10:30 a.m. — iPad Basics

Limitless tasks from browsing the internet and watching movies to sending emails and playing games.

# 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](http://pwcgov.org/bluebird)

**Meals on Wheels:** Weekday meals delivered to adults 60+ who are homebound and unable to cook for themselves

(703) 792-6374

**Checking Services:** Provides daily reassurance calls to those who need reminders/wellness check

(703) 792-6374

**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 FRIENDS**

## 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.



**Mission Statement:**

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

**\*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE\***



<p><b>3</b> 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre <b>10:30 Bingo</b> 10:30 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 <b>Eggplant Parmesan</b></p>	<p><b>4</b> 9:30 Shanghai 10:00 Gospel Singing <b>10:30 Technology Class</b> 11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle <b>12:30 Heart Health</b> 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo <b>Baked Cod—No Salad</b></p>	<p><b>5</b> 10:15 Scrabble <b>10:30 Bingo</b> 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study <b>1:00 Trivia</b> <b>Sirloin Beef</b></p>	<p><b>6</b> <b>9:30 Leesylvania State Park</b> 9:30 Bible Study <b>10:30 Superbowl Party</b> 10:30 Ceramics / Meditation 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo <b>Chicken Wings / No Salad</b></p>	<p><b>7 Wear Red Day</b> <b>10:30 Chinese New Year</b> 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub <b>Asian Chicken / No Salad</b></p>
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<p><b>10</b> 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre <b>10:30 Bingo</b> 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing <b>Pulled Pork Sandwich</b></p>	<p><b>11</b> 9:30 Shanghai 10:00 Gospel Singing <b>10:30 Technology Class</b> 11:00 Zumba / Chinese Dance <b>11:00 Nutrition Class</b> 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 <b>Chicken Noodle —No Salad</b></p>	<p><b>12</b> <b>9:30 Trivia</b> 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle <b>1:00 Friends Meeting</b> 1:00 Chinese Bible Study <b>Swedish Meatballs</b></p>	<p><b>13</b> 9:30 Bible Study <b>9:30 Leesylvania State Park</b> <b>10:30 Puzzle Heart Craft</b> 10:30 Ceramics / Meditation <b>11:00 Karaoke</b> 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo <b>Crab Cake</b></p>	<p><b>14 Happy Valentine's Day</b> <b>10:30 Sweetheart Dance</b> 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub <b>Cordon Bleu / No Salad</b></p>
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<p><b>17</b> 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre <b>10:30 Bingo</b> 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos <b>12:30 Taste of Technology</b> 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing <b>Chicken Dumplings</b></p>	<p><b>18</b> 9:30 Shanghai 10:00 Gospel Singing <b>10:30 Technology Class</b> 11:00 Zumba / Chinese Dance <b>11:00 Nutrition Class</b> 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 <b>Jambalaya w/ Shrimp No Salad</b></p>	<p><b>19</b> <b>9:30 Trivia</b> 10:15 Scrabble <b>10:30 Bingo</b> 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study <b>1:00 Trivia</b> <b>Oven Fried Chicken</b></p>	<p><b>20</b> 9:30 Bible Study <b>10:00 Black History Presentation</b> 10:30 Ceramics / Meditation <b>11:00 Karaoke</b> 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist <b>1:00 Legal Services</b> 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo <b>Taco Salad</b></p>	<p><b>21</b> <b>10:30 National Theatre</b> <b>11:50 Birthday Recognition</b> 12:00 Double Deck Pinochle 1:00 Quilting <b>1:00 PWC Library Presentation Black History Month</b> <b>1:00 PWC Mobile Library</b> 3:00 Rummikub <b>Herb Tilapia No Salad</b></p>
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<p><b>24</b> 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre <b>10:30 Bingo</b> 10:30 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 <b>Spinach Quiche</b></p>	<p><b>25</b> 19:30 Shanghai 10:00 Gospel Singing <b>10:30 Technology Class</b> 11:00 Zumba / Chinese Dance <b>11:00 Nutrition Class</b> 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 <b>Beef Lasagna—No Salad</b></p>	<p><b>Center Closed For Staff In-service</b></p>	<p><b>27</b> 9:30 Bible Study <b>10:30 Happy Ball Craft Part 1</b> 10:30 Ceramics / Meditation <b>11:00 Karaoke</b> 12:00 Double Deck Pinochle <b>12:45 Decorating Committee</b> 1:00 Chinese Singing / Bis Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo <b>Macaroni Cheese</b></p>	<p><b>28</b> <b>10:30 Happy Ball Part 2</b> <b>10:30 Angel and the band</b> 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub <b>Baked Salmon</b></p>
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