

# PRINCE WILLIAM

Area Agency on Aging

[www.pwcgov.org/seniorcenters](http://www.pwcgov.org/seniorcenters)

703-792-6405

Prince William Senior Center

# MANASSAS

## FEBRUARY 2025



### VALENTINE'S DAY SWEETHEART CELEBRATION

Monday, February 17, 12:30 p.m.

Early Lunch: 11:45 p.m.

Join us in celebrating Valentine's Day by dancing along and singing to all your favorite songs with entertainment by Eric Fine.

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

Sign up for lunch on the computer or call the front desk by 10:30 a.m.

### National Theatre

**NATIONAL THEATRE PROGRAM**  
Monday, February 3, 1:00 p.m.

Join Baba Ras D, an inspirational speaker and musician, as he entertains his audience with an afternoon of song and inspiration with "Harambee". Sign up at the front desk to reserve your seat.



**SUPERBOWL PARTY**

Friday, February 7, 1:00 p.m.

Join us to celebrate the Superbowl by wearing your favorite team jersey or colors! There will be Superbowl predictions, videos, trivia and prizes. Sign up at the front desk.



**ACTING CLASS PERFORMANCE**

Friday, February 21, 12:30 p.m.  
Early Lunch: 11:45 a.m.

Join the Manassas Senior Center Acting Class as they perform various short skits for your entertainment and enjoyment.

Sign up at the front desk to reserve your seat.



**BLACK HISTORY MONTH PRESENTATION**  
Monday, February 24, 11:00 a.m.

Join Prince William County Historic Preservation Department in this educational presentation for Black History Month.

## Upcoming EVENTS

### TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

February topics are **Google Search 101**, **iPhone Basics**, **Email Tips & Tricks**, and **iPad Basics**. Each class is limited to 5.

### LEGAL SERVICES PRESENTATION

Monday, February 10, 11:00 a.m.

Join Legal Services for this educational presentation on Power of Attorney and Living Wills. Sign up at the front desk.

### CANASTA (NEW)

Every Thursday, 1:30 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.

### MOBILE LIBRARY AND BLACK HISTORY MONTH PRESENTATION

Friday, February 14, 1:00 p.m.

The mobile Library will be coming inside for the winter. Come to the classroom to conveniently check out and return your books. Afterwards, join the library for a presentation by Relic in honor of Black History Month.

### HEART HEALTH MONTH PROGRAMS

**National Wear Red Day** — Friday, February 7

**Heart Health Nutrition Presentation**

Thursday, February 6, 11:00 a.m.

Join Saba to learn ways to take care of your heart.

# 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
Self-Guided Painting	W	9:30 AM	Free
Photography	W	11:00 AM	Free
Taste of Technology	Every other TU	10:30 AM	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
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
Canasta	TH	1:30 PM	Free
Cards & Games	Daily	9:00 AM—4:30 PM	Free
Euchre	F	2:30 PM	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](mailto:kwiley@pwcgov.org)

### TAI CHI FOR ARTHRITIS

Tuesdays and Fridays, 1:30 p.m.

February 4 — March 28 (Fitness Room 2)

This evidence-based program is a series of slow moving meditative whole-body exercises. Sun-style Tai Chi combines unique footwork and gentle, flowing, circular hand movements. These smooth, fluid movements and swift steps reduce stress and improve health. If you are interested in attending this class, you **MUST** sign up by contacting Kathleen Wiley at 571-241-3925 or via email at [kwiley@pwcgov.org](mailto:kwiley@pwcgov.org).

### NUTRITION CLASS WITH SABA

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

February topics: Cholesterol, Blood Pressure, and Eating Healthy on a Budget. 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](mailto:sbarkneh@pwcgov.org) to schedule your appointment.

For more information about our programs and 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

## NEWS

The next Board meeting will be Wednesday, February 5, at 1:00 p.m. The briefing will be on February 12 at 12:15 p.m. All are welcome.

The birthday celebration will be at 12:30 p.m. on February 12. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, February 12 at 1:00 p.m. in the dining room.

A dance party is scheduled for Wednesday, February 19 at 1:00 p.m. in the dining room.

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

A peanut auction is scheduled on Thursday, February 20 at 1:00 p.m.

A Valentine's Day jewelry sale will be held Monday, February 10, 10:00 — 12:00 and Tuesday, February 11 from 11:00 to 12:00.

A garden meeting is scheduled on Monday, February 3 at 10:00 a.m.

A Meet and Greet is scheduled for new members on Thursday, February 20 from 10:00 to 12:00.

### 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

St. Patrick's Day Program

Monday, March 17, 1:00 p.m.

Women's History Month Performance

Monday, March 31, 1:00 p.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

**Checking Services:** Provides daily reassurance calls to those who need reminders or wellness checks.  
(703) 792-6374

**Transportation to and from Senior Center:**  
(703) 792-5956

**Veterans Services:** Call for an appointment.  
(703) 359-1210

# FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Norway (Craft Rm) <b>10:00 Garden Meeting (Classroom)</b> 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 Bridge (Classroom) <b>1:00 National Theatre Performance (Dining Rm)</b>  <b>Vegetable Lasagna</b>	<b>4</b> 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Conf. Rm)</b> 11:00 Line Dancing (Fitness Rm 2) 11:00 Chinese New Year Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)  <b>Country Fried Chicken w/Gravy</b>	<b>5</b> 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) <b>1:00 Friends Meeting (Classroom)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)  <b>Sloppy Joe</b>	<b>6</b> 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Heart Health Month Presentation (Dining Rm)</b> <b>11:00 Nutrition Class (Cancelled)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) <b>1:30 Canasta (Conf. Rm)</b>  <b>Baked Cod</b>	<b>7</b> 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm) 1:00 Acting Class (Fitness Rm 1) <b>1:00 Friends Crafts (Craft Rm)</b> <b>1:00 Superbowl Party (Dining Rm)</b> <b>2:30 Euchre (Classroom)</b>  <b>National Wear Red Day</b>
<b>10</b> 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Austria (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) <b>11:00 Legal Services Presentation (Classroom)</b> 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) <b>1:00 Decorating Committee Meeting (Dining Rm)</b>  <b>Friends Valentine's Day Jewelry Sale 10:00—12:00 (Conf. Rm)</b>  <b>Roast Turkey</b>	<b>11</b> 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Conf. Rm)</b> 11:00 Line Dancing (Fitness Rm 2) 11:00 Bird Trivia and Bird Feeder Raffle (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)  <b>Friends Valentine's Day Jewelry Sale 11:00 — 12:00 (Craft Rm)</b>  <b>Oven Fried Chicken</b>	<b>12</b> 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) <b>12:15 Friends Briefing (Dining Rm)</b> <b>12:30 Birthday Celebration (Dining Rm)</b> <b>1:00 Game Challenge (Dining Rm)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)  <b>Pork BBQ</b>	<b>13</b> 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Class (Classroom)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) <b>1:30 Canasta (Conf. Rm)</b>  <b>Egg Salad Sandwich</b>	<b>14</b> 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) <b>1:00 Friends Craft (Craft Rm)</b> <b>1:00 Mobile Library and Black History Month Presentation (Classroom)</b> <b>2:30 Euchre (Classroom)</b>  <b>Fish &amp; Chips</b>
<b>17</b> 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Morocco (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) <b>11:45 Early Lunch (Dining Room)</b> 12:00 Tap Dancing (Fitness Rm 1) <b>12:30 Valentine's Day Celebration (Dining Rm)</b> 1:00 Bridge (Classroom) 1:00 Bridge (Classroom)  <b>Stuffed Shells</b>	<b>18</b> 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Conf. Rm)</b> 11:00 Line Dancing (Fitness Rm 2) 11:00 President's Day Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)  <b>Meatloaf</b>	<b>19</b> 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) <b>1:00 Friends Dance Party (Dining Rm)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)  <b>Italian Breaded Baked Chicken</b>	<b>20</b> <b>10:00 Friends Meet &amp; Greet (Card Rm)</b> 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Class (Classroom)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) <b>1:00 Friends Peanut Auction (Dining Rm)</b> <b>1:30 Canasta (Conf. Rm)</b>  <b>Spaghetti &amp; Meatballs</b>	<b>21</b> 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) <b>11:45 Early Lunch (Dining Rm)</b> <b>12:30 Acting Class Performance (Dining Rm)</b> <b>1:00 Friends Crafts (Craft Rm)</b> <b>2:30 Euchre (Classroom)</b>  <b>Beef Stroganoff</b>
<b>24</b> 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Italy (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) <b>11:00 Black History Month Presentation (Dining Rm)</b> 11:00 Karaoke (Cancelled) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)  <b>Loaded Baked Potato</b>	<b>25</b> 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Conf. Rm)</b> 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 1:00 Bridge (Classroom) 3:30 Zumba Gold (Fitness Rm 2)  <b>Chicken Cordon Bleu</b>	<b>26</b> <b>Closed</b> <b>Staff In-Service Day</b>		<b>27</b> 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Class (Classroom)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) <b>1:30 Canasta (Conf. Rm)</b>  <b>Fish Soft Taco</b>
<b>28</b> 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) <b>12:00 Music with Ted (Dining Rm)</b> 1:00 Acting Class (Fitness Rm 1) <b>1:00 Friends Crafts (Craft Rm)</b> <b>2:30 Euchre (Classroom)</b>  <b>Swedish Meatballs</b>				

### Notice:

We open at 9:00 a.m.

Please plan accordingly to ensure that your arrival is closer to the opening time to avoid waiting outside in the extreme temperatures.

### Our Mission Statement:

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

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.

### 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.