

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

MARCH 2025



ST. PATRICK'S DAY CELEBRATION

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

Join us to celebrate St. Patrick's Day with live entertainment, Irish storytelling and comedy by Tom Delaney.

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.



AARP FRAUD TALK

Monday, March 3, 11:00 a.m.

In honor of National Fraud Prevention Month, join Martin Bailey in learning about types of fraud and fraud prevention.



NW3C FRAUD PRESENTATION

Thursday, March 13, 1:00 p.m.

In honor of Fraud Prevention Month, please join NW3C to learn all about fraud and how to protect yourself.



THE EASTERN BLUEBIRD: GETTING THEM STARTED, HELPING THEM TO STAY.

Monday, March 24, 10:00 a.m.

A one-hour presentation by the Virginia Bluebird Society on the lifecycle of the Bluebird, what led to their decline in population, and what role you play in supporting Bluebirds and attracting them to your backyard.



NATIONAL THEATER PRESENTS

"Amelia Earhart" by Mary Ann Jung

Monday, March 31, 1:00 p.m.

In honor of Women's History Month, please Join Mary Ann Jung for a fun, interactive and inspiring show to honor Amelia Earhart.

Upcoming EVENTS

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

February topics are **Android Phones, Mouse-Keyboard Basics, Microsoft Word, and Cut the Cable Cord**. Each class is limited to 5.

1980 WINTER OLYMPICS PRESENTATION

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

Join Bobb Jordan as he shares memories, pictures, and memorabilia from the 1980 Winter Olympics.

GETTING TO KNOW YOU

Wednesday, March 12, 10:30 a.m.

Join Jan as you get to know your fellow Manassas Senior Center members better for this fun and social event.

MOBILE LIBRARY

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

The mobile Library will be coming inside again this month so you can conveniently check out and return your books.

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 ON TIME WITHOUT TRANSPORTATION.

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

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	TH	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

Prince William Area Agency on Aging in partnership with UVA Health will be offering a **FREE 6-Week Chronic Disease Self-Management Workshop.**

Are you or a loved one living with a chronic condition? Learn how to become an active manager of chronic conditions.

Wednesdays April 2—May 7, 2025, 1:00-3:30

UVA Health Haymarket Medical Center

Conference Room A/B

15225 Heathcote Blvd, Haymarket, VA 20169

REGISTRATION REQUIRED SPACE IS LIMITED

For more information contact Kathleen Wiley, Program Coordinator 571-241-3925

kwiley@pwcgov.org

NUTRITION CLASS WITH SABA

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

March topics: Plant Forward Eating, Healthy Snacking, and Portion Distortion. Sign up at the front desk.



Food Connects Us
2025 NATIONAL NUTRITION MONTH
 A Campaign by the Academy of Nutrition and Dietetics

NATIONAL NUTRITION MONTH PRESENTATION

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

Join Saba for this special presentation for National Nutrition Month.

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, March 5, at 1:00 p.m. The briefing will be on March 12 at 12:15 p.m. All are welcome.

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

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

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

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

A sip & bid is scheduled on Thursday, March 20 at 1:00 p.m.

Please Welcome Joseph Hall, the newest member of the Manassas Senior Center Kitchen Team!

Senior Center Staff

Sue Gilbert, Human Services Manager

Michelle Choi, Administrative Coordinator

Bonnie Swank, Food Services Specialist

Joseph Hall, 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

SPRING CELEBRATION

Friday, April 4, 1:00

SPRING FASHION SHOW

Friday, April 18, 1:00

VOLUNTEER APPRECIATION RECEPTION

Date and Time TBD

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

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.

MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Egypt (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 AARP Fraud 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) Chicken Enchiladas	4 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 Mardi Gras Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2) Stuffed Pepper	5 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) Open Face Roast Beef	6 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 National Nutrition Month Presentation (Dining Rm) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta (Cancelled) Baked Salmon	7 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) 2:30 Euchre (Classroom) Spinach & Cheese Ravioli
10 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Greece (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 Bridge (Classroom) 1:00 Decorating Committee Meeting (Dining Rm) White Chicken Chili	11 9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:00 1980 Olympics Presentation (Dining Rm) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Women of History Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2) Cheese Pizza	12 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) 10:30 Getting to Know You (Dining Rm) 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) Hot Dog	13 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 NW3C Presentation (Dining Rm) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta (Conf. Rm) Chicken a la King	14 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) 1:00 Friends Craft (Craft Rm) 1:00 Mobile Library (Dining Rm) 2:30 Euchre (Classroom) Tuna Salad Plate
17 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Ireland (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 Bridge (Classroom) 1:00 St. Patrick's Day Celebration (Dining Rm) Corned Beef & Cabbage	18 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 National Nutrition Month Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2) Vegetable Lasagna	19 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) Fish Sandwich	20 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 Friends Sip & Bid (Dining Rm) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta (Conf. Rm) Taco Salad	21 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 (Dining Rm) 1:00 Friends Crafts (Craft Rm) 2:30 Euchre (Classroom) Stuffed Shells
24 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Turkey (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:00 Virginia Bluebird 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) Chicken Alfredo	25 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) 3:30 Zumba Gold (Fitness Rm 2) Meatball Sub	26 Closed Staff In-Service Day		27 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 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta (Conf. Rm) BLT
31 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Peru (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 Bridge (Classroom) 1:00 National Theater Performance (Dining Rm) Baked Tilapia	 Join us in the dining room to celebrate National Nutrition Month March 6, 11:00 a.m.		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.