

MARCH 2025

St. Patrick's Day Celebration
Friday, March 14
10:30 a.m.

Come and enjoy lively Irish music,
performed by Tom Delaney!
"May the luck of the Irish be with you."
Sign up required. No salad or
morning activities.



AARP Fraud Presentation

Thursday, March 6, 10:00 a.m.

Attend a session with an AARP representative to discover the latest scams affecting our area. Gain valuable tips on how to protect yourself and your loved ones. Sign up at the front desk!



National Nutrition Presentation

Tuesday, March 11, 12:30 p.m.

Join us for an informative nutrition presentation and learn tips on maintaining a healthy diet and lifestyle. The presentation will be held in the dining room following lunch. All are welcome!



Crafting Showcase

Friday, March 21, 10:00 a.m. until Noon
Craft room

Calling all crafters! In honor of National Craft Month, we would like to showcase your beautiful creations and artwork made at the center. Sign up at the front desk to set up your display.



National Theatre Presents

"Sally Ride" by Mary Ann Jung
Friday, March 28, 10:30 a.m.

Join award-winning actress, Mary Ann Jung, for an interactive and inspiring show about amazing women in history. Sign up at the front desk. No salad or morning activities.

Upcoming EVENTS

Trivia

Come out and test your knowledge. 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, 11:00 a.m.
Get ready for another exciting Karaoke event at the center! Sign up to sing your favorite songs with the group! See the calendar page for specific dates and times.

Legal Services of Northern Virginia

Wednesday, March 5, 1:00 p.m.
The presentation will be held in Classroom 3. Join Legal Services for an informative presentation on 'Reverse Mortgages' and their impact on Medicaid & Long-Term Care eligibility.

Angel and The Band

Fridays, March 7 and 21, 10:30 a.m.

Technology Training Classes

Most Tuesdays, at 10:30 a.m. See the calendar for specific dates. Classes will be held in the computer lab. Seating is limited to room space.

Leesylvania State Park

Thursday, March 13, 9:30 a.m.
Be part of discovering some fun facts about Leesylvania State Park. This month we will learn about snakes.

NW3C Financial Fraud Presentation

Thursday, March 13, 10:30 a.m.
Come out and get information about protecting yourself from financial fraud.



Pi Day Friday, March 14

Sweet as 3.14159265359
Let's celebrate the mathematical constant of Pi with a delicious slice of pie at lunch!

St. Patrick's Day

Monday, March 17
Don't forget to wear green today.
"We're shamrockin' our green today."

Social Worker Thank-You Card Craft

Thursday, March 20, 10:30 a.m.
Join Megann in making special Thank You cards for social workers in honor of National Social Worker Month. Sign up is required for this event.

Decorating Committee Meeting

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

March Birthday Recognition

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

PWC Library Mobile Library

Friday, March 21, 1 p.m.
Mobile library van will bring books inside. Come and borrow a book. Library staff will have books in the building due to the weather.

Virginia Bluebird Society Bluebird Talk

Thursday, March 27, 10:00 a.m.
Join the VA Bluebird Society for a presentation on The Eastern Bluebird: Getting them started, helping them to stay. A presentation on the lifecycle of the Bluebird.

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	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



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, March 4, 11:00 a.m.

Plant Forward Eating

Tuesday, March 11, 12:30 p.m.

National Nutrition Month Celebration in the dining room following lunch

All are welcome to attend.

Tuesday, March 18, 11:00 a.m.

Healthy Snacking

Tuesday, March 25, 11:00 a.m.

Portion Distortion

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.

Call 703-792-7153 or email sbarkneh@pwcgov.org 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

Last month we reviewed the importance of communicating with your doctor as part of a fall prevention plan.

This month we will review physical activity.

Fall Prevention Action # 2 Keep Moving

- ◆ Exercise and physical activity are important parts of your fall prevention plan. Lack of exercise leads to weakness and increases the risk of falling.
- ◆ Look for activities that help to improve strength, balance, coordination, and flexibility. Together this is a powerful combination in reducing fall risk. Tai chi, walking, dancing, and water aerobics are a few examples.
- ◆ The CDC recommended amount of exercise is 30 minutes, 5 days a week. If you are new to being active, try breaking the 30 minutes into 3, 10-minute activities.
- ◆ Look for an exercise or activity that you enjoy, exercise with a friend this will help to stay accountable and help to stay connected.
- ◆ It is never too late to become physically active and improve muscle strength!
- ◆ If you need help getting started with exercise, ask your doctor for suggestions about exercises that would be a good fit for you.
- ◆ Remember there is no one-size-fits-all when it comes to an exercise routine, don't be afraid to try new things. The important part is starting!

For more information about our programs services, call 703-792-6374, or email pwaas@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, March 12, 2025 at 1:00 p.m.
 All are welcome to attend this meeting.

Senior Center Technology Training Classes

(held in the computer room) Seating is limited

March 4, 10:30 a.m.—Android Phone

This class will help adults who either plan to purchase an Android mobile or have not learned to use it become comfortable with the device. We will help learners get connected, identify common apps, and build confidence in using their devices safely.



March 11, 10:30 a.m. Mouse-Keyboard Basics

For new computer users with little or no experience using a keyboard and mouse.

March 18, 10:30 a.m.—Microsoft Word Lesson

A popular tool to create documents.

March 25, 10:30 a.m.—Cut the Cable Cord-Streaming Services

Learn why you might consider giving up cable to use streaming services/devices, how much you might pay, and options.

Mark your calendar

2025 Older American's Month Cookout will be held May 9, 2025 at Camp Snyder.

More information to come in the April newsletter.

Leesylvania State Park Senior Ranger Series



The Senior Ranger Series is an ongoing program that brings seniors together to explore nature (weather permitting). Participants who attend more than three programs will earn a Senior Ranger badge.

Next program: March 20, 2025: Wetland Walk at Bushey Point Trailhead, 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

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

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

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



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.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>3 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Guitar Lesson / Art 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:15 Line Dancing</p> <p>Sweet & Sour Nuggets</p>	<p>4 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>Stuffed Shells—No Salad</p>	<p>5 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Trivia 1:00 Legal Services</p> <p>Mushroom Swiss Burger</p>	<p>6 9:30 Bible Study 10:00 AARP Fraud Presentation 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Italian Breaded Chicken</p>	<p>7 10:30 Angel and the Band 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub</p> <p>Shrimp Po'Boy</p>
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<p>10 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Guitar Lesson / Art 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:15 Line Dancing</p> <p>Roast Beef Sandwich</p>	<p>11 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle 12:30 Nutrition Presentation 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Baked Salmon—No Salad</p>	<p>12 9:30 Trivia 9:30 Shanghai 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Friends Meeting 1:00 Chinese Bible Study</p> <p>Ham w/ Beans</p>	<p>13 9:30 Leesylvania State Park 9:30 Bible Study 10:30 NW3C Fraud Presentation 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</p> <p>Beef Hotdog</p>	<p>14 Happy Pi Day  10:30 St. Patrick's Party 11:50 Birthday Recognition 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub</p> <p>Shepard's Pie / No Salad</p>
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<p>17 St. Patrick's Day 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:00 Chinese Bible Study 1:15 Line Dancing</p> <p>Irish Beef Stew</p>	<p>18 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>Veggie Cheese Pizza No Salad</p>	<p>19 9:30 Trivia 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Trivia</p> <p>Chicken Noodle Soup</p>	<p>20 9:30 Bible Study 10:00 Thank you card making 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>Beef Stroganoff</p>	<p>21 10:00 Crafting Showcase 10:30 Angel and the Band 11:50 Birthday Recognition 12:00 Quilting 1:00 Double Deck Pinochle 1:00 PWC Mobile Library 3:00 Rummikub</p> <p>Baked Lemon herb Cod</p>
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<p>24 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 12:30 Taste of Technology 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:00 Chinese Bible Study 1:15 Line Dancing</p> <p>Chicken Parmesan</p>	<p>25 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>Spinach & Cheese Ravioli No Salad</p>	<p>Center Closed For Staff In-service</p>	<p>27 9:30 Bible Study 10:00 Virginia Bluebird Society 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 12:45 Decorating Committee 1:00 Chinese Singing 1:00 Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Cheeseburger</p>	<p>28 10:30 National Theater 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub</p> <p>Fish Soft Tacos / No Salad</p>
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<p>31 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Guitar Lesson / Art 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:15 Line Dancing</p> <p>Chicken Cordon Bleu</p>	<p>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</p> 		<p>Mission Statement:</p> <p>To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.</p>
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