

# PRINCE WILLIAM

Area Agency on Aging

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

703-792-6405

Prince William Senior Center

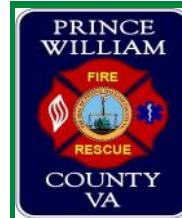
## MANASSAS

### APRIL 2025



#### SPRING CELEBRATION Friday, April 4, 1:00 p.m.

Join us for a spring celebration with a special performance by Joe Cerutti that will have you singing and dancing to all your favorite songs. 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.



**SENIOR FIRST AID PROGRAM**  
Prince William County Fire & Rescue  
Monday, April 7, 11:00 a.m.  
Join Christopher Brothers, Fire & Life Safety Educator, as he provides an educational presentation all about first aid for seniors.



**FALL PREVENTION PRESENTATION**  
George Mason University  
Tuesday, April 8, 11:00 a.m.  
Join us for a special presentation about fall prevention by Tiphonie Raffegau, Kinesiology professor.



**CONTAINER GARDENING PRESENTATION**  
PWC Cooperative Extension  
Tuesday, April 1, 11:00 a.m.  
Join Master Gardener, Jeff Zimmerman, in learning all about container gardening, types of soil mediums, and types of plants & veggies you can grow conveniently in a container at home.



**NATIONAL THEATER PERFORMANCE**  
Monday, April 14, 1:30 p.m.  
Join Noa Baum, award-winning storyteller, for an unforgettable performance you won't want to miss. Sign up at the front desk.

### Upcoming EVENTS

#### TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

April topics are **Using Social Media**, **Best Travel Apps**, **Google Maps**, and **Google Drive**. Each class is limited to 5.

#### MOBILE LIBRARY & SPRING CRAFT

Friday, April 11, 1:00 p.m.

Jump into spring with a good book to read and make the perfect Spring craft to take home.

#### LEGAL SERVICES OF NORTHERN VIRGINIA

Monday, April 14, 12:30 p.m.

Join Legal Services for an informative presentation to learn about "Reverse Mortgages" and their impact on Medicaid & Long-Term Care eligibility. Please sign up at the front desk to reserve your seat.

#### SPRING FASHION SHOW

Friday, April 18, 1:00 p.m.

Join us for a spring fashion show by dressing in your favorite appropriate spring dress attire to showcase. Wear your favorite spring hat for your chance to win a prize. Sign up at the front desk.

#### VOLUNTEER APPRECIATION RECEPTION

Friday, April 25, 11:00 — 1:00 (Senior Center Closed)  
Volunteers with hours recorded between April 1, 2024 and March 30, 2025 will receive an invitation to attend.

#### STRESS MANAGEMENT TALK

PWC Community Services Board  
Monday, April 28, 11:00 a.m.

Join Heather Martinsen as she provides an educational talk about stress, types of stress and stress relief.

# 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, is 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](mailto:kwiley@pwcgov.org)

**NUTRITION CLASS WITH SABA**

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

April topics: Alcohol & Health, Bone Health, and Hydration presentation. 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.



Farm Market Fresh applications will be accepted April 1 through September 30.

Benefit will be issued to eligible participants

May 18 - September 30.



Scan the code above for an online application! Paper applications are available at the senior centers.

For more information, please call 703-792-7153 or email [sbarkneh@pwcgov.org](mailto:sbarkneh@pwcgov.org)

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 on Wednesday, April 2, at 1:00 p.m. The briefing will be on April 9 at 12:15 p.m. All are welcome.

An election will be held April 7 and April 8, 9:00 —12:00 in the classroom. You must be a current member to vote.

The birthday celebration will be at 12:30 p.m. on April 9. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, April 9 at 1:00 p.m. in the dining room.

A dance party is scheduled for Wednesday, April 16 at 1:00 p.m. in the dining room.

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

An egg hunt is scheduled on Thursday, April 17, from 9:00 a.m. — 12:00 p.m.

A peanut auction is scheduled Thursday, April 24 at 1:00 p.m.

### 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

### Cinco de Mayo Performance

Tuesday, May 6, 11:00 a.m.

### Older Americans' Month Picnic

Friday, May 9, 10:00 a.m. — 2:00 p.m.

Sign up between April 18 and May 2.

### Mother's Day Luncheon

Monday, May 12, 12:00 p.m.

# 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](mailto: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](http://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.

# APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Taste of Technology Talk</b> April 1, 12:30</p> <p>Join PWC DoIT as they discuss all the upcoming spring computer skills class you won't want to miss.</p>	<p><b>1</b></p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Conf. Rm)</b> <b>11:00 Container Gardening Presentation (Dining Rm)</b> 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Cancelled) 12:30 Bingo (Dining Rm) <b>12:30 Taste of Technology Talk (Dining Rm)</b> 3:30 Zumba Gold (Fitness Rm 2)</p> <p><b>Chicken &amp; Dumplings</b></p>	<p><b>2</b></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) <b>1:00 Friends Meeting (Classroom)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p><b>Sirloin Beef Tips</b></p>	<p><b>3</b></p> <p>10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Class (Dining Rm)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) <b>1:00 Tai Chi with Gae (Fitness Rm 2)</b> 1:30 Canasta (Cancelled)</p> <p><b>Grilled Cheese</b></p>	<p><b>4</b></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) 1:00 Acting Class (Fitness Rm 1) <b>1:00 Friends Craft (Craft Rm)</b> <b>1:00 Spring Celebration (Dining Rm)</b> 2:30 Euchre (Classroom)</p> <p><b>Baked Ham</b></p>
<p><b>7</b></p> <p>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 with Anthony (Cancelled) 11:00 Intro to Line Dancing (Fitness Rm 2) <b>11:00 Senior First Aid Presentation (Dining Rm)</b> 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) <b>1:00 Decorating Committee Meeting (Dining Rm)</b> <b>Friends Election 9:00-12:00</b></p> <p><b>Vegetable Lasagna</b></p>	<p><b>8</b></p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) <b>10:30 Taste of Technology (Conf. Rm)</b> <b>11:00 Falls Prevention Presentation (Dining Rm)</b> 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Cancelled) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)</p> <p><b>Friends Election 9:00-12:00</b></p> <p><b>Country Fried Chicken</b></p>	<p><b>09</b></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) <b>12:15 Friends Briefing (Dining Rm)</b> <b>12:30 Friends Birthday Celebration (Dining Rm)</b> <b>1:00 Friends Game Challenge (Dining Rm)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p><b>Sloppy Joe</b></p>	<p><b>10</b></p> <p>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 Tai Chi with Gae (Fitness Rm 2)</b> 1:30 Canasta (Conf. Rm)</p> <p><b>Reuben on Marble Rye</b></p>	<p><b>11</b></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) <b>12:00 Music with Ted (Dining Rm)</b> 1:00 Acting Class (Fitness Rm) <b>1:00 Friends Craft (Cancelled)</b> <b>1:00 Mobile Library &amp; Spring Craft (Dining Rm)</b> 2:30 Euchre (Classroom)</p> <p><b>Shrimp Po'boy</b></p>
<p><b>14</b></p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel to Hawaii (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke with Anthony (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) <b>12:30 Legal Services Presentation (Dining Rm)</b> 1:00 Bridge (Classroom) <b>1:30 National Theater Performance (Fitness Rm 1)</b></p> <p><b>Roast Turkey</b></p>	<p><b>15</b></p> <p>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) 3:30 Zumba Gold (Fitness Rm 2)</p> <p><b>Oven Fried Chicken</b></p>	<p><b>16</b></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) <b>1:00 Friends Dance Party (Dining Rm)</b> 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p><b>Pork BBQ</b></p>	<p><b>17</b></p> <p>10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Class (Cancelled)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) <b>1:00 Tai Chi with Gae (Fitness Rm 2)</b> 1:30 Canasta (Conf. Rm)</p> <p><b>Friends Egg Hunt 9:00 — 12:00</b></p> <p><b>Egg Salad Sandwich</b></p>	<p><b>18</b></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) <b>1:00 Acting Class (Fitness Rm 1)</b> <b>1:00 Friends Craft (Craft Rm)</b> <b>1:00 Spring Fashion Show (Dining Rm)</b> 2:30 Euchre (Classroom)</p> <p><b>Baked Cod</b></p>
<p><b>21</b></p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Cancelled) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke with Anthony (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p> <p><b>Fish &amp; Chips</b></p>	<p><b>22</b></p> <p>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) 3:30 Zumba Gold (Fitness Rm 2)</p> <p><b>Meatloaf</b></p>	<p><b>23</b></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 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p> <p><b>Italian Baked Chicken</b></p>	<p><b>24</b></p> <p>10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) <b>11:00 Nutrition Hydration Presentation (Dining Rm)</b> 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) <b>1:00 Friends Peanut Auction (Dining Rm)</b> <b>1:00 Tai Chi with Gae (Fitness Rm 2)</b> 1:30 Canasta (Conf. Rm)</p> <p><b>Spaghetti &amp; Meatballs</b></p>	<p><b>25</b></p> <p><b>Closed</b> <b>Volunteer Reception 11:00 — 1:00</b> <b>By invitation only.</b></p>
<p><b>28</b></p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Cancelled) 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) <b>11:00 Stress Management Talk (Dining Rm)</b> 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p> <p><b>Loaded Baked Potato</b></p>	<p><b>29</b></p> <p>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) 3:30 Zumba Gold (Fitness Rm 2)</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>30</b></p> <p><b>Closed</b> <b>Staff In-Service Day</b></p>	<p><b>Our Mission Statement:</b> To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</p>	<p><b>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.</b> <b>Reminder: Lunch is served at noon daily unless otherwise stated.</b></p>