

pwcgov.org/seniorcenters
703-792-5081

APRIL 2025



Spring Celebration with Joe Cerutti Thursday, April 3, 10:30 a.m.

Join us for a celebration to kickstart spring with a special performance by Joe Cerutti. Sign-up at the front desk is required. No morning activities or salad will be served.



Senior First Aid Presentation by PWC Fire & Rescue
Thursday, April 10, 11:00 a.m.
Join Christopher Brothers, Fire & Life Safety Educator, as he provides an educational presentation all about first aid



Container Gardening Presentation by PWC Cooperative Extension Master Gardener
Thursday, April 17, 10 a.m.
Join Master Gardener, Jimmie Jones, in learning all about container gardening, types of soil, and types of plants & veggies you can grow conveniently in a container at home.



Spring Fashion Show
Friday, April 18, 10:30 a.m.
Come out and enjoy our annual Spring Fashion Show. See Ling to participate in the show and sign up at the front desk to reserve your seat.



Spring Recital
Friday, April 11, 10:00 a.m.
Join us for our annual spring-tacular event as all your favorite Woodbridge Senior Center dancing & singing groups put on their annual Spring recital. Sign up at the front desk. No morning activities or salad will be served.

Trivia

Join us to test your knowledge! This month, we're trying a new schedule: most Wednesdays at 9:30 a.m. and 1:00 p.m. in Classroom #1. Check the calendar for specific dates.

Karaoke

Most Thursdays at 11:00 p.m.
See the 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

Most Tuesdays in the computer lab. Seating is limited.
See the schedule for dates.

Decorating Committee Meeting

Thursday, April 3, 1:00 p.m.
Will be held in classroom 3.

Taste of Technology Talk

Monday, April 7, 12:30 p.m.
Join PWC DoIT to learn about upcoming spring computer skills classes!

Leesylvania State Park

Thursday, April 10, 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.

Easter Egg Hunt

Wednesday, April 16, 10:00 a.m.
Join the annual Egg Hunt and find the golden egg.

Upcoming EVENTS

George Mason University Lunch & Learn

Tuesday, April 15, 12:30 p.m.
Join us for a special lunch & learn session about Fall Prevention by George Mason University Kinesiology Professor, Tiphonie Raffegaue.

April Birthday Recognition

Friday, April 18, 11:50 a.m.
Gather and celebrate all the April birthdays with your fellow center members.

PWC Library Craft and Mobile Van

Friday, April 18, 1:00 p.m.
Join PWC Library staff for a fun spring craft. Also, go out and visit the mobile library and check out a good book to read.

Pretty in Pearls Craft

Wednesday, April 23, 12:30 p.m.
Come and make a beautiful pearl craft with Doris. Sign up at the front desk seating is limited.

Stress Management Talk by PWC Community Service Board

Thursday, April 24, 10:00 a.m.
Join Heather Martinsen as she provides an educational talk about stress, types of stress and stress relief tips.

Reminder : Older American's Month Cookout

May 9th, Camp Snyder
Sign up for event begins April 14. Reserve your seat by signing up at the front desk. Limited to 150 for each center. Sign up for the bus will begin April 21 Cost of \$2 to be paid at sign up.

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	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



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, April 1 - Alcohol & Health

Tuesday, April 8 - Bone Health

Tuesday, April 15 - Vitamins & Minerals

Tuesday, April 22 - How can diet affect mood?

Tuesday, April 29, 10:00 a.m. - Hydration Activity in the dining room, all are welcome to attend.

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.

Call 703-792-7153 or email sbarkneh@pwcgov.org to schedule your appointment.



Farm Market Fresh

Senior & WIC Farmers' Market Nutrition Program (S/FMNP)

What is Farm Market Fresh for Older Adults?

Older adults age 60 years or older are eligible to receive a benefit of \$50 worth of farmers' market vouchers to purchase fresh-fruits, vegetables, and fresh cut herbs from approved vendors if the following statements are true:

- You are 60 years of age or older.
- You are a resident of Prince William County.
- You do not live in the same household, and you are not an immediate family member of the farmer who grows the produce.
- You meet the program's income requirements.
- You must certify your household income.

Application accepted

April 1st through September 30th

Benefit issued to eligible participants:

May 18 - September 30

Benefit can be used at farmers markets

June 1 - November 30

Contact us:

Saba Barkneh, RDN – *Public Health Nutritionist*

sbarkneh@pwcgov.org

(703) 792-5426



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, April 9, 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.

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

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

Big sale!

Upcoming Spring Sale

We are now accepting donations for the
 Spring Purse and Accessory Sale. Please
 bring your new, like new, or gently used
 purses and accessories to the volunteers at the front
 desk. Donations are accepted until **April 24, 2024**. All
 proceeds will go to Friends to help with future events at
 the center.

Senior Center Technology Training Classes

(held in the computer room) Seating is limited
April 1, 10:30 a.m. Using Social Media

Are you comfortable using Facebook, Twitter,
 Instagram, and other social media? Let's walk through it, figure it
 out, and maybe give you a new social platform!

April 8, 10:30 a.m. Best Travel Apps

Now is the time to plan your spring, summer, and fall trips. We will
 show you some useful apps and the best way to use them

April 15, 10:30 a.m. Google Maps

Google Maps is useful for much more than driving between two
 locations. See how to use it to plan your day, find restaurants, or other
 areas of interest when you are out.

April 22, 10:30 a.m. Google Drive

Learn about the basics of the Google suite and how to use Google
 Drive to organize your information online to get to it from wherever
 you are.

April 29, 10:30 a.m. Scams: Recognize, Avoid, Report

Scams have many similar characteristics. Be prepared so that when
 con artists come after your hard earned money stay safe.




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.

<p>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</p> 	<p>1</p> <p>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 Jambalaya Shrimp—No Salad</p>	<p>2</p> <p>10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Trivia</p>	<p>3</p> <p>9:30 Bible Study 10:30 Spring Celebration 10:30 Ceramics / Meditation 12:00 Double Deck Pinochle 1:00 Decorating Committee 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p>	<p>4</p> <p>10:30 Angel & The Band 12:00 Double Deck Pinochle 1:00 Quilting 3:00 Rummikub</p>
		<p>Meatload</p>	<p>Chicken Salad / No Salad</p>	<p>Cod</p>

<p>7 World Health Day</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 12:30 Taste of Technology 1:00 Canasta / Pinochle 1:00 Art class / Guitar Lesson 1:15 Line Dancing</p> <p>Macaroni Cheese</p>	<p>8</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Nutrition Class 11:00 Zumba / Chinese Dance 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>Chili Dog—No Salad</p>	<p>9</p> <p>10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Friends Meeting</p> <p>Stuffed Cabbage Roll</p>	<p>10</p> <p>9:30 Leesylvania State Park 9:30 Bible Study 10:30 Ceramics / Meditation 11:00 PWCFRS Senior First Aid 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>Chicken W/ Biscuit</p>	<p>11</p> <p>10:00 Spring Recital 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub</p> <p>Herb Tilapia / No Salad</p>
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<p>14</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 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</p> <p>Eggplant Parmesan</p>	<p>15 Tax Day</p> <p>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 12:30 George Mason 1:00 Chess/Bid Whist/Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p>Chicken Alfredo—No Salad</p>	<p>16</p> <p>9:30 Trivia Self-Guided 10:00 Easter Egg Hunt 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Chinese Bible Study 1:00 Sudoku Solvers</p> <p>BLT</p>	<p>17</p> <p>9:30 Bible Study 10:00 PWC Co-op 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>Sirloin Beef Tips</p>	<p>18</p> <p>10:30 Spring Fashion Show 12:00 Double Deck Pinochle 1:00 Quilting 1:00 PWC Mobil Bus & Craft 3:00 Rummikub</p> <p>Shrimp Po'Boy</p>
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<p>21</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 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</p> <p>Chicken Parmesan</p>	<p>22 Earth Day</p> <p>9:30 Shanghai 9:30 Earth Day Documentary 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>Tuna Salad Plate / No Salad</p>	<p>23</p> <p>9:30 Earth Day Brain Teasers 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 12:30 Pretty in Pearls Craft 1:00 Chinese Bible Study 1:00 Sudoku Solvers</p> <p>Pulled Pork Sandwich</p>	<p>24</p> <p>9:30 Bible Study 10:00 Stress Management Talk 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>Swedish Meatballs</p>	<p>25</p> <p style="text-align: center; font-size: 2em;">Center Closed Volunteer Luncheon</p>
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<p>28</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 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</p> <p>Chicken Soup</p>	<p>29</p> <p>19:30 Shanghai 10:00 Gospel Singing 10:00 Nutrition Activity 10:30 Technology Class 11:00 Zumba / Chinese Dance 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>Taco Salad—No Salad</p>	<p>30</p> <p style="text-align: center; font-size: 2em;">Center Closed For Staff In-service</p>	<p style="text-align: center;">New month, new chances April's gone, but May dances!</p> 	<p>Mission Statement:</p> <p style="text-align: center;">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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