

## 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, Tiphane 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 Americans' Month Celebration**

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

## 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

# HEALTH & WELLNESS



**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](mailto: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 1<sup>st</sup> through September 30<sup>th</sup>**  
 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](mailto:sbarkneh@pwcgov.org)  
 (703) 792-5426



For more information about our programs 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

## 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.

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.

# 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](http://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



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.



**\*ACTIVITIES****AND MEALS****ARE SUBJECT TO  
CHANGE\***

1

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**

2

10:15 Scrabble  
**10:30 Bingo**  
10:30 Ceramics  
12:00 Double Deck Pinochle  
1:00 Chinese Bible Study  
**1:00 Trivia**

Meatload

3

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

Chicken Salad / No Salad

4

**10:30 Angel & The Band**  
12:00 Double Deck Pinochle  
1:00 Quilting  
3:00 Rummikub

Cod

7 **World Health Day**

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

Macaroni Cheese

8

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

Chili Dog—No Salad

9

10:15 Scrabble  
**10:30 Bingo**  
10:30 Ceramics  
12:00 Double Deck Pinochle  
1:00 Chinese Bible Study  
**1:00 Friends Meeting**

Stuffed Cabbage Roll

10

**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

Chicken W/ Biscuit

11

**10:00 Spring Recital**  
12:00 Double Deck Pinochle  
1:00 Quilting  
1:00 Scarlett Sophisticates  
3:00 Rummikub

Herb Tilapia / No Salad

14

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

Eggplant Parmesan

15

**Tax Day**  
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  
**Chicken Alfredo—No Salad**

Chicken Alfredo—No Salad

16

**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**

BLT

17

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

Sirloin Beef Tips

18

**10:30 Spring Fashion Show**  
12:00 Double Deck Pinochle  
1:00 Quilting  
**1:00 PWC Mobil Bus & Craft**  
3:00 Rummikub

Shrimp Po'Boy

21

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

Chicken Parmesan

22

**Earth Day**  
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

Tuna Salad Plate / No Salad

23

**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**

Pulled Pork Sandwich

24

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

Swedish Meatballs

25

**Center  
Closed  
Volunteer  
Luncheon**

28

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  
**Chicken Soup**

29

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  
**Taco Salad—No Salad**

Taco Salad—No Salad

30

**Center  
Closed  
For  
Staff  
In-service**

New month,  
new chances  
April's gone,  
but May dances!

**Mission Statement:**

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