

## MAY 2025

### Memorial Day Celebration

Friday, May 23, 10:30 a.m.

Join us for a Memorial Day Celebration with live music by guitarist and singer Ernie Tolley. You must sign up at the front desk to reserve your seat. No morning activities or salad will be served.



**Balance for Wellness Event**  
Friday, May 2, 10 a.m. to 2 p.m.

George Mason University Kinesiology Professor, Tiphonie Raffegau will host a balance for wellness event. You will have the opportunity to participate in various fall and cognitive assessments.



**Cinco De Mayo Fiesta**  
Thursday, May 8, 10:30 a.m.

Experience the Cinco de Mayo fiesta with live music from Charlie Lopez! Please sign up at the front desk to reserve your spot. No salad will be served.



**Mother's Day Luncheon**  
Friday, May 16, 10:30 a.m.

Join us in celebrating all our wonderful Moms with a luncheon and live music by Angel & The Band. You must sign up at the front desk. No salad will be served.



**Older American's Month Celebration**  
Friday, May 9 at Camp Snyder

Sign up at the front desk. Seating is limited to 150 per center. The center will be closed this day.

**Kentucky Derby Hat Contest**  
Thursday, May 1, 12:30 p.m.

Get into the spirit of the Kentucky Derby by wearing your most festive hat and join in on the excitement. Prizes will be awarded to the top 8 winners, so let's see those creative and stylish looks!

### Karaoke

Most Thursdays at 11:00 a.m.  
See the schedule for specific dates.  
Get ready for another exciting karaoke event at the center! Sign up to sing your favorite songs and join the fun.

### Technology Training Classes

Tuesdays, May 6, 13, 20, and 27 at 10:30 a.m.  
In the computer lab. Seating is limited.

### Mother's Day Craft

Thursday, May 8, 10:30 a.m.  
Come out and join Theresa to make a Mother's Day Craft. Seating is limited so sign up at the front desk.



### APS Bingo

Monday, May 12, 10:30 a.m.  
Join PWC Dept of Human Services as they host a bingo hour for Adult Abuse Prevention Month.

### Dainty Daisy Spring Craft

Wednesday, May 14, 10:30 a.m.  
Join Kim in making the perfect dainty spring craft. Sign up at the front desk to reserve your spot. The class is limited to 8.

### Upcoming EVENTS

**Battlefield History Presentation by PWC Historic Preservation**

Thursday, May 15, 10 a.m.  
Discover the gripping history of local battlefields with PWC Historic Preservation Dept! Learn fascinating stories about the past and its impact on our area.

### May Birthday Recognition

Friday, May 16, 11:50 a.m.  
Gather and celebrate all the May birthdays with your fellow center members.

### PWC Mobile Library

Friday, May 16, 12:30 p.m.  
Join PWC Library staff in the parking.

### Movie

Thursday, May 22, 9 a.m.  
Relax and enjoy a great movie with your fellow members! Gather for an enjoyable cinematic experience in good company.

### Leesylvania State Park

Thursday, May 29, 9:30 a.m.  
Be part of discovering some fun facts about Leesylvania State Park. Come out today and learn about Ticks.

### National Theatre Performance

Friday, May 30, 10:30 a.m.  
Join Lisa Sherman, Improv Actor and Cognitive Skills Coach, for a performance you will not want to miss. Please sign up at the front desk.

# 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 -10:00 am	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, May 6, Vitamins and Minerals  
 Tuesday, May 13, Sugar be Savvy  
 Tuesday, May 20, A Diabetic Diet  
 Tuesday, May 27, Meal Planning

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.



**Applications accepted in the center until Sept 30**  
**See flyer in the center for more information.**

### Senior Center Technology Training Classes

(held in the computer room) Seating is limited



**May 6, 10:30 a.m.**

#### Scam Focus: Money Smart Financial

Helping you focus on just a few financial scams to help protect yourself in the future.

**May 13, 10:30 a.m.**

#### Internet Basics

Getting the most out of internet by choosing safe websites.

**May 20, 10:30 a.m.**

#### Get Stuff Done on the Web

There is much that can be done safely and more conveniently online, from shopping to ordering food to finding a ride when your car is in the shop.

**May 27, 10:30 a.m.**

#### Bring Your Technology Questions Day

This is your chance to ask technology question that have been bugging you.

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, May 14, 2025 at 1:00 p.m.**  
 All are welcome to attend this meeting.

The following are the Volunteers of the month  
 November 2024 Volunteer is Mincha Ito  
 December 2024 Volunteer is Colin Larkin  
 January 2025 Volunteer is Fannie Hargrave  
 February 2025 volunteer is John Overman  
 March 2025 Volunteer is Marta Reyes

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

### Friends Annual Mother's Day Sale

Wednesday, May 7 from  
 10:00 a.m. until 2:00 p.m.

Come out and purchase a Mother's Day gift to support the this and future events at the center.

## NOMINATE

### ELECTION OF DIRECTORS

Please consider becoming a member of the Board of Directors for FRIENDS. FRIENDS is non-profit corporation that provides the WSC with financial support by raising money for programs not funded by the county budget. They meet the second Wednesday of each month at 1:00 pm.  
 Nomination forms available May 5 @ the front desk.  
 The closing date for nominations is Friday, May 23, 2025.

# 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\***



**Mission Statement:**

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

- 1**  
9:30 Bible Study  
10:30 Ceramics / Meditation  
**11:00 Karaoke**  
12:00 Double Deck Pinochle  
12:30 Kentucky Derby Hat Contest  
1:00 Chinese Singing / Bid Whist  
1:15 Line Dancing  
2:00 English Dancing  
3:00 Rummikub/Skip-bo

- 2**  
**10:00 Balance For Wellness**  
12:00 Double Deck Pinochle  
1:00 Quilting  
1:00 Scarlett Sophisticates  
3:00 Rummikub

**Pork Chop**

**Fish Taco / No Salad**

- 5**  
9:00 Woodcarving  
9:30 Chair Yoga  
10:00 Euchre  
**10:30 Bingo**  
10:00 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 Wings**

- 6**  
9:30 Shanghai  
10:00 Gospel Singing  
**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

**Beef Lasagna—No Salad**

- 7**  
**Mother's Day Sale**  
9:30 Self-Guided Brain Puzzles  
10:00 Chinese Bible Study  
10:15 Scrabble  
**10:30 Bingo**  
10:30 Ceramics  
12:00 Double Deck Pinochle  
1:00 Self-Guided Sudoku

**Brunch**

- 8**  
**9:30 Leesylvania State Park**  
9:30 Bible Study  
**10:30 Cinco De Mayo Fiesta**  
**10:30 Mother's Day Craft**  
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

**Mexican Chicken Salad  
No Chef Salads**

**9**  
**Center Closed  
Older  
American's  
Month  
Celebration**

- 12**  
9:00 Woodcarving  
9:30 Chair Yoga  
10:00 Euchre  
**10:30 APS Bingo**  
10:00 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

**Sweet and Sour Nuggets**

- 13**  
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

**Stuffed Shells —No Salad**

- 14**  
9:30 Self-Guided Brain Puzzles  
10:00 Chinese Bible Study  
10:30 Bingo  
10:15 Scrabble  
10:30 Ceramics  
**10:30 Dainty Daisy Spring Craft**  
12:00 Double Deck Pinochle  
**1:00 Friends Meeting**  
1:00 Self-Guided Sudoku

**Cod**

- 15**  
9:30 Bible Study  
**9:30 Leesylvania State Park**  
**10:00 PWC Historic Preservation**  
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

**Mushroom Swiss Burger**

- 16**  
**10:30 Mother's Day Lunch**  
12:00 Double Deck Pinochle  
**12:30 PWC Library**  
1:00 Quilting  
1:00 Scarlett Sophisticates  
3:00 Rummikub

**Chicken Alfredo / No Salad**

- 19**  
9:00 Woodcarving  
9:30 Chair Yoga  
10:00 Euchre  
**10:30 Bingo**  
10:00 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

**Roast Beef Sandwich**

- 20**  
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

**Veggie Cheese Pizza  
No Salad**

- 21**  
9:30 Self-Guided Brain Puzzles  
10:00 Chinese Bible Study  
10:15 Scrabble  
**10:30 Bingo**  
10:30 Ceramics  
12:00 Double Deck Pinochle  
1:00 Self-Guided Sudoku

**Ham and Beans**

- 22**  
**9:30 Movie**  
9:30 Bible Study  
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

**Chicken Tenders**

- 23**  
**10:30 Memorial Day Celebration**  
**11:50 Birthday Recognition**  
12:00 Double Deck Pinochle  
1:00 Quilting  
**1:00 PWC Library**  
3:00 Rummikub

**Chili Dog**

**26 Center Closed**

- 27**  
19:30 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

**Shrim Po Boy—No Salad**

**28**  
**Center Closed  
For  
Staff  
In-service**

- 29**  
9:30 Bible Study  
**9:30 Leesylvania State Park**  
10:30 Ceramics / Meditation  
**11:00 Karaoke**  
12:00 Double Deck Pinochle  
**12:45 Decorating Committee**  
1:00 Chinese Singing / Bis Whist  
1:15 Line Dancing  
2:00 English Dancing  
3:00 Rummikub/Skip-bo

**Chicken Noodle Soup**

- 30**  
**10:30 National Theatre**  
12:00 Double Deck Pinochle  
1:00 Quilting  
1:00 Scarlett Sophisticates  
3:00 Rummikub

**Beef Stroganoff**