

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

APRIL 2025



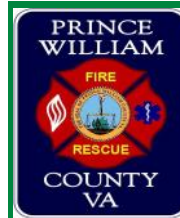
SPRING CELEBRATION

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 Tiphany 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

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

HEALTH & WELLNESS

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

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 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

For more information about our programs and services, call 703-792-6374, or email 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 Celebration

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 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 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.

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