

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

MAY 2025



OLDER AMERICANS MONTH CELEBRATION

Friday, May 9, 2025

10:00 a.m. to 2:00 p.m.

Camp William B. Snyder

6100 Antioch Rd, Haymarket, VA 20169

Join us for a day of fun, good food, and music.

There will be dancing, outdoor games, a scavenger hunt, and our annual fitness walk.

Registration is required.

Call to register 703-792-7151.

Starting on April 18 and no later than May 2.



CINCO DE MAYO FIESTA

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

Join us for a Fiesta with live music from Charlie Lopez to celebrate Cinco de Mayo! Please sign up at the front desk to reserve your seat. Sign up for lunch by 10:30 a.m.



MOTHER'S DAY LUNCHEON

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

Please join us in celebrating all of the wonderful mothers with a performance by the Wind Quintet. Sign up in the book at the front desk to reserve your seat. Sign up for lunch by 10:30 a.m.



LOCAL BATTLEFIELD HISTORY

Monday, May 19, 11:00 a.m.

Come to this presentation to learn about local battlefield history in Prince William County. Sign up in the book at the front desk to reserve your seat.



ACTING CLASS PERFORMANCE

Friday, May 30, 12:30 p.m.

Please join the Manassas Senior Center acting group as they perform fun and hilarious skits that are guaranteed to make you laugh. Sign up at the front desk. Sign up for lunch by 10:30 a.m.

Upcoming EVENTS

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

April topics are **Money Smart Financial Scams, Internet Basics, Get Stuff Done on the Web, and Bring Your Technology Questions**. Each class is limited to 5.

LEGAL SERVICES OF NORTHERN VIRGINIA

Monday, May 5, 11:00 a.m.

Join Legal Services for an informative presentation to learn about wills and to get general legal questions answered. Please sign up at the front desk to reserve your seat.

MOBILE LIBRARY

The Mobile Library is cancelled for May, but will pick back up in June with a new time of 12:30 p.m.

INTRO TO LINE DANCING PERFORMANCE

Wednesday, May 21, 12:30 p.m.

Join the Intro to Line Dance group in the dining room for this special performance in honor of Older Americans' Month.

HAPPY HOOFERS PERFORMANCE

Thursday, May 22, 12:30 p.m.

Please join the Happy Hoofers in the dining room following lunch as they perform a couple of numbers for Older Americans' Month.

APS BINGO

Tuesday, May 27, 12:30 p.m.

Join the Prince William County Department of Social Services as they host bingo in honor of Adult Abuse Prevention Month.

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

BALANCE FOR WELLNESS

Thursday, May 8, 10:00 a.m. - 2:00 p.m.

George Mason University Kinesiology professor, Tiphonie Raffegeau, will be hosting this balance for wellness event. You will have the opportunity to participate in various fall and cognitive assessments. An informational flyer will be posted regarding how to register.

NUTRITION CLASS WITH SABA

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

May topics: Vitamins & Minerals, Sugar be Savvy, A Diabetic Diet, Meal Planning, and Nutrition Facts and What to Look for. 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.

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, May 7, at 1:00 p.m. The briefing will be on May 14 at 12:15 p.m. All are welcome.

There will be a Mother's Day Jewelry sale on May 5, 10:00-12:00 and May 6, 11:00-12:00

The birthday celebration will be at 12:30 p.m. on May 14. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, May 14 at 1:00 p.m. in the dining room.

A Memorial Day dance party is scheduled for Wednesday, May 21 at 1:00 p.m. in the dining room.

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

A new member Meet & Greet is scheduled for Thursday, May 15 at 10:00 a.m. in the card room.

Scholarship applications are due no later than 4:30 p.m. on May 15.

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

FATHER'S DAY LUNCHEON

Monday, June 16, 12:30 p.m.

CLOSED FOR JUNETEENTH

Thursday, June 19

JULY FOURTH CELEBRATION

Friday, June 27, 12:30 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.

MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Our Mission Statement: To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and quality of life.</p>		<p>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.</p> <p>Reminder: Lunch is served at noon daily unless otherwise stated.</p>		<p>1 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 (Conf. Rm)</p>	<p>2 9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm) 12:00 Music With Ted (Dining Rm) 1:00 Acting Class (Fitness Rm 1) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p>
		Fish Soft Taco		Swedish Meatballs	
<p>5 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (On Hold) 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 Legal Services Wills Presentation (Dining Room) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) Mother's Day Jewelry Sale 10:00 — 12:00</p>	<p>6 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 (Cancelled) 12:30 Bingo (Dining Rm) 11:00 Cinco De Mayo Fiesta (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2) Mother's Day Jewelry Sale 10:00 — 12:00</p>	<p>7 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)</p>	<p>8 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)</p> <p style="text-align: center;">Balance for Wellness Event 10:00 a.m.-2:00 p.m.</p>	<p>9</p> <p style="text-align: center; color: green; font-size: 1.2em;">Closed Older Americans' Month Celebration</p>	
Baked Salmon	Chicken Enchilada	Open Face Roast Beef Sandwich	Spinach & Cheese Ravioli		
<p>12 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (On Hold) 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 Mother's Day Luncheon (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>13 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)</p>	<p>14 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)</p>	<p>15 10:00 Self-Guided Adult Coloring (Open) 10:00 Friends Meet & Greet (Card Rm) 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)</p> <p style="text-align: center;">Friends Scholarship Applications due by 4:30 p.m.</p>	<p>16 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) 2:30 Euchre (Classroom)</p>	
Baked Tilapia	Cheese Pizza	Hot Dog	White Chicken Chili	Chicken a la King	
<p>19 9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (On Hold) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Local Battlefield History (Dining Rm) 11:00 Karaoke with Anthony (Cancelled) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>20 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)</p>	<p>21 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) 12:30 Intro to Line Dance Performance (Dining Rm) 1:00 Friends Dance Party (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>22 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 12:30 Mahjong (Card Rm) 12:30 Happy Hoofers Performance (Dining Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta (Conf. Rm)</p>	<p>23 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) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p>	
Salisbury Steak	Cabbage Roll	Fish Sandwich	Taco Salad	Stuffed Shells	
<p>26</p> <p style="text-align: center; color: blue; font-size: 1.2em;">Closed Memorial Day</p>	<p>27 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 APS Bingo (Dining Rm) 1:00 Bridge (Classroom) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>28</p> <p style="text-align: center; color: blue; font-size: 1.2em;">Closed Staff In-Service Day</p>	<p>29 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)</p>	<p>30 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) 12:30 Acting Class Performance (Dining Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p>	
Meatball Sub	Meatball Sub	Meatball Sub	BLT	Crab Cake	