

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters

703-792-5081

FEBRUARY 2024

Prince William Senior Center WOODBIDGE



Black History Month Presentations

Wednesday, Feb 7, 12:45 p.m.
Female African American Inventors
Thursday, Feb 22, 12:45 p.m.
Male African American Inventors
Thursday, Feb 29, 12:45 p.m.



Dance Your Heart Out Performance

Our very own line dancers will entertain you. In a dance for your heart performance.
Tuesday, February 13, 12:30 p.m.



Chinese New Year Performance

Thursday, February 15, 10:00 a.m.
Please join us for several activities and a performance by our Chinese Dancers



Prince William County Library Presentation

Friday, February 16, 12:30 p.m.
Come out and learn some local Black History Month information. Presentation will be done in the multipurpose room, immediately following lunch.

Valentine's Day Celebration
With Ron Howard
Friday, February 9,
10:30 a.m.

Come out and listen to your favorite songs and move to the beat with Ron Howard. Sign up seating is limited. No morning activities or salad will be offered.

National Wear Red Day

February 2, 2024

Wear red to support American Heart Association

Angel and the Band

Friday, February 2

Friday, February 16

Upcoming EVENTS



Glass Etching

February 7, 10:00 a.m.

Learn the art of chemical glass etching.

Sign up now, space is limited.

Cost \$5.00

Superbowl Lunch, Presentation and Trivia

Thursday, February 8, 12:00 p.m.

Grab your trivia at the front desk when you walk in.

Enjoy a "SUPER" lunch followed by a presentation on Superbowl history and the answer to the trivia.

February Birthday Recognition

Friday, February 16, 11:50 a.m.

Karaoke

Thursday, February 8, 11:00 a.m.

Wednesday, February 21, 12:45 p.m.

There is always fun, laughter and nostalgia whenever you sing your favorite songs. Karaoke can be sung by yourself or with a group. Join us to have fun.

Jeopardy

Thursday, February 1, 11:00 a.m.

Wednesday, February 14, 12:45 p.m.

"This is Jeopardy" Come out and test your knowledge.

Musician of the Month: Woman in Jazz

Friday, February 23, 11:00 a.m.

Come out and hear some good jazz music while learning the history of woman in jazz.

Notice for Inclement Weather and Closings.

If Prince William County Schools or Government are closed, Senior Center will be closed. No transportation or Meals on Wheels delivery. If there is a 2-hour delay the Senior Center will be open without transportation.

ACTIVITIES GUIDE

HEALTH & WELLNESS

LEARNING ACTIVITIES

Art Class (Drawing & Painting)	M	1:00 pm	Free
Bible Study	TH	10:00 am	Free
Ceramics	W & TH	10:30 am	Varies
Chinese Bible Study	M	1:00 pm	Free
Chinese Singing/ Dancing	F	11:00 am	Free
Gospel Singing	T	10:00 am	Free
Quilting	F	1:00 pm	Free
Woodcarving	M	9:00 am	Free



**Weekly Nutrition Class
on Tuesdays in Craft room- unless noted*
*Sign up at front desk***

**Join us to learn about the latest in
nutrition research.**

****February 6, Heart Health Presentation in the
dining room at 12:30 p.m.****

February 13, Blood Pressure, 11:00 a.m.

February 20, Cholesterol , 11:00 a.m.

***February 27, Potassium for Heart Healthy,
11:00 a.m.***

**Individual Nutrition Counseling is
available with Nutritionist, Saba Barkneh
call 703-792-7153 or email sbarkneh@pwcgov.org
to schedule your appointment.**

FITNESS AND HEALTH ACTIVITIES

Open Exercise	Daily	9:00am-4:30pm	Free
Line Dancing	T & TH	1:00 pm	Free
English 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	F	9:15 am	Free

FUN ACTIVITIES

Angel and the Band	F (Most)	10:00 am	Free
Bid Whist	T & TH	11:00 am	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	10:16 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

Saving Claire Documentary Screening and Discussion Panel

@ Woodbridge Senior Center

Friday, February 23, 1:00 p.m.-2:15 p.m.

Join us for the telling of Claire's journey, a cautionary tale that shows what happens when we ignore risk and deny the need to make changes.

Screening followed by a discussion panel of local subject matter experts.

(Presented by Marymount University, Northern Virginia Falls Prevention Alliance)

A Matter of Balance February Workshop at Sentara Northern Virginia Medical Center

Tuesdays and Fridays- 10:00-12:00

February 6, 9,13, 16, 20, 23, 27, and March 1

This 16-hour award-winning program designed for adults 60 and older to manage concerns about falls, improve self-efficacy and increase activity levels. Emphasizes cognitive restructuring and practical strategies to manage and view falls as controllable.

SPACE is LIMITED

To register for these FREE programs, please contact:
Kathleen Wiley, Program Coordinator
Call 571-241-3925 or email kwiley@pwcgov.org

For more information about our programs services, call 703-792-6374, or email 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, February 14, 2024 @ 1:00 p.m.
All are welcome to attend this meeting.

RECOGNITION CORNER *Thank you!*

Volunteer of the Month for December was awarded to Retha Davis volunteer at the center. Retha works the Café as well as being a member of the Friends board. Thank you to Retha and all the Volunteers for your hard work and dedication to making our center a great place to come!

Senior Center Technology Training Classes held in the conference room Seating is limited

February 6, 10:30 a.m.

Learn to use an iPhone, calling using Siri, contacts, and texting, Facetime, creating an email account, using email and all about apps.

February 20, 10:30 a.m.

Learn to use an Android Phone
Calling using Google assistance, contacts, and
texting, emails, and all about apps.

FRIENDS will send a card in the case of an illness, hospitalization and upon notification of the passing of an immediate family member.

Please see Elaine Bedard



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

Senior Link: Provides daily reassurance calls to those who need reminders/wellness check (703) 368-4141

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

Agency Director	Sarah Henry
Deputy Director	Josh Lee
Division Manager	Ed Harrison
Site Manager	Kathy Ambrose
Adm. Coordinator	Angelina D. Reynolds
Driver/Trans Org	Kim Reynolds
Wellness & Fit. Coord.	Cory Cox
Nutritionist	Saba Barkneh
Lead Cook	Chris Bohn
Cook	Wendy Arca-Moore
Evidenced-Base Coord.	Kathleen Wiley

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
10:00 Bible Study
10:30 Ceramics
10:30 Meditation
11:00 Jeopardy
11:00 Bid Whist
12:00 Double Deck Pinochle
1:00 Line Dancing
2:15 English Dancing
3:00 Rummikub/Skip-bo

2 National Wear Red Day
9:15 Chair Yoga
10:30 Angel and the Band
11:00 Chinese Singing/Dance
12:00 Double Deck Pinochle
1:00 Quilting

Pork Chop

Chicken Noodle

5
9:00 Woodcarving
10:00 Euchre
10:30 Bingo
12:00 Double Deck Pinochle
12:30 Dominos
12:45 Weight Management (must have preregistered)
1:00 Canasta / Pinochle
1:00 Chinese Bible Study
1:00 Art class

Spinach & Cheese Ravioli

6 HEART HEALTHY
9:30 Shanghai
10:00 Gospel Singing
10:30 Technology Training
11:00 Zumba / Bid Whist
12:00 Double Deck Pinochle
12:30 Heart Health Presentation
1:00 Line Dancing
1:00 Chess
2:15 English Dancing
3:00 Rummikub/Skip-bo
Baked Salmon

Cheeseburger

7
10:15 Scrabble
10:30 Ceramics
10:30 Bingo
12:00 Double Deck Pinochle
12:45 Black History Presentation

8
10:00 Bible Study
10:30 Ceramics
10:30 Meditation
11:00 Bid Whist
11:00 Karaoke
12:00 Double Deck Pinochle
12:00 Superbowl Presentation
1:00 Line Dancing
2:15 English Dancing
3:00 Rummikub/Skip-bo

Chicken Wings

9
9:15 Chair Yoga
10:30 Valentine's Day Party
11:00 Chinese Singing/Dance
12:00 Double Deck Pinochle
1:00 Scarlett Sophisticates
1:00 Quilting

Chicken Parmesan
No Salad

12
9:00 Woodcarving
10:00 Euchre
10:30 Bingo
12:00 Double Deck Pinochle
12:30 Dominos
12:45 Weight Management (must have preregistered)
1:00 Canasta / Pinochle
1:00 Chinese Bible Study
1:00 Art class

Vegetarian Lasagna

13
9:30 Shanghai
10:00 Gospel Singing
11:00 Zumba / Bid Whist
11:00 Nutrition Class
12:00 Double Deck Pinochle
12:30 **Dance for your Heart**
1:00 Chess
1:00 Line Dancing
2:15 English Dancing
3:00 Rummikub/Skip-bo

Meatloaf
No Salad

14 Happy Valentine's Day
10:15 Scrabble
10:30 Ceramics
10:30 Bingo
12:00 Double Deck Pinochle
12:45 Jeopardy
1:00 FRIENDS MEETING

Baked Ham w/ Pineapple

15
10:00 Bible Study
10:00 Chinese New Year
10:30 Ceramics
10:30 Meditation
11:00 Bid Whist
12:00 Double Deck Pinochle
1:00 Line Dancing
2:15 English Dancing
3:00 Rummikub/Skip-bo

Asian Chicken
No Salad

16
9:15 Chair Yoga
10:30 Angel and the Band
11:00 Chinese Singing/Dance
11:50 Birthday Recognition
12:00 Double Deck Pinochle
12:30 Library Presentation
1:00 Quilting

Baked Lemon Herb Cob

19
9:00 Woodcarving
10:00 Euchre
10:30 Bingo
12:00 Double Deck Pinochle
12:30 Dominos
12:45 Weight Management (must have preregistered)
1:00 Canasta / Pinochle
1:00 Chinese Bible Study
1:00 Art Class

Macaroni Cheese

20
9:30 Shanghai
10:00 Gospel Singing
10:30 Technology Training
11:00 Nutrition Class
11:00 Zumba /Bid Whist
12:00 Double Deck Pinochle
1:00 Chess
1:00 Line Dancing
2:15 English Dancing
3:00 Rummikub/Skip-bo

Chili Dog/Beef
No Salad

21
10:15 Scrabble
10:30 Bingo
10:30 Ceramics
12:00 Double Deck Pinochle
12:45 Karaoke

Oven Fried Chicken

22
10:00 Bible Study
10:30 Ceramics
10:30 Meditation
11:00 Bid Whist
12:00 Double Deck Pinochle
12:45 Black History Presentation
1:00 Line Dancing
2:15 English Dancing
3:00 Rummikub/Skip-bo

Herb Tilapia

23
9:15 Chair Yoga
11:00 Musician of the Month
11:00 Chinese Singing/Dance
12:00 Double Deck Pinochle
1:00 Scarlett Sophisticates
1:00 Quilting
1:00 Saving Claire

Stuffed Cabbage Roll

26
9:00 Woodcarving
10:00 Euchre
10:30 Bingo
12:00 Double Deck Pinochle
12:30 Dominos
1:00 Canasta / Pinochle
1:00 Chinese Bible Study
1:00 Art Class

Eggplant Parmesan

27
9:30 Shanghai
10:00 Gospel Singing
11:00 Zumba / Bid Whist
11:00 Nutrition Class
12:00 Double Deck Pinochle
1:00 Line Dancing
1:00 Chess
2:15 English Dancing
3:00 Rummikub/Skip-bo

Chicken Alfredo
No Salad

28
**Center
Closed
Staff
In-service**

29
10:00 Bible Study
10:30 Ceramics
10:30 Meditation
11:00 Bid Whist
12:00 Double Deck Pinochle
12:45 Black History Presentation
1:00 Line Dancing
2:15 English Dancing
3:00 Rummikub/Skip-bo

Sirloin Beef Tips

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