

PRINCE WILLIAM

Area Agency on Aging

pwcgov.org/seniorcenters

703-792-5081

Prince William Senior Center

WOODBIDGE

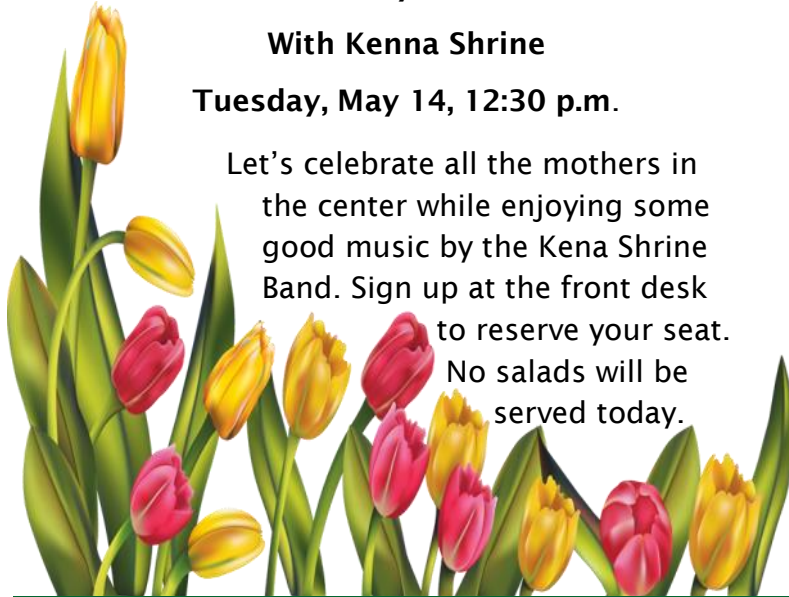
MAY 2024

Mother's Day Celebration

With Kenna Shrine

Tuesday, May 14, 12:30 p.m.

Let's celebrate all the mothers in the center while enjoying some good music by the Kena Shrine Band. Sign up at the front desk to reserve your seat. No salads will be served today.



OLDER AMERICANS MONTH CELEBRATION
Friday, May 10 at 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.
Registration Required no later than May 6th.



Feliz Cinco de Mayo
Monday, May 6 at 10:30 a.m.

Join us celebrating Cinco De Mayo with Charlie Lopez, a local talent who enjoys performing at senior living communities and senior centers. Sign-up at the front desk. No salads today.



Prince William County Library
Craft Q-tip Tree and Shrubbery Painting
Friday, May 17 at 12:30 p.m.
PWC Library Mobile Van
Friday, May 17 at 1:30 p.m.
DVD and Books for check-out or returning



Adult Protective Services Bingo
Wednesday, May 22 at 12:30 p.m.
APS will give us some important information to keep our seniors safe while having some fun playing Bingo. All for Free.

Upcoming EVENTS

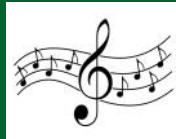
Solitaire
Wednesday, May 1 at 12:45 p.m.
So, you think you know how to play Solitaire?
Come out and learn 2,3, and 4-hand Solitaire.

Angel and The Band
Friday, May 3 at 10:30 a.m.
Friday, May 17 at 10:30 a.m.
Friday, May 31 at 10:30 a.m.

Kentucky Derby Day
Friday, May 3 at 10:00 a.m.
Wear your best hat and/or gloves to the center today.
"Talk Derby to Me" Trivia at 12:30 p.m.

Pretty in Pink & Pearls
Wednesday, May 8 at 12:45 p.m.
Let's make some pearl jewelry for Mother's Day.
Seating is limited. Sign up at the front desk.

National Theater Presents: Frank Plummer
Thursday, May 9 at 10:30 a.m.
Frank is an accomplished pianist, accordionist and vocalist with a passion for all styles of music.



Leesylvania State Park
Tuesday, May 14 at 9:30 a.m.
Come learn as they discuss Turtles and "Shell Support."

Law Day Presentation
Wednesday, May 15 at 12:30 p.m.
The topic for this month will be Estate Planning

Rippon Lodge Historic Site
Thursday, May 16 at 11:00 a.m.
Come out and learn the history of Rippon Lodge.

May Birthday Recognition
Friday, May 17 at 11:50 a.m.

Glass Etching
Wednesday, May 22 at 10:00 a.m.
Learn how to etch glass. The class limited to 10 participants.
Sign up at the front desk. \$5.00 per person to be paid at class.

Karaoke
Thursday, May 23 at 11:00 a.m.
Come out and join us as they continue the centers Karaoke experience. Sign up to sing your favorite song to the group.

Bagpiper Music
Friday, May 24 at 10:30 p.m.
Enjoy listening to one of the oldest reed instruments played by bagpiper Kevin Donnelly.

Black Board Craft
Tuesday, May 28 at 12:45 p.m.
Come out and decorate black boards with Theresa. Seating is limited. Sign up at the front desk.

Autism Foundation Presentation
Thursday, May 30 at 10:30 a.m.

ACTIVITIES GUIDE

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 & W	1:00 pm	Free
Chinese Crafts	F	11:00 am	Free
Chinese Dancing	F	11:00 am	Free
Gospel Singing	T	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
Chair Yoga	M F (virtual)	9:30 am 9:15 am	Free 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	10:15 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

Tuesdays, 11:00 a.m.

Sign up at the front desk

Join us to learn about the latest in nutrition research.

May 7 - Antioxidant

May 14 - Optimizing Whole-Body Nutrition

May 21 - Late-Onset Food Allergies

May 28 - Cranberries and UTI Prevention

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

Senior & WIC Farmers' Market Nutrition Program (S/FMNP)

Scan the code below for an application.



Paper application available at the center.

Senior Center Technology Training Classes

held in the conference room-

Seating is limited

May 14, 10:30 a.m. Using Your iPad

Transfer settings from a previous device, connect to the internet, privacy settings, and update. Apple Pay, use Siri, navigate the tablet, lock, unlock, and turn off the iPad.

May 28, 10:30 a.m. Using your Android Tablet

Connection to the internet, creating/accessing your Google Account, using the Google assistant and Google services, price settings, navigating your Android tablet, locking/unlocking, turning your Android tablet off.

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, May 8, 2024 at 1:00 p.m.
 All are welcome to attend this meeting.

RECOGNITION CORNER

Thank you!

Volunteer of the Month for March was awarded to
 Deepak Kapoor. Thank you to all the volunteers who
 help make this a great place to be!



ELECTION OF DIRECTORS

Please consider becoming a member of the
 FRIENDS Board of Directors. FRIENDS is a non-
 profit corporation that provides the WSC with
 financial support by raising money for
 programs not funded by the county budget.
 They meet on the second Wednesday of each
 month at 1:00 pm.

Nomination forms will be available at the front desk
 Wednesday, May 8, 2024 - Friday, May 26, 2024 at 12 p.m.

Friends Purse and Accessories Sale.

May 7, 10 a.m. to Noon and 1 p.m. to 3 p.m.
 "Never underestimate the power of a good purse."
 Come out and support the Friends groups by
 purchasing a purse or accessory before the
 Mother's Day Weekend.
 All proceeds go to future events at the center.



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

Site Manager	Kathy Ambrose
Admin Coordinator	Angelina D. Reynolds
Driver/Trans Org	Kim Reynolds
Wellness & Fitness Coordinator	Vacant
Nutritionist	Saba Barkneh
Lead Cook	Chris Bohn
Cook	Wendy Arca-Moore
Evidenced Based Coordinator	Kathleen Wiley



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


Please see Elaine Bedard

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.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE

Accredited by  National Institute of Senior Centers


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

1 10:15 Scrabble 10:30 Bingo 12:00 Double Deck Pinochle 12:45 Solitaire 1:00 Chinese Bible Study	2 10:00 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 Bid Whist 12:00 Double Deck Pinochle 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo	3 9:15 Chair Yoga- virtual 10:00 Kentucky Derby Day 10:30 Angel and the Band 11:00 Chinese Crafts 11:00 Chinese Dancing 12:00 Double Deck Pinochle 12:30 Derby Trivia 1:00 Quilting
Stuffed Cabbage Roll w/ Beef	Herb Tilapia	Baked Chicken No Salad

6 9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Cinco De Mayo 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Chinese Bible Study 1:00 Art class /Guitar Lesson 1:15 Line Dancing Chicken Soft Tacos No Salad	7 Friends Purse Sale 9:30 Shanghai 10:00 Gospel Singing 11:00 Zumba / Bid Whist 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:00 Chess 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Eggplant Parmesan No Salad	8 10:15 Scrabble 10:30 Bingo 1030 Ceramics 12:00 Double Deck Pinochle 12:45 Pretty in Pink & Pearls 1:00 FRIENDS MEETING 1:00 Chinese Bible Study Crab Cake	9 10:00 Bible Study 10:30 National Theater 10:30 Ceramics 10:30 Meditation 11:00 Bid Whist 12:00 Double Deck Pinochle 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Sirloin Beef Tips	10 Center Closed Older Americans Annual Celebration  POWERED BY CONNECTION: MAY 2024
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13 9:00 Woodcarving 9:30 Chair Yoga 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 /Guitar Lesson 1:15 Line Dancing Pulled Pork Sandwich	14 9:30 Leesylvania Park 10:30 Technology Class 11:00 Zumba / Bid Whist 11:00 Nutrition Class 12:00 Double Deck Pinochle 12:30 Mother's Day Celebration 1:00 Chess 2:00 English Dancing 3:00 Rummikub/Skip-bo Chicken Cordon Blue No Salad	15 10:15 Scrabble 10:30 Ceramics 10:30 Bingo 12:00 Double Deck Pinochle 12:30 Law Day Presentation 1:00 Chinese Bible Study Chicken Sandwich	16 10:00 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 Rippon Lodge 11:00 Bid Whist 12:00 Double Deck Pinochle 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Swedish Meatballs	17 9:15 Chair Yoga- virtual 10:30 Angel and the Band 11:00 Chinese Crafts 11:00 Chinese Dancing 11:50 Birthday Recognition 12:00 Double Deck Pinochle 12:30 Library Craft 1:30 PWC Library Bus 2:00 Quilting Tuna Salad Plat
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20 9:00 Woodcarving 9:30 Chair Yoga 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 1:00 Guitar Lessons 1:15 Line Dancing Chicken & Dumplings	21 9:30 Shanghai 10:00 Gospel Singing 11:00 Nutrition Class 11:00 Zumba /Bid Whist 12:00 Double Deck Pinochle 1:00 Chess 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Red Snapper No Salad	22 10:00 Glass Etching 10:15 Scrabble 10:30 Bingo 12:00 Double Deck Pinochle 12:30 APS- Bingo 1:00 Chinese Bible Study Pork Chop	23 10:00 Bible Study 10:30 Ceramics 10:30 Meditation 11:00 Bid Whist 11:00 Karaoke 12:00 Double Deck Pinochle 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Baked Salmon	24 9:15 Chair Yoga- virtual 10:30 Bag Piper 11:00 Chinese Crafts 11:00 Chinese Dancing 12:00 Double Deck Pinochle 1:00 Scarlett Sophisticates 1:00 Quilting Spaghetti & Meat sauce
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27 Center Closed 	28 9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Bid Whist 11:00 Nutrition Class 12:00 Double Deck Pinochle 12:45 Black Board craft 1:00 Chess 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Spinach Quiche / No Salad	29 Center Closed Staff In-service	30 10:00 Bible Study 10:30 Ceramics 10:30 Autism Foundation 10:30 Meditation 11:00 Bid Whist 12:00 Double Deck Pinochle 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo Beef Lasagna	31 9:15 Chair Yoga- virtual 10:30 Angel and the Band 11:00 Chinese Crafts 11:00 Chinese Dancing 12:00 Double Deck Pinochle 1:00 Scarlett Sophisticates 1:00 Quilting Trout
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