



Prince William Senior Center at Woodbridge
 13850 Church Hill Drive, Woodbridge, VA 22191-2165
A Program of the Prince William Area Agency on Aging
 703-792-5081
www.pwcgov.org/aoa
 OCTOBER 2009

Vol. XXVII
 Number 10

Hours of Operation:
 9 a.m. – 4:30 p.m.
 Monday – Friday



*Friends of the Prince
 William Senior Center at
 Woodbridge, Inc.*

*A non-profit 501(c)(3)
 corporation*

Staff
 Kathy Lee- Meredith
 Manager

*Kathleen Ambrose
 Program Assistant*

*Sharon Clark, RN
 Public Health Nurse*

*Bernice Babb
 Lead Cook*

*Anna Smith
 Title V*

Officer-Directors

*Juanita Whitt, President
 Doris Bodwin, Vice President
 Nancy Holland, Secretary
 Lana Tobey, Treasurer*

Directors

*Iris Hodges
 Al Lammers
 Billie Nichols
 Patricia Prochnow
 Sal Smeraglino
 Shirley Van Ess
 Leon Washington,
 Parliamentarian
 Joyce Wilson*

**ANNUAL
 BAZAAR
 AND
 RUMMAGE
 SALE
 SATURDAY,
 OCTOBER
 17th
 7 a.m. – 1 p.m.**

Our Next Friends
 Meeting is scheduled for
 Wednesday,
 October 14, 2009
 1 p.m.





**ANNUAL RUMMAGE SALE &
BAZAAR**
Saturday, October 17
7 a.m. – 1 p.m.

Join the Friends of the Senior Center in Woodbridge as they host the annual Rummage Sale and Bazaar. Beginning at 7 a.m., the Friends will open the doors for everyone to come rushing in to find special treasures. There’s always all sorts of things that you don’t even know that you need, available at great prices! In addition to the “treasures”, you’ll find handmade crafts in a wide variety.

After you shop, enjoy breakfast, prepared by volunteers of the senior center. Breakfast is always good and plentiful, so be sure not to have much before you head out this morning!

*PLEASE NOTE: The card room will not be scheduled for any activities the week of October 13th through the 16th while we collect, store and price items for the rummage sale portion of our bazaar. Find another spot to play cards, or cancel this week! We appreciate your cooperation and understanding!

HOW TO USE A PEDOMETER
Tuesday, October 13
11:00 a.m.
Sign up required – limit 10 people

Those who are interested in learning how to calibrate a pedometer to show the number of miles walked will want to join us. We will provide pedometers and go through the steps of setting it correctly. Reserve your spot today, as space is limited.


ARE YOU MEDICINE SMART?
Tuesday, October 20th
11:00 a.m.
Presenter – Sharon Clark, RN, MS

Come learn 10 important keys to becoming “medicine smart.” Our discussion will include questions to ask your pharmacist, how to properly dispose of medicines, how medicines interact with each other, over-the-counter medicines, and much more.

“Things That Go Bump In The Night”
Tuesday, October 27
11:00 a.m.

Presenter – Vicki Graham, Director, ACTS Helpline

Come for a lively discussion on how to boost resiliency and decrease the hobgoblins of worry, fear, and anxiety. Vicki will share ideas on coping skills and resources when difficulties arise.

 **It’s Policy ...**

... and it’s for your Safety and Protection

You must have a doctor’s written authorization to return to the Senior Center to resume activities after a period of hospitalization.

Our new phone number is 703-792-5081, effective immediately



OKTOBERFEST
Thursday, October 8
11:00
\$2.00

It's time to go searching for your lederhosen and dirndels! It's time to celebrate German heritage – even if you aren't German! And it's time to make a reservation for a fun-filled day full of songs, and dancing. Paul Przedpelski, accordionist, will delight us with traditional songs and polks music for dancing! Enjoy a delicious German meal with brats, sauerkraut, German potato salad and a special dessert! Your \$2.00 reservation will ensure that you have a place at the table for this wonderful day of activities!

SENIOR CENTER FRIENDS
TOWN MEETING
October 19th @ 11:00

Our town meeting is a time to discuss all issues brought up and decisions agreed upon during the Friends of the Senior Center meeting on the 2nd Wednesday of every month. Come hear what's going on, and discuss new program ideas and review suggestions. See what's happening at the senior center and lend your voice!

NOVEMBER 3, 2009
GENERAL ELECTION



Don't forget to vote at the General Election on November 3, 2009. If you are unable to get to the polls or if you are 65 years or older, you can vote absentee. The deadline to request an absentee ballot to be mailed to you is October 27th (needs to be returned no later than the closing of the polls on November 3rd). You can also vote absentee in person at 3 different locations up until October 31st. For more information, visit the Registrar of Voters' website at www.pwcgov.org/vote or call their office at 703-792-6470.

Regarding Lunch

You must sign up for our weekday noon congregate lunch program. For food safety reasons, once those participants present have been served, the kitchen will be closed. No meals will be served to latecomers once the kitchen is closed. Our program is funded through the Older Americans Act, and all participants in the nutrition program must be given an opportunity to make a contribution toward the cost of the meal. All donations are voluntary and anonymous. **Below is the suggested contribution table per meal for persons 60 years or older.**

Monthly Income	Suggested Donation
Under \$300	\$1.50
\$301 - \$400	\$2.25
\$401 - \$500	\$3.00
\$501 - \$600	\$3.75
\$601 - \$700	\$4.50
\$701 - \$800	\$5.00
Over - \$800	\$5.75

Persons UNDER 60 years of age are always welcome and MUST PAY \$5.75 per meal. Please see a staff person for guests.



FLU SHOTS

Wednesday, November 4
 9:00 a.m. – 12:00 p.m.

Please sign up at the front desk or call
 (703) 792-5081

It's that time of year again! We are pleased to offer flu shots at the Senior Center. If you would like to receive a flu shot, **you must sign up in the office or call (703) 792-5081.**

Potomac Hospital Wellness Division is partnering with us to administer the flu shots.

Your best defense against the flu is to prevent it from happening in the first place. Plan to get your flu shot!

OCTOBER 17th is the ANNUAL BAZAAR & RUMMAGE SALE



HALLOWEEN PARTY
 Friday, Oct 30th at 10:30
 \$2.00

Join us for a “spooktacular” Halloween Party! The “undertaking” will begin at 10:30 when everyone starts to arrive in their Halloween costumes. Prizes will be awarded for funniest, scariest and most original. At 11:00, Mr. Magic, Bert Udovin will entertain all with his astounding magic act! Watch closely as Bert performs – he can make money out of thin air and make rabbits appear! This will be great fun! Drop in for a creepy, crawly time, and remember....for a lively time, eat, drink and be scary!

HALLOWEEN DRAWING

The Friends of the Senior Center are offering a drawing this month in keeping with a Halloween theme. Take your chances on winning one of 2 ceramic pumpkins or a ceramic ghost, filled with candy! Tickets can be purchased for \$1.00 each or 6 for \$5.00. Winners will be drawn at the end of the Halloween Party on October 30th.



OPERATION WELCOME HOME

In honor of our upcoming Veteran’s Day holiday on November 11th, we invite all to write letters of thanks to sailors, airmen, soldiers, and marines upon their return to BWI. Write a short note thanking them for their service, and the notes will be delivered in “goodie bags” that the servicemen receive. Drop your thank you notes off in the specially marked box in the lobby – we’ll make sure they get delivered!

Our Oldies But Goodies Line Dancers, directed by Ethel Gorham, will no longer be dancing Fridays at 1:00. Line Dancing will now be held Tuesdays and Thursdays @ 1:00. Come out and join us for great fun, dancing, music and a great way to exercise. All are welcome.

EXERCISE CLASSES

Lifetime Fitness I – MWF @ 9:30 a.m.

Lifetime Fitness II – T/TH @ 10:00 a.m.

Stand Tall, Don’t Fall – T/TH @ 9:15 & 12:30

Tai Chi – Wed @ 10:30 a.m.

Please stop by the front desk for further information about these exercise classes.

EXERCISE EQUIPMENT USE

We have treadmills and recumbent bikes available for exercise **anytime the fitness room is not in use for other classes.** Come exercise in a climate controlled environment!

Take Off Pounds Sensibly (TOPS) Wednesdays, 9 a.m.

TOPS encourages healthy lifestyles through weight management support groups. We welcome new members at any meeting, where a nominal fee is charged.

*PLEASE NOTE: the last Wednesday of the month when the senior center closes for in-service, TOPS meets the following day.

Please note:

The senior centers in Manassas and Woodbridge are closed on the last Wednesday of each month for staff in-service. The buildings are not open for any scheduled activities.

Our new phone number is 703-792-5081, effective immediately



Last month's only suggestion was to enlarge the new phone number posted at the senior center. It has been enlarged and hopefully is now easy for all to read! Thanks for the suggestion.

**Alzheimer's/ Caregiver Support Group
Second and fourth Tuesday nights @ 7 p.m.**

The Alzheimer's/Caregiver Support Group meets at the Woodbridge Senior Center. If you are interested in attending these meetings, please contact Emily Ruebsamen @ 703-497-0741.

**Karen's Back
Every Thursday**

Join Karen Merchant for lots of fun and singing, "Karaoke Style." You don't need to know the words; we will supply them on our large screen TV in the Multi-Purpose Room. You just provide the talent!

**The Ritzy Chix
of The Red Hat Society**

These fun women will meet for lunch @ Ruby Tuesday's on the Parkway, Wednesday, October 21st at noon. Please call Mary Shrimp @ 703-497-4064 to make a reservation.



RIDESHARING

If you would be interested in providing a ride, or need a ride, to and from the senior center, there is a rideshare notebook at the front desk. Add names and make contacts on our own. It may be a great resource for you!

**Senior Center Computer Class
on Tuesdays and Wednesdays**



Computer instructors are teaching Microsoft Software Applications, as requested, on Tuesdays, and Basic Computer Usage on Wednesdays. Please sign up at the front office if interested. You will be notified of your class date.

**SOCIAL SECURITY OUTREACH NOW
AVAILABLE**

Do you have questions about Social Security benefits? Claims representative Julio Alvarado will be here to answer questions on Friday, October 2 @ 12:30. Call the senior center at **703-792-5081** to set up an appointment. Mr. Alvarado is having office hours every other month at the Woodbridge Senior Center. Mr. Alvarado can provide information, answer questions, and provide hands-on instruction in using the Social Security Online website by having his appointments in our computer lab! He is fluent in both English and Spanish. You **must** have make an appointment.

LEGAL SERVICES

Legal Services will be October 21st @ 9:30 a.m. Ron Settle of Northern Virginia Legal Services will see clients by appointment only. Please call 703-792-5081 to schedule.



Manicures

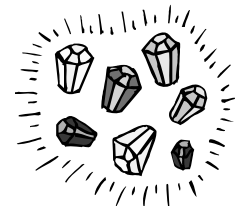
First Wednesday and third Tuesday @ 10 a.m.

Elizabeth Munzert will provide FREE Manicures (using Avon products). Appointments are first come first served.

OCTOBER 17th is the ANNUAL BAZAAR & RUMMAGE SALE



CRAFTS and SUCH



Chat and Paint Art Group and Drawing Class Mondays, 10 a.m.

We have a talented group of artists who like to come in to paint, chat about painting (and a potpourri of other topics!) and learn from each other. Please join them at 10 a.m. on Mondays. FREE. Some members have over 30 years experience in painting!

Crafters Tuesdays, 9:30 a.m.

The Crafters meet at the center on Tuesdays to work on projects and enjoy the company of other crafters.

Crocheting and Knitting Corner Wednesdays, 11 a.m.

Please let us know if you want to learn how to crochet. We have some great instructors! If you already know how to crochet and simply want to socialize while you crochet, by all means, this is the place on Wednesday mornings at 11 a.m.

Ceramics Wednesdays, 10 a.m. – 2 p.m. Thursdays, 10 a.m. – 12:30 p.m.

Come join us and just have fun!

Wood Carving Mondays, 10 a.m. – noon Wednesdays, 2 – 4:30 p.m.

Give it a try! This group makes it fun and easy for men and women! Our woodcarving sessions are geared for both experienced and new carvers.

Jewelry Making 101 Fridays, 10 a.m.

If anyone is interested in this class please see Susan Young. We have a wait list because of the number of individuals interested in this class, but there may be some openings.

Church Hill Dream Quilters Thursdays, 1 – 3 p.m.

The Quilting group is looking for more members. Please see Pat Prochnow or Dottie DiMartino. Please ask the receptionist to assist you with getting signed up for the group if Pat or Dottie is not available.

Stamping Class Mondays, 12:30 p.m.

Juanita Whitt will be teaching “The ART of STAMPING”...making your own greeting cards, note cards, gift tags and stationary.

“Hooked on Books” Book Club Second Tuesday every month at 2 pm (October 13th)

Join us and see what keeps us turning pages!



Genealogy “Take A Trip Back In Time” October 27

The group meets the last Tuesday of every month at 1:30 p.m.. Join them to learn tips on researching your family history.

CONGRATULATIONS!

Our senior Olympians really did us proud this year! Phyllis Coleman, Mike Jung, and Ernie Kraps! all won medals in the Northern Virginia Senior Olympics in table tennis! Congratulations to all!



Are you interested in playing some cards with friends? We offer a large variety of card games in the newly refreshed card room! New tables, new chairs, a really comfortable atmosphere ... just stop by and enjoy. We're always looking for new people to share our interests!

- Euchre – Mondays @ 10 a.m.
- Pinochle – Wednesdays @ 12:30 p.m.
- Bridge – Thursdays @ 12:30 p.m.
- Skip-Bo – Wednesdays @ 1:30 p.m.
- Poker (Texas Hold 'em) – M, W, F @ 12:30 p.m.



If cards aren't your thing, how about challenging others in a scrabble game, Wednesdays at 2 p.m.,

Feeling more energetic? Eugene Whitt offers instruction in **8 ball pool** every Wednesday morning from 11 a.m. to noon. With our newly covered and leveled pool table, it's a pleasure to engage in a lively game with others. And the **ping pong** players can always put new players to the test. Join them every Tuesday at 9:30 a.m. *NOTE: if both ping pong tables are in use, please don't shoot a game of pool! There just isn't enough room for all activities at the same time.

We also schedule the **Wii** interactive video games on the 63" screen in the multipurpose room every Tuesday at 10:00. Wii has proven to be a hit, and a great way to have fun — so much so that you don't even realize you're exercising!

FINALLY, if you aren't exhausted yet, the Senior Center Line Dancers meet every Tuesday & Thursday at 1 p.m. The group is led with the expertise of Ethel Gorham — they'd love to have you join!

Spanish Classes Tuesdays, 11 a.m.

Pearl McCrary teaches our conversational Spanish classes. There is no cost for these classes ... they're educational and FUN!!!

ESL (English as a Second Language) Thursdays, 11 a.m.

Audie Powell, is instructor of our ESL class. It will be our pleasure to help you improve your English skills. We hope to see you soon.

BIBLE STUDY

Our bible study class has changed times. We continue to meet every Thursday, but have moved our time to 10:30. We will continue to meet in the library, with Brother Gene Chumley, assisted by John Hahn. All are welcome to join us!



All Volunteers!

Volunteers are reminded to sign the Volunteer Book at the front desk and record your hours of volunteer service. RSVP enrollees are reminded to sign their monthly travel statements. *Thank you for giving your time and volunteering!*

Senior SmarTrip Cards

PRTC is now selling the Senior SmarTrip card, a rechargeable transit fare card specially designed for those 65 and older. The Senior SmarTrip card costs \$5.00 and can hold up to \$300 in value. Eligible seniors can purchase cards and load value at the PRTC Transit Center, 14700 Potomac Mills Road in Woodbridge, between the hours of 7:00 a.m. and 7:00 p.m., Monday through Friday. **JUST REMEMBER TO BRING PROOF OF YOUR AGE!** For additional information, please contact Christine Rodrigo, 703-580-6127.

PRINCE WILLIAM COUNTY SENIOR CENTER AT WOODBRIDGE

OCTOBER 2009, 9 AM – 4:30 PM, Monday – Friday

(THIS SCHEDULE IS SUBJECT TO CHANGE)

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday 1</i>	<i>Friday 2</i>
			9:15 Stand Tall 10:00 Ceramics 10:00 Fitness II 10:30 Bible Study 11:00 ESL 12:30 Bridge 12:30 Stand Tall 1:00 Line Dancing 1:00 Quilting <i>Seafood Delight</i>	9:30 Lifetime Fitness 10:00 Jewelry Class 10:30 Blood Pressure 10:30 -12:00 Sing-a-long w/ Angel 12:30 Social Security Outreach 1:00 Walking Club <i>Breakfast menu</i>
5 9:30 Lifetime Fitness 10:00 Computer Class 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Bingo 10:30 Yoga for Seniors 11:00 Drawing 1 1:00 Walking Club 11:30 Town Meeting 12:00 Woodbridge Women's Club mtng 12:30 Stamping w/ Juanita <i>Swedish Meatballs</i>	6 9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:00 Computer Class 10:00 Wii Bowling 11:00 Spanish 12:30 Stand Tall 1:00 Line Dancing 2:00 Book Club 7:00 Alzheimer's <i>Grilled Cheese w/ tomato soup</i>	7 9:00 TOPS 9:30 Lifetime Fitness 10:00 Beginning Computer 10:30 Tai Chi 11:00 Crochet/Knit 11:00 Pool 12:30 Pinochle 12:30 Skip-bo 12:30 Texas Hold'em 2:00 Scrabble 2:00 Woodcarving <i>Caribbean Chicken Salad Bowl</i>	8 9:15 Stand Tall 10:00 Ceramics 10:30 Karaoke w/ Karen 10:30 Bible Study 11:00 ESL 11:00 OKTOBERFEST 12:30 Bridge 12:30 Stand Tall 1:00 Line Dancing 1:00 Quilting <i>Brats w/ Sauerkraut</i>	9 9:30 Lifetime Fitness 10:00 Jewelry Class 10:30 -12:00 Sing-a-long w/ Angel 12:30 Birthday Celebration 1:00 Walking Club <i>Seafood Platter</i>
12 CENTER CLOSED COLUMBUS DAY (Card room closed this week to prepare for rummage sale on Saturday) →→→→→→→→	13 9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:00 Wii 10:00 Computer Class 10:30 Latin Music 11:00 Spanish 12:30 Stand Tall 1:00 Line Dancing 1:00 Ceramic Techniques 2:00 Hooked on Books <i>Vegetable Lasagna</i>	14 9:00 TOPS 9:30 Legal Aid 9:30 Lifetime Fitness 10:00 Beginning Computer 10:30 Tai Chi 11:00 Crochet/Knit 11:00 Pool 12:30 Pinochle 12:30 Texas Hold'em 1:00 Friends Meeting 1:30 Skip-bo 2:00 Scrabble 2:00 Woodcarving <i>Southern Fried Chicken</i>	15 9:15 Stand Tall 10:00 Nurse 10:00 Ceramics 10:30 Karaoke w/ Karen 10:30 Bible Study 11:00 ESL 12:30 Bridge 12:30 Stand Tall 1:00 Quilting 1:00 Line Dancing <i>Spaghetti w/ turkey meatballs</i>	16 9:30 Lifetime Fitness 10:00 Jewelry Class 10:30 Sing-a-long w/ Angel 1:00 Walking Club <i>Steak Um's with cheese</i> <i>Annual Rummage Sale & Bazaar tomorrow!</i>
19 9:30 Lifetime Fitness 10:00 Computer Class 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Yoga for Seniors 10:30 Bingo 11:00 Drawing 12:30 Stamping w/ Juanita 1:00 Walking Club <i>Tuna Salad Bowl</i>	20 9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:00 COA 10:00 Manicure 10:00 Wii 10:00 Computer Class 10:30 Latin Music 11:00 Spanish 11:00 Are You Medicine Smart? 12:30 Stand Tall 1:00 Line Dancing 1:00 Ceramic Techniques 7:00 Alzheimer's <i>Glazed Chicken</i>	21 9:00 TOPS 9:30 Lifetime Fitness 9:30 Legal Services 10:00 Beginning Computer 10:30 Tai Chi 11:00 Crochet/Knit 11:00 Pool 12:30 Pinochle 12:30 Texas Hold'em 1:30 Skip-bo 2:00 Scrabble 2:00 Woodcarving <i>Western Rib Eye</i>	22 9:15 Stand Tall 10:00 Ceramics 10:30 Karaoke w/ Karen 10:30 Bible Study 11:00 ESL 12:30 Bridge 12:30 Stand Tall 1:00 Quilting 1:00 Line Dancing <i>Ham Salad on Kaiser Roll</i>	23 9:30 Lifetime Fitness 10:00 Jewelry Class 10:00 Mason Dixon Porcelain Artists 10:30 Sing-a-long w/ Angel 12:30 Movie Day <i>Ye Olde Sea Dog</i>
26 9:30 Lifetime Fitness 10:00 Computer Class 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Bingo 10:30 Yoga for Seniors 11:00 Drawing 1 1:00 Walking Club 12:30 Stamping w/ Juanita <i>Deli Sandwich and Soup</i>	27 9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:00 Wii 10:00 Computer Class 10:00 C.O.A. meeting 10:30 Latin Music 11:00 Spanish 12:30 Stand 1:00 Line Dancing Tall 1:00-3:00 Ceramic Techniques <i>Fabulous Flounder Filet</i>	28 Center Closed In Service Day	29 9:15 Stand Tall 10:00 Ceramics 10:30 Karaoke w/ Karen 10:30 Bible Study 11:00 ESL 12:30 Bridge 12:30 Stand Tall 1:00 Line Dancing 1:00 Quilting <i>Chicken Patty</i>	30 9:30 Lifetime Fitness 10:00 Jewelry Class 10:00 10:30 -12:00 HALLOWEEN PARTY 1:00 Walking Club <i>Halloween Special</i>