

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

NOVEMBER 2009



Vol. XXVI
Number 11

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*

Officer-Directors

*Juanita Whitt, President
Doris Bodwin, Vice President
Patricia Prochnow,, Secretary
Lana Tobey, Treasurer
Leon Washington,
Parliamentarian*

Directors

*Iris Hodges
Al Lammers
Billie Nichols
Shirley Van Ess
Joyce Wilson*

FLU SHOTS
Wednesday, November 4
9:00 a.m. – 12:00 noon

Staff
Kathy Lee- Meredith
Manager

Kathleen Ambrose
Program Assistant

Sharon Clark, RN
Public Health Nurse

Bernice Babb
Lead Cook

Anna Smith
Title V

It's that time of year again! We are pleased to offer the seasonal flu shots at the senior center. Partnering with Potomac Hospital's Wellness Division once again, the shots will be dispensed Wednesday, November 4th. If you want to get your flu shot here at the senior center, **you must register in advance** by calling the main number (703-792-5081) or by stopping by the reception desk any day.

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



**Our next Friends
Meeting is scheduled for
Tuesday
November 10, 2009
1:30 p.m.**

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

GLUCOSE TESTING

Tuesday, November 10th
10:00 a.m. – 10:30 a.m.

In conjunction with the DIABETES BASICS seminar we will be offering **FREE** glucose testing. Be sure and take advantage of this opportunity.

DIABETES BASICS

Tuesday, November 10th
@ 10:30

Presenter – Charlene Calvin, RN

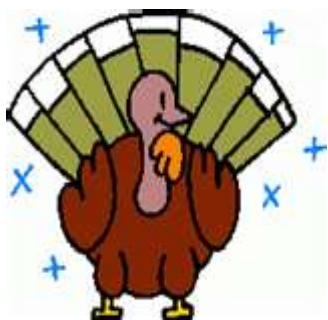
Come for a discussion of what Diabetes is all about. Learn helpful ways to control and prevent diabetes with a healthy lifestyle. Ms. Gaskins will also discuss how diabetes, blood pressure and heart disease are interrelated.

“THE TURKEYS YOU KNOW AND HAVE LEARNED TO LOVE”

Tuesday November 17th, 11:00 a.m.

Guest Speaker – Vicki Graham, Director, ACTS Helpline

Come join Vicki Graham for a lively discussion on using the holidays to enhance relationships with family and friends. The holidays can be a stressful time for some as families and friends get together, however, with a positive outlook and tips from Ms. Graham you'll be ready to enjoy the holidays.



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. No line dancing, though, the week of Thanksgiving.

EXERCISE CLASSES

Lifetime Fitness I – MWF @ 9:30 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.



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



ANNUAL THANKSGIVING DINNER

Thursday, November 19th @ 12:00
Musical entertainment: Joe Swetman
\$1.00 will hold your reservation

In honor of **Veteran's Day, November 11th**, the Friends of the Senior Center would like to invite all of our veterans to **join us for lunch on Tuesday, November 10th**. Special recognition will be given, and lunch for all veterans will be compliments of the Friends. Please sign up at the reception desk so we will be able to recognize you at the luncheon.

OPERATION WELCOME HOME

Join others in writing a note to welcome home our returning sailors, airmen, soldiers and marines upon their return to BWI. A short note thanking them for their service is all you need to do - we'll deliver the notes to Operation Welcome Home, part of the Veteran's Outreach Center. The notes will then be included in welcome bags the returning military receives. These notes of appreciation and welcome add a very personal touch to the welcome bags. No note cards? Just ask at the reception desk - we'll have some there you can pick up, write, and drop back off for us to deliver. The drop off box is in the lobby.

Thanks!

SENIOR CENTER FRIENDS TOWN MEETING November 16th @ 11:30

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!



Last month's suggestion box: "Why can't we have more evening programs?"

Answer: Due to the limited staff, we schedule more things during the day. It does not mean that there can't be evening programs. We can flex our hours of operation to accommodate a special event or entertainer, and will continue to on occasion.

You are cordially invited to join your friends for our traditional Thanksgiving dinner on Thursday, November 19th. Wonderful food will be prepared and served buffet style in the multipurpose room of the senior center. Be sure to stop at the reception desk to make your reservation early. New for this event: we will be assigning tables by number for the dinner so that everyone can be assured that they have a seat, and you won't have to "run" to save a table for you and your friends. We'll remind you as you arrive of your table assignment. Joe Swetman will provide wonderful background piano music for us, so join us in celebrating !



THANK YOU!!!

The Friends of the Senior Center wish to thank everyone for their hard work in making the annual rummage sale a great success! As we went to press, we didn't have the exact total for our profits for the day, but we do know it's right around the mid-\$700 mark. Everyone involved - whether you set up, contributed, sold, bought or cleaned up - we know we could not have done it without the cooperation of you all!

Thank you all for your assistance!

Medicare Prescription Drug Fraud

Medicare began offering prescription drug coverage January 1, 2006, when the Medicare program expanded to include outpatient prescription drug coverage. This relatively new benefit is known as the Medicare Prescription Drug Plan, or Medicare "Part D". The Annual Election Period, otherwise known as the AEP is a time during which Medicare beneficiaries can enroll in or disenroll from a prescription drug plan, switch to a different plan, and change between original Medicare Advantage Plan with prescription drug coverage. This Annual Election Period runs from **November 15 – December 31, 2009**

As Prescription Drug Plans are the newest area of Medicare, the rules and guidelines are less familiar to beneficiaries and caregivers. Unlike Original Medicare, drug coverage through Medicare Part D is offered by private health plans. Companies began marketing Part D plans in October 2005. As with any new program, this creates an opportunity for dishonest individuals to take advantage of Medicare beneficiaries. Remember to document health appointments and re-check them to your Medicare Summary Notice. Also count the number of pills in your prescription container before you leave the pharmacy. Other fraud schemes to look out for include:

- Billing for non-covered patients
- Billing for drugs not prescribed
- Billing for amounts beyond the quantity prescribed
- Billing for brand name drugs but dispensing generic drugs instead
- Billing for excess of physician's prescription
- Prescription forged by a provider or supplier
- Prescription written and signed by physician who has not treated or seen recipient
- Additional equipment/supplies added to a valid prescription

When considering potential fraud related to Prescription Drug Plans, it's important to note that CMS has very specific marketing restrictions. If you have questions about potential Medicare or Medicaid fraud, waste or error, please call the SMP Program at 1-800-938-8885.

For additional information about Medicare Plans and Medicare Prescription Part D, contact your local Virginia Insurance Counseling Assistance Program (VICAP) at 703-792-4156.

Spanish Classes are held Tuesdays @ 11 a.m.

Pearl McCrary teaches our conversational Spanish classes. There is no cost for these classes.

ESL (English as a Second Language) are held Thursdays @ 11 a.m. Audie Powell, is instructor of the class. It will be our pleasure to help you improve your English skills. We hope to see you soon.

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. In November we will be teaching the Book of Revelation. All are welcome to join us!

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.



GAME DAY! Friday, November 20th

----- to football season, we're hosting a special "Game Day" lunch and celebration on Friday, November 20th. Come dressed to salute your favorite football team, enjoy a special "Game Day" lunch, and be ready for a trivia contest (with valuable prizes!). We'll follow this up with the movie "Remember the Titans" while we enjoy some popcorn and punch.

Inclement Weather Policy

When Prince William County Schools are closed due to snow, ice and bad weather, the senior center is **CLOSED**. If county schools are delayed, we are open.

No meals are served in either the congregate nutrition program at the senior center or on our meals on wheels routes when the senior center is closed due to inclement weather.

Transportation Information

Safe Driving Class

November 17 & 18 @ 10:00

We will be having another AARP Safe Driver class in October. The class consists of 8 hours of classroom instruction. Upon completion, you may submit your certification to your insurance company. Most insurance companies offer a discount on your auto insurance upon completion of the class. Class size is limited so, if you are interested, you may sign up now at the reception desk. A check for \$12.00 (AARP members) or \$14.00 (non-members), payable to A.A.R.P. will hold your reservation for the class.

Representatives from **YELLOW CAB** will be at the senior center Nov. 4th and 19th, from 9-12 noon. They will be explaining and selling the pre-paid swipe and ride cards. The cards can be purchased with your vouchers, and give you a 25% discount on taxi rides. More value for your voucher!

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.



RIDESHARING

If you are interested in providing a ride, or if 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!

SOCIAL SECURITY OUTREACH

Do you have questions about Social Security benefits? Claims representative Julio Alvarado will be in Manassas this month to answer questions on Friday, November 6th @ 12:30. Call the senior center at **703-792-6405** to set up an appointment, either in person or by direct phone call. Mr. Alvarado is having office hours every other month at the Woodbridge Senior Center, therefore if you prefer a face to face meeting, call here @703-792-5081 for a December appointment. 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 an appointment.

LEGAL SERVICES

Legal Services will be November 18th @ 9:30 a.m. Ron Settle of Northern Virginia Legal Services will see clients by appointment only. Please call 703-792-5081 to schedule.

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.



CONGRATULATIONS ABOUND!

Last month we inadvertently left off one of our senior Olympians who did us proud this year! Shirley VanEss won the **GOLD** medal in the Northern Virginia Senior Olympics in horseshoes! Congratulations Shirley!

And to our winners in the Northern Virginia Woodcarvers: Rosi Harrison for a carving of "Mr. Bear", Joe Murter for "Shadow Box" one- inch scale furniture and Frank Chergosky for "Relief Carving" –Congratulations all!

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



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 we may be able to take new persons soon.

The **Mason Dixon Porcelain Artists** would like to invite you to learn techniques on how to paint on porcelain, November 20 at 10:00 am to 1:30 pm.

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 meets the second Tuesday of every month at 2 pm. This month we’ll meet on November 10th. All are welcome to join us to see what keeps us turning the pages!



Genealogy “Take A Trip Back In Time” November 24th

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



A Laugh a day keeps the doctor away...so treat yourself to the booklet just put out by members of the exercise class. A compilation of jokes will keep you smiling, or make someone else happy! It would also make a great little gift to bring to your Thanksgiving host to have everyone around the Thanksgiving table laughing throughout dinner! The books are available at the reception desk and the nominal \$3.50 cost goes right back to the Friends of the Senior Center. Thanks to Meridel Turch and Sanae Richardson for putting this together for us.

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

The poker players will be hosting a **Poker Tournament** on November 16th, from 12:30 – 4:00. 2 tables of 8 will compete for prizes – chips will be counted @ 4:15 to determine the winner . Sign up in the pool room.

If cards aren't your thing, how about challenging others in a scrabble game, Wednesdays @ 2 ? 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. This month, there'll even be a **Pool Tournament** November 17th @ 1 p.m. Sign up on the pool room bulletin board to participate.

Our **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!

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!*

Karen Merchant is here every Thursday to lead singing karaoke style. We put the words on the large screen t.v. in the multi-purpose room- you don't even need to know them! Join us for a fun and uplifting hour of singing @ 10:30.



The Ritzy Chix of the Red Hat Society

These fun women will meet @ Macaroni Grill on Wednesday, Nov. 18th @ 1:00. Call Joan Galvin or Sharon Stefl @ 703-494-3616 by 9a.m. on November 16th to make a reservation

Manicures

First Wednesday and third Tuesday @ 10 a.m.

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

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 your guests.

PRINCE WILLIAM COUNTY SENIOR CENTER AT WOODBRIDGE

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

(THIS SCHEDULE IS SUBJECT TO CHANGE)

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
9:30 Lifetime Fitness 10:00 Computer Class 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Bingo 11:00 Drawing 11:30 Town Meeting 12:00 Woodbridge Women's Club mtng 12:30 Stamping w/ Juanita Meatloaf	9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:00 Wii 10:00 Computer Class 10:00 C.O.A. meeting 11:00 Spanish 12:30 Stand Tall 1:00 Line Dancing 1:00-3:00 Ceramic Techniques Remember to vote today! Vegetable Lasagna	9:00-12:00 Flu Shots 9:00 TOPS 9:30 Legal Aid 9:30 Lifetime Fitness 10:00 Beginning Computer 10:00 Manicures 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 Fried Chicken	9:15 Stand Tall 10:00 Ceramics 10:30 Bible Study 11:00 ESL 12:30 Bridge 12:30 Stand Tall 1:00 Line Dancing @ Westminster 1:00 Quilting Southern Style Pork Chops	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 Fish Sandwich
9 9:30 Lifetime Fitness 10:00 Computer Class 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Bingo 11:00 Drawing 11:30 Town Meeting 12:00 Woodbridge Women's Club mtng 12:30 Stamping w/ Juanita Cabbage Rolls	10 9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:00 Computer Class 10:00 Glucose Testing 10:00 Wii Bowling 10:30 Diabetes Basics 11:00 Spanish 12:00 Veteran's Lunch 12:30 Stand Tall 1:00 Line Dancing 1:30 Friend's meeting 2:00 Book Club 7:00 Alzheimer's Beef Stew	11 CENTER CLOSED VETERANS DAY	12 9:15 Stand Tall 10:00 Ceramics 10:00 Nurse 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 Soup and Grilled Cheese	13 9:30 Lifetime Fitness 10:00 Jewelry Class 10:30 -12:00 Sing-a-long w/ Angel 12:30 Birthday Celebration  Spaghetti and Meatballs
16 9:30 Lifetime Fitness 10:00 Computer Class 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Bingo 11:00 Drawing 11:30 Town Meeting 12:30 Stamping w/ Juanita 12:30 Poker Tournament Tilapia Fish	17 9:30 Ping Pong 9:30 Crafts 9:15 Stand Tall 10:00 Wii 10:00 Computer Class 10:00 AARP Safe Driving 10:00 Manicures 11:00 Spanish 11:00 The "Turkeys" You Know 12:30 Stand Tall 1:00 Line Dancing 1:00 Ceramic Techniques 1:00 Pool Tournament 2:00 Hooked on Books Cheeseburger	18 9:00 TOPS 9:30 Legal Aid 9:30 Lifetime Fitness 9:30 Legal Services 10:00 Beginning Computer 10:00 AARP Safe Driving 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 Hot Dogs	19 9:15 Stand Tall 10:00 Ceramics 10:30 Karaoke w/ Karen 10:30 Bible Study 11:00 ESL 12:00 Thanksgiving Dinner 12:30 Bridge 12:30 Stand Tall 1:00 Quilting 1:00 Line Dancing Thanksgiving Luncheon	20 9:30 Lifetime Fitness 10:00 Jewelry Class 10:00 Mason Dixon porcelain Artists 10:30 Sing-a-long w/ Angel 12:30 "Game Day"  Game Day Menu
23 9:30 Lifetime Fitness 10:00 Computer Class 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Bingo 11:00 Drawing 12:30 Stamping w/ Juanita Chicken Sandwich	24 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 Ceramic Techniques 1:30 Geneology 7:00 Alzheimer's Grilled Ham/Turkey Sandwich	25 Center Closed In Service Day	26 Center Closed Happy Thanksgiving	27 Center Closed
30 9:30 Lifetime Fitness 10:00 Computer Class 10:00 Wood Carving 10:00 Euchre 10:00 Chat and Paint 10:30 Bingo 11:00 Drawing 12:30 Stamping w/ Juanita Sausage Gravy & Biscuit				