



February 2018 Newsletter
pwcgov.org/seniorcenters
703-792-5081

Prince William Senior Center
WOODBIDGE

FEBRUARY 2018



VALENTINE'S PARTY
Wednesday, February 14
10:30am

We are happy to welcome back Norman Voss to the Senior Center as we celebrate Valentine's Day. Wear your red and be ready to be entertained as Norman sings his oldies but goodies Frank Sinatra style. Please sign up at the front desk as seating is limited. Salads will not be offered this day.

Upcoming **EVENTS**

COMEDY WITH ANGELA MOORE

Thursday, February 1 - 10:30am
Angela speaks to inspire laughter through the gift of comedy. She has appeared at many events including TV One's Network. Sign up for this fun-filled event.

FAVORITE JERSEY

Thursday, February 1 - 12:30pm
Wear your team jersey on this day to celebrate the Super Bowl. Enter the Super Bowl Square Pick contest to win a prize.

TAX PROGRAM

Tuesday, February 6 - 12:30pm
Allison Linder will talk about PWC real estate assessments for the seniors and the disabled.

PRTC WHEELS TO WELLNESS

Thursday, February 8 - 10:30am

MARDI GRAS with Angel and the Band

Friday, February 9 - 10:30am

MAKE AND TAKE IT

Friday, February 9 - 12:30pm
\$5.00 Sign up Fee
Craft will be a 4x6 chalkboard. Class size is limited to 10 people.

HOW TO WRITE A MEMOIR Session 2

Thursday, February 22 - 11:00am

In 2017, we took the first step and worked on our Genealogy. Join us to kick off "The Story of Your Lifetime."

TALKING HISTORY

Tuesday, February 27 - 10:30am
Speaker and topic to be announced.



Wills and Power of Attorney
Thursday, Feb. 15-10:30am
Kaitlyn Walker, Esq. will be here to speak and answer your questions.



VETERANS SERVICES

Thursday, Feb. 1
Walk-ins accepted or call for an appointment.
703 359-1210



VOLUNTEER MEETING

Thursday, Feb. 15 - 12:30pm
Come help with planning events and activities at the Senior Center.



BOOK CLUB

Feb. 22 - 12:30pm
Check the bulletin board for the book title.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Bible Study	TH	10:30 am	Free
Crafts	T	9:30 am	Free
Conversation Spanish	TH	10:30 am	Free
Ceramics	W & TH	10:30 am	Free
Computer Skills	W	10:30 am	Free
Crochet/Knit	W	10:00 am	Free
Digital Devices	T	2:00 pm	Free
Drawing Class	M & F	1:00p(M)10:00(F)	Free
ESOL	TH	10:30 am	Free
French	M & W	1:00	Free
Gospel Singing	T & TH	10:30 pm	Free
Happiness 101	M	12:30 pm	Free
Origami	T & e o F	12:30 pm	Free
Quilting	TH	1:00 pm	Free
R&B	W	12:30 pm	Free
Spanish	T	11:00 am	Free
Woodcarving	M & W	9:00a(M) 2:00(W)	Free

FITNESS AND HEALTH ACTIVITIES

Open Exercise	M-F	9:00a-10:00a	Free
Exercise Class	M, T,W, T, F	9:15 am	Free
Line Dancing	T & TH	1:00 pm	Free
Exercise Class	T & TH	9:15 am	Free
Tai Chi	W	10:30 (9:45 Beg)	Free
Total Fitness 2	W	9:15	Free
Yoga (video)	M & F	10:30 am	Free
Yoga (instructor)	TH	10:45 am	Free

FUN ACTIVITIES

Angel and the Band	F	10:30 am	Free
Bid Whist	T & TH	11:00 am	Free
Billiards	Daily	9:00a - 4:30p	Free
Bingo	M W F	10:30a,12:30p (F)	\$1.00
Birthday Celebration	Last F	12:30 pm	Free
Bunco	Mon	10:00 am	Free
Canasta	W	2:00 pm	Free
Dominos	M	12:30 pm	Free
Hand and Foot Cards	1st &3rd T	2:00 pm	Free
Euchre	M	10:00 am	Free
Mexican Train	W	1:30 pm	Free
Scrabble	W	1:00 pm	Free
Shanghai	T	9:30 am	Free
Rummikub/Skip-bo	T & TH	3:00	Free
Table Tennis	T	9:30 am	Free

HEALTH NEWS

Healthy Living for Your Brain and Body -Tuesday, February 6, 10:30am

Presenter-Jane Priest,
Alzheimer's Association

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health, keep our brains well and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging.

HEALTH SCREENINGS - Tuesday, February 13, 10:30am-11:30am

HEALTHY HEART DAY Tuesday, February 20

9:15 - 10:00am Come exercise together to improve heart health.

10:00 - 11:00am Blood Pressure Screening

11:00 - 11:30am Heart Healthy Eating Can Still Be Delicious!

Discussion and sampling of Heart Healthy Snacks.

11:30 am-12:00pm Tips to Keep Your Tick-er Strong. Learn the latest on how you can reduce your risk of heart disease.

12:30 - 1:00pm Know Your Numbers. What numbers are important to be aware of for Heart Health?

Take the first step towards a healthier heart by attending **HEALTHY HEART DAY** at the Senior Center

Staying Young at Heart No Matter What Your Age

Tuesday, February 27, 10:30am
Presenter-Vicki Graham, ACTS

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

The next FRIENDS meeting is
Wednesday, February 14
1:00pm All are welcome to
attend.

Due to center being closed a
meeting or drawing was not held
in January.

Officers

President- Alleen Bagley

Vice President-Meridel Turch

Secretary- Nancy Holland

Treasurer- Lana Tobey

Directors

Janet Happoldt

Dixie Elk

Mohammad Hoque

Marie Kelminsky

Carrie Peterson

Wanda Pulliam

Margaret Smith

Julia Spinetti

UPCOMING EVENT

Black History Month
Presentation @ *Ferlazzo*
February 8 @ 11:00am

Limited number of tickets.
Priority given to bus
riders.

See Tracy for more info.

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 or wellness
checks. (703) 368-4141

Transportation: To and From Senior Center
(703) 792-5682


Veterans Services: Call for an appointment
(703) 359-1210

Caregiver Support Group (703) 501-0749
2nd and 4th Tuesdays 7:00pm @
Woodbridge Senior Center

Congregate Meal Suggested Donations

For those 60 or better, there is a donation box in the lunch room 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 .

FEBRUARY 2018

Mon	Tue	Wed	Thu	Fri
1			1 Veterans Services 9:15 Exercise Class 10:30 Bible Study 10:30 Conversation Spanish 10:30 Ceramics/ ESOL 10:30 Gospel Singing 10:45 Yoga 10:30 Comedy w/Angela 12:30 Super bowl Fun 1:00 Quilting/Line Dancing 2:00 Canasta 3:00 Rummikub/Skip-bo Chili Dogs	2 Pick up Book for book club 9:15 Lifetime Fitness 10:00 Drawing Class 10:30 Yoga 10:30 Angel and the Band 12:30 Bingo 12:30 Harmonica Lessons Cod
5 9:00 Woodcarving 9:15 Lifetime Fitness 10:00 Euchre 10:00 Bunco 10:30 Yoga 10:30 Bingo 12:30 Happiness 101 12:30 Dominos 1:00 Drawing Class 1:00 French Baked Chicken	6 9:15 Exercise Class 9:30 Shanghai 9:30 Crafts 10:30 Healthy Living 10:30 Gospel Singing 11:00 Spanish 11:00 Bid Whist 12:30 Origami 12:30 Tax Program 1:00 Line Dancing 2:00 Digital Devices 3:00 Rummikub/Skip-bo Grilled Cheese and Soup	7 9:15 Lifetime Fitness 9:15 Total Fitness 2 9:45 Beginning Tai Chi 10:00 Crochet/Knit 10:30 Computer Skills 10:30 Ceramics/Bingo 10:30 Tai Chi 12:30 R&B Music 11:00 Scrabble 1:00 French 1:30 Mexican Train 2:00 Woodcarving Stuffed Cabbage	8 9:15 Exercise Class 10:30 Bible Study 10:30 Conversation Spanish 10:30 Ceramics/ ESOL 10:30 Gospel Singing 10:30 Wheels to Wellness 10:45 Yoga 11:00 Bid Whist 1:00 Quilting/Line Dancing 2:00 Canasta 3:00 Rummikub/Skip-bo Taco Salad	9: 9:15 Lifetime Fitness 10:00 Drawing Class 10:30 Mardi Gras with Angel and the Band 10:30 Yoga 12:30 Bingo 12:30 Make and Take Craft 12:30 Harmonica Lessons Jambalaya
12 9:00 Woodcarving 9:15 Lifetime Fitness 10:00 Euchre 10:00 Bunco 10:30 Yoga 10:30 Bingo 12:30 Happiness 101 12:30 Dominos 1:00 Drawing Class 1:00 French Breakfast for Lunch	13 9:15 Exercise Class 9:30 Shanghai /Crafts 10:30 Health Screenings 10:30 Gospel Singing 11:00 Spanish 11:00 Bid Whist 12:30 Origami 1:00 Line Dancing 2:00 Digital Devices 3:00 Rummikub/Skip-bo Veggie Lasagna	14 Valentine's Party with Norman Voss 9:15 Total Fitness 2 9:45 Beginning Tai Chi 10:30 Tai Chi 1:00 FRIENDS Meeting 1:00 Scrabble/French 11:30 Mexican Train 2:00 Woodcarving Roast Sirloin	15 9:15 Exercise Class 10:30 Bible Study 10:30 Conversation Spanish 10:30 Ceramics/ ESOL 10:30 Gospel Singing 10:30 Legal Services-Wills 10:45 Yoga 12:30 Volunteer Meeting 1:00 Quilting/Line Dancing 2:00 Canasta 3:00 Rummikub/Skip-bo Chicken Salad	16 9:15 Lifetime Fitness 10:00 Drawing Class 10:30 Chinese New Year with Angel and the Band 10:30 Yoga 12:30 Bingo 12:30 Harmonica Lessons Sweet and Sour Pork
19 Senior Center Closed for Presidents Day Holiday	20 HEART HEALTHY DAY  9:15 Exercise Class 9:30 Shanghai/ rafts 10:00 Blood Pressure Screening 10:30 Gospel Singing 11:00 Heart Healthy Eating 11:00 Spanish/Bid Whist 12:30 Know Your Numbers 12:30 Origami 1:00 Line Dancing 2:00 Digital Devices 3:00 Rummikub/Skip-bo Turkey Cheeseburger	21 9:15 Lifetime Fitness 9:15 Total Fitness 2 9:45 Beginning Tai Chi 10:00 Crochet/Knit 10:30 Computer Skills 10:30 Ceramics/Bingo 10:30 Tai Chi 12:30 R&B Music 1:00 Scrabble 1:00 French 1:30 Mexican Train 2:00 Woodcarving Fried Chicken	22 9:15 Exercise Class 10:30 Bible Study 10:30 Conversation Spanish 10:30 Ceramics/ESOL 10:30 Gospel Singing 10:00 Young at Heart 10:45 Yoga 11:00 How to Write a Memoir 11:00 Bid Whist 12:30 Book Club 1:00 Quilting/Line Dancing 2:00 Canasta 3:00 Rummikub/Skip-bo Meatloaf	23 9:15 Lifetime Fitness 10:00 Drawing Class 10:30 Yoga 10:30 Angel and the Band 12:30 Bingo 12:30 Harmonica Lessons 12:30 Birthday Celebration Baked Fish
26 9:00 Woodcarving 9:15 Lifetime Fitness 10:00 Euchre 10:00 Bunco 10:30 Yoga 10:30 Bingo 12:30 Happiness 101 12:30 Dominos 1:00 Drawing Class 1:00 French Steak Fajita	27 9:15 Exercise Class 9:30 Shanghai/Crafts 10:30 Young at Heart 10:30 Gospel Singing 10:30 Talking History 11:00 Spanish/Bid Whist 12:30 Origami 1:00 Line Dancing 2:00 Digital Devices Pork Chop	28 Senior Center Closed In Service Day		