



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

## Prince William Senior Center **WOODBIDGE**



**Crime Prevention Talk**  
Tuesday, March 6 -10:30 am  
Protecting Yourself from  
Today's Scams



**Veterans Services**  
Thursday, March 1  
9:30 am-2:00 pm  
For an appointment call  
703-359-1210



**Keep Prince William Beautiful**  
Thursday, March 8 -10:30 am  
*Create a beautiful day and  
leave a beautiful tomorrow!*

## MARCH 2018



**ST. PATRICK'S DAY  
PARTY** Tuesday,  
March 13 10:30 am

Come celebrate St. Patrick's Day as the ShamrockR's, a family of champion Irish Step Dancers, entertain with traditional cultural dance mixed with a modern musical genre. Afterwards, enjoy a delicious lunch of corned beef and cabbage. FRIENDS are donating ten gift cards to give away. Exercise class is cancelled. Salads will not be offered. Please sign up early as space is limited.

## Upcoming **EVENTS**

**CELEBRATING WOMEN IN HISTORY**  
Friday, March 9 @ 11:30 am

**REMINISCING WITH HARRY**  
Thursday, March 1 & 22 @ 10:30 am  
Discussion: The Beach Boys

**OLLI PLAYERS**  
Friday, March 16 @ 10:30 am

The Olli Players from the Osher Lifelong Learning Institute at George Mason University, will present a Vaudeville and Betty Boop Show. Exercise class is cancelled. Salads will not be offered. Sign up at the front desk.

**BOOK CLUB**  
Pick up book early in March to discuss Thursday,  
March 29 @ 12:30 pm

**LIBRARY MEMOIR CLASS**  
Thursday, March 29 @ 11:00 am

**SENIOR ID CARDS**  
Thursday, March 15 @ 10am-12:00 pm  
PWC Sheriff's Dept. will be here to issue Senior ID cards.

**POOL TOURNAMENT CENTER COMPETITION**  
Wednesday, March 21st @ 10:00 am  
Prizes will be awarded to winners

**TALKING HISTORY- ROSIE THE RIVERTER IN WWII** Tuesday, March 27 @ 10:30 am

**MAKE IT AND TAKE IT CRAFTS**  
Thursday, March 15th @10:30 am  
Punch Light with Kay -\$3.00 fee -limit to 10  
Thursday, March 22nd @ 10:30 am  
Finger Crochet with Kay -Free- limit to 10 Sign up at the front desk.

**MARCH BIG WHEELS DELIVERING MEALS**  
Friday, March 23 @ 10:30 am  
Be on the lookout for County Supervisors in the building to help deliver meals on wheels!

# ACTIVITIES GUIDE

# HEALTH NEWS

## 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
Computer Knowledge	M	11:00 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	10:30 pm	Free
Happiness 101	M	12:30 pm	Free
Origami	T	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
Line Dancing (Oldies But Goodies)	T & TH	1:00 pm	Free
Line Dancing (Step N Style)	T & TH	2:00 pm	Free
Exercise Class (Ex. Room)	T & TH	9:15 am	Free
Tai Chi (Beginners)	W	9:45	Free
Tai Chi	W	10:30	Free
Yoga (video)	M & F	10:30 am	Free
Yoga (instructor)	TH	10:45 am	Free

## FUN ACTIVITIES

Angel and the Band	TBA	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
Canasta	W	2:00 pm	Free
Dominos	M	12:30 pm	Free
Cards	Daily	2:00 pm	Free
Euchre	M	9:00	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 SCREENINGS

Tuesday, March 6, 9:30 -10:30 a.m.

## AMERICAN DIABETES ALERT DAY

Tuesday, March 20

10:00 a.m. – 11:00 a.m. Glucose testing and Diabetes Risk Test  
11:00 a.m. – 12:00 p.m. Diabetes Defense Seminar

The American Diabetes Alert Day is a one-day event that encourages everyone to take the Type 2 Diabetes Risk Test, and learn about reversing the risk of diabetes.

One in three U.S. adults are prediabetic, but the good news is a healthy diet and exercise can cut the risk of diabetes in half.

Join us to learn how you can slash your risk!

## LOOKING AHEAD:

### KNOW THE 10 SIGNS OF ALZHEIMER'S...early detection matters

Presenter – Jane Priest, Alzheimer's Association

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. This workshop provides information on the difference between age-related memory loss and dementia, and what to do if you see signs of Alzheimer's.

### LIVE WELL

6 Week Workshop at Woodbridge Senior Center Wednesdays, beginning April 11th

9:30 a.m. – 12 p.m.

Space is limited!

**Live Well** is a self-management program for anyone living with a chronic condition, for example (but not limited to): arthritis, cancer, heart disease, diabetes, pain, stroke, depression and Parkinson's.

**Live Well** meets weekly for 6 sessions to discuss topics such as: managing symptoms and medications, working with your health care team, effective problem-solving, how to relax and handle difficult emotions and many more.

To register or for more information contact:

571-264-8559 or [martha@pmahweb.org](mailto:martha@pmahweb.org)

For more information about our programs and services, call 703-792-6374, or email [pwaaa@pwcgov.org](mailto:pwaaa@pwcgov.org)

Our TDD number is 703-792-6444.

Para asistencia en Español acerca de los servicios para personas mayores llame al 703-792-5962

# FRIENDS

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

## FRIENDS Officers

President- Alleen Bagley

Vice President-Meridel Turch

Secretary- Nancy Holland

Treasurer- Lana Tobey

## Directors

Dixie Elk

Janet Happoldt

Mohammad Hoque

Marie Kelminsky

Carrie Peterson

Wanda Pulliam

Margaret Smith

Julia Spinetti

Thank you to FRIENDS for \$10 gift cards donated for Special Luncheon.

## VOLUNTEER OF THE MONTH

Ling Rabert, Senior Center Photographer, won a \$10 gift card. Thank you Ling and all our volunteers for all you do!

# 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:** Providing a variety of volunteer opportunities.

(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](http://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 7:00 pm @  
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. Your donations help to offset the cost of the meals. For guests under 60, the cost is \$5.75, which must be paid for and receipted in the office.

# March 2018

Mon	Tue	Wed	Thu	Fri	
<p><b>**Meals and Activities subject to change</b></p>			<p><b>1</b>  <b>Veterans Services</b>            9: 15 Exercise Class            10:30 Ceramics            10:30 ESOL/Bible Study<b>1</b>  <b>10:30 Reminisce w/Harry</b>            10:45 Yoga            11:00 Bid Whist            11:00 Conversation Spanish            1:00 Line Dancing Groups            3:00 Rummikub/ Skip-bo  <b>Tetrazzini</b></p>	<p><b>2</b>  <b>Pick up book for Book Club</b>            9:15 Lifetime Fitness            10:00 Drawing Class            10:30 Yoga            12:30 BINGO            12:30 Harmonica Lessons</p> <p><b>Cod Filets</b></p>	
<p><b>5</b>            9:00 Woodcarving            9:15 Lifetime Fitness            10:00 Euchre/ESOL            10:30 BINGO/Yoga            11:00 Computer            11:45 Nutrition Talk            12:30 Happiness 101            12:30 Dominos            1:00 Drawing Class            1:00 French</p> <p><b>Veal Parmesan</b></p>	<p><b>6</b>  <b>Health Screenings</b>            9:15 Exercise Class            9:30 Shanghai/ Crafts  <b>10:30 Crime Prevention</b>            10:30 Gospel Singing            11:00 Bid Whist/ Spanish            11:45 Nutrition Talk            12:30 Origami/ Double Deck            1:00 Line Dancing Groups            2:00 Digital Devices            3:00 Rummikub/Skip-bo</p> <p><b>Taco Salad</b></p>	<p><b>7</b>            9:15 Lifetime Fitness            9:45 Beginning Tai Chi            10:30 Computer Skills            10:30 Ceramics            10:30 BINGO/ Tai Chi  <b>1:00 FRIENDS Meeting</b>            1:00 Scrabble            1:00 French            2:00 Woodcarving            2:00 Canasta</p> <p><b>Chicken Salad Plate</b></p>	<p><b>8</b>            9:15 Lifetime Fitness  <b>10:30 KPWB</b>            10:30 Ceramics            10:30 Bible Study/ ESOL            10:45 Yoga            11:00 Bid Whist            11:00 Conversation Spanish            1:00 Line Dancing Groups            3:00 Rummikub/Skip-bo</p> <p><b>Vegetable Lasagna</b></p>	<p><b>9</b>            9:15 Lifetime Fitness            10:00 Drawing Class            10:30 Yoga  <b>11:30 Women's History</b>            12:30 Harmonica Lessons</p> <p><b>Tilapia</b></p>	
<p><b>12</b>            9:00 Woodcarving            9:15 Lifetime Fitness            10:00 Euchre/ Yoga            10:30 BINGO/ESOL            11:00 Computer            11:45 Nutrition Talk            12:30 Happiness 101            12:30 Dominos            1:00 Drawing Class            1:00 French</p> <p><b>Sweet &amp; Sour Chicken</b></p>	<p><b>13</b>            9:30 Shanghai/ Crafts  <b>10:30 St. Patrick's Day Party w/ ShamrockR's</b>            10:30 Gospel Singing            11:00 Bid Whist/Spanish            11:45 Nutrition Talk            12:30 Origami/Double Deck            1:00 Line Dancing Groups            2:00 Digital Devices            3:00 Rummikub/Skip-bo</p> <p><b>Corned Beef &amp; Cabbage</b></p>	<p><b>14</b>            9:15 Lifetime Fitness            9:45 Beginning Tai Chi            10:30 Computer Skills            10:30 Ceramics            10:30 BINGO/ Tai Chi            1:00 Scrabble            1:00 French            2:00 Woodcarving            2:00 Canasta</p> <p><b>Swiss Steak</b></p>	<p><b>15</b>            9:15 Exercise Class  <b>10:00 Senior ID Cards</b>            10:30 Ceramics            10:30 Bible Study/ ESOL  <b>10:30 Make it Take it Craft</b>            10:45 Yoga            11:00 Bid Whist            11:00 Conversation Spanish            1:00 Line Dancing Groups            3:00 Rummikub/Skip-bo</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>16 Wear Green Day!</b>  <b>10:30 Oilli Players</b>            10:00 Drawing Class            10:30 Yoga            12:30 BINGO            12:30 Harmonica Lessons</p> <p><b>Reuben Sandwich</b></p>	
<p><b>19</b>            9:00 Woodcarving            9:15 Lifetime Fitness            10:00 Euchre/Yoga            10:30 BINGO/ESOL            11:00 Computer            11:45 Nutrition Talk            12:30 Happiness 101            12:30 Dominos            1:00 Drawing Class            1:00 French</p> <p><b>Half Smokes</b></p>	<p><b>20</b>  <b>American Diabetes Day</b>            9:15 Exercise Class            9:30 Shanghai/ Crafts            10:00 Glucose Testing            10:30 Gospel Singing            11:00 Spanish/Bid Whist            11:00 Diabetes Defense            11:45 Nutrition Talk            12:30 Origami/Double Deck            1:00 Line Dancing Groups            2:00 Digital Devices:            3:00Rummikub/Skip-bo</p> <p><b>Baked Chicken</b></p>	<p><b>21</b>            9:15 Lifetime Fitness            9:45 Beginning Tai Chi  <b>10:00 Pool Tournament</b>            10:30 Computer Skills            10:30 Ceramics            10:30 BINGO/Tai Chi            1:00 Scrabble            1:00 French            2:00 Woodcarving            2:00 Canasta</p> <p><b>BBQ Beef</b></p>	<p><b>22</b>            9: 15 Exercise Class            10:30 Ceramics            10:30 Bible Study/ESOL  <b>10:30 Reminisce w/Harry</b>  <b>10:30 Make it Take it Craft</b>            10:45 Yoga            11:00 Bid Whist            11:00 Conversation Spanish            1:00 Line Dancing Groups            3:00 Rummikub/Skip-bo</p> <p><b>Chicken Ala King</b></p>	<p><b>23</b>  <b>Big Wheels Delivery Meals</b>            10:00 Drawing Class  <b>10:30 Jason Masi Event</b>            10:30 Yoga            12:30 BINGO            12:30 Harmonica Lessons</p> <p><b>Salmon</b></p>	
<p><b>26</b>            9:00 Woodcarving            9:15 Lifetime Fitness            10:00 Euchre/ Yoga            10:30 BINGO/ESOL            11:00 Computer            11:45 Nutrition Talk            12:30 Dominos            12:30 Happiness 101            1:00 Drawing Class            1:00 French</p> <p><b>Beef Stew</b></p>	<p><b>27</b>            9:15 Exercise Class            9:30 Shanghai/ Crafts  <b>10:30 Talking History</b>            10:30 Gospel Singing            11:00 Spanish/ Bid Whist            11:45 Nutrition Talk            12:30 Origami            12:30 Double Deck            1:00 Line Dancing Groups            2:00 Digital Devices            3:00 Rummikub/Skip-bo</p> <p><b>Fried Chicken</b></p>	<p><b>28</b></p> <p><b>SENIOR CENTER CLOSED STAFF IN SERVICE DAY</b></p>		<p><b>29</b>            9: 15 Exercise Class            10:00 Beginning Computer            10:30 Ceramics/Bible Study            10:30 ESOL            10:45 Yoga  <b>11:00 Library Memoir</b>            11:00 Bid Whist            11:00 Conversation Spanish  <b>12:30 Book Club</b>            1:00 Line Dancing Groups            3:00 Rummikub/Skip-bo</p> <p><b>Salisbury Steak</b></p>	<p><b>30</b>            9:15 Lifetime Fitness            10:00 Drawing Class            10:30 Yoga            12:30 BINGO            12:30 Birthday Celebration            12:30 Harmonica Lessons</p> <p><b>Seafood Alfredo</b></p>