

APRIL 2019

Spring Program and Luncheon with Franklin Carrington Wednesday, April 10

Lunch: 11:45; Entertainment: 12:30

Franklin has been a stage performer since the early 1960's.

As a professional musician and recording artist, he is accomplished in drums, saxophone and the keyboard.

He takes great joy in taking walks down memory lane as he performs great hits of the '50's and '60's.

Sign up ahead at the front desk.

Upcoming EVENTS

BAZAAR CRAFTS WITH BETTY ANN BLANTON
Mondays from 10:00 a.m. to 12:00 p.m.
Join Betty to make crafts to sell at the bazaar.

ANNA PAPPAS AND THE CLASS ACT
Tuesday, April 2, 12:30 p.m.
The Class Act, a vaudevillian group started in 1980 by three teachers, continues to delight audiences with songs, dances and comedy. The Class Act offers non-stop entertainment differing in tone, flavor, style and tempo. Shows usually run about fifty fun-filled minutes. Sign up at the front desk to reserve your seat.

KEEP PRINCE WILLIAM BEAUTIFUL (KPWB)
Wednesday, April 3, 10:30 a.m.
Sean Morrow and Arturo Barrera with KPWB will tell you about the new recycling practices and how you can reduce your negative impact on the planet.

Prince William Senior Center MANASSAS



HOW DOES YOUR GARDEN GROW WITH BUNNIES OR NOT?

Thursday, April 11, 10:30 a.m.

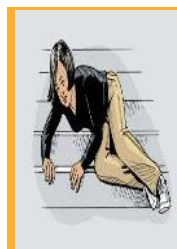
Len Postman will provide some spring gardening tips to keep your garden growing with or without bunnies.



MATTER OF BALANCE

Tuesday & Thursday, 10:00 a.m.-12:00 p.m.
Starting April 16 for 4 weeks.

A Matter of Balance is a proven program designed with practical strategies to help people manage concerns about falls and increase physical activity. Sign up by contacting Jodie at (571) 241-3925. Space is limited to 12.



HOW TO FALL PRESENTATION

Tuesday, April 16, 10:30 a.m.

Dr. Ebbecke with Piedmont Physical Therapy will be here to demonstrate how to fall to avoid injury.



HOW TO INTERACT WITH CHILDREN WITH AUTISM

Tuesday, April 30, 10:30 a.m.

Please join Melissa Miller with PWC Public Schools as she teaches you how to interact with children with Autism.

VOLUNTEER PRINCE WILLIAM

Wednesday, April 10, 10:30 a.m.

Jan Hawkins will be here to talk about the volunteer opportunities that are available to seniors in the community and how you can get involved.

CLEAR CAPTIONS

Monday, April 15, 12:30 p.m.

This is a free federally funded program that provides voice to text phones for the hearing impaired.

FINANCIAL CAPABILITY MONTH PRESENTATION

Wednesday, April 17, 10:30 a.m.

Join Paul Saulski with the SEC to find out how to make sound, financial decisions and where to access appropriate financial services.

ACTIVITIES GUIDE

HEALTH & WELLNESS

LEARNING ACTIVITIES

| | | | |
|-----------------|--------------|----------------|------|
| Acting Class | Fri | 1:00 PM | Free |
| Bible Study | TH | 12:30 PM | Free |
| Digital Devices | TU | Check Calendar | Free |
| Knit & Crochet | TU | 10:00 AM | Free |
| Painting | W | 9:30 AM | Free |
| Photography | TU | Check Calendar | Free |
| Quilting | 2nd & 4th TU | 1:00 PM | Free |

FITNESS AND HEALTH ACTIVITIES

| | | | |
|------------------------|-----------|-----------------|--------|
| Ballroom Dancing | M, W | 2:30 PM | Free |
| Fitness I—Video | M, W, F | 10:00 AM | Free |
| Gentle Yoga | W, Last F | 12:30 PM | Free |
| Line Dancing | M, TU, TH | 11:00 AM | Free |
| Middle Eastern | TU | 2:00 PM | Free |
| Middle Eastern Dance I | TU | 2:45 PM | \$2.00 |
| Shuffle Putt | TU | 10:00 | Free |
| Stand Tall, | TU, TH | 9:10 & 10:00 AM | Free |
| Tai Chi | M | 9:10 AM | Free |
| Tai Chi for Health | TU | 1:00 PM | Free |
| Tap Dancing | M, W | 12:00 PM | Free |
| Wii Bowling | M | 10:00 AM | Free |

FUN ACTIVITIES

| | | | |
|---------------|---------|-------------------|------------|
| Bingo | TU & F | 12:30 PM | \$1.00 |
| Birthday | 2nd W | 12:30 PM | Free |
| Bridge | M | 1:00 PM | Free |
| Bunco | 3rd W | 1:00 PM | Free |
| Cards & Games | Daily | 9:00 AM-4:30 PM | Free |
| Kitchen Band | TH | 12:30-1:30 | Free |
| Mahjong | TH | 12:30 PM | Free |
| Pool | M-F | 9:00 AM-4:30 PM | Free |
| Solitaires | Monthly | 12:00 | Individual |
| Shuffle Putt | TU | 10:00 | Free |
| Table Tennis | M, W, F | 10:00 AM-12:00 PM | Free |
| Woodcarvers | W | 5:00 PM | Free |

HEALTH SCREENINGS

Tuesday, April 2, 11:00 a.m.
Tuesday, April 9, 11:00 a.m.

WEEKLY NUTRITION CLASS

Every Thursday, 11:00 a.m.

Learn about the latest nutrition trends and research. Upcoming discussions include how to plan meals on a budget and healthy snacking. Check the bulletin board for topic updates. Resources and recipes provided!

APRIL NUTRITION TALK

Friday, April 12, 10:30 a.m.

Micronutrients 101: Learn about key vitamins and minerals to include in your diet.

"WHY CRACKING UP IS GOOD FOR YOU."

Monday, April 15, 11:00 a.m.

Vicki Graham, ACTS

Discussion on the physical, mental and social benefits of laughter.

WHAT CAN OCCUPATIONAL THERAPY DO FOR ME?

Friday, April 26, 1:00 p.m.

Eva Ampratwum-Peprah, Occupational Therapist, will speak to you about the benefits of occupational therapy.

Senior Center Staff

Sue Gilbert, Site Manager

Michelle Choi, Admin Support Assistant III

Bonnie Swank, Lead Cook

Franklin Franco, Cook

John Perry III, Driver Transportation Organizer

Cory Cox, Wellness & Fitness Coordinator

Erica Ingraham, Public Health Nutritionist

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.

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

FRIENDS

NEWS

The Friends board meets the first Wednesday of every month at 1:00 p.m.; everyone is welcome to attend.

Next board meeting: Wednesday, April 3.
The February 2019 volunteer of the month prize was awarded to Marilyn Heine.

The Friends will be holding a silent auction once a month for 7 days. This month's silent auction will be held April 4-12.

Applications for grandchild scholarships are available. Applications are due by COB Friday, April 19.

FRIENDS' DIRECTOR ELECTIONS UPCOMING

The Friends will be holding their annual election for 4 vacancies on April 1 and 2.

UPCOMING EVENTS

JASON MASI

Wednesday, May 1, 12:30 p.m.

OLDER AMERICANS MONTH PICNIC

Friday, May 10, 10:00 a.m. to 2:00 p.m.

Camp Snyder, Haymarket, VA

Sign up begins Friday, [April 22](#) in the office.

MOTHER'S DAY PROGRAM

Monday, May 13, 12:30 p.m.

Sign up begins Wednesday, May 1.

TRANSITIONS EXPO

Wednesday, May 15, 9:30 a.m. to 1:30 p.m.

Potomac Mills Mall

CENTER NEWS

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: A variety of 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

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) 792-5956

Veterans Services: Call for an appointment.

(703) 359-1210

Congregate Meal Suggested Donations

For those 60 or better, there is a donation box in the Mosby Room that 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.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 1 9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 11:00 Line Dancing 12:00 Tap Dancing 1:00 Bridge 2:30 Ball Room Dancing 2:00 Loss of Spouse Grief Support Beef Chili w/Beans | 2 9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Shuffle Putt 10:00 Stand Tall, Don't Fall 11:00 B.P./Glucose 11:00 Line Dancing (Out) 11:00 Photography 11:45 Lunch 12:30 Anna Pappas & The Class Act 12:30 Bingo (Cancelled) 1:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II Stuffed Pepper | 3 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 10:00 KPWB 11:00 Intro to Line Dancing 12:00 Tap Dancing 12:30 Yoga 1:00 Friends Meeting 2:30 Ballroom Dancing 5:00 Woodcarvers Cheeseburger | 4 CLOSED Volunteer Appreciation Luncheon | 5 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 12:30 Bingo 12:30 Ceramics 1:00 Acting Class Baked Tilapia |
| 8 9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 11:00 Line Dancing 12:00 Tap Dancing 12:30 Jeopardy Lunch 1:00 Bridge 2:30 Ball Room Dancing 6:30 Loss of Spouse Grief Support Beef Lasagna | 9 9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Shuffle Putt 10:00 Stand Tall, Don't Fall 11:00 Line Dancing 11:00 Photography 12:30 Bingo 1:00 Quilting 1:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II Country Fried Chicken w/Gravy | 10 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 10:30 Volunteer Prince William 11:00 Intro to Line Dancing 11:45 Spring Luncheon 12:30 Franklin Carrington 12:00 Tap Dancing 12:15 Friends Briefing 12:30 Yoga 2:30 Ballroom Dancing 5:00 Woodcarvers Baked Ham | 11 9:10 Stand Tall, Don't Fall 10:00 Stand Tall, Don't Fall 10:30 How Does Your Garden Grow With Bunnies or Not? 11:00 Line Dancing (Out) 11:00 Nutrition Class 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong Sloppy Joe | 12 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:30 Nutrition Talk 10:00 Table Tennis 12:30 Bingo 12:30 Ceramics 1:00 Acting Class Stuffed Crust Pizza |
| 15 9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 11:00 Why Cracking Up is Good For You 11:00 Line Dancing 12:00 Solitaire's Meet 12:00 Tap Dancing 12:30 Clear Captions 1:00 Bridge 2:30 Ball Room Dancing 2:00 Loss of Spouse Grief Support Beef Burrito | 16 9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Matter of Balance 10:00 Shuffle Putt Cancelled 10:00 Stand Tall, Don't Fall 10:30 How to Fall Presentation 11:00 B.P./Glucose 11:00 Line Dancing (Out) 11:00 Photography 12:30 Bingo 1:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II Chicken & Waffles | 17 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 10:30 Financial Capability Presentation 11:00 Intro to Line Dancing 12:00 Tap Dancing 12:30 Birthday Celebration 12:30 Yoga 1:00 Bunco 2:30 Ballroom Dancing 5:00 Woodcarvers Swedish Meatballs | 18 9:10 Stand Tall, Don't Fall 10:00 Stand Tall, Don't Fall 10:00 Matter of Balance 11:00 Line Dancing (Out) 11:00 Nutrition Class 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong Reuben on Rye | 19 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 12:30 Bingo 12:30 Ceramics 1:00 Acting Class Crab Cakes |
| 22 9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Movie & Popcorn 10:00 Table Tennis 10:00 Wii Bowling 11:00 Line Dancing 12:00 Tap Dancing 1:00 Bridge 2:00 Ball Room Dancing 6:30 Loss of Spouse Grieg Support Sign up for the Older Americans Month Picnic begins today Roast Turkey | 23 9:10 Stand Tall, Don't Fall 10:00 Knitting/Crocheting 10:00 Matter of Balance 10:00 Quilting with Betty Ann 10:00 Shuffle Putt 10:00 Stand Tall, Don't Fall 11:00 Line Dancing 12:30 Bingo 1:00 Quilting 1:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II Oven Fried Chicken | 24 CLOSED Staff in-Service Day | 25 9:10 Stand Tall, Don't Fall 10:00 Stand Tall, Don't Fall 10:00 Matter of Balance 11:00 Line Dancing 11:00 Nutrition Class 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong BBQ Pork | 26 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 12:30 Bingo 12:30 Ceramics 12:30 Yoga 1:00 Acting Class 1:00 What Can Occupational Therapy Do For Me? Baked Cod |
| 29 9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 11:00 Book Club Meeting 11:00 Line Dancing 12:00 Tap Dancing 1:00 Bridge 2:30 Ball Room Dancing Loaded Baked Potato | 30 9:10 Stand Tall, Don't Fall 10:00 Knitting/Crocheting 10:00 Matter of Balance 10:00 Shuffle Putt Cancelled 10:00 Stand Tall, Don't Fall 10:30 Autism Presentation 11:00 Line Dancing 12:30 Bingo 12:30 Intro to Tai Chi 1:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II Italian Breaded Baked Chicken | Our Mission Statement: To provide services, education and socialization to persons 55+ in the community, in order to foster independence and quality of life. | Nutrition Counseling is now available. Sign-up at the front desk For your one-on-one session with Erica. | |

