

PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/seniorcenters

(703) 792-6405

Prince William Senior Center

MANASSAS



GRACE UNITED METHODIST CHURCH HAND BELL CHOIR

Monday, December 16, 11:30 a.m.

Please join the Grace United Methodist Church Hand Bell Choir for a concert of seasonal carols and holiday favorites. Please sign up at the front desk as space is limited.

DECEMBER 2019



HOLIDAY SHOW & LUNCHEON

Thursday, December 5

Show: 10:15 a.m., Luncheon: 12:00 p.m.

Featuring: Dave Anderson, the Heritage Hunt High Steppers, Randy & Kathy Stachel, the Step Sisters and Randy McHugh.

Join us for song, dance, stories, humor and some good old-fashioned caroling that will help ring in the holidays. Please sign up in the office starting Friday, November 22.

Upcoming **EVENTS**

COOKIE DECORATING CLASS

Monday, December 2, 12:30 p.m.

Heather Weinbender, Weinegar's Sweets & Treats

Come learn how to decorate cookies for the holidays. Space is limited to 25. Sign up at the front desk to reserve your seat. Cookies and frosting will be provided.

EVERGREEN CENTERPIECE WORKSHOP

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

Manassas Garden Club

Bring a small container to make an evergreen centerpiece. \$6.00 is due at registration in order to reserve your spot. Space is limited to 12. Sign up by December 6.

SEATON HIGH SCHOOL CHORUS

Monday, December 16, 1:00 p.m.

Join us as the Seaton High School Chorus sings your holiday favorites. Please sign up at the front desk as space is limited.

IMPAIRED DRIVING — HOW TO STAY SAFE DURING THE HOLIDAYS

Friday, December 20, 10:30 a.m.

Christi Cousins, MADD

Despite Uber, Lift and public transportation, Northern Virginia continues to have some of the highest rates of impaired driving in the state. Learn about technological advances that are in the pipeline to eliminate drunk driving, and what we all can do to stay safe over the holidays.



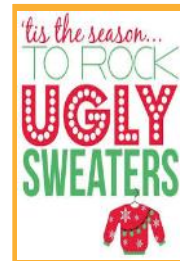
DONATO SORANNO HOLIDAY SHOW

Tuesday, December 17, 12:30 p.m.

Lunch at 11:45 a.m.

Show At 12:30 p.m.

Donato Soranno presents a holiday feast of entertaining Italian and Spanish songs, as well as selections from opera, musical theatre, and old-time holiday favorites.



UGLY HOLIDAY SWEATHER CONTEST

Friday, December 20, 12:15 p.m.

Please don your ugliest holiday sweater and join us for our ugly holiday sweater contest following lunch.

Prizes will be awarded.



WINTER CLOSURE

December 23 — January 1

The Senior Center will be closed from December 23 through January 1.

We will re-open on Thursday, January 2.

The Senior Center staff wishes you a safe and happy holiday.

ACTIVITIES GUIDE

HEALTH & WELLNESS

LEARNING ACTIVITIES

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

FITNESS AND HEALTH ACTIVITIES

Fitness I—Video	M, W, F	10:00 AM	Free
Chair Yoga	2nd & 4th TH	12:45 PM.	Free
Gentle Yoga	W, Last F	12:30 PM	Free
Line Dancing	M, TU, TH	11:00 AM	Free
Middle Eastern Dance I	TU	2:00 PM	Free
Middle Eastern Dance II (Choreography)	TU	2:45 PM	\$2.00
Stand Tall, Don't Fall	TU, TH	9:10 & 10:00 AM	Free
Lets Dance for Fun	M, W	1:30 PM	Free
Intro to Tai Chi	Last TU	12:30 PM	Free
Seated Tai Chi for Arthritis	F	1:30 PM	Free
Tai Chi	M	9:10 AM	Free
Tai Chi	TU	1:00 PM	Free
Tap Dancing	M, W	12:00 PM	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 PM	Free
Mahjong	TH	12:30 PM	Free
Pool	M-F	9:00 AM-4:30 PM	Free
Solitaires	Monthly	12:00 PM	Individual
Table Tennis	M, W, F	10:00 AM-12:00 PM	Free
Woodcarvers	W	5:00 PM	Free

HEALTH SCREENINGS

Wednesday, December 11, 11:00 a.m.

Thursday, December 12, 11:00 a.m.

WEEKLY NUTRITION CLASS

Every Thursday, 11:00 a.m.

Erica Ingraham, Dietician Nutritionist

Join Erica weekly to discuss the latest nutrition topics and acquire valuable resources to keep you healthy. Check the counter for resources.

MINDFUL HOLIDAY EATING

Wednesday, December 18, 11:00 a.m.

The holiday season is a joyful time, but it can also be stressful when it comes to food. Learn tips for eating mindfully at holiday gatherings, so you can enjoy your food without the guilt and feel great!

NUTRITION COUNSELING

Remember to sign up at the front desk for one-on-one nutrition counseling on Wednesdays and Thursdays with Erica Ingraham, Dietician Nutritionist.

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, December 4.

The October 2019 volunteer of the month prize was awarded to Maureen Humphrey.

The last December silent auction will end on Tuesday, December 17 at 1:00 p.m.

The Friends will be collecting non-perishable food items to make food baskets for those in need through Tuesday, December 17.

The deadline to purchase bazaar raffle tickets is December 17 at 12:00 p.m.

The Friends are accepting donations of new hats, mittens, scarves and socks for the mitten tree through Thursday, December 19.

Angels can be purchased for \$2.00 at the front desk. Place them on our Angel tree in honor or in memory of a loved one.

The last day to purchase a paver for the memory garden is Tuesday, December 3 for this year.

There will be a friendship quilt auction with a minimum starting bid of \$50.00. This auction closes on Tuesday, December 17. The quilt will be on display on the piano.

UPCOMING EVENTS

New Year's Celebration with Jason Masi

Friday, January 10, 12:30 p.m.

Join us in bringing in the New Year with a traditional New year's lunch, entertainment and a toast.

Martin Luther King Jr. Day Celebration

Date and time TBD.

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.

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

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:10 Tai Chi 10:00 Fitness I Video 10:00 Sewing with Betty Ann 10:00 Table Tennis 11:00 Line Dancing 12:00 Tap Dancing 12:30 Cookie Decorating 1:00 Bridge 1:30 Let's Dance For Fun 2:00 Recent Loss of Spouse Grief Support Spaghetti	3 9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 10:30 Musician of the Month 11:00 Line Dancing 11:00 Photography 12:30 Bingo 1:00 Tai Chi 1:30 MOB 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II Beef Stew	4 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Intro to Line Dancing 12:00 Tap Dancing 12:30 Yoga 1:00 Friends Meeting 1:30 Let's Dance For Fun 5:00 Woodcarvers Chicken Chow Mein	5 9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 10:15 Dave Anderson's Holiday Show 11:00 Line Dancing 11:00 Nutrition Class 12:00 Luncheon 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong 12:45 Chair Yoga 1:30 MOB Ham Dinner	6 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 10:30 Getting to Know You 11:00 Taekwondo 12:30 Acting Class 12:30 Bingo 12:30 Ceramics 1:30 Seated Tai Chi for Arthritis Baked Salmon

9 9:10 Tai Chi 10:00 Fitness I Video 10:00 Sewing with Betty Ann 10:00 Table Tennis 11:00 Line Dancing 12:00 Tap Dancing 12:30 Jeopardy 1:00 Bridge 1:30 Let's Dance For Fun 6:30 Recent Loss of Spouse Grief Support Chicken & Noodles	10 9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 10:30 Evergreen Centerpiece Workshop 11:00 Line Dancing (Out) 11:00 Photography 12:30 Bingo 1:00 Quilting 1:00 Tai Chi 1:30 MOB 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II Egg Salad	11 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 B.P./Glucose 11:00 Intro to Line Dancing 12:00 Tap Dancing 12:30 Birthday Celebration 12:15 Friends Briefing 12:30 Yoga 1:30 Let's Dance For Fun 5:00 Woodcarvers Chicken Cordon Bleu	12 9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 11:00 B.P./Glucose 11:00 Line Dancing (Out) 11:00 Nutrition Class 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong 1:30 MOB Spinach Ravioli	13 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 12:30 Acting Class 12:30 Bingo 12:30 Ceramics 1:30 Seated Tai Chi for Arthritis Salisbury Steak
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16 9:10 Tai Chi 10:00 Fitness I Video 10:00 Sewing with Betty Ann 10:00 Table Tennis 11:00 Line Dancing 11:30 Hand Bell Choir 12:00 Tap Dancing 12:15 Lunch 1:00 Seaton HS Chorus 1:00 Bridge 1:30 Let's Dance For Fun 2:00 Recent Loss of Spouse Grief Support White Chicken Chili	17 9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 11:00 Line Dancing (Out) 11:00 Photography 11:45 Early Lunch 12:30 Bingo (Cancelled) 12:30 Donato Soranno Holiday Show 1:00 Tai Chi 1:30 MOB 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II Turkey Dinner	18 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Intro to Line Dancing 11:00 Mindful Holiday Eating 12:00 Tap Dancing 12:30 Yoga 1:00 Bunco 1:30 Let's Dance For Fun 5:00 Woodcarvers Hot Dog	19 9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 11:00 Line Dancing 11:00 Nutrition Class 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong 12:45 Chair Yoga Chicken a la King	20 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 10:30 MADD Presentation 11:00 Taekwondo 11:45 Early Lunch 12:15 Ugly Holiday Sweater Contest 12:30 Acting Class 12:30 Bingo 12:30 Ceramics 1:30 Seated Tai Chi for Arthritis Stuffed Shells
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The senior center is closed Monday, December 23 through Wednesday, January 1

**We will re-open on Thursday, January 2
Have a safe and happy holiday!**

Chicken Tenders	Oven Fried Chicken	BBQ Pork	Turkey Dinner	Baked Cod
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INCLEMENT WEATHER POLICY

When Prince William County Schools are **CLOSED** due to snow, ice, or bad weather, the senior centers are **CLOSED**. No meals are served at the senior centers or on our Meals on Wheels routes if the centers are closed due to inclement weather.

When Prince William County Schools are **DELAYED** in opening, the senior centers are **OPEN WITHOUT TRANSPORTATION**.

Our Mission Statement:

To provide services, education and socialization to persons 55+ in the community, in order to foster independence and quality of life.

SOLITAIRES

Singles monthly lunch where single members meet at the center and carpool to a pre-determined restaurant. Everyone pays for their own lunch and enjoys the company of other single men and women.

Sign up at the front desk.

Please check the bulletin board for the complete daily menu.

Note: A special chef salad is prepared once a week in place of the regular chef salad.

This month the special chef salad will be offered on

December 4, 11 & 18

Please note that all menus are

subject to change

at any time.