

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters
(703) 792-6405

Prince William Senior Center MANASSAS



Valentine's Day Party

Monday, February 17, 12:30 p.m.
Lunch: 11:45 a.m.

Celebrate Valentine's Day with Eric Fine. A special Valentine's Day lunch will be served at 11:45 a.m.

FEBRUARY 2020

HEALTHY HEART DAY - DAY OF DANCE FOR HEALTH

Wednesday, February 12

10:00 a.m. — 11:00 a.m. Fitness I Video

10:00 a.m. — 11:00 a.m. Blood Pressure Screening

11:00 a.m. — 12:00 p.m.

What is Heart Disease?

Signs, Symptoms, Prevention:

How to be Heart Healthy at any age — Jan Lawler

12:00 p.m. Enjoy a heart healthy lunch

12:30 p.m.—1:15 p.m. Dance Your Heart Out!

The Step Sisters, Sultanas, Let's Dance For Fun and the Happy Hoofers will treat us to a couple of numbers and then encourage everyone to join in to celebrate the Day of Dance for Health.



"ACROSS THE TRACKS: A JIM CROW VIRTUAL-WALKING TOUR OF MANASSAS"

Monday, February 24, 10:30 a.m.
Warwick Steer, PWC Parks, Rec, and Tourism

This is a presentation of Manassas history covering the Jim Crow & Segregation period from 1910 to roughly 1950's.



MARDI GRAS WITH NORMAN VOSS

Monday, February 24, 12:30 p.m.
Lunch: 11:45 a.m.

A traditional Mardi Gras lunch will be served at 11:45. See if you will be the lucky one who finds the baby in the King Cake!

Norman Voss will be performing at 12:30.



ACTING CLASS PERFORMANCE

Friday February 28, 12:15 p.m.
Lunch: 11:45

Bingo Cancelled

Join the Past-Time, Prime-Time Players, our very own acting group, for a performance that is guaranteed to make you smile.

Upcoming EVENTS

BLACK HISTORY MONTH PRESENTATIONS

02/03, 02/10, 02/21 and 02/25, 10:30 a.m.

Join Cory Cox for a series of presentations for BHM.

WAFFLE CROCHET WITH HOLLY

Tuesday, February 4 and 11, 10:30 a.m.

This is a two-part series, so plan to attend both days.

THEODORE AWUA

Wednesday, February 5, 12:30 p.m.

Please join us for a debut performance with Ted as he plays guitar music from the 20's, 30's and more.

GETTING TO KNOW YOU

Friday, February 7, 10:30 a.m.

Jan Lawler and Cory will facilitate this friendly and informal session to help you get to know other senior center members.

PERSONAL SAFETY

Tuesday, February 18, 10:30 a.m.

Officer Truman will talk about things that you can do to keep yourself safe in 2020.

JEOPARDY WITH CORY

Monday, February 10, 12:30 p.m.

Come test your knowledge in a friendly game of jeopardy with Cory.

YOGA DVD

We have a new Yoga DVD available in the office for days when our instructor led Yoga class is cancelled.

Please do not hesitate to ask for staff assistance with setting up the DVD player.

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	1st & 3rd 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	T,TH	9:30 AM	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, February 12, 10:00 a.m.

Thursday, February 13, 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.

HEART HEALTH PRESENTATION

Wednesday, February 19, 11:00 a.m.

Do you want to reduce your risk of heart disease or prevent symptoms? Eating a well-balanced diet can help. Come to this presentation to learn about heart healthy foods that can help keep your cholesterol and blood pressure in check.

YOUNG AT HEART

Thursday, February 13, 11:00 a.m.

Vicki Graham, ACTS

What are some of the things that keep us “young at heart?” And by the way, they are heart healthy tips as well!

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

Jodie Houser, Evidence Based Program Coordinator

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, January 8.

The December 2019 volunteer of the month prize was awarded to Donald Francis.

A two-day jewelry sale is set for February 12 and 13 for Valentine's Day. Donations are being accepted in the office.

Applications for Grandchild Scholarships will be available at the front desk beginning February 10.

The friends are looking for someone to chair and co-chair their annual fall bazaar — please see one of the friends' board members for more information.

The friendship quilt was won by Diane Husch.

UPCOMING EVENTS

St. Patrick's Day Program w/Tom Delaney
Friday, March 20, 12:30 p.m.

Women's History Month Program
Monday, March 16, 10:30 a.m.
Paige Gibbons-Backus
PWC Historic Division

Guardianship and Conservatorship
Thursday, March 12, 12:30 p.m.
Legal Services of Northern Virginia

Prescription Drug Safety
Thursday, March 26, 10:30 a.m.
Officer Truman will be here to discuss prescription drug safety.

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.

