

# PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/seniorcenters

(703) 792-6405

Prince William Senior Center

## MANASSAS



### MARTIN LUTHER KING JR DAY CELEBRATION

Tuesday, January 21, 10:30 a.m.

We are looking for volunteers to read selections from Dr. King's famous "I have a dream" speech. Please sign up at the front desk.

## JANUARY 2020



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.

Sign up in the book at the front desk to reserve your seat.



### TAX TIPS

Tuesday, January 14, 10:30 a.m.

Charlie Montgomery, H & R Block, will be here to provide tips and talk about filing changes that are most likely going to affect seniors this year.



### SUPER BOWL PARTY 2020

Tuesday, January 28, 10:30 a.m.

Support your favorite team by wearing their jersey or team colors and come learn fun facts about the Super Bowls of the past. We will watch highlights from the previous 53 Super Bowls.



### 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.

## UpcomingEVENTS

### MUSICIAN OF THE MONTH

Monday, January 6, 12:30 p.m.

Join Cory in the Mosby room to learn about Michael Jackson.

### FIG NEWTON DAY

Tuesday, January 7, 10:30 a.m.

National Fig Newton Day is Thursday, January 16. Come enjoy some delicious Newtons and learn fun and interesting facts.

### CHINESE NEW YEAR

Monday, January 27, 12:30 p.m.

Come celebrate Chinese New Year and all Asian cultures at the senior center with an Asian inspired lunch. You will learn 21 facts about Chinese New Year.

### LEGAL SERVICES —SOCIAL SECURITY

Thursday, January 30, 10:30 a.m.

Presented by representatives from AARP on behalf of Legal Services of Northern Virginia.

This presentation will provide a good overview for anyone interested in Social Security and is especially useful for people considering their retirement benefit options.

### AARP SAFE DRIVING CLASS

Friday, January 31, 9:00 a.m. to 4:00 p.m.

Checks payable to AARP are due the day of class. \$15.00 AARP Members, \$20.00 non-AARP members. A drop-in fee is collected for all non-members of the senior center (\$2.00 for county residents, \$5.00 for non-county residents). Please sign up in the office or by calling 703-792-7151.

# 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

Thursday, January 16, 11:00 a.m.

Friday, January 17, 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.

## SETTING NUTRITION GOALS FOR THE NEW YEAR

Wednesday, January 15, 11:00 a.m.

Do you want to improve your health this year but feel overwhelmed about where to begin? Come to this presentation! We'll discuss how to set an action plan so you can meet your nutrition goals successfully. Find out why you don't have to cut out your favorite foods to meet your health goals.

## 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](mailto: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 November 2019 volunteer of the month prize was awarded to Holly Cooke.

A Jewelry sale is set for Valentine's Day in February. Donations are being accepted now in the office.

The friends will be having a silent auction at least once a month starting in January. The first silent auction of the new year will be January 9 through January 17.

## UPCOMING EVENTS

### Valentine's Day Celebration

Monday, February 17, 12:30 p.m.

### 3D Corner-to-Corner with Holly

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

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

### Black History Program

Date and time TBD.

### Presidents' Day

Please note that we are now open on Presidents' Day.

# 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](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) 792-5956

**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.

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Our Mission Statement:</b></p> <p>To provide services, education and socialization to persons 55+ in the community, in order to foster independence and quality of life.</p>	<p><b>SOLITAIRES</b></p> <p>Singles monthly lunch where single members meet at the center and car-pool to a pre-determined restaurant. Everyone pays for their own lunch and enjoys the company of other single men and women.</p> <p>Sign up at the front desk.</p>	<p><b>Closed</b></p> <p><b>New Year's Day</b></p>	<p><b>2</b></p> <p>9:10 Stand Tall, Don't Fall  <b>9:30 Let's Dance for Fun</b>            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</p> <p><b>Chicken Tenders</b></p>	<p><b>3</b></p> <p>10:00 Adult Coloring            10:00 Ceramics            10:00 Fitness I Video            10:00 Table Tennis  <b>10:30 Getting to Know You</b>            12:30 Acting Class            12:30 Bingo            12:30 Ceramics            1:30 Seated Tai Chi for Arthritis</p> <p><b>Baked Cod</b></p>
<p><b>6</b></p> <p>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  <b>12:30 Musician of the Month</b>            1:00 Bridge            2:00 Recent Loss of Spouse Grief Support</p> <p><b>Spaghetti &amp; Meatballs</b></p>	<p><b>7</b></p> <p>9:10 Stand Tall, Don't Fall  <b>9:30 Let's Dance for Fun</b>            10:00 Digital Devices            10:00 Knitting/Crocheting            10:00 Stand Tall, Don't Fall  <b>10:30 Fig Newton Day</b>            11:00 Line Dancing            11:00 Photography            12:30 Bingo            1:00 Quilting            1:00 Tai Chi            2:00 Middle Eastern Dance I            2:45 Middle Eastern Dance II</p> <p><b>Italian Breaded Chicken</b></p>	<p><b>8</b></p> <p>9:30 Painting            10:00 Fitness I Video            10:00 Table Tennis            11:00 Intro to Line Dancing            12:00 Tap Dancing  <b>12:30 Birthday Celebration</b>            12:30 Yoga  <b>1:00 Friends Meeting</b>            5:00 Woodcarvers</p> <p><b>Meatloaf</b></p>	<p><b>9</b></p> <p>9:10 Stand Tall, Don't Fall  <b>9:30 Let's Dance for Fun</b>            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</p> <p><b>Egg Salad Croissant</b></p>	<p><b>10</b></p> <p>10:00 Adult Coloring            10:00 Ceramics            10:00 Fitness I Video            10:00 Table Tennis            12:30 Acting Class  <b>12:30 New Year's Celebration with Jason Masi</b>            12:30 Bingo Cancelled            12:30 Ceramics            1:30 Seated Tai Chi for Arthritis</p> <p><b>Pork &amp; Sauerkraut</b></p>
<p><b>13</b></p> <p>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  <b>12:30 Jeopardy with Cory</b>            6:30 Recent Loss of Spouse Grief Support</p> <p><b>Loaded Baked Potato</b></p>	<p><b>14</b></p> <p>9:10 Stand Tall, Don't Fall  <b>9:30 Let's Dance for Fun</b>            10:00 Digital Devices            10:00 Knitting/Crocheting            10:00 Stand Tall, Don't Fall  <b>10:30 Tax Tips</b>            11:00 Line Dancing            11:00 Photography            12:30 Bingo            1:00 Tai Chi            2:00 Middle Eastern Dance I            2:45 Middle Eastern Dance II</p> <p><b>Beef Stew</b></p>	<p><b>15</b></p> <p>9:30 Painting            10:00 Fitness I Video            10:00 Table Tennis            11:00 Intro to Line Dancing  <b>11:00 Setting Nutrition Goals</b>            12:00 Tap Dancing            12:15 Friends Briefing            12:30 Yoga            1:00 Bunco            5:00 Woodcarvers</p> <p><b>Beef Stroganoff</b></p>	<p><b>16</b></p> <p>9:10 Stand Tall, Don't Fall  <b>9:30 Let's Dance for Fun</b>            10:00 Crafts            10:00 Stand Tall, Don't Fall  <b>11:00 B.P./Glucose</b>            11:00 Line Dancing            11:00 Nutrition Class            12:30 Bible Study            12:30 Kitchen Band Rehearsal            12:30 Mahjong            12:45 Chair Yoga</p> <p><b>Chicken Chow Mein</b></p>	<p><b>17</b></p> <p>10:00 Adult Coloring            10:00 Ceramics            10:00 Fitness I Video            10:00 Table Tennis  <b>11:00 B.P./Glucose</b>            12:30 Acting Class            12:30 Bingo            12:30 Ceramics            1:30 Seated Tai Chi for Arthritis</p> <p><b>Baked Salmon</b></p>
<p><b>20</b></p> <p><b>Closed</b></p> <p><b>Martin Luther King Jr. Day</b></p>	<p><b>21</b></p> <p>9:10 Stand Tall, Don't Fall  <b>9:30 Let's Dance for Fun</b>            10:00 Digital Devices            10:00 Knitting/Crocheting            10:00 Stand Tall, Don't Fall  <b>10:30 MLK Jr. Program</b>            11:00 Line Dancing            11:00 Photography            12:30 Bingo            12:30 intro to Tai chi            1:00 Tai Chi            2:00 Middle Eastern Dance I            2:45 Middle Eastern Dance II</p> <p><b>Stuffed Pepper</b></p>	<p><b>22</b></p> <p>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            5:00 Woodcarvers</p> <p><b>Chicken Cordon Bleu</b></p>	<p><b>23</b></p> <p>9:10 Stand Tall, Don't Fall  <b>9:30 Let's Dance for Fun</b>            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</p> <p><b>Open-Faced Roast Beef</b></p>	<p><b>24</b></p> <p>10:00 Adult Coloring            10:00 Ceramics            10:00 Fitness I Video            10:00 Table Tennis  <b>10:30 Getting to Know You</b>            12:30 Acting Class            12:30 Bingo            12:30 Ceramics            1:30 Seated Tai Chi for Arthritis</p> <p><b>Spinach Ravioli</b></p>
<p><b>27</b></p> <p>9:10 Tai Chi            10:00 Fitness I Video            10:00 Sewing with Betty Ann            10:00 Table Tennis            11:00 Line Dancing  <b>12:00 Solitaires</b>            12:00 Tap Dancing  <b>12:30 Chinese New Year</b>            1:00 Bridge            6:30 Recent Loss of Spouse Grief Support</p> <p><b>Honey Fired Chicken</b></p>	<p><b>28</b></p> <p>9:10 Stand Tall, Don't Fall  <b>9:30 Let's Dance for Fun</b>            10:00 Digital Devices            10:00 Knitting/Crocheting            10:00 Stand Tall, Don't Fall  <b>10:30 Super Bowl Party</b>            11:00 Line Dancing            11:00 Photography            12:30 Bingo            12:30 intro to Tai chi            1:00 Tai Chi            2:00 Middle Eastern Dance I            2:45 Middle Eastern Dance II</p> <p><b>Liver &amp; Onions</b></p>	<p><b>29</b></p> <p><b>Closed for Staff In-Service Day</b></p>	<p><b>30</b></p> <p>9:10 Stand Tall, Don't Fall  <b>9:30 Let's Dance for Fun</b>            10:00 Crafts            10:00 Stand Tall, Don't Fall  <b>10:30 Social Security</b>            11:00 Line Dancing            11:00 Nutrition Class            12:30 Bible Study            12:30 Kitchen Band Rehearsal            12:30 Mahjong</p> <p><b>Tuna Salad Plate</b></p>	<p><b>31</b></p> <p><b>9:00 AARP Safe Driving Class</b>            10:00 Adult Coloring            10:00 Ceramics            10:00 Fitness I Video            10:00 Table Tennis            12:30 Acting Class            12:30 Bingo            12:30 Ceramics            12:30 Yoga            1:30 Seated Tai Chi for Arthritis</p> <p><b>Half Smoke</b></p>