

PRINCE WILLIAM

— Area Agency on Aging

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

June 2019 | Newsletter

JUNE 2019

ALL ABOARD!

A Special Train Presentation
by Bob Weiss

Thursday, June 13, 10:30 a.m.

A special Father's Day lunch at 12:00 p.m.

Please join Bob Weiss as he takes you through his journey across the globe with trains in their natural setting. Bob has recently retired from Prince William County. He spent a lot of time traveling across the US following trains.

Upcoming **EVENTS**

MUSICIAN OF THE WEEK IN HONOR OF NATIONAL AFRICAN-AMERICAN MUSICIAN MONTH

Mondays, June 3, 10 and 24 at 10:30 a.m.

Tuesday, June 18, 2:00 p.m.

Learn about some of the artists who changed the face of music.

TAEKWONDO

Fridays, 11:00 a.m.

This program is designed for those 55 or better who are looking to re-gain strength, balance, memorization, focus, mobility and most importantly decrease stress.

EXERCISE EQUIPMENT W/CORY

Tuesday, June 4, all day

If you are looking for guidance using the exercise equipment, please sign-up in the book at the front desk for an available spot to meet with Cory on June 4.

TENANT RIGHTS

Tuesday, June 11, 11:00 a.m.

As part of our on-going partnership with Prince William County Legal Services, please join us to learn about your rights as a renter in Virginia.

FLAG DAY CELEBRATION

Friday, June 14, 10:30 a.m.

VA Services will be here to talk about the history and importance of Flag Day.

LAVENDER WAND CRAFT CLASS

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

Anita Berry with Lavender and Lace will be here to teach you how to make a Lavender wand. She will bring the supplies. A fee of \$6.00 will be collected at registration. You must be registered and paid to attend the class. Class is limited to twelve.

Prince William Senior Center

MANASSAS



STEVE FLYNN

Wednesday, June 5, 12:30 p.m.
Lunch: 11:45 a.m.

Steve is a Sinatra-tribute solo artist based in D.C. He also sings the tunes of Dean Martin, Bobby Darin and other male singers.



HAPPY HOOFERS

Monday, June 10, 12:30 p.m.
Lunch 11:45 a.m.

Please join us as the Happy Hoofers perform 8 line dances and end with audience participation to dance the Macarena.



RON HOWARD

Wednesday, June 12, 12:30 p.m.
Lunch: 11:45 a.m.

Ron Howard is a singer keyboard player. He performs classics including Frank Sinatra, Elvis Presley, Jerry Lee Lewis, James Brown, Little Richard, Nat King Cole and Willie Nelson.



TOM DELANEY

Monday, June 17, 10:30 a.m.

Please join us for a morning of comedy and music by Tom Delaney.

Stay for a special pizza lunch at 12:00 p.m.

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, F	3:00 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 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
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 PM	Free
Mahjong	TH	12:30 PM	Free
Pool	M-F	9:00 AM-4:30 PM	Free
Solitaires	Monthly	12:00 PM	Individual
Shuffle Putt	TU	10:00 AM	Free
Table Tennis	M, W, F	10:00 AM-12:00 PM	Free
Woodcarvers	W	5:00 PM	Free

HEALTH SCREENINGS

Tuesday, June 18, 11:00 a.m.

Tuesday, June 25, 11:00 a.m.

WEEKLY NUTRITION CLASS

Every Thursday, 11:00 a.m.

Erica Ingraham, Dietician Nutritionist

Learn about the latest nutrition trends and research. Upcoming discussions include healthy snacking, reading food labels and nutrients to know. Check the bulletin board for topic updates. Resources and recipes provided!

STAY HYDRATED

Wednesday, June 12, 10:30 a.m.

Erica Ingraham, Dietician Nutritionist

Erica will talk about the importance of staying hydrated, especially during the summer months!

JOYFUL JUNE

Monday, June 17, 11:00 a.m.

Vicki Graham, ACTS

Discussion about reclaiming our joy.

SMOOTHIES 101

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

Learn how to make smoothies, just in time for summer! Discover refreshing, nutritious combinations from two registered dietitians. Bring your appetites and questions!

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, June 5.

The April 2019 volunteer of the month prize was awarded to Patricia Scott.

The Friends will be holding a silent auction once a month for 7 days. This month's silent auction will be held June 6-14.

The Friends yard sale is Saturday, July 20. Please see the flyer on the bulletin board for details and applications to reserve a spot to sell your own items. Donations to the Friends of the Manassas Senior Center will be accepted June 17 to July 19; 9-12 only.

The Friends would like to thank those who took their time to make the quilt squares.

The talent show was a smashing success! The talent was outstanding and the refreshments were great!

UPCOMING EVENTS

Senior Center Closure

July 1 through July 5

United States Marine Corps Jazz Band

Fourth of July Celebration

Wednesday, July 10, 12:30 p.m.

National Ice Cream Social Day

Friday, July 19, 12:30 p.m.

Bee Talk

Pam Popovich, Beekeeper

Monday, July 22, 12:30 p.m.

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	
3 9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 10:30 Duke Ellington 11:00 Line Dancing 12:00 Tap Dancing 1:00 Bridge 2:00 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing Beef Chili or Chef Salad	4 9:10 Stand Tall, Don't Fall 9:30 Legal Services 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 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance I Exercise Equipment with Cory Stuffed Pepper or Chef Salad	5 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:45 Lunch 12:00 Tap Dancing 12:30 Steve Flynn 12:30 Yoga 1:00 Friends Meeting 3:00 Ballroom Dancing 5:00 Woodcarvers Cheesburger or Chef Salad	6 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 (Cancelled) 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong Silent Auction Begins Taco Salad or Chef Salad	7 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 12:30 Bingo 12:30 Ceramics 3:00 Ballroom Dancing National Chocolate Ice Cream Day	
10 9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 10:30 Women in Jazz 11:00 Line Dancing 11:45 Lunch 12:00 Tap Dancing 12:30 Happy Hooper Perform 1:00 Bridge 3:00 Ballroom Dancing Grief Support 6:30 Recent Loss of Spouse Beef Lasagna or Chef Salad	11 9:10 Stand Tall, Don't Fall 9:30 Legal Services 10:00 Knitting/Crocheting 10:00 Shuffle Putt 10:00 Stand Tall, Don't Fall 11:00 Line Dancing 11:00 Tenant Rights 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 Steak or Chef Salad	12 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 10:30 Stay Hydrated 12:00 Tap Dancing 12:15 Friends Briefing 12:30 Ron Howard 12:30 Yoga 3:00 Ballroom Dancing 5:00 Woodcarvers Chicken Quesadilla or Chef Salad	13 9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 10:30 Father's Day Train Presentation 11:00 Line Dancing (Out) 11:00 Nutrition Class 12:30 Bible Study 12:30 Mahjong Baked Ham or Chef Salad	14 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 10:30 Flag Day Celebration 11:00 Taekwondo 12:30 Bingo 12:30 Ceramics 3:00 Ballroom Dancing Sloppy Joe or Chef Salad	
17 9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 10:30 Tom Delaney 11:00 Joyful June 11:00 Line Dancing 12:00 Tap Dancing 1:00 Bridge 2:00 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing Pizza or chef Salad	18 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 10:30 Lavender Wand Craft 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 2:00 Ray Charles 2:45 Middle Eastern Dance II Chicken & Waffles or Chef Salad	19 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Smoothies 101 12:00 Tap Dancing 12:30 Birthday Celebration 12:30 Yoga 1:00 Bunco 3:00 Ballroom Dancing 5:00 Woodcarvers Swedish Meatballs or Chef Salad	20 9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 11:00 Line Dancing (Out) 11:00 Nutrition Class 12:30 Bible Study 12:30 Mahjong Reuben or Chef Salad	21 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 12:30 Bingo 12:30 Ceramics 3:00 Ballroom Dancing Crab Cakes or Chef Salad	
24 9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 10:30 Beyoncé 11:00 Book Club Meeting 11:00 Line Dancing 12:00 Tap Dancing 12:30 Jeopardy Lunch 1:00 Bridge 3:00 Ballroom Dancing 6:30 Recent Loss of Spouse Grief Support Roast Turkey or Chef Salad	25 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 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 or Chef Salad	CLOSED Staff-in Service Day		27 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 Mahjong 12:30 Painting BBQ Pork or Chef Salad	28 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 12:30 Bingo 12:30 Ceramics 12:30 Yoga 3:00 Ballroom Dancing Baked Cod or Chef Salad

The Solitaires
 The solitaires is a group of single men and women who meet once a month for lunch.
 Please check the bulletin board for more information!

Nutrition Counseling is available.
Sign-up at the front desk For your one-on-one session with Erica.

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

A special chef salad is prepared once a week in place of the regular chef salad.
 Please check the menu on the bulletin board for details.
 This month, the special chef salad will be offered on June 7, 11, 21 and 25.
 Please note that all menus are subject to change at any time.