



March 2019 | Newsletter
www.pwcgov.org/seniorcenters
(703) 792-6405

Prince William Senior Center

MANASSAS

MARCH 2019



ST. PATRICK'S DAY CELEBRATION WITH TOM DELANEY

Wednesday, March 13, 12:30 p.m.

Lunch will be served at 11:45 a.m.

Come join us for a traditional St. Patrick's Day lunch of corned beef and cabbage and enjoy a show of Irish music, jokes and stories by Tom Delaney.

Please sign up ahead at the front desk to reserve a seat as space is limited.

UpcomingEVENTS

TAX TIPS

Monday, March 4, 12:30 p.m.

Charlie Montgomery will talk about some useful tax tips.

AARP SAFE DRIVING CLASS

Thursday, March 7, 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.

BRAIN HEALTH WORKSHOP

Friday, March 8, 10:00 and 11:00 a.m.

Get your FREE brain health assessment as well as tips on how to stay brain healthy! If you are 55 years old or better and possess basic computer skills, please plan on attending. Space is limited to 20. Sign up is required.

IRISH SPORT PRESENTATION

Tuesday, March 12, 10:30 a.m.

In honor of St. Patrick's Day, Cory Cox will talk about hurling, the national sport of Ireland.

FRANK PLUMBER

Thursday, March 14, 12:30 p.m.

Frank is a pianist, vocalist and accordionist. He has been entertaining the greater Washington DC Metropolitan area for over 30 years. Frank has played for former First Lady Michelle Obama, Ivanka Trump, Alan Greenspan's 80th Birthday and many others.

DIGITAL RESOURCES

Thursday, March 21, 10:30 a.m. PWC Library will tell you about the digital resources that are available through the library.



Mardi Gras Program

Friday, March 1, 10:30 a.m.

Lunch: 12:00 p.m.

Come join us for a Mardi Gras celebration. The Seton High School Jazz Band will be performing for you at 10:30 a.m. A traditional Mardi Gras lunch will be served. See if you will be the lucky one who finds the baby in the cake.



ACTING CLASS PRESENTATION

Friday, March 15, 12:15 p.m.

Lunch : 11:45 a.m.

Please join us as the Past -Time, Prime-Time Players perform for you. Sign up at the front desk to reserve your seat.



CELEBRATING WOMEN IN HISTORY

Monday, March 25, 12:30 p.m.

Come test your knowledge of women's history. We will play a game of Jeopardy where all the questions revolve around the achievements and lives of prominent women throughout history. Play for the chance to win a certificate that shows you and your lunch mates are the "TOP DOGS".



SOLITAIRES

Monday, March 11, 12:00 p.m.

The Solitaires are back! Sign up on the bulletin board and join the Solitaires for lunch. Meet at the center at 12:00 and car pool to Bob Evans.

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 Dance I	TU	2:00 PM	Free
Middle Eastern Dance I (Choreography)	TU	2:45 PM	\$2.00
Shuffle Putt	TU	10:00	Free
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
Mahjong	TH	12:30 PM	Free
Pool	M-F	9:00 AM-4:30 PM	Free
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

Wednesday, March 13, 11:00 a.m.

Thursday, March 14, 11:00 a.m.

WEEKLY NUTRITION CLASS

Every Thursday, 11:00 a.m.

Learn about the latest nutrition trends and research with Erica, Dietitian Nutritionist.

Upcoming discussions include how to read a nutrition label, meal planning on a budget and healthy snacking. Check the bulletin board for topic updates. Resources and recipes provided!

PREVENTING AND TREATING TYPE II DIABETES

Friday, March 8, 12:30 p.m.

Dr. Dan Cox, UVA

MARCH NUTRITION TALK

Wednesday, March 13th, 11:00am

March is National Nutrition Month! Discover key facts about the three macronutrients from our Dietitian Nutritionist. Learn how to balance your plate for improved health and energy.

CLEAR CAPTIONS

Tuesday, March 19, 12:30 p.m.

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

“ARE YOU A LION OR A LAMB?”

Wednesday, March 20, 11:00 a.m.

Vicki Graham, ACTS

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, March 6.

The January 2019 volunteer of the month prize was awarded to Nancy Hart.

The Friends will be holding a silent auction once a month for 7 days. This month's silent auction will be held March 7-15.

Applications for grandchild scholarships are now 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. If you are interested in serving on the Friends board, please submit a short bio and your picture to a current board member or to the office no later than March 15. For more information, please see a current board member or attend the next board meeting.

UPCOMING EVENTS

ANNA PAPPAS AND THE CLASS ACT
Tuesday, April 2, 12:30 p.m.

VOLUNTEER RECEPTION

Thursday, April 4, 10:00 a.m. to 12:00 p.m.
An invitation is required to attend.

SPRING LUNCHEON WITH FRANKLIN CARRINGTON

Friday, April 5, 10:30 a.m.

FALL PREVENTION PRESENTATION Tuesday, April 16, 10:30 a.m.

Rescheduled from Tuesday, February 12.

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
<p>Our Mission Statement:</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>Mary Moles, Harpist, returns on the 28th!</p>	<p>Fitness Equipment Demo on March 18th.</p>	<p>Nutrition Counseling is now available.</p> <p>Sign-up at the front desk For your one-on-one session with Erica.</p>	<p>1</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 10:30 Mardi Gras Program 12:30 Bingo 12:30 Ceramics 12:30 Yoga 1:00 Acting Class</p>
Jambalaya				
<p>4</p> <p>9:10 Tai Chi 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 10:00 Wisdom Meets Technology 11:00 Line Dancing 12:00 Tap Dancing 12:30 Tax Tips 1:00 Bridge 2:30 Ball Room Dancing 2:00 Loss of Spouse Grief Support</p>	<p>5</p> <p>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 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>6</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 1:00 Friends Meeting 2:30 Ballroom Dancing 5:00 Woodcarvers</p>	<p>7</p> <p>9:00 AARP Safe Driving 9:10 Stand Tall, Don't Fall 10:00 Stand Tall, Don't Fall 11:00 Line Dancing 11:00 Nutrition Club 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong</p>	<p>8</p> <p>10:00 Brain Health Workshop 11:00 Brain Health Workshop 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 12:30 Bingo 12:30 Ceramics 12:30 Preventing & Treating Diabetes 1:00 Acting Class</p>
Chicken & Noodles	Spinach Ravioli	Chicken Cordon Bleu	Salisbury Steak	BBQ Chicken
<p>11</p> <p>9:10 Tai Chi 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 10:00 Wisdom Meets Technology 11:00 Line Dancing 12:00 Solitaire's Meet 12:00 Tap Dancing 1:00 Bridge 2:30 Ball Room Dancing 6:30 Loss of Spouse</p>	<p>12</p> <p>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 Irish Sport Presentation 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</p>	<p>13</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 B.P./Glucose 11:00 Intro to Line Dancing 11:00 Nutrition Talk 11:45 Early Lunch 12:15 Friends Briefing 12:00 Tap Dancing 12:30 St. Patrick's Day Program 12:30 Yoga 2:30 Ballroom Dancing 5:00 Woodcarvers</p>	<p>14</p> <p>9:10 Stand Tall, Don't Fall 10:00 Stand Tall, Don't Fall 11:00 B.P./Glucose 11:00 Line Dancing (Out) 11:00 Nutrition Club 11:45 Early Lunch 12:30 Bible Study 12:30 Frank Plumber 12:30 Kitchen Band Rehearsal 12:30 Mahjong</p>	<p>15</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:45 Early Lunch 12:15 Acting Class Presentation 12:30 Bingo Cancelled 12:30 Ceramics</p>
White Chicken Chili	Steak & Peppers	Corned Beef & Cabbage	Chicken a la King	Stuffed Shells
<p>18</p> <p>9:00 Equipment Demo 9:10 Tai Chi 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 10:00 Wisdom Meets Technology 11:00 Line Dancing 12:00 Tap Dancing 1:00 Bridge 2:00 Loss of Spouse 2:30 Ball Room Dancing</p>	<p>19</p> <p>9:10 Stand Tall, Don't Fall 10:00 Knitting/Crocheting 10:00 Digital Devices 10:00 Shuffle Putt 10:00 Stand Tall, Don't Fall 11:00 Line Dancing (Out) 11:00 Photography 12:30 Clear Captions 12:30 Bingo 1:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>20</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Are You a Lion or a Lamb? 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</p>	<p>21</p> <p>9:10 Stand Tall, Don't Fall 10:00 Stand Tall, Don't Fall 10:30 Digital Resources 11:00 Line Dancing (Out) 11:00 Nutrition Club 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong</p>	<p>22</p> <p style="text-align: center;">Closed All Staff Meeting</p>
Beef Stroganoff	BBQ Chicken Patty	Cabbage Roll	Taco Salad	
<p>25</p> <p>9:10 Tai Chi 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 10:00 Wisdom Meets Technology 11:00 Book Club Meeting 11:00 Line Dancing 12:00 Tap Dancing 12:30 Women's History 1:00 Bridge 2:30 Ball Room Dancing 6:30 Loss of Spouse Grief Support</p>	<p>26</p> <p>9:10 Stand Tall, Don't Fall 10:00 Knitting/Crocheting 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</p>	<p>27</p> <p style="text-align: center;">Closed Staff in Service Day</p>	<p>28</p> <p>9:10 Stand Tall, Don't Fall 10:00 Stand Tall, Don't Fall 11:00 Line Dancing 11:00 Nutrition Club 11:30 Mary Moles Harpist 12:00 Painting 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong</p>	<p>29</p> <p>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</p>
Sirloin Beef Tips	Meatball Sub		Vegetarian Lasagna	BLT