

PRINCE WILLIAM

Area Agency on Aging

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

May 2019 | Newsletter

MAY 2019



OLDER AMERICANS MONTH PICNIC

Friday, May 10, 2019
10:00 a.m. until 2:00 p.m.

Camp William B. Snyder
6100 Antioch Rd.
Haymarket, VA 20169

Limited seating available.
Please call 703-792-7151 to register.
Open to all Prince William Area Residents
55 or better.

UpcomingEVENTS

BAZAAR CRAFTS WITH BETTY ANN BLANTON
Mondays from 10:00 a.m. to 12:00 p.m.
Join Betty to make crafts to sell at the bazaar.

ERIC FINE, PIANIST
Monday, May 6, 12:30 p.m.
Lunch: 11:45 a.m.
Eric is a talented pianist. Please join us in welcoming him to the center to perform for us.

MOTHER'S DAY CELEBRATION w/ELENA LACAYO
Monday, May 13, 12:30 p.m.
Lunch: 11:45 a.m.
National Theater presents Elena Lacayo. Elena is a bilingual folk singer-songwriter.

VFW MEMORIAL DAY PRESENTATION
Thursday, May 16, 12:30 p.m.
Ron Knowles, VFW

TRANSITIONS EXPO
Wednesday, May 15, 9:30 a.m. to 1:30 p.m.
Potomac Mills Mall
Free and open to the public.

APS BINGO
Monday, May 20, 12:30 p.m.
Join us to celebrate a special bingo to celebrate Adult Abuse Prevention Month.

LAW DAY PRESENTATION
Thursday, May 30, 12:30 p.m., Lunch: 11:45 a.m.
PW Bar Association will discuss Legal Aid for low income residents and Medicare/Medicaid qualifications.

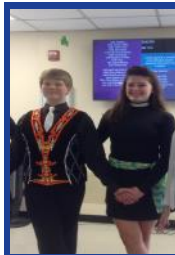
PRINCE WILLIAM COUNTY PUBLIC LIBRARY PRESENTATION
Thursday, May 23, 12:30 p.m.
PWCPCL will talk about our local history.

Prince William Senior Center MANASSAS



CELEBRATE OLDER AMERICANS MONTH w/ JASON MASI!
Wednesday May 1, 12:30 p.m.
Lunch: 11:45 a.m.

Join us in celebrating Older Americans Month with Jason Masi. Lunch will be served early. Sign up ahead at the front desk to reserve your seat.



SHAMROCKRS
Wednesday, May 15, 10:30 a.m.
Lunch: 11:45 a.m.

The Shamrockrs, a family of champion Irish step dancers, are back again to entertain us with a traditional cultural dance mixed with a modern musical genre.



ACTING CLASS PRESENTATION
Friday, May 24, 12:15 p.m.
Lunch: 11:45 a.m.

Please join the Past-Time, Prime-Time Players for another spectacular performance.



TALENT SHOW
Friday, May 17, 4:00 p.m. to 7:00 p.m.

Please join us for the first evening summer program sponsored by the Friends. Heavy hors d'oeuvres will be served. Tickets are \$5.00 each and can be purchased at the front desk. Advance registration and payment is required to attend.

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	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, May 7, 11:00 a.m.
Tuesday, May 14, 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!

FUN WITH FIBER

Wednesday, May 22, 11:00 a.m.
Erica Ingraham, Dietician Nutritionist

Learn the many health benefits of fiber. Hint: It helps with more than just digestion.

ARE YOU A RACEHORSE OR A NAG?

Friday, May 3, 11:00 a.m.
Vicki Graham, ACTS

Does who we are define how we run the race?

ALZHEIMER'S PRESENTATION

Wednesday, May 15, 12:30 p.m.
Novant Health Prince William

STROKE SUPPORT GROUP INFORMATION TABLE

Tuesday, May 21, 10:00 a.m.

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, 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, May 1.

The March 2019 volunteer of the month prize was awarded to Tom Salmon.

The Friends will be holding a silent auction once a month for 7 days. This month's silent auction will be held May 2-9.

Older Americans Month picnic bus sign up has begun. Please sign up at the front desk. \$2.00 per person for a round trip will be collected.

Mother's Day Jewelry Sale will be held on May 6 & 7.

The Friends yard sale is coming in July. Please see the flyer on the bulletin board for details and application.

UPCOMING EVENTS

Steve Flynn

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

Ron Howard

Wednesday, June 12, 12:30 p.m.

Singer and pianist

Tenant Rights

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

Legal Services of Northern Virginia

Tom Delaney

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

Father's Day Celebration

TBD

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>Nutrition Counseling is available.</p> <p>Sign-up at the front desk For your one-on-one session with Erica.</p>	<p>1</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Intro to Line Dancing 11:45 Early Lunch 12:00 Tap Dancing 12:30 Celebrate Older American Month w/Jason Masi 12:30 Yoga 1:00 Friends Meeting 3:00 Ballroom Dancing 5:00 Woodcarvers</p>	<p>2</p> <p>9:10 Stand Tall, Don't Fall 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>3</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Are You a Racehorse or a Nag? 12:30 Bingo 12:30 Ceramics 1:00 Acting Class</p>
		Meatloaf	Egg Salad Sandwich	Grilled Cheese
<p>6</p> <p>9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 11:00 Line Dancing 12:00 Tap Dancing 11:45 Early Lunch 12:30 Eric Fine, pianist 1:00 Bridge 2:00 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing Grief Support</p>	<p>7</p> <p>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 B.P./Glucose 11:00 Line Dancing 12:30 Bingo 1:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>8</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Intro to Line Dancing 12:00 Tap Dancing 12:15 Friends Briefing 12:30 Birthday Celebration 12:30 Yoga 3:00 Ballroom Dancing 5:00 Woodcarvers</p>	<p>9</p> <p>9:10 Stand Tall, Don't Fall 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 style="text-align: center;">CLOSED</p> <p style="text-align: center;">Older Americans Month Picnic</p> <p style="text-align: center;">10:00 a.m. to 2:00 p.m.</p>
Spaghetti & Meatballs	Beef Stew	Chicken Chow Mein	Pork Chop	
<p>13</p> <p>9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 11:00 Line Dancing 11:45 Early Lunch 12:00 Tap Dancing 12:30 Mother's Day Celebration w/Elena Lacayo 1:00 Bridge 3:00 Ballroom Dancing 6:30 Recent Loss of Spouse Grief Support</p>	<p>14</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 B.P./Glucose 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>15</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 10:30 Shamrockers 11:00 Intro to Line Dancing 11:45 Early Lunch 12:30 Alzheimer's Presentation 12:00 Tap Dancing 12:30 Yoga 1:00 Bunco 3:00 Ballroom Dancing 5:00 Woodcarvers</p> <p style="text-align: center;">Transitions Expo (Potomac Mills) 9:30 a.m.—1:30 p.m.</p>	<p>16</p> <p>9:10 Stand Tall, Don't Fall 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 12:30 VFW Memorial Day Presentation</p>	<p>17</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Movie & Popcorn 10:00 Table Tennis 12:30 Bingo 12:30 Ceramics 1:00 Acting Class 4:00 Talent Show</p>
Chicken Cordon Bleu	BBQ Chicken Thighs	Beef Stroganoff	Spinach Ravioli	Salisbury Steak
<p>20</p> <p>9:10 Tai Chi 10:00 Bazaar Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:00 Wii Bowling 11:00 Book Club Meeting 11:00 Line Dancing 12:00 Tap Dancing 12:30 APS Bingo 1:00 Bridge 2:00 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing</p>	<p>21</p> <p>9:10 Stand Tall, Don't Fall 10:00 Knitting/Crocheting 10:00 Shuffle Putt 10:00 Stand Tall, Don't Fall 10:00 Stroke Support Group Information Table 11:00 Line Dancing 12:30 Bingo 1:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>22</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Fun with Fiber 11:00 Intro to Line Dancing 12:00 Tap Dancing 12:30 Yoga 1:00 Bunco 3:00 Ballroom Dancing 5:00 Woodcarvers</p>	<p>23</p> <p>9:10 Stand Tall, Don't Fall 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 Library Presentation 12:30 Mahjong</p>	<p>24</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 Presentation 12:30 Bingo (Cancelled) 12:30 Ceramics 1:00 Acting Class</p>
White Chicken Chili	Steak & Peppers	Hot Dog	Chicken a la King	Stuffed Shells
<p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Memorial Day</p>	<p>27</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 12:30 Intro to Tai Chi 1:00 Bridge 1:00 Quilting 1:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II 6:30 Recent Loss of Spouse Grief Support</p>	<p style="text-align: center;">CLOSED</p> <p style="text-align: center;">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 Class 11:45 Early Lunch 12:00 Painting 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Law Day Presentation 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>
	Chicken Alfredo		Cabbage Rolls	Tuna Salad