

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

(703) 792-6405

Prince William Senior Center

MANASSAS

OCTOBER 2019

OKTOBERFEST

Monday, October 21, 12:30 p.m.; Lunch: 11:45 a.m.

Silvia Rostina Eberly, accordionist from Austria, will help us celebrate German heritage with accordion music following a German inspired lunch.

HALLOWEEN PARTY & COSTUME CONTEST

Thursday, October 31,
Costume Contest: 10:30 a.m., Lunch: 11:45 a.m.,
Kitchen Clackers 12:30 p.m.

Wear a costume and join us in celebrating Halloween. Enter the costume contest before lunch to win a prize.

Sign up in the book for the programs. You must call or sign in on the touchscreen by 10:30 for lunch.

UpcomingEVENTS

MAMMOVAN

Friday, October 4, 9:00 a.m. to 1:00 p.m.

Sentara Health System will conduct mammograms. You will need your photo ID, insurance, doctor, and Medicare info. No out of pocket costs for those who qualify. Please call 703-523-1560 to register.

VIRGINIA NATIONAL BALLET

Friday, October 4, 12:30 p.m., Lunch at 11:45.

The Virginia National Ballet will be performing after lunch. Sign up in the book to reserve your seat. Call or sign up on the touchscreen for your lunch.

CHAIR YOGA

Thursdays, October 10 & 24, 12:45 p.m.

Enjoy the health benefits of yoga without a mat. Improve your strength and flexibility while reducing stress—all while seated in a chair. No prior experience necessary!

SEATED TAI CHI FOR ARTHRITIS

Fridays, starting October 4, 1:30-2:30 p.m.

A class for those with arthritis or for anyone with mobility, balance, or strength issues.

MUSICIAN OF THE MONTH

Tuesday, October 8, 10:30 a.m.

Come learn about Louis Armstrong and why he was one of the most influential figures in Jazz.

SOLITAIRES LUNCH

Monday, October 28, 12:00 p.m.

Singles monthly lunch. Meet at the center at noon and carpool to a pre-determined restaurant. Sign up at the front desk.

INTRO TO LINE DANCING

Wednesdays, starting October 2, 11:00 a.m.

Learn the basic line dance steps with Barbara Reese.



GETTING TO KNOW YOU

Friday, October 18, 10:30 a.m.

Get to know your fellow members in a fun and informal setting.

All members, new and old, are welcome to attend.

Refreshments served.



STEP SISTERS PERFORM

Monday, October 21, 10:30 a.m.

The Step Sisters, our very own tap dancers, are performing several dances just for you. The program will last about 45 minutes.

Sign up at the front desk to reserve your seat.



ELDER ABUSE PRESENTATION

Thursday, October 24, 12:30 p.m.

Kaitlin Walker, Staff Attorney with the Prince William office of Legal Services of Northern Virginia, will be conducting a presentation on Elder Abuse (what to look for and how to report it) and protective orders in Virginia (steps to take in order to obtain one). This presentation is for informational purposes only.



FIRE SAFETY PRESENTATION

Tuesday, October 29, 10:30 a.m.

October is Fire Prevention Month. Please join Prince William County Fire and Rescue for a presentation on fire safety.

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

Ballroom Dancing	M, W, F	3:00 PM	Free
Fitness I—Video	M, W, F	10:00 AM	Free
Chair Yoga	2nd & 4th 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	M, W	1:30 PM	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

Tuesday, October 22, 11:00 a.m.

Wednesday, October 23, 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.

DIABETES TALK

Wednesday, October 23, 11:00 a.m.

Erica Ingraham, Dietician Nutritionist

Do you have Diabetes or want to prevent Diabetes? Learn to manage your blood sugar and eat food that you enjoy. Recipes and helpful handouts provided!

NUTRITION COUNSELING

Remember to sign up at the front desk for one-on-one nutrition counseling on Wednesdays and Thursdays with Erica.

DOMESTIC VIOLENCE PRESENTATION

Monday, October 28, 11:00 a.m.

Guest Presenter, Dotty Larson, Director of Domestic Violence Services, ACTS

Domestic Violence has no age limits. Learn how domestic violence impacts our community and older adults.

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, October 2.

The August 2019 volunteer of the month prize was awarded to Sharon Beazer.

The Friends will be holding a silent auction once a month for 7 days. This month's silent auction will be held October 3-11.

Jewelry donations are being accepted for the bazaar. Please bring them to the office.

Donations for the rummage sale are now being accepted. Please check the bulletin board for details.

The Friends are looking for volunteers to help man the booth at the Manassas Jubilee on Saturday, October 5.

UPCOMING EVENTS

FALL BAZAAR AND RUMMAGE SALE

Saturday, November 2
8:00 a.m.-2:00 p.m.

INTERNATIONAL FALL FASHION SHOW

Friday, November 15, 12:30 p.m.
Look for the details on the bulletin board.

THANKSGIVING DINNER

Thursday, November 21, 12:00 p.m.
All morning activities are cancelled.

THANKSGIVING FOOD DRIVE

November 1 through November 22.

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

pwccgov.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: To provide services, education and socialization to persons 55+ in the community, in order to foster independence and quality of life.</p>	<p>1</p> <p>9:10 Stand Tall, Don't Fall 9:30 Legal Services 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 10:30 Jeopardy w/ Cory 11:00 Line Dancing 12:30 Bingo 1:00 Tai Chi 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>2</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 1:30 Let's Dance For Fun 3:00 Ballroom Dancing 5:00 Woodcarvers</p>	<p>3</p> <p>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 Kitchen Band Rehearsal 12:30 Mahjong</p>	<p>4</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 11:45 Early Lunch 12:30 Acting Class 12:30 Bingo (Cancelled) 12:30 Ceramics 12:30 Virginia National Ballet 1:30 Seated Tai Chi for Arthritis 3:00 Ballroom Dancing Mammovan 9:00-1:00</p>
	Egg Salad Sandwich	Chicken Cordon Bleu	Spinach Ravioli	Salisbury Steak
<p>7</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 1:00 Bridge 1:30 Let's Dance For Fun 2:00 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing</p>	<p>8</p> <p>9:10 Stand Tall, Don't Fall 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 10:30 Musician of the Month 11:00 Line Dancing 12:30 Bingo 1:00 Quilting 1:00 Tai Chi 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>9</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 1:30 Let's Dance For Fun 3:00 Ballroom Dancing 5:00 Woodcarvers</p>	<p>10</p> <p>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 Kitchen Band Rehearsal 12:30 Mahjong 12:45 Chair Yoga</p>	<p>11</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 12:30 Acting Class 12:30 Bingo 12:30 Ceramics 1:30 Seated Tai Chi for Arthritis 3:00 Ballroom Dancing</p>
White Chicken Chili	Steak & Peppers	Vegetable Lasagna	Chicken a la King	Stuffed Shells
<p>Closed Columbus Day</p>	<p>15</p> <p>9:10 Stand Tall, Don't Fall 10:00 Knitting/Crocheting 10:00 Movie Day 10:00 Stand Tall, Don't Fall 11:00 Line Dancing 12:30 Bingo 1:00 Tai Chi 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>16</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 Bunco 1:30 Let's Dance For Fun 3:00 Ballroom Dancing 5:00 Woodcarvers</p>	<p>17</p> <p>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 Kitchen Band Rehearsal 12:30 Mahjong</p>	<p>18</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 10:30 Getting to Know You 11:00 Taekwondo 12:30 Acting Class 12:30 Bingo 12:30 Ceramics 1:30 Seated Tai Chi for Arthritis 3:00 Ballroom Dancing</p>
	Chicken Alfredo	Cabbage Roll	Taco Salad	Tuna Salad Plate
<p>21</p> <p>9:10 Tai Chi 10:00 Fitness I Video 10:00 Sewing with Betty Ann 10:00 Table Tennis 10:30 Step Sisters Perform 11:00 Line Dancing 11:45 Early Lunch 12:00 Tap Dancing 12:30 Oktoberfest w/Silva Eberly 1:00 Bridge 1:30 Let's Dance For Fun 2:00 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing</p>	<p>22</p> <p>9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 11:00 B.P./Glucose 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>23</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 B.P./Glucose 11:00 Diabetes Talk w/Erica 11:00 Intro to Line Dancing 12:00 Tap Dancing 12:30 Yoga 1:30 Let's Dance For Fun 3:00 Ballroom Dancing 5:00 Woodcarvers</p>	<p>24</p> <p>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 Elder Abuse Presentation 12:30 Kitchen Band Rehearsal 12:30 Mahjong 12:45 Chair Yoga</p>	<p>25</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 12:30 Acting Class 12:30 Bingo 12:30 Ceramics 1:30 Seated Tai Chi for Arthritis 3:00 Ballroom Dancing</p>
Bratwurst & Sauerkraut	Meatball Sub	Shepherd's pie	BLT	Sirloin Beef Tips
<p>28</p> <p>9:10 Tai Chi 10:00 Fitness I Video 10:00 Sewing with Betty Ann 10:00 Table Tennis 11:00 Book Club Meeting 11:00 Domestic Violence Presentation 11:00 Line Dancing 12:00 Solitaires 12:00 Tap Dancing 1:00 Bridge 1:30 Let's Dance For Fun 3:00 Ballroom Dancing 6:30 Recent Loss of Spouse</p>	<p>29</p> <p>9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 10:30 Fire Safety Presentation 11:00 Line Dancing 11:00 Photography 12:30 Bingo 12:30 Into to Tai Chi 1:00 Tai Chi 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>30</p> <p>CLOSED Staff In-Service Day</p>	<p>31</p> <p>9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 10:30 Halloween Costume Contest 11:00 Line Dancing 11:00 Nutrition Class 11:45 Early Lunch 12:00 Painting 12:30 Bible Study 12:30 Kitchen Clackers Perform 12:30 Mahjong</p>	<p>Please check the bulletin board for the complete daily menu. Note: A special chef salad is prepared once a week in place of the regular chef salad. This month the special chef salad will be offered on October 1, 11, 15, 25 & 29. Please note that all menus are subject to change at any time.</p>
Beef Chili w/Beans	Stuffed Pepper		Spicy "Bat" Wings	