

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS



LABOR DAY CELEBRATION WITH THE KENA TEMPLE SHRINE BAND

Monday, September 09, 12:30 p.m.

Please join us for good food and entertainment by the Kena Temple Shrine Band.

Please sign up in the book to reserve your seat.

SEPTEMBER 2019

CELEBRATE NATIONAL SENIOR CENTER MONTH

by joining us for our:

END OF SUMMER CELEBRATION & SHUFFLEBOARD REVEAL

Friday, September 6

Shuffleboard Reveal: 10:30 a.m.

Lunch: 11:45 a.m.

Ron Howard: 12:30 p.m.

Please sign up in the book at the front desk.

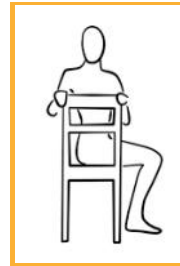
Be sure to pick up a copy of the National Senior Center Month Trivia Quiz for a chance to win a prize.



LETS DANCE FOR FUN

Mondays and Wednesdays, 1:30 p.m.

Please join Hope Chen and Glen Haman to learn a variety of social and cultural dances. They are currently working on perfecting the Hustle. Everyone is welcome! No experience required.



CHAIR YOGA

Friday, September 13, 12:30 p.m.

Join Erica for chair yoga in the new fitness room. This is a beginner's class. Enjoy the health benefits of yoga without having to get on the floor. Improve your strength and flexibility while reducing stress. No prior experience necessary!



A SWINGING FOOTLOOSE DANCE

Sponsored by the Friends of the MSC

Friday, September 27, 5:00 p.m. to 9:00 p.m. Tickets on sale starting September 1 at the front desk.

\$10.00 for a single ticket or \$15.00 for a pair.

Refreshments will be served and door prizes will be awarded.

UpcomingEVENTS

FALLS ASSESSMENT

Wednesday, September 4, 12:30 p.m.

Dr. Ebbecke is conducting fall assessments. Please join us for a presentation and assessment. Sign up at the front desk and pick up your pre-screening paperwork.

BULL RUN TROUBADOURS

Thursday, September 5, 12:30 p.m.

Celebrate National Senior Center Month with the Bull Run Troubadours. Sign up ahead at the front desk.

ARM CHAIR TRAVELER

Monday, September 9th, 10:30 p.m.

Please join Willie Boykin as he tells tales of his trip to Egypt; complete with stories and pictures.

PRINCE WILLIAM SERVICE AUTHORITY

Monday, September 16, 12:30 p.m.

A presentation on the basics of drinking and waste

water treatment, water sourcing and business practice.

SHEL SILVERSTEIN'S BIRTHDAY POETRY READING

Monday, September 16, 11:00 a.m.

Come celebrate one of the greatest American poets as we take turns reading from a collection of his poetry books.

THE THREE DOORS: A SONGBOOK ABOUT ONE MAN'S JOURNEY DOWN THE RIVER OF LIFE (8 Sessions)

Friday, September 20, 10:30 a.m.

Performed by Dave Anderson and Randy McHugh

Each chapter covers a phase of his journey and is accompanied by popular songs recognizable to people of all ages. Written by Dave Anderson.

SOLITAIRES LUNCH

Monday, September 30, 12:00 p.m.

Single men and women get together monthly for lunch.

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	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
Lets Dance for Fun	M, W	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
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

Thursday, September 5, 11:00 a.m.

Thursday, September 12, 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 some valuable resources to keep you healthy. Upcoming topics include Omega 3s, Vitamin D for bone health, and how to handle your sugar cravings. Check the bulletin board and counter regularly for topic updates and resources.

GUT HEALTH

Wednesday, September 11, 11:00 a.m.

Erica Ingraham, Dietician Nutritionist

What you eat has a big impact on your gut. A diverse microbiome is associated with a strong immune system and a reduced risk of chronic disease. Learn what to eat to keep your gut happy and healthy!

VICTORY FOR MENTAL HEALTH

Wednesday, September 18, 11:00 a.m.

Vicki Graham, ACTS

Discussion of overcoming and mastering circumstances in spite of difficulties.

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, September 4.

The July 2019 volunteer of the month prize was awarded to Sue Gillon.

The Friends will be holding a silent auction once a month for 7 days. This month's silent auction will be held September 5-13.

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

Donations for the rummage sale will be accepted starting this month. Details will be posted on the bulletin board.

The Friends are looking for volunteers to help man the booth at the Manassas Jubilee on Saturday, October 4.

UPCOMING EVENTS

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 and Medicare info, and doctors information. No out of pocket costs for those who qualify. Space limited to 12-15 people. Please call 703-523-1560 to register.

OKTOBERFEST

Monday, October 21, 12:30 p.m. Silvia Rostina Eberly, Accordionist from Austria.

HALLOWEEN PARTY & COSTUME CONTEST

Thursday, October 31, 12:30 p.m. Wear a costume and enter the contest. Lets see how creative you can be! Prizes will be awarded.

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.

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CLOSED</p> <p>Labor Day</p>	<p>3</p> <p>9:10 Stand Tall, Don't Fall 9:30 Legal Services 10:00 Knitting/Crocheting 10:00 Digital Devices 10:00 Shuffle Putt 10:00 Stand Tall, Don't Fall 10:30 Movie Day 11:00 Line Dancing 11:00 Photography 12:30 Bingo 1:00 Bridge 1:00 Tai Chi 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p> <p>Chicken & Waffles</p>	<p>4</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 12:00 Tap Dancing 12:30 Falls Assessment 12:30 Yoga 1:00 Friends Meeting 1:30 Let's Dance For Fun 3:00 Ballroom Dancing 5:00 Woodcarvers</p> <p>Swedish Meatballs</p>	<p>5</p> <p>9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 11:00 B.P./Glucose 11:00 Line Dancing 11:00 Nutrition Class 11:45 Early Lunch 12:00 Painting 12:30 Bible Study 12:30 Bull Run Troubadours 12:30 Kitchen Band Rehearsal 12:30 Mahjong</p> <p>Silent Auction Begins Reuben on Marbled Rye</p>	<p>6</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 10:30 Shuffleboard Reveal 11:45 End of Summer Celebration 12:30 Ron Howard 12:30 Bingo (Cancelled) 12:30 Ceramics 1:30 Acting Class 3:00 Ballroom Dancing</p> <p>Crab Cake</p>
<p>9</p> <p>9:10 Tai Chi 10:00 Crafts 10:00 Fitness I Video 10:00 Table Tennis 10:30 Arm Chair Traveler 11:00 Line Dancing 11:45 Lunch 12:00 Tap Dancing 12:30 Labor Day Party with the Kena Temple Shrine Band 1:00 Bridge 1:30 Let's Dance For Fun 3:00 Ballroom Dancing 6:30 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing</p> <p>Oven Fried Chicken</p>	<p>10</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 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>BBQ Pork</p>	<p>11</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Gut Health 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>Roast Turkey</p>	<p>12</p> <p>9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 11:00 B.P./Glucose 11:00 Line Dancing 11:00 Nutrition Class 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong</p> <p>Chicken Tenders</p>	<p>13</p> <p>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 Chair Yoga 12:30 Acting Class 3:00 Ballroom Dancing</p> <p>Silent Auction Ends</p> <p>Baked Cod</p>
<p>16</p> <p>9:10 Tai Chi 10:00 Crafts 10:00 Fitness I Video 10:00 Table Tennis 11:00 Line Dancing 12:00 Tap Dancing 11:00 Shel Silverstein's Birthday Poetry Reading 12:30 Service Authority 1:30 Let's Dance For Fun 1:00 Bridge 2:00 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing</p> <p>Loaded Baked Potato</p>	<p>17</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 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p> <p>Italian Breaded Baked Chicken</p>	<p>18</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Victory For Mental Health 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>Meatloaf</p>	<p>19</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>BBQ Chicken Thighs</p>	<p>20</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 10:30 Dave and Randy's Stories & Music 11:00 Taekwondo 12:30 Bingo 12:30 Ceramics 12:30 Acting Class 3:00 Ballroom Dancing</p> <p>Grilled Cheese</p>
<p>23</p> <p>9:10 Tai Chi 10:00 Fitness I Video 10:00 Sewing with Betty 10:00 Table Tennis 11:00 Line Dancing 12:00 Tap Dancing 12:30 Jeopardy w/ Cory 1:00 Bridge 1:30 Let's Dance For Fun 3:00 Ballroom Dancing 6:30 Recent Loss of Spouse Grief Support</p> <p>Spaghetti w/Meatballs</p>	<p>24</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 Quilting 1:00 Tai Chi 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p> <p>Beef Stew</p>	<p>25</p> <p>CLOSED</p> <p>Staff in-Service Day</p>	<p>26</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 12:00 Painting 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Mahjong</p> <p>Pork Chop</p>	<p>27</p> <p>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 Acting Class 3:00 Ballroom Dancing</p> <p>Baked Salmon</p>
<p>30</p> <p>9:10 Tai Chi 10:00 Fitness I Video 10:00 Sewing with Betty 10:00 Table Tennis 11:00 Book Club Meeting 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</p> <p>Chicken & Noodles</p>	<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>A special chef salad is prepared once a week in place of the regular chef salad.</p> <p>Please check the menu on the bulletin board for details.</p> <p>This month the special chef salad will be offered on September 6, 10, 20, 24</p> <p>Please note that all menus are subject to change at any time.</p>	<p>One-on-one nutrition counseling is available with our Dietician Nutritionist on Wednesdays & Thursdays.</p> <p>Sign up at the front desk.</p>	<p>ACTING CLASS RESUMES</p> <p>Friday, September 6, 1:30 p.m.</p> <p>Starting Friday, September 13, classes will start at 12:30 p.m.</p> <p>Please join John Waldron for acting classes. Lots of fun! No experience required. The classes run approximately eight weeks culminating in a presentation at the senior center.</p>