

AUGUST 2019



Grandkids Day

Friday, August 9, 10:00 a.m. to 1:30 p.m.

Bring your grandkids for a special day of fun with crafts and games. Activities are geared toward children 4-12 years old but all ages are welcome. The Friends of the MSC will provide a pizza lunch for the grandparents and grandkids who attend. Registration is required—please sign up at the front desk no later than Friday, August 2.

Upcoming **EVENTS**

MASTER GARDENER PRESENTATION

Monday, August 5, 12:30 p.m.

Indoor plants are a great option for those that might not be able to garden outdoors. This presentation will show you some of the easiest to care for houseplants and how to care for them. They will bring in lots of examples.

GRANDPARENT'S RIGHTS

Thursday, August 15, 12:30 p.m.
Legal Services of Northern Virginia.

Grandparents can play a major role in their grandchildren's lives. Come hear about your legal rights as a grandparent in Virginia.

JEOPARDY

Monday, August 19, 12:30 p.m.

Come test your knowledge in a friendly game of Jeopardy against your fellow members. Prizes awarded.

LOCAL HISTORY

Thursday, August 22, 12:30 p.m.

Kelly Syarto, PWC Library, will talk about local history.

AARP SAFE DRIVING CLASS

Monday, August 26, 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.

SOLITAIRES LUNCH

Tuesday, August 27, 12:00 p.m.

Single men and women get together monthly for lunch. They meet at the center at noon and carpool to a pre-determined restaurant. Sign up at the front desk.

MANASSAS



SUMMER BEACH PARTY

Friday, August 2, 12:30 p.m.
Lunch: 11:45 a.m.

Joe Cerutti is a member of the band Riptide, a beach party band. Joe will be performing solo with a background track. Your enjoyment is guaranteed.

Sign up at the front desk to reserve your seat.



PEANUT AUCTION

Fred Reger, Auctioneer
Monday, August 12, 12:30 p.m.
Lunch: 11:45 a.m.

You will be bidding on some great items using peanuts instead of money. Peanuts will be provided.

New or gently used auction items are needed. Please inquire in the office.



THE BEAT GOES ON

Monday, August 26, 12:30 p.m.
Lunch: 11:45 a.m.

Join The Beat Goes On artists Alan Yellowitz and Adam Mason as they get you grooving to the beat in a "hands-on" drum circle. Be sure to sign up early in the book at the front desk as participation is limited to 40 people.



HAWAIIAN STARS

Thursday, August 29, 12:30 p.m.
Lunch: 11:45 a.m.

The Hawaiian Stars are back! You will not want to miss out on this spectacular performance. Sign up at the front desk to reserve your seat.

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

Wednesday, August 7, 11:00 a.m.

Thursday, August 8, 11:00 a.m.

WEEKLY NUTRITION CLASS

Every Thursday, 11:00 a.m.

Erica Ingraham, 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.

HEALTHY SNACKING

Wednesday, August 14, 11:00 a.m.

Erica Ingraham, Nutritionist

Please join Erica to learn how to make nutritious snacks. Healthy treats will be provided. Class is limited to 20 people. Sign up at the front desk to reserve your seat.

SEASHELLS—THE REMAINS OF THE DAY

Monday, August 19, 11:00 a.m.

Vicki Graham, ACTS

What Legacy are we leaving? Discussion regarding what is important to each of us.

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

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, August 7.

The June 2019 volunteer of the month prize was awarded to Betty Howard.

The Friends will be holding a silent auction once a month for 7 days. This month's silent auction will be held August 8-16.

Prince William County Fair entries will be collected Friday, August 2 through Tuesday, August 6. Please bring your entries to the craft room to be checked in.

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

Donations for the rummage sale will be accepted starting in September. Details will be posted on the bulletin board.

UPCOMING EVENTS

THE SHRINERS LABOR DAY CELEBRATION

Tuesday, September 10, 12:30 p.m.

END OF SUMMER BBQ & SHUFFLEBOARD REVEAL

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

PICTURE TALK

Date & time to be determined.

Bring a picture to Cory that you would like to share and talk about so that he can put together a presentation.

MSC FRIENDS FOOTLOOSE HOMECOMING DANCE

Friday, September 27, time to be determined

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: 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. Please check the menu on the bulletin board for details. This month the special chef salad will be offered on August 9, 13, 23 and 27. Please note that all menus are subject to change at any time.</p>	<p>Please remember to look at the blue sign in book at the front desk to reserve your seat for special presentations, classes or events as space is limited. You still need to reserve lunch by signing in on the touch screen or by calling in before 10:30 the morning of the event.</p>	<p>1 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>2 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 11:45 Lunch 12:30 Bingo (Cancelled) 12:30 Summer Beach Party 12:30 Ceramics 12:30 Yoga 3:00 Ballroom Dancing</p>
			Stuffed Shells	Half Smoke
<p>5 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 12:30 Master Gardeners 1:00 Bridge 2:00 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing</p>	<p>6 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 12:30 Bingo 1:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II 4:30 Game Night</p>	<p>7 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 B.P./Glucose 12:00 Tap Dancing 12:30 Yoga 1:00 Friends Meeting 3:00 Ballroom Dancing 5:00 Woodcarvers</p>	<p>8 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>9 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</p> <p style="text-align: center;">Grandkids Day 10:00 a.m.-1:30 p.m. Must sign up ahead at the front desk. By Friday, August 2.</p>
Beef Stroganoff	Chicken Alfredo	Cabbage Roll	Taco Salad	Tuna Salad
<p>12 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 Lunch 12:00 Tap Dancing 12:30 Peanut Auction 1:00 Bridge 3:00 Ballroom Dancing 6:30 Recent Loss of Spouse Grief Support</p>	<p>13 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 for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>14 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Nutrition Presentation 12:00 Tap Dancing 12:15 Friends Briefing 12:30 Birthday Celebration 12:30 Yoga 3:00 Ballroom Dancing 5:00 Woodcarvers</p>	<p>15 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 Grandparent's Rights 12:30 Kitchen Band Rehearsal 12:30 Mahjong</p>	<p>16 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</p>
Sirloin Beef Tips	Meatloaf Sub	Shepherd's Pie	BLT	Vegetarian Lasagna
<p>19 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 11:00 Seashells 12:00 Tap Dancing 12:30 Jeopardy with Cory 1:00 Bridge 2:00 Recent Loss of Spouse Grief Support</p>	<p>20 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>21 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 12:00 Tap Dancing 12:30 Yoga 1:00 Bunco 3:00 Ballroom Dancing 5:00 Woodcarvers</p>	<p>22 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 Local History 12:30 Mahjong</p>	<p>23 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Movie & Popcorn 10:00 Table Tennis 11:00 Taekwondo 12:30 Bingo 12:30 Ceramics 3:00 Ballroom Dancing</p>
Beef Chili W/Bean	Stuffed Pepper	Cheeseburger	Chicken & Dumplings	Baked Tilapia
<p>26 9:00 AARP Safe Driving Class 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 11:45 Lunch 12:00 Tap Dancing 12:30 The Beat Goes On 1:00 Bridge 3:00 Ballroom Dancing 6:30 Recent Loss of Spouse Grief Support</p>	<p>27 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 12:00 Solitaires 12:30 Bingo 1:00 Quilting 11:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>28</p> <p style="text-align: center;">CLOSED Staff in-Service Day</p>	<p>29 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 11:45 Lunch 12:30 Bible Study 12:30 Kitchen Band Rehearsal 12:30 Hawaiian Dancers 12:30 Mahjong</p>	<p>30 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</p>
Beef Lasagna	Country Fried Chicken w/Gravy	Sweet & Sour Chicken		Sloppy Joe