

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

(703) 792-6405

July 2019 | Newsletter

Prince William Senior Center

MANASSAS



FINANCIAL CAPABILITY

Thursday, July 18, 10:30 a.m.
Lunch: 11:45 a.m.

Join Paul Saulski with the SEC, to find out how to make sound financial decisions and where to access appropriate financial services.



BEE TALK

Pam Popovich, Beekeeper
Monday, July 22, 12:30 p.m.
Lunch: 11:45 a.m.

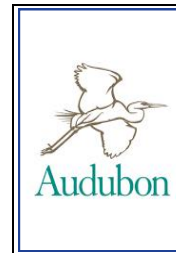
Here's your opportunity to learn about the hobby of beekeeping. Beekeeper Pam Popovich will provide you with a wealth of information, much of which is based on her personal experiences.



NOA BAUM

Thursday, July 25, 12:30 p.m.
Lunch: 11:45 a.m.

Noa is an award-winning storyteller, educator and public speaker. Her stories, drawn from diverse cultures, Jewish heritage and personal experience, highlight our similarities, celebrate our differences, and encourage curiosity, awareness, and acceptance.



LOCAL BIRDS

Wednesday, July 29, 12:30 p.m.
Lunch: 11:45 a.m.
National Audubon Society

A presenter from the National Audubon Society will talk about birds you can expect to see in your neighborhood and surrounding areas.

JULY 2019

Quantico Marine Corps Jazz Band
Fourth of July Celebration
Wednesday, July 10, 12:30 p.m.
Lunch: 11:45 a.m.



The very talented Quantico Marine Corps Jazz Band will be playing a wonderful selection of patriotic music just for you. Don't miss out on this special treat!

Sign up ahead at the front desk to reserve your seat. Please sign in on one of the touch screens upon arrival.

UpcomingEVENTS

SENIOR CENTER CLOSURE

Monday, July 1 through Friday, July 5

Please remember that the center is closed from July 1 through July 5. We will re-open at 9:00 a.m. on July 8.

CORNER-TO-CORNER CROCHET WITH HOLLY

Tuesday, July 9, 16, and 23, 10:30-11:30 a.m.

Come learn how to crochet corner-to-corner with Holly Cooke. Sign up at the front desk to reserve your seat.

PRINCE WILLIAM COUNTY PARKS & RECREATION PRESENTATION

Thursday, July 18, 12:30 p.m.

Come learn all of the great programs Parks and Rec has to offer in Prince William County.

JEOPARDY LUNCH

Monday, July 15, 12:30 p.m.

Test your knowledge against fellow members in a game of Jeopardy. Cory selected a patriotic theme for July.

SOLITAIRES LUNCH

Monday, July 29, 12:00 p.m.

The Solitaires are a group of single men and women that get together monthly for lunch. They meet at the center at noon and carpool to a pre-determined restaurant. Please look for more information on the bulletin board.

BALLROOM DANCING

Monday, Wednesday, and Friday, 3:00 p.m. to 4:00 p.m.

Learn the basic steps to some of your favorite ballroom dances.

ACTIVITIES GUIDE

HEALTH & WELLNESS

LEARNING ACTIVITIES

Acting Class	F	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
Taekwondo	F	11:00 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

Thursday, July 11, 11:00 a.m.
Thursday, July 18, 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!

MEAL PLANNING ON A BUDGET

Wednesday, July 17, 11:00 a.m.

Erica Ingraham, Dietician Nutritionist

Eating healthy doesn't have to be expensive! Learn tips and tricks for finding affordable, nutritious food. Erica will teach you how to plan a healthy meal on a budget.

IF LIFE GIVES YOU LEMONS, WHY MAKE LEMONADE?

Monday, July 22, 11:00 a.m.

Vicki Graham, ACTS

Vicki will identify tools to reduce stress.

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 pwaas@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 May 2019 volunteer of the month prize was awarded to Margaret Covington.

The Friends will be holding a silent auction once a month for 7 days. This month's silent auction will be held July 11-19.

The Friends yard sale is Saturday, July 20. Please see the flyer on the bulletin board for details and applications to reserve a spot to sell your own items. Donations to the Friends of the Manassas Senior Center will be accepted June 17 to July 19, 9-12 only.

The next game night will be Tuesday, July 16 from 4:30 to 7:00 p.m. Please sign up in the book at the front desk and bring a snack to share.

UPCOMING EVENTS

Grandkids Day

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

Peanut Auction

Monday, August 12, 12:30 p.m.
Donations of new or gently used items will be accepted through August 9. Please check the bulletin board for details.

AARP Safe Driving Class

Monday, August 26, 9:00 a.m. to 4:30 p.m.
Sign up begins on August 1.

The Beat Goes On

Monday, August 26, 12:30 p.m.

Hawaiian Dancers

Thursday, August 29. Time TBD.

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.

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

Monday

Tuesday

Wednesday

Thursday

Friday

Our Mission Statement:

To provide services, education and socialization to persons 55+ in the community, in order to foster independence and quality of life.

The Senior Center is Closed July 1 through July 5.

We will re-open July 8 at 9:00 a. m.



<p>8</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 1:00 Bridge 3:00 Ballroom Dancing 6:30 Recent Loss of Spouse Grief Support</p> <p>Loaded Baked Potato</p>	<p>9</p> <p>9:10 Stand Tall, Don't Fall 9:30 Legal Services 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Shuffle Putt 10:00 Stand Tall, Don't Fall 10:30 Corner-to-Corner 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>Italian Breaded Baked Chicken</p>	<p>10</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:45 Lunch 12:00 Tap Dancing 12:30 Quantico Marine Corps Jazz Band Fourth of July Celebration 12:30 Yoga 3:00 Ballroom Dancing 5:00 Woodcarvers</p> <p>Meatloaf Chef Salad</p>	<p>11</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 Mahjong</p> <p>BBQ Chicken Thigh</p> <p>Friends silent auction begins.</p>	<p>12</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Stand Tall, Don't Fall 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 12:30 Bingo 12:30 Ceramics 3:00 Ballroom Dancing</p> <p>Grilled Cheese</p>
<p>15</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 12:30 Jeopardy Lunch 1:00 Bridge 2:00 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing</p> <p>Spaghetti & Meatballs</p>	<p>16</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 Corner-to-Corner 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 4:30 Game Night</p> <p>Beef Stew</p>	<p>17</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Meal Planning on a Budget 12:00 Tap Dancing 12:30 Birthday Celebration 12:30 Yoga 1:00 Bunco 3:00 Ballroom Dancing 5:00 Woodcarvers</p> <p>Chicken Chow Mein</p>	<p>18</p> <p>9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 10:30 Financial Capability 11:00 B.P./Glucose 11:00 Line Dancing 11:00 Nutrition Class 11:45 Lunch 12:30 Bible Study 12:30 Mahjong 12:30 Parks & Rec Presentation</p> <p>Pork Chop</p> <p>Friends silent auction ends tomorrow.</p>	<p>19</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Stand Tall, Don't Fall 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 12:30 Bingo 12:30 Ceramics 3:00 Ballroom Dancing</p> <p>Baked Salmon</p> <p>National Ice Cream Day Friends Yard Sale Saturday, July 20, 8:00 a.m. to 1:00 p.m.</p>
<p>22</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 If Life Gives You Lemons 11:00 Line Dancing 11:45 Lunch 12:00 Tap Dancing 12:30 Bee Talk 1:00 Bridge 3:00 Ballroom Dancing 6:30 Recent Loss of Spouse Grief Support</p> <p>Chicken & Noodles</p>	<p>23</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 Corner-to-Corner 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>Egg Salad Croissant</p>	<p>24</p> <p>9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 10:30 Movie 12:00 Tap Dancing 12:30 Yoga 3:00 Ballroom Dancing 5:00 Woodcarvers</p> <p>Chicken Cordon Bleu</p>	<p>25</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 11:45 Lunch 12:30 Bible Study 12:30 Mahjong 12:30 Noa Baum</p> <p>Salisbury Steak</p>	<p>26</p> <p>10:00 Adult Coloring 10:00 Ceramics 10:00 Stand Tall, Don't Fall 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 12:30 Bingo 12:30 Ceramics 3:00 Ballroom Dancing</p> <p>Spinach Ravioli</p>
<p>29</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 11:45 Lunch 12:00 Solitaires Meet 12:00 Tap Dancing 12:30 Local Birds 1:00 Bridge 2:00 Recent Loss of Spouse Grief Support 3:00 Ballroom Dancing</p> <p>White Chicken Chili</p>	<p>30</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 11:00 Tai Chi for Health 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p> <p>Steak & Peppers</p>	<p>31</p> <p>CLOSED Staff in Service Day</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 salads will be offered on July 12, 16, 26, & 30. 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 a.m. the morning of the event.</p>