



December 2016 | Newsletter  
pwcgov.org/seniorcenters  
703-792-5081

Prince William Senior Center  
**WOODBIDGE**

## DECEMBER 2016

### HOLIDAY PARTY And ART SHOW

Friday, December 16 @ 10:30 am

Join us for our annual Holiday Party with music by Curt and John. They will entertain us with all our favorite songs as the chef prepares a delicious Holiday lunch.

Beautiful Art Work will also be on display from our Drawing Classes. Please sign up in advance for this event as space is limited.

Exercise is Cancelled on this day.



**Make it Take it Craft  
w/Tammy**  
Thur., Dec. 8 @ 10:30  
**Make a candy Wreath.**  
\$5.00 Sign up fee.



**Alzheimer's Presentation**  
Thursday, December 8  
10:30 am  
A representative will be here to talk about living with late stage Alzheimer's.



**Karaoke with Janet and  
Ugly Shirt Contest**  
Wed. Dec. 21 @10:30am  
Sing along with holiday songs.  
Prizes for the "ugliest" holiday shirt or sweater.



**Holiday Tea w/Carolyn**  
December 22 @ 12:30  
Sign up for a special tea and treats. Free tea cup for the first 35 that sign up.

## UpcomingEVENTS

### VETERANS SERVICES

Thursday, December 1 from 9:00 am-3:00 pm

### DAVE ANDERSON CHRISTMAS PROGRAM

Monday, December 12 @10:30 am

Dave Anderson will be here to entertain us with stories and songs. Sign up for this event. Exercise is cancelled.

### MARINE BAND CONCERT

Wednesday, December 7 @ 10:30 am

We are honored to have the Marine Corp Band Small Ensemble here to perform for us. Exercise is cancelled. Please sign up for this event. Show your pride by wearing red, white & blue.

### "UGLY" HOLIDAY SHIRT DECORATING

Wednesday, December 14 @ 12:30 am

If you don't have an "ugly" holiday shirt or sweater at home you can decorate one for our contest on December 21st. Sign up at the front desk. \$5.00 fee includes all materials.

### LINE DANCERS PRESENTATION

Wednesday, December 14 starting @ 10:30 am

Our Line Dancers will be back to perform some of their new and favorite dances for us. Exercise is cancelled. Sign up for this event.

### MAKE A FRESH EVERGREEN CENTERPIECES

Thursday, December 15 @ 10:00 am

The Montclair Garden Trowel Club is sponsoring this event. Sign up at the front desk. \$5.00 fee.

# ACTIVITIES GUIDE

## LEARNING ACTIVITIES

Bible Study	TH	10:30 am	Free
Crafts	T	9:00 am	Free
Conversation Spanish	TH	11:00 am	Free
Ceramics	W & TH	11:00 am	Free
Computer Skills	T	11:00 am	Free
Crochet/Knit	W	10:00 am	Free
Digital Devices	T	2:00 pm	Free
Drawing Class	M & F	1:00p(M)10:00(F)	Free
ESOL	M	10:30 am	Free
Origami	T & F	12:30 pm	Free
Quilting	TH	1:00 pm	Free
Spanish	T	11:00 am	Free
Woodcarving	M & W	9:00a(M) 2:00(W)	Free

## FITNESS AND HEALTH ACTIVITIES

Open Exercise	M-F	9:00a-10:00a	Free
Lifetime Fitness	M, W, F	9:15 am	Free
Line Dancing	T & TH	1:00 pm	Free
Exercise Class	T & TH	9:15 am	Free
Tai Chi	W	10:30 (9:45 Beg)	Free
Yoga (video)	M & F	10:30 am	Free
Yoga (instructor)	TH	10:45 am	Free

## FUN ACTIVITIES

Angel and the Band	F	10:30 am	Free
Bid Whist	Every o Tue	11:00 am	Free
Billiards	Daily	9:00a - 4:30p	Free
Bingo	M W F	10:30a,12:30p (F)	\$1.00
Birthday Celebration	Last TH	12:30 pm	Free
Creative Coloring	F	1:30 pm	Free
Hand and Foot Cards	1st & 3rd T	2:00 pm	Free
Pinochle	T & TH	12:30 pm	Free
Euchre	M	10:00 am	Free
Mexican Train	W	1:30 pm	Free
Scrabble	W	1:00 W	Free
Shanghai	T	9:30 am	Free
Table Tennis	T	9:30 am	Free

# HEALTH NEWS

## NUTRITION LUNCH TIME TALK

**Monday, Dec. 5 & Tuesday, Dec. 6 @ 11:45 am**

Join our Nutritionist Girija Vijaykumar, as her topic will be "Being Powerful with Wholesome Grains." Learn nutrition value and recipe ideas.

## HOT DRINKS THAT KEEP YOU HEALTHY

**Tuesday, December 6, 10:30 a.m.**

When you're tired, cold, or under the weather, there's nothing better than curling up with a mug of something hot. We'll discuss how some hot drinks aid in helping us feel better, and also, benefit us by actually protecting our health all year long.

## WHAT'S SO FUNNY ABOUT FRUITCAKE?

**Tuesday, December 13, 10:30 a.m.**

**Presenter - Vicki Graham, ACTS**

There are so many jokes about fruitcake at this time of year, yet we will take a different twist and discover the benefits of having fruitcake characteristics.

## HEALTH SCREENINGS

**Tuesday, December 20, 10:30 - 11:30 a.m.**

## UPCOMING EVENT

Please join Supervisor Frank Principi for the

### 29th Annual Senior Holiday Dinner

Sunday, December 11, 2016

Woodbridge Senior Center

Doors open at 1:00 pm

Dinner served at 2:00 pm

Entertainment and prizes throughout the event.

Call 702-792-5081 to register.

For more information about our programs and services, call 703-792-6374, or email [pwaaa@pwcgov.org](mailto:pwaaa@pwcgov.org) Our TDD number is 703-792-6444.

Para asistencia en Español acerca de los servicios para personas mayores llame al 703-792-5962

# FRIENDS

The next FRIENDS meeting is  
Wednesday, December 14 at 1:00 pm.  
All are welcome to attend.

Volunteer of the Month Winner:  
**Linda Seitz**, won a \$10 gift card.  
Thank you Linda and all our volunteers  
for all you do!

## REMEMBRANCE TREE

Once again FRIENDS will be selling  
handmade angels from the craft group  
to remember loved ones for our Memory  
Tree. Price is \$2.00 each. Please see front  
desk to order your Remembrance Angel.  
You make take your angel home with you  
at the end of December.

## FRIENDS RAFFLE

Friends will be raffling the twelve days of  
Christmas Coffee mugs, one a day for 12  
days beginning December 5th. Tickets are  
free. Be sure to stop by and get a ticket  
each day until December 17th.

## THANK YOU!

**A Special thanks to the Friends  
for providing gift cards for the  
Thanksgiving Luncheon. Also  
Thanks to the Kiwanis for  
sponsoring the lunch and  
Elaine Bedard for the fall  
centerpiece door prizes.  
Your generosity is  
very much appreciated!**

# INFORMATION

## SENIOR SERVICES

Information about aging, disabilities,  
caregiving and available services.

**Assistance with connecting to services.**  
(703) 792-6374

**Medicare Counseling:** Help with  
understanding Medicare. Contact Kristin  
Helfer Koester , [khelferkoester@pwcgov.org](mailto:khelferkoester@pwcgov.org)  
(703) 792-4156

**Volunteering:** Providing a variety of  
volunteer 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](http://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) 792-5682

**Veterans Services:** Call for an appointment  
(703) 359-1210

**Caregiver Support Group**  
2nd and 4th Tuesdays 7:00 pm @  
Woodbridge Senior Center

## Congregate Meal Suggested Donations

For those 60 or better, there is a donation box in the lunch room which 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.

# December 2016

Mon	Tue	Wed	Thu	Fri
<b>Activities and Lunches subject to change</b>			<b>1</b> Veterans Services 9: 15 Exercise Class <b>10:15 Reminisce w/Harry</b> 10:30 Ceramics 10:30 Bible Study 10:45 Yoga 11:00 Conversation Spanish 12:30 Double Deck 1:00 Quilting 1:00 Line Dancing <b>1:30 Diabetes Prevention</b>  <i>Chicken Salad</i>	<b>2</b> 9:15 Lifetime Fitness 10:00 Drawing Class 10:30 Angel and the Band 10:30 Yoga 10:30 Bingo 12:30 Harmonica Lessons 12:30 Origami 2 <b>1:00 Poised Exercise</b>  <i>Veal Parmigiana</i>
<b>5</b> 9:00 Woodcarving 9:15 Lifetime Fitness 10:00 Euchre 10:30 ESOL 10:30 Bingo 10:30 Yoga <b>11:45 Nutrition Talk</b> 1:00 Drawing Class <b>1:00 Poised Exercise</b>  <i>Cheeseburger</i>	<b>6</b> 9:15 Exercise Class 9:30 Shanghai/crafts <b>10:30 Healthy Drinks</b> 11:00 Spanish 11:00 Computer Class <b>11:45 Nutrition Talk</b> 12:30 Origami 12:30 Double Deck 1:00 Line Dancing 2:00 Digital Devices  <i>Tilapia</i>	<b>7</b> 9:45 Beginning Tai Chi 10:00 Crochet/Knit <b>10:30 Marine Corp Band</b> 10:30 Ceramics 10:30 Tai Chi 1:00 Scrabble 1:30 Mexican Train <b>1:00 Poised Exercise</b> 2:00 Woodcarving  <i>Chicken Cordon Bleu</i>	<b>8</b> 9: 15 Exercise Class <b>10:30 Alzheimer's Presentation</b> <b>10:30 Make it Take it Craft</b> 10:30 Bible Study 10:45 Yoga 11:00 Conversation Spanish 12:30 Double Deck 1:00 Quilting 1:00 Line Dancing  <i>Kielbasa</i>	<b>9</b> 9:15 Lifetime Fitness 10:00 Drawing Class 10:30 <b>Angel and the Band Celebrate Christmas</b> 10:30 Yoga 12:30 Bingo 12:30 Harmonica Lessons <b>1:00 Poised Exercise</b>  <i>Chicken Kiev</i>
<b>12</b> 9:00 Woodcarving <b>10:30 Dave Anderson Holiday Program</b> 10:00 Euchre 10:30 ESOL 10:30 Bingo 10:30 Yoga 1:00 Drawing Class <b>1:00 Poised Exercise</b>  <i>Vegetable Lasagna</i>	<b>13</b> 9:15 Exercise Class 9:30 Table Tennis 9:30 Shanghai /Crafts <b>10:30 Fruitcake?</b> 11:00 Spanish 11:00 Computer Class 12:30 Origami/ 12:30 Double Deck 1:00 Line Dancing 2:00 Digital Devices  <i>Deli Sandwich</i>	<b>14</b> 9:45 Beginning Tai Chi 10:00 Crochet/Knit <b>10:30 Line Dancers Performance</b> 10:30 Ceramics/Tai Chi <b>12:30 Make an Ugly Shirt</b> <b>1:00 Friends Meeting</b> 1:00 Scrabble 1:30 Mexican Train 2:00 Woodcarving  <i>Sweet and Sour Chicken</i>	<b>15</b> 9: 15 Exercise Class <b>10:15 Reminisce w/Harry</b> <b>10:30 Evergreen Centerpieces</b> 10:30 Bible Study 10:45 Yoga 11:00 Conversation Spanish 12:30 Double Deck <b>12:30 Birthday Celebration</b> 1:00 Quilting 1:00 Line Dancing <b>1:00 Diabetes Prevention</b>  <i>Chili</i>	<b>16</b> 10:00 Drawing Class <b>10:30 Holiday Party</b> 10:30 Yoga 12:30 Origami 2 12:30 Harmonica Lessons  <i>Roast Beef</i>
<b>19</b> 9:00 Woodcarving 9:15 Lifetime Fitness 10:00 Euchre <b>10:30 Legal Services Presentation "Wills"</b> 10:30 Yoga 10:30 Bingo 10:30 ESOL 1:00 Drawing Class  <i>Meatloaf</i>	<b>20</b> 9:15 Exercise Class 9:30 Crafts/Shanghai 10:30 Health Screenings 11:00 Spanish 11:00 Computer Class 12:30 Origami 12:30 Double Deck 1:00 Line Dancing 2:00 Digital Devices  <i>Chicken Patty</i>	<b>21</b> 9:15 Lifetime Fitness 9:45 Beginning Tai Chi 10:00 Crochet/Knit 10:30 Ceramics <b>10:30 Karaoke w/Janet Ugly Sweater Competition</b> 10:30 Tai Chi 1:00 Scrabble 1:30 Mexican Train 2:00 Woodcarving  <i>Managers Choice</i>	<b>22</b> 9: 15 Exercise Class 10:30 Ceramics <b>10:30 Hot Chocolate and Movie</b> 10:30 Bible Study 10:45 Yoga 11:00 Conversation Spanish 12:30 Double Deck <b>12:30 Holiday Tea w/Carolyn</b> 1:00 Quilting 1:00 Line Dancing  <i>Managers Choice</i>	<b>23</b>  <h2 style="text-align: center;">CLOSED For the Holidays</h2>

## SENIOR CENTER CLOSED

**December 23 through January 2**  
**We will reopen on Tuesday January 3**  
**HAPPY HOLIDAYS!!**

