

PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/seniorcenters

(703) 792-6405

Prince William Senior Center

MANASSAS



IDENTIFYING A POWER OF ATTORNEY
Tuesday, November 5, 10:30 a.m.

Please join Kaitlin Walker with Legal Services of Northern Virginia for a presentation on how to identify a Power of Attorney.

NOVEMBER 2019

ANNUAL MANASSAS SENIOR CENTER & VERIZON THANKSGIVING DINNER

Thursday, November 21, 12:00 p.m.

The staff at the Manassas Senior Center & Verizon cordially invite you to join them at our Annual Thanksgiving Dinner.

This event is always a great day with good food, companionship, entertainment and door prizes.

Reservations and a ticket are required.

Sign up in the office no later than November 15.

Space is limited so please sign up early to avoid disappointment.

All activities are cancelled until 1:30 p.m.



ACTING CLASS PRESENTATION
Friday, November 8, 12:15 p.m.

Join the Past-Time, Prime-Time Players for another great performance that will be sure to leave you smiling. Sign up at the front desk.



INTERNATIONAL FALL FASHION SHOW
Friday, November 15, 12:30 p.m.

Sign up in the book or on the bulletin board to be a model in our very first International Fall Fashion Show. Please sign up at the front desk and come enjoy the show! We hope to have lots of clothing from all over the world being modeled by our own members.



FALL DANCE CONCERT
Tuesday, November 26

Happy Hoofers Perform @ 12:30 p.m.

Let's Dance For Fun Performs @ 1:00 p.m.

Please join us for our first Fall Dance Concert featuring the Happy Hoofers and Let's Dance For Fun.

UpcomingEVENTS

DAVE AND RANDY'S MUSICAL STORIES

Friday, November 1, 10:30 a.m.

This is the second session of an 8 session series.

OMNIRIDE RESTRUCTURING PRESENTATION

Wednesday, November 6, 12:30 p.m.

OMNIRIDE is introducing its new, restructured local bus network in Manassas and Manassas Park on Monday, December 9, which includes moving the transfer point from Manassas Mall to Mosby Street. Come learn about the restructuring and how it can benefit you.

MEDICARE PRESENTATION

Thursday, November 7, 10:30 a.m.

Please join Rosemari Walker, PWAAA, Medicare Specialist, to learn the latest on Medicare.

LIBRARY HOLIDAY GIFT TAG CRAFT

Thursday, November 14, 12:30 p.m.

Join PWC Library staff in making a holiday gift tag.

ARM CHAIR TRAVELER

Monday, November 18, 10:30 a.m.

Willie Boykin will take you on a scenic trip to Egypt with pictures and stories. Sign up at the front desk.

VETERAN'S DAY CELEBRATION

Monday, November 18, 12:30 p.m.

The Quantico Marine Corps Jazz Band will be here in honor of Veterans Day. Sign up at the front desk.

CRIME PREVENTION PRESENTATION

Friday, November 22, 12:30 p.m.

Prince William County Police department will be here to talk about how you can prevent yourself from becoming victim of crime.

Prince William Senior Center—Manassas
Prince William Area Agency on Aging

9320 Mosby St., Manassas, VA 20110
Monday through Friday from 9:00 a.m. to 4:30 p.m.

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

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

Wednesday, November 6, 11:00 a.m.

Thursday, November 7, 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.

FOOD SAFETY AWARENESS

Wednesday, November 6, 11:00 a.m.

Erica Ingraham, Dietician Nutritionist

Safe food handling can reduce your risk of foodborne illness. Learn how to cook and store your food to prevent harmful microorganisms from getting into your meals. Handouts will be provided!

NUTRITION COUNSELING

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

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, November 6.

The September 2019 volunteer of the month prize was awarded to Mike Sakole.

The Friends will be holding a silent auction once a week for the holidays starting on Thursday, November 7 and ending on Tuesday, December 17 at 1:00 p.m.

The Friends will be collecting non-perishable food items to make food baskets for those in need between November 1 — November 22.

The Friends are accepting donations of new hats, mittens, scarves and socks for the mitten tree all of November through December 19.

There will be a separate friendship quilt auction following the bazaar with a minimum starting bid of \$50.00. The quilt will be displayed over the piano.

UPCOMING EVENTS

Dave Anderson's Holiday Show

Monday, December 9, 10:15 a.m.

Grace United Methodist Church Hand Bell Choir

Monday, December 16, 11:30 p.m.

Holiday Party with Donato Soranno

Tuesday, December 17, 12:30 p.m.

Ugly Christmas Sweater Contest

Thursday, December 19, 12:30 p.m.

Winter Break

The Senior Center will be closed from December 23 to January 2, 2020.

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.

November 2019

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>SOLITAIRES Singles monthly lunch where single members meet at the center and carpool to a pre-determined restaurant. Everyone pays for their own lunch and enjoys the company of other single men and women. Sign up at the front desk.</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 November 8, 12, 22, 26 Please note that all menus are subject to change at any time.</p>	<p>Matter of Balance is back! Classes will be held on Tuesdays and Thursdays from 1:30 until 3:30. Starting on Thursday, November 14 and ending on Tuesday, December 17. To register, please call Jodie Houser at 571-241-3925 or email at: jhouser@pwcgov.org</p>	<p>1 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:30 Dave and Randy's Musical Stories 10:00 Table Tennis (Cancelled) 11:00 Taekwondo 12:30 Acting Class (Classroom) 12:30 Bingo 12:30 Ceramics 1:30 Seated Tai Chi for Arthritis</p>
<p>4 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 12:30 Jeopardy 1:00 Bridge 1:30 Let's Dance For Fun 2:00 Recent Loss of Spouse Grief Support</p>	<p>5 9:10 Stand Tall, Don't Fall 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 10:30 Identifying a POA 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>6 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 B.P./Glucose 11:00 Intro to Line Dancing 11:00 Food Safety Awareness 12:00 Tap Dancing 12:15 Friends Briefing 12:30 OMNIRIDE Presentation 12:30 Yoga 1:30 Let's Dance For Fun 5:00 Woodcarvers</p>	<p>7 9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 10:30 Medicare Presentation 11:00 B.P./Glucose 11:00 Line Dancing (Out) 11:00 Nutrition Class 12:30 Bible Study 12:30 Chair Yoga 12:30 Kitchen Band Rehearsal 12:30 Mahjong</p>	<p>8 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 11:00 Taekwondo 11:45 Early Lunch 12:15 Acting Class Presentation 12:30 Bingo (Cancelled) 12:30 Ceramics 1:30 Seated Tai Chi for Arthritis</p>
Beef Lasagna	Country Fried Chicken w/Gravy	Sloppy Joe	Ham & Pinto Beans	Stuffed Crust Pizza
<p>11 Closed Veterans Day</p>	<p>12 9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 10:30 Musician of the Month 11:00 Line Dancing 11:00 Photography 12:30 Bingo 1:00 Bridge 1:00 Quilting 1:00 Tai Chi 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>13 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 11:00 Intro to Line Dancing 12:00 Tap Dancing 12:30 Birthday Celebration 12:30 Yoga 1:30 Let's Dance For Fun 5:00 Woodcarvers</p>	<p>14 9:10 Stand Tall, Don't Fall 10:00 Crafts 10:00 Stand Tall, Don't Fall 11:00 Line Dancing (Out) 11:00 Nutrition Class 12:30 Bible Study 12:30 Library Craft 12:30 Kitchen Band Rehearsal 12:30 Mahjong 1:30 MOB</p>	<p>15 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 International Fall Fashion Show 12:30 Bingo (Cancelled) 12:30 Ceramics 1:30 Seated Tai Chi for Arthritis</p>
	Chicken & Waffles	Swedish Meatballs	Reuben on Marbled Rye	Crab Cake
<p>18 9:10 Tai Chi 10:00 Fitness I Video 10:00 Sewing with Betty Ann 10:00 Table Tennis 10:30 Arm Chair Traveler 11:00 Line Dancing 11:45 Early Lunch 12:00 Tap Dancing 12:30 Veteran's Day Celebration 1:00 Bridge 1:30 Let's Dance For Fun 2:00 Recent Loss of Spouse Grief Support</p>	<p>19 9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 11:00 Line Dancing (Out) 11:00 Photography 12:30 Bingo 1:00 Tai Chi 1:30 MOB 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>20 9:30 Painting 10:00 Fitness I Video 10:00 Table Tennis 10:30 Getting to Know You 11:00 Intro to Line Dancing 12:00 Tap Dancing 12:30 Yoga 1:00 Bunco 1:30 Let's Dance For Fun 5:00 Woodcarvers</p>	<p>21 Thanksgiving Dinner 12:00 p.m. All activities are cancelled until 1:30 p.m.</p>	<p>22 10:00 Adult Coloring 10:00 Ceramics 10:00 Fitness I Video 10:00 Table Tennis 10:30 Bingo 11:00 Taekwondo 12:30 Acting Class 12:30 Crime Prevention Presentation 12:30 Ceramics 1:30 Seated Tai Chi for Arthritis</p>
Chicken Tenders	Oven Fried Chicken	BBQ Pork	Turkey Dinner	Baked Cod
<p>25 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 Line Dancing 12:00 Solitaires 12:00 Tap Dancing 1:00 Bridge 1:30 Let's Dance For Fun 6:30 Recent Loss of Spouse Grief Support</p>	<p>26 9:10 Stand Tall, Don't Fall 10:00 Digital Devices 10:00 Knitting/Crocheting 10:00 Stand Tall, Don't Fall 11:00 Line Dancing 11:00 Photography 11:45 Early Lunch 12:30 Bingo (Cancelled) 12:30 Happy Hoofers Perform 12:30 Into to Tai Chi 1:00 Let's Dance For Fun Performs 1:00 Quilting 1:00 Tai Chi 2:00 Middle Eastern Dance I 2:45 Middle Eastern Dance II</p>	<p>27 CLOSED Staff In-Service Day Cory is looking for volunteers to assist with activities. If you are interested in being on a volunteer committee, please see Cory Cox. Look for more information on the bulletin board.</p>	<p>Closed Happy Thanksgiving</p>	
Loaded Baked Potato	Italian Breaded Chicken			