

# PRINCE WILLIAM

Area Agency on Aging

[www.pwcgov.org/seniorcenters](http://www.pwcgov.org/seniorcenters)

703-792-6405

Prince William Senior Center

## MANASSAS

### JUNE 2025



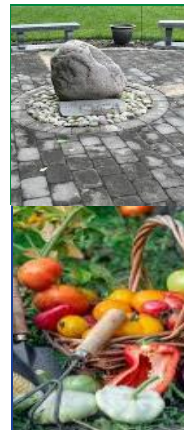
#### FATHER'S DAY LUNCHEON

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

Please join us in honoring our amazing fathers with a luncheon and live music by Frank Plummer from the National Theatre.

The Friends will give the fathers a special gift.

Sign up in the book at the front desk to reserve your seat and sign up for lunch by 10:30 a.m.



#### MEMORY GARDEN SERVICE

Friday, June 6, 10:00 a.m.

Join us for a special program to honor those we have lost over the last two years. Memory stones that have been purchased have been placed in their honor.



#### VEGETABLE GARDENING PRESENTATION

Monday, June 9, 11:00 a.m.

Join the Prince William County Cooperative Extension for this educational program to learn about vegetable gardening and how you can start one of your own.



#### STRAWBERRY SHORTCAKE PARTY

Friday, June 20, 1:00 p.m.

Join the Friends in the dining room following lunch for strawberry shortcake with fresh strawberries grown in our garden. To volunteer in the garden, please talk to Barbara Reese and complete a volunteer application.



#### FOURTH OF JULY CELEBRATION

Friday, June 27, 12:30 p.m.

Join us for a patriotic celebration to honor July Fourth with live entertainment by Dian Wilson. Sign up for the program in the book at the front desk and remember to sign up for lunch by 10:30 a.m.

### Upcoming EVENTS

#### TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

June topics are **Using Telehealth**, **Beyond Android Basics**, **Information Literacy**, and **All About Apps**. Each class is limited to 5.

#### AARP ARTIFICIAL INTELLIGENCE PRESENTATION

Monday, June 2, 11:00 a.m.

Learn all about artificial intelligence and how to protect yourself from AI.

#### PWC MOBILE LIBRARY & SUMMER MUSIC BINGO

Friday, June 13, 1:00 p.m.

Join the PWC Library to kick off the season with a summer music Bingo and check out a few books on your list at the Mobile Library.

#### NEW ART CLASS

Thursdays, 10:00 a.m. — 12:00 p.m.

Join our new instructor, Maggie Grace, on Thursdays for an art class where creativity knows no limits! Explore, experiment and play. This is your space to let go, get messy, and discover new artistic techniques in a fun, supportive environment. Bring your curiosity and a willingness to explore. Everything else is provided. Sign up in the book at the front desk. Space is limited to 6.

#### YARD SALE

Saturday, July 12, 9:00 a.m. — 1:00 p.m.

Clean out your clutter! The Friends are having their annual yard sale in July. Please talk to a member of the Friends for details on how you can help. Donate items, your time, or both!

# ACTIVITIES GUIDE

## LEARNING ACTIVITIES

|                        |                |          |      |
|------------------------|----------------|----------|------|
| Acting Class           | F              | 1:00 PM  | Free |
| Bible Study            | TH             | 12:45 PM | Free |
| New Art Class          | TH             | 10:00 AM | Free |
| Conversational Spanish | W              | 10:00 AM | Free |
| Digital Devices        | W              | 10:00 AM | Free |
| Self-Guided Painting   | W              | 9:30 AM  | Free |
| Photography            | W              | 11:00 AM | Free |
| Taste of Technology    | Every other TU | 10:30 AM | Free |

## FITNESS AND HEALTH ACTIVITIES

|                       |        |                   |      |
|-----------------------|--------|-------------------|------|
| Fitness Video         | M, W   | 10:00 AM          | Free |
| Intermediate Tap      | W      | 1:00 PM           | Free |
| Intro to Line Dancing | M, W   | 11:00 AM          | Free |
| Line Dancing          | TU, TH | 11:00 AM          | Free |
| Meditation/Chair Yoga | TU     | 9:30 AM           | Free |
| Tai Chi               | M      | 9:10 AM           | Free |
| Tai Chi               | TH     | 1:00 PM           | Free |
| Nutrition Class       | TH     | 11:00 AM          | Free |
| Tap Dancing           | M, W   | 12:00 PM          | Free |
| Zumba Gold            | TU, F  | 3:30 PM, 10:30 AM | Free |

## FUN ACTIVITIES

|                   |                           |                    |                 |
|-------------------|---------------------------|--------------------|-----------------|
| Adult Coloring    | TH                        | 10:00 AM           | Free            |
| Armchair Traveler | M                         | 10:00 AM           | Free            |
| Bingo             | TU, F (Subject to change) | 12:30 PM, 10:30 AM | \$1.00 Donation |
| Birthday          | 2nd W                     | 12:30 PM           | Free            |
| Bridge            | M (TU when closed on M)   | 1:00 PM            | Free            |
| Canasta           | TH                        | 1:30 PM            | Free            |
| Cards & Games     | Daily                     | 9:00 AM—4:30 PM    | Free            |
| Euchre            | F                         | 2:30 PM            | Free            |
| Karaoke           | M (see calendar)          | 11:00 AM           | Free            |
| Mahjong           | TH                        | 12:30 PM           | Free            |
| Music w/Ted       | F (See calendar)          | 12:00 PM           | Free            |
| Pool              | M-F                       | 9:00 AM—4:30 PM    | Free            |
| Table Tennis      | M, W, F                   | 10:00 AM—12:00 PM  | Free            |
| Trivia            | TU                        | 11:00 AM           | Free            |
| Wii Bowling       | TU, F                     | 9:00 AM            | Free            |
| Woodcarving       | W                         | 4:30 PM            | Free            |

# HEALTH & WELLNESS

## EVIDENCE BASED PROGRAMS

**SAIL** — Stay Active and Independent for Life exercise, strength, balance, and fitness program will be offered on Tuesdays and Thursdays.

July 8 — September 25, 10:00 a.m. — 11:00 a.m. in Fitness Room 1.

Fitness checks will be conducted prior to the workshop on June 24, 1:15 — 3:15, and June 26, 10:00 — 12:00 and 1:00 — 3:00.

Registration is required for these workshops. Space is limited!

For more information or to register, contact Kathleen Wiley Program Coordinator at (571)241-3925 or [kwiley@pwcgov.org](mailto:kwiley@pwcgov.org).

## NUTRITION CLASS WITH SABA

Thursdays, 11:00 a.m. — 12:00 p.m.

**June topics:** Nutrient Density, Eating Healthy on a Budget, and Are You Getting Enough Nutrition? Sign up at the front desk.

## NUTRITION COUNSELING

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.

Call 703-792-7153 or email [sbarkneh@pwcgov.org](mailto:sbarkneh@pwcgov.org) to schedule your appointment.



Farm Market Fresh applications will be accepted April 1 through September 30.

Benefits will be issued to eligible participants May 18 - September 30.

Paper applications are available at the senior centers.

For more information, please call 703-792-7153 or email [sbarkneh@pwcgov.org](mailto:sbarkneh@pwcgov.org)

For more information about our programs and services, call 703-792-6374, or email [pwaaa@pwcgov.org](mailto:pwaaa@pwcgov.org). For TTY please dial 7-1-1 for the Virginia Relay system.

# FRIENDS

## NEWS

The next Board meeting will be on Wednesday, June 4, at 1:00 p.m. The briefing will be on June 11 at 12:15 p.m. All are welcome.

Randy will be performing on June 11 at 11:00 a.m.

The birthday celebration will be at 12:30 p.m. on June 11. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, June 11 at 1:00 p.m. in the dining room.

A dance party is scheduled for Wednesday, June 18 at 1:00 p.m. in the dining room.

The grandchild scholarships will be awarded on Monday, June 23 at 1:00 p.m.

Join the Friends for game night on Tuesday, June 24 at 4:30 p.m.

A peanut auction is scheduled for Thursday, June 26, 1:00 p.m.

Join us every Friday at 1:00 p.m. for crafts.

### Senior Center Staff

Sue Gilbert, Human Services Manager  
Michelle Choi, Administrative Coordinator

Bonnie Swank, Food Services Specialist  
Joseph Hall, Food Services Cook

John Perry III, Driver Transportation Service Specialist  
Megann Hankins, Health & Wellness Coordinator

Saba Barkneh, Public Health Nutritionist  
Kathleen Wiley, Evidence Based Program Coordinator

## UPCOMING EVENTS

### Friends Yard Sale

Saturday, July 12, 9:00 a.m. — 1:00 p.m.

### Kena Shrine Band

July 15, 12:30 p.m.

### Dave Anderson Summer Show

Friday, July 25, 12:30 p.m.

### Congregate Meal Suggested Donations

For those 60 or better, there is a donation box in the dining 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 prior to eating.

# INFORMATION

## SENIOR SERVICES

Information about aging, disabilities, caregiving, and available services.

**Assistance with Connecting to Services:**  
(703) 792-6374

**Evidenced Based Programs:**  
[kwiley@pwcgov.org](mailto:kwiley@pwcgov.org) or (571) 241-3925

**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.  
[pwcgov.org/bluebird](http://pwcgov.org/bluebird) or (703) 339-0333

**Meals on Wheels:** Weekday meals delivered to adults 60+ who are homebound and unable to cook for themselves.  
(703) 792-6374

**Checking Services:** Provides daily reassurance calls to those who need reminders or wellness checks.  
(703) 792-6374

**Transportation to and from Senior Center:**  
(703) 792-5956

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

# JUNE 2025

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <b>2</b><br>9:10 Tai Chi (Fitness Rm 2)<br>10:00 Armchair Travel (On Hold)<br>10:00 Fitness Video (Fitness Rm 2)<br>10:00 Table Tennis (Fitness Rm 1)<br><b>11:00 AARP AI Presentation (Dining Rm)</b><br>11:00 Karaoke with Anthony (Canceled)<br>11:00 Intro to Line Dancing (Fitness Rm 2)<br>12:00 Tap Dancing (Fitness Rm 1)<br>1:00 Bridge (Classroom)<br><br><b>Baked Tilapia</b>                  | <b>3</b><br>9:00 Wii Bowling (Dining Rm)<br>9:30 Meditation/Chair Yoga (Fitness Rm 2)<br><b>10:30 Taste of Technology (Conf. Rm)</b><br>11:00 Line Dancing (Fitness Rm 2)<br>11:00 Trivia (Dining Rm)<br>12:30 Bingo (Dining Rm)<br>3:30 Zumba Gold (Fitness Rm 2)<br><br><b>Chicken &amp; Dumplings</b>                               | <b>4</b><br>9:30 Self-Guided Painting (Craft Rm)<br>10:00 Conversational Spanish (Conf. Rm)<br>10:00 Digital Devices (Classroom)<br>10:00 Fitness Video (Fitness Rm 2)<br>10:00 Table Tennis (Fitness Rm 1)<br>11:00 Intro to Line Dancing (Fitness Rm 2)<br>11:00 Photography (Classroom)<br>12:00 Tap Dancing (Fitness Rm 1)<br><b>1:00 Friends Meeting (Classroom)</b><br>1:00 Intermediate Tap (Fitness Rm 1)<br>4:30 Woodcarving (Craft Rm)<br><br><b>Sirloin Beef Tips</b>  | <b>5</b><br><b>10:00 New Art Class (Craft Rm)</b><br>10:00 Self-Guided Adult Coloring (Open)<br>11:00 Line Dancing (Fitness Rm 2)<br><b>11:00 Nutrition Class (Dining Rm)</b><br>12:30 Mahjong (Card Rm)<br>12:45 Bible Study (Classroom)<br><b>1:00 Tai Chi with Gae (Fitness Rm 2)</b><br>1:30 Canasta (Cancelled)<br><br><b>Grilled Cheese</b>   | <b>6</b><br>9:00 Wii Bowling (Dining Rm)<br><b>10:00 Memory Garden Service (Memory Garden)</b><br>10:00 Table Tennis (Fitness Rm)<br>10:30 Bingo (Dining Rm)<br>10:30 Zumba Gold (Fitness Rm)<br>1:00 Acting Class (Fitness Rm 1)<br><b>1:00 Friends Craft (Craft Rm)</b><br>2:30 Euchre (Classroom)<br><br><b>Italian Breaded Baked Chicken</b>                             |
| <b>9</b><br>9:10 Tai Chi (Fitness Rm 2)<br>10:00 Armchair Travel (On Hold)<br>10:00 Fitness Video (Fitness Rm 2)<br>10:00 Table Tennis (Fitness Rm 1)<br>11:00 Karaoke with Anthony (Canceled)<br><b>11:00 Vegetable Gardening Presentation (Dining Rm)</b><br>11:00 Intro to Line Dancing (Fitness Rm 2)<br>12:00 Tap Dancing (Fitness Rm 1)<br>1:00 Bridge (Classroom)<br><br><b>Vegetable Lasagna</b>  | <b>10</b><br>9:00 Wii Bowling (Dining Rm)<br>9:30 Meditation/Chair Yoga (Fitness Rm 2)<br><b>10:30 Taste of Technology (Conf. Rm)</b><br>11:00 Line Dancing (Fitness Rm 2)<br>11:00 Trivia (Dining Rm)<br>12:30 Bingo (Dining Rm)<br>3:30 Zumba Gold (Fitness Rm 2)<br><br><b>Country Fried Chicken</b>                                | <b>11</b><br>9:30 Self-Guided Painting (Craft Rm)<br>10:00 Conversational Spanish (Conf. Rm)<br>10:00 Digital Devices (Classroom)<br>10:00 Fitness Video (Fitness Rm 2)<br>10:00 Table Tennis (Fitness Rm 1)<br>11:00 Intro to Line Dancing (Fitness Rm 2)<br><b>11:00 Live Music With Randy (Dining Rm)</b><br>11:00 Photography (Classroom)<br>12:00 Tap Dancing (Fitness Rm 1)<br><b>12:15 Friends Briefing (Dining Rm)</b><br><b>12:30 Friends Birthday Celebration (Dining Rm)</b><br><b>1:00 Friends Game Challenge (Dining Rm)</b><br>1:00 Intermediate Tap (Fitness Rm 1)<br>4:30 Woodcarving (Craft Rm)<br><br><b>Sloppy Joe</b> | <b>12</b><br><b>10:00 New Art Class (Craft Rm)</b><br>10:00 Self-Guided Adult Coloring (Open)<br>11:00 Line Dancing (Fitness Rm 2)<br><b>11:00 Nutrition Class (Classroom)</b><br>12:30 Mahjong (Card Rm)<br>12:45 Bible Study (Classroom)<br>1:00 Tai Chi with Gae (Fitness Rm 2)<br>1:30 Canasta (Conf. Rm)<br><br><b>Reuben on Marble Rye</b>  | <b>13</b><br>9:00 Wii Bowling (Dining Rm)<br>10:00 Table Tennis (Fitness Rm)<br>10:30 Bingo (Dining Rm)<br>10:30 Zumba Gold (Fitness Rm)<br><b>1:00 Acting Class (Summer Break)</b><br><b>1:00 Friends Craft (Canceled)</b><br><b>1:00 Mobile Library &amp; Summer Music Bingo (Dining Rm)</b><br>2:30 Euchre (Classroom)<br><br><b>Shrimp Po'boy</b>                        |
| <b>16</b><br>9:10 Tai Chi (Fitness Rm 2)<br>10:00 Armchair Travel (On Hold)<br>10:00 Fitness Video (Fitness Rm 2)<br>10:00 Table Tennis (Fitness Rm 1)<br>11:00 Karaoke with Anthony (Dining Rm)<br>11:00 Intro to Line Dancing (Fitness Rm 2)<br>12:00 Tap Dancing (Fitness Rm 1)<br>1:00 Bridge (Classroom)<br><b>12:30 Father's Day Luncheon (Dining Rm)</b><br><br><b>Roast Turkey</b>                | <b>17</b><br>9:00 Wii Bowling (Dining Rm)<br>9:30 Meditation/Chair Yoga (Fitness Rm 2)<br><b>10:30 Taste of Technology (Conf. Rm)</b><br>11:00 Line Dancing (Fitness Rm 2)<br>11:00 Trivia (Dining Rm)<br>12:30 Bingo (Dining Rm)<br>3:30 Zumba Gold (Fitness Rm 2)<br><br><b>Oven Fried Chicken</b>                                   | <b>18</b><br>9:30 Self-Guided Painting (Craft Rm)<br>10:00 Conversational Spanish (Conf. Rm)<br>10:00 Digital Devices (Classroom)<br>10:00 Fitness Video (Fitness Rm 2)<br>10:00 Table Tennis (Fitness Rm 1)<br>11:00 Intro to Line Dancing (Fitness Rm 2)<br>11:00 Photography (Classroom)<br>12:00 Tap Dancing (Fitness Rm 1)<br><b>1:00 Friends Dance Party (Dining Rm)</b><br>1:00 Intermediate Tap (Fitness Rm 1)<br>4:30 Woodcarving (Craft Rm)<br><br><b>Pork BBQ</b>  | <b>19</b><br><br><b>Closed Juneteenth</b>   | <b>20</b><br>9:00 Wii Bowling (Dining Rm)<br>10:00 Table Tennis (Fitness Rm 1)<br>10:30 Bingo (Dining Rm)<br>10:30 Zumba Gold (Fitness Rm 2)<br><b>12:00 Music With Ted (Dining Rm)</b><br><b>1:00 Acting Class (Summer Break)</b><br>1:00 Friends Craft (Craft Rm)<br><b>1:00 Strawberry Shortcake Party (Dining Rm)</b><br>2:30 Euchre (Classroom)<br><br><b>Baked Cod</b> |
| <b>23</b><br>9:10 Tai Chi (Fitness Rm 2)<br>10:00 Armchair Travel (On Hold)<br>10:00 Fitness Video (Fitness Rm 2)<br>10:00 Table Tennis (Fitness Rm 1)<br>11:00 Karaoke with Anthony (Dining Rm)<br>11:00 Intro to Line Dancing (Fitness Rm 2)<br>12:00 Tap Dancing (Fitness Rm 1)<br>1:00 Bridge (Classroom)<br><b>1:00 Friends Scholarship Award Program (Dining Rm)</b><br><br><b>Fish &amp; Chips</b> | <b>24</b><br>9:00 Wii Bowling (Dining Rm)<br>9:30 Meditation/Chair Yoga (Fitness Rm 2)<br><b>10:30 Taste of Technology (Conf. Rm)</b><br>11:00 Line Dancing (Fitness Rm 2)<br>11:00 Trivia (Dining Rm)<br>12:30 Bingo (Dining Rm)<br>3:30 Zumba Gold (Fitness Rm 2)<br><b>4:30 Friends Game Night (Card Rm)</b><br><br><b>Meatloaf</b> | <b>25</b><br><br><b>Closed Staff In-Service Day</b>   | <b>26</b><br><b>10:00 New Art Class (Craft Rm)</b><br>10:00 Self-Guided Adult Coloring (Open)<br>11:00 Line Dancing (Fitness Rm 2)<br><b>11:00 Nutrition Class (Classroom)</b><br>12:30 Mahjong (Card Rm)<br>12:45 Bible Study (Classroom)<br><b>1:00 Friends Peanut Auction (Dining Rm)</b><br>1:00 Tai Chi with Gae (Fitness Rm 2)<br>1:30 Canasta (Conf. Rm)<br><br><b>Spaghetti &amp; Meatballs</b> | <b>27</b><br>9:00 Wii Bowling (Dining Rm)<br>10:00 Table Tennis (Fitness Rm 1)<br>10:30 Bingo (Dining Rm)<br>10:30 Zumba Gold (Fitness Rm 2)<br><b>1:00 Acting Class (Summer Break)</b><br><b>12:30 July Fourth Celebration with Dian (Dining Rm)</b><br>1:00 Friends Craft (Craft Rm)<br>2:30 Euchre (Classroom)<br><br><b>Cheeseburger</b>                                 |
| <b>30</b><br><br><b>Closed For The Fourth of July Week</b>  |  |   |   |  |
|    |  |   | <b>Our Mission Statement:</b><br><b>To provide services, Education, and socialization to persons 55+ in the community, in order to foster independence and</b>  |  |
|   |  |   | <b>A Chef Salad is available in lieu of regular lunch. If you plan on having lunch, you must sign up by 10:30 a.m. the day you are eating. Please note the menu is subject to change due to availability. Reminder: Lunch is served at noon daily</b>   |  |