

JULY 2025



Deck the Halls with Summer Sounds!
Featuring the Kena Shriner Band

Thursday, July 31 | 12:30 p.m.

Get ready to jingle your way into summer! Join us for a festive **Christmas in July** celebration with the lively and talented **Kena Shriner Band**. It's the perfect mix of holiday cheer and summertime fun!

Limited space to the first 125 members to attend!
Sign up early to save your spot.

Note: No salad will be served, and morning activities will be paused to accommodate the festivities. Let's turn up the holiday spirit—summer style!



Senior Mental Health Presentation
With PWC Community Services Board
Thursday, July 10, 10 a.m.
Learn helpful tips and resources to support senior mental health. Presented by experts from PWC CSB.
All are welcome!



National Theatre Presents
Curtis Blues
Friday, July 18 at 10:30 a.m.
Come out and enjoy live American Acoustic Roots & Blues music!
Sign up at the front desk to reserve your spot!



Vegetable Gardening Presentation by
PWC Cooperative Ext. Office
Thursday, July 24 at 10:00 a.m.

Discover how to develop your vegetable gardening skills.



InBetween Concert
presented by Dave Anderson
Friday, July 11 at 10:30 a.m.
Get ready to tap your feet with a talented three-piece band playing multiple instruments and rocking a mix of your favorite tunes! members. No Salad today.

Trivia

Join us to test your knowledge!
Most Wednesdays at 9:30 a.m. and 1:00 p.m.
In Classroom #1. Check the calendar for specific dates.

Upcoming EVENTS

Karaoke

Most Thursdays at 11:00 a.m.
See the schedule for specific dates.
Get ready for another exciting Karaoke event at the center!
Sign up to sing your favorite songs with the group!

Technology Training Classes
Tuesdays, July at 10:30 a.m.

In the computer lab. Seating is limited. The first hour is a scheduled topic. The second hour is open forum so bring your questions and receive technology assistance.

VA Cooperative extension Nutrition Education Class
Thursdays July 10 through August 14, at 1:30 p.m.

Sign up for 6 weekly sessions, but space is limited to the first 12 members. Sign up will be at the front desk.

Annual School Supply Collection

Monday, July 14 through Friday, August 15. We're collecting new, unused school supplies for local students. Every donation helps a child start the school year strong.

Legal Services of Northern Virginia
Monday, July 14 at 12:30 p.m.

Join us for a discussion on Wills with Legal Services of Northern Virginia.

International Fashion Show

Thursday, July 17 at 10:00 a.m.
Step into a world of style and culture at our International Fashion Show! Watch as our amazing center members showcase stunning outfits from around the globe. Don't miss this fun and vibrant celebration of fashion and community. Sign up at the front desk.

PWC Library

Friday, July 18 at 12:30 p.m. Mobile Library and Trivia
Come out and join PWC Library staff for a Trivia game.

July Birthday Recognition

Friday, July 18 at 11:50 a.m.
Gather and celebrate all the May birthdays with your fellow center members.

Ice Cream Social

Wednesday, July 23 at 12:00 p.m.
Come out and enjoy some ice cream with your fellow members.

Angel and The Band

Some Fridays at 10:30 a.m.
See schedule for specific dates.

Closure Reminders

-Center closed week of Monday, June 30 thru Friday, July 4 (reopening Monday, July 7)
-Center closed Wednesday, July 30

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Art Class	M	1:00 pm	Free
Bible Study	TH	09:30 am	Free
Ceramics	W & TH	10:30 am	Varies
Chinese Bible Study	M & W	10:30 am	Free
Chinese Dancing	F	11:00 am	Free
Crochet Class	T	1:00 pm	Free
Gospel Singing	TH	10:00 am	Free
Guitar Lessons	M	1:00 pm	Free
Quilting	F	1:00 pm	Free
Woodcarving	M	9:00 am	Free

FITNESS AND HEALTH ACTIVITIES

Open Exercise	Daily	9:00am-4:30pm	Free
Line Dancing	M, T & TH	1:15 pm	Free
English Line Dancing	T & TH	2:00 pm	Free
Zumba	T	11:00 am	Free
Nutrition Class	T (most)	11:00 am	Free
Meditation	TH	10:30 am	Free
Chair Yoga	M	9:30 am	Free

FUN ACTIVITIES

Angel and the Band	F (Some)	10:00 am	Free
Bid Whist	T & TH	1:00 pm	Free
Billiards	Daily	9:00am- 4:30pm	Free
Bingo	M & W	10:30am	\$1.00
Canasta	M	1:00 pm	Free
Chess	T	1:00 pm	Free
Double Deck Pinochle	Daily	12:00 pm	Free
Dominos	M	12:30 pm	Free
Euchre	M	10:00 am	Free
Pinochle	M	1:00 pm	Free
Scarlett Sophisticates	2nd/4th F	1:00 pm	Free
Scrabble	W	10:15 am	Free
Shanghai	T	9:30 am	Free
Rummikub/Skip-bo	T & TH	3:00 pm	Free
Table Tennis	Daily	9:00am-4:30pm	Free

HEALTH & WELLNESS



Weekly Nutrition Class
Most Tuesdays, 11:00 a.m.
Sign up at the front desk
Join us to learn about the latest in nutrition research.

Tuesday, July 22, Nutrient Density

Tuesday, July 29, Nutrition Marketing terms

Individual Nutrition Counseling is available with Nutritionist, Saba Barkneh.
Call 703-792-7153 or email sbarkneh@pwcgov.org to schedule your appointment.



What is Farm Market Fresh for Older Adults?

Older adults age 60 years or older are eligible to receive a benefit of \$50 worth of farmers' market vouchers to purchase fresh fruits, vegetables, and fresh cut herbs from approved vendors if the following statements are true:

- You are 60 years of age or older.
- You are a resident of Prince William County.
- You do not live in the same household, and you are not an immediate family member of the farmer who grows the produce.
- You meet the program's income requirements.
- You must certify your household income.

Application accepted

April 1st through September 30th

Benefit issued to eligible participants:
May 18 - September 30

Benefit can be used at farmers markets

June 1 - November 30

Contact us: Saba Barkneh, RDN – *Public Health Nutritionist*

sbarkneh@pwcgov.org
 (703) 792-5426

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

FRIENDS

OFFICERS

President – Roberta Wilson-Antoine
 Vice President – Juanita Chamberlain
 Secretary – Theresa Cannady
 Treasurer – Lana Tobey

DIRECTORS

Janet Happoldt John Happoldt
 Marie Kelminsky Fannie Hargrave
 Victoria Buie-Owens Retha Davis
 George Reid Shirley Custis
 Marta Reyes

MEETING

The next board meeting is on
Wednesday, July 9, 2025 at 1:00 p.m.
 All are welcome to attend this meeting.

May Volunteer of the Month

Ling Rabert

Thank you to all the volunteers whose dedication helps make this such a wonderful place to be.

Annual Holiday in July Sale

Friday, July 31, 10:00 a.m. until 2 p.m.

All proceeds go to helping future events at the center



Senior Center Technology Training Classes

(held in the computer room) Seating is limited

July 8, 10:30 a.m. - Digital Library Focus
 Come learn how to have fun and save money using PWC library online library.

July 15, 10:30 a.m. - Technology Security Basics

Recognizing secure websites, making strong passwords, recognizing common scams, and trips/tricks

July 22, 10:30 a.m. - Email Basics

Setting it up, sending and receiving email. Managing email safely and email etiquette.

July 29, 10:30 a.m. - Email Tips and Tricks

See how email settings will help you, get rid of unwanted emails, keep emails you want somewhere out of the way, and mark the ones that are important.

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

(703) 792-4156

Volunteering: We will provide a variety of volunteer opportunities. Contact us for more information

(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

Checking Services: Provides daily reassurance calls to those who need reminders/wellness check

(703) 792-6374

Transportation: To & From Senior Center.

(703) 792-5682

Veterans Services: Call for an appointment.

(703) 359-1210

Caregiver Support Group: For more information please call:

(703) 501-0749

SENIOR CENTER STAFF

Site Manager

Kathy Ambrose

Admin Coordinator

Angelina D. Reynolds

Driver/Trans Org

Kim Reynolds

Wellness & Fit. Coord.

Megann Hankins

Nutritionist

Saba Barkneh

Lead Cook

Chris Bohn

Cook

Wendy Arca-Moore

Evidenced-Base Coord.

Kathleen Wiley



FRIENDS will send a card in the case of illness, hospitalization, and upon notification of the passing of an immediate family member.

Please see FRIENDS

Congregate Meal Suggested Donations

For those 60 or better, there is a donation box in the lunchroom which has a suggested donation chart based on monthly income. For guests under 60, the cost is \$5.75, which must be paid to staff.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1</p> <p>Mission Statement:</p> <p>To provide services, education, and socialization to persons 55+ in the community in order to foster independence and quality of life.</p>	<p>2</p>	<p>3</p>	<p>4</p> <p style="font-size: 1.2em;">Our office is CLOSED in observance of <i>Independence Day</i></p>
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<p>7</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Guitar Lesson 1:00 Canasta / Pinochle 1:00 Art class 1:15 Line Dancing</p> <p style="text-align: center;">Chicken Noodle</p>	<p>8</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Meatloaf—No Salad</p>	<p>9</p> <p>9:30 Trivia 10:00 Chinese Bible Study 10:15 Scrabble 10:30 Bingo 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Friends Meeting</p> <p style="text-align: center;">Chili Dog</p>	<p>10</p> <p>9:30 Leesylvania State Park 9:30 Bible Study 10:00 CSB Presentation 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 1:30 Nutrition Education 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Egg Salad</p>	<p>11</p> <p>10:30 Dave Anderson Show 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub</p> <p style="text-align: center;">Crab Cake No Salad</p>
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<p>14</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Legal Services-Wills 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing</p> <p style="text-align: center;">Beef Stew</p>	<p>15</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Spinach Quiche —No Salad</p>	<p>16</p> <p>9:30 Trivia 10:00 Chinese Bible Study 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 1:00 Trivia</p> <p style="text-align: center;">Chicken Wings</p>	<p>17</p> <p>9:30 Bible Study 10:00 International Fashion Show 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 1:30 Nutrition Education 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Beef Lasagna</p>	<p>18</p> <p>10:30 National Theatre 11:50 Birthday Recognition 12:00 Double Deck Pinochle 12:30 PWC Mobil Library 1:00 Quilting 3:00 Rummikub</p> <p style="text-align: center;">Baked Cod No Salad</p>
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<p>21</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing</p> <p style="text-align: center;">Eggplant Parmesan</p>	<p>22</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Italian Breaded Chicken No Salad</p>	<p>23</p> <p>9:30 Trivia 10:00 Chinese Bible Study 10:30 Bingo 10:15 Scrabble 10:30 Ceramics 12:00 Double Deck Pinochle 12:00 Ice Cream Social 1:00 Trivia</p> <p style="text-align: center;">White Chicken Chili</p>	<p>24</p> <p>9:30 Bible Study 10:00 Vegetable Gardening 10:30 Ceramics / Meditation 11:00 Karaoke 12:00 Double Deck Pinochle 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 1:30 Nutrition Education 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Mushroom Swiss Burger</p>	<p>25</p> <p>10:30 Angel and the band 12:00 Double Deck Pinochle 1:00 Quilting 1:00 Scarlett Sophisticates 3:00 Rummikub</p> <p style="text-align: center;">Tuna Salad Plate</p>
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<p>28</p> <p>9:00 Woodcarving 9:30 Chair Yoga 10:00 Euchre 10:30 Bingo 10:30 Chinese Bible Study 12:00 Double Deck Pinochle 12:30 Dominos 1:00 Canasta / Pinochle 1:00 Art class/Guitar Lessons 1:15 Line Dancing</p> <p style="text-align: center;">Chicken Tenders</p>	<p>29</p> <p>9:30 Shanghai 10:00 Gospel Singing 10:30 Technology Class 11:00 Zumba / Chinese Dance 11:00 Nutrition Class 12:00 Double Deck Pinochle 1:00 Chess / Bid Whist 1:00 Crochet 1:15 Line Dancing 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Baked Tilapia- No Salad</p>	<p>30</p> <p style="font-size: 1.5em;">Center Closed For Staff In-service</p>	<p>31</p> <p>9:30 Bible Study 10:30 Ceramics / Meditation 12:00 Double Deck Pinochle 12:30 Kena Shriners 1:00 Chinese Singing / Bid Whist 1:15 Line Dancing 1:30 Nutrition Education 2:00 English Dancing 3:00 Rummikub/Skip-bo</p> <p style="text-align: center;">Baked Ham—No Salad</p>	<p>*ACTIVITIES AND MEALS ARE SUBJECT TO CHANGE*</p>
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