

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS

JULY 2025



ICE CREAM SOCIAL

Monday, July 21 at 12:30 p.m.

I scream, you scream, we all scream for ice cream!
Please join us to enjoy some socialization and, of course, ice cream.

Sign up in the book at the front desk
to reserve your seat.



CREATIVE ART CLASS

Starting Thursday, July 10, 10:00 - 1200
A \$10.00 material fee (cash only) is due to Maggie on July 10.

Sign up once for the whole month of classes.
The class size is limited to 7.

What to expect: Mark-making, monolithic printing with a Gelli plate, collage paper painting.



NATIONAL THEATER PERFORMANCE

Monday, July 7, 12:30 p.m.

Baba Ras D's "Harambee" program focuses on music, movement, and positive messaging to promote community, confidence, and creativity. Sign up at the front desk.



SENIOR MENTAL HEALTH PRESENTATION

Monday, July 14, 11:00 a.m.

Please join Heather Martinsen, PWC Community Services Board, for this Informative mental health presentation.



KENA SHRINE BAND

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

Join us for this special performance by the Kena Shrine Band. Sign up in the book at the front desk to reserve your seat. Space is limited, so sign up early.

Upcoming EVENTS

SENIOR CENTER CLOSURE

The center will be closed June 30 through July 4.

ARMCHAIR TRAVEL RETURNS

Mondays, July 7, 14, 21 & 28, 10:00 a.m.

TASTE OF TECHNOLOGY

Every Tuesday, 10:30 a.m.

July topics are **Digital Library Focus, Technology Security Basics, Email Basics, and Email Tips and Tricks.** Each class is limited to 5.

MOBILE LIBRARY & TRIVIA

Friday, July 11, 12:30 p.m.

Everyone loves trivia, and the theme of summer reading is "Color Your World" so we are going to keep the summer going with trivia about, you guessed it... **COLORS!!**

ACTING CLASS

Fridays, 1:00 p.m.

Our acting class instructor is on break until August, but the participants will continue to meet weekly.

INBETWEEN IN CONCERT

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

InBetween is a three-piece group (Nancy Ward, Joe Logatto and Dave Anderson). The group performs a wide variety of folk, rock, country, and pop songs. Which include those by Peter, Paul, and Mary, The Beatles, Bob Dylan, Elvis, The Eagles, and more.

INTRO TO LINE DANCE PERFORMANCE

Monday, July 28, 12:30 p.m.

Join the Intro to Line Dance group as they perform a few Patriotic Numbers.

ACTIVITIES GUIDE

HEALTH & WELLNESS

LEARNING ACTIVITIES

Acting Class	F	1:00 PM	Free
Bible Study	TH	12:45 PM	Free
Conversational Spanish	W	10:00 AM	Free
Creative Art Class	TH	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



Looking for a fun way to get some exercise and movement into your day? Try Bingocize for universal wellness! This six-week program is a mix of Bingo, exercise, and health and wellness education.

Tuesday and Thursday afternoons
1:15 - 2:15, July 8 - August 14

Space is limited, and registration is required to attend these workshops.

For more information contact Kathleen Wiley, Program Coordinator, at 571-241-3925 or kwiley@pwcgov.org

NUTRITION CLASS WITH SABA

Thursdays, 11:00 a.m. - 12:00 p.m.

July topics: Understanding Nutrition Fact Labels and Change in Appetite. 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 to schedule your appointment.



Farm Market Fresh applications will be accepted and issued to eligible participants through September 30.

Paper applications are available at the Senior Centers.

To submit the application online visit the website below.
<https://www.vda.virginia.gov/FarmMarketFresh.htm>

For more information, please call 703-792-7153 or email sbarkneh@pwcgov.org

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.

FRIENDS

NEWS

Game Nights are Tuesdays, July 7 and July 22, 4:30 to 7:00 p.m. Bring a dish to share.

The next board meeting will be on Wednesday, July 9, at 1:00 p.m. The briefing will be on July 16 at 12:15 p.m. All are welcome.

The "Let's Make a Deal" yard sale will be held on Saturday, July 12, from 9:00 a.m. to 1:00 p.m. Donations will be accepted on Thursday, July 10, and Friday, July 11, from 10:00 a.m. to 2:00 p.m. Please check the Friends bulletin board for acceptable items.

The birthday celebration is at 12:30 p.m. on July 16. Sign up in the book if it's your birthday month.

A game challenge is scheduled for Wednesday, July 16, at 1:00 p.m. in the dining room.

Join us for a watermelon party and seed spitting contest on Thursday, July 17, at 1:00 p.m.

A dance party is scheduled for Wednesday, July 23 at 1:00 p.m. in the dining room.

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

Armchair Travel Resumes

Monday, August 4, 10:00 a.m.

Grandparents' Day

Tuesday, August 12, 10:00 a.m.

History of Prince William County Public Schools

Monday, August 18, 11:00 a.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 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 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

JULY 2025

Monday

Tuesday

Wednesday

Thursday

Friday

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.

Closed

June 30 through July 4

We will reopen Monday, July 7



<p>7</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke with Anthony (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 National Theater Performance (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>8</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2) 4:30 Friends Game Night (Card Rm)</p>	<p>9</p> <p>9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Friends Meeting (Classroom) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>10</p> <p>10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Canceled) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta (Conf. Rm)</p>	<p>11</p> <p>9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm) 12:30 Mobile Library & Trivia (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p> <p style="text-align: center;">Friends "Let's Make a Deal" Yard Sale Saturday, July 12 9:00 a.m. to 1:00 p.m.</p>
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Loaded Baked Potato	Chicken Cordon Bleu	Pork Chop	Fish Soft Taco	Swedish Meatballs
<p>14</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke with Anthony (Canceled) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Senior Mental Health Talk (Dining Rm) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom)</p>	<p>15</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Canceled) 12:30 Kena Shrine Band (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>16</p> <p>9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 12:15 Friends Briefing (Dining Rm) 12:30 Friends Birthday Celebration (Dining Rm) 1:00 Friends Game Challenge (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>17</p> <p>10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Canceled) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:00 Watermelon Seed Spitting Contest (Dining Rm) 1:30 Canasta (Conf. Rm)</p>	<p>18</p> <p>9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p>

Chicken Enchilada	Baked Salmon	Open Face Roast Beef	Stuffed Pepper	Spinach & Cheese Ravioli
<p>21</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke with Anthony (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Ice Cream Social (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>22</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2) 4:30 Friends Game Night (Card Rm)</p>	<p>23</p> <p>9:30 Self-Guided Painting (Craft Rm) 10:00 Conversational Spanish (Conf. Rm) 10:00 Digital Devices (Classroom) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography (Classroom) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Friends Dance Party (Dining Rm) 1:00 Intermediate Tap (Fitness Rm 1) 4:30 Woodcarving (Craft Rm)</p>	<p>24</p> <p>10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta (Conf. Rm)</p>	<p>25</p> <p>9:00 Wii Bowling (Dining Rm) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 10:30 Zumba Gold (Fitness Rm 2) 12:30 InBetween in Concert (Dining Rm) 1:00 Acting Class (Fitness Rm) 1:00 Friends Craft (Craft Rm) 2:30 Euchre (Classroom)</p>

White Chicken Chili	Cheese Pizza	Half Smoke	Tuna Salad Plate	Chicken a la King
<p>28</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Armchair Travel (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Karaoke with Anthony (Dining Rm) 11:00 Intro to Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Intro to Line Dance Performance (Dining Rm) 1:00 Bridge (Classroom)</p>	<p>29</p> <p>9:00 Wii Bowling (Dining Rm) 9:30 Meditation/Chair Yoga (Fitness Rm 2) 10:30 Taste of Technology (Conf. Rm) 11:00 Line Dancing (Fitness Rm 2) 11:00 Trivia (Dining Rm) 12:30 Bingo (Dining Rm) 3:30 Zumba Gold (Fitness Rm 2)</p>	<p>Closed Staff In-Service Day</p>	<p>31</p> <p>10:00 Creative Art Class (Craft Rm) 10:00 Self-Guided Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 11:00 Nutrition Class (Classroom) 12:30 Mahjong (Card Rm) 12:45 Bible Study (Classroom) 1:00 Tai Chi with Gae (Fitness Rm 2) 1:30 Canasta (Conf. Rm)</p>	<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>
Salisbury Steak	Cabbage Roll		Taco Salad	