








Alexandria Adult Day Services Center
 1108 Jefferson St
 Alexandria, VA 22314
 703.746.5676
 Fax: 703.519.3312
December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All activities and field trips are subject to change. Alternative independent activities such as books, magazines, puzzles, music and crafts are available upon request. Ask the staff for assistance. For questions regarding trips and programs call 703-746-5676 and ask for Jackie or Angela</p>			<p>1 9:30 Morning Conversations 10:15 AFTA w/ Jason & Jackie 11:00 Balloon Badminton 1:00 "Unwind Time" 1:30 AARP Medicaid Presentation 2:15 Kick Ball 3:30 Table Games 4:00 Individual Pursuits</p>	<p>2 9:30 Morning Conversations 10:15 Chair Yoga 11:00 Categories 1:00 "Unwind Time" 1:30 Ball Toss 2:15 Pet Visit w/ Martha 3:30 Table Games 4:00 Individual Pursuits</p>
<p>5 9:30 Morning Conversations 10:15 Jolly Holly Exercises/ NuStep Bike 11:00 Eduardo Music Hour 1:00 "Unwind Time" 1:30 Bowling 2:15 Word Find 3:30 Table Games 4:00 Individual Pursuits</p>	<p>6 9:30 Morning Conversations 10:15 Phillippe Cooking Demonstration 11:00 Caricature Artist 1:00 "Unwind Time" 1:30 Blair & David Holiday Baking & Music 2:15 Holiday Charades 3:30 Table Games 4:00 Individual Pursuits</p>	<p>7 9:30 Morning Conversations 10-12 Morning Movie 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Music Therapy w/ Cheryl 3:30 Table Games 4:00 Individual Pursuits</p>	<p>8 9:30 Morning Conversations 10:15 Get Moving w/ Music 11:00 Word Play 1:00 "Unwind Time" 1:30 Senior Expression w/Rob 2:15 Tin Can Alley 3:30 Table Games 4:00 Individual Pursuits</p>	<p>9 Senior Holiday Dance Party</p>  <p>1:30 "Unwind Time" 2:15 Highlights of Today 3:30 Table Games 4:00 Individual Pursuits</p>

<p>12 9:30 Morning Conversations 10:15 Ornaments w/Michelle 11:00 FBC Children Visit? 1:00 “Unwind Time” 1:30 Hand Golf 2:15 You Be the Judge 3:30 Table Games 4:00 Individual Pursuits</p>	<p>13 Participant Lifetime Interview 9:30 Morning Conversations 10:15 Baking w/Michelle 11:00 Music Therapy with Melanie 1:00 “Unwind Time” 1:30 Craft: Buttoned Up Greeting Cards 2:15 Beanbag Toss 3:30 Table Games 4:00 Individual Pursuits</p>	<p>14 9:30 Morning Conversations 10-12 Morning Movie 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 First Baptist Team 3:30 Table Games 4:00 Individual Pursuits</p>	<p>15 9:30 Morning Conversations 10:30 Light Exercise 11:00 Music Therapy w/Cheryl 12:00 Lunch 1:00 “Unwind Time” 1:30 Pass the Ball 2:15 Christmas Trivia 3:30 Table Games 4:00 Individual Pursuits</p>	<p>16 9:30 Morning Conversations 10:15 Mary Kay Makeup Session/ w Malaki 11:00 Senior’s Photo Shoot 1:00 “Unwind Time” 1:30 Christmas Bingo! 2:30 Holiday Sharing! 3:30 Table Games 4:00 Individual Pursuits</p>
<p>19 9:30 Morning Conversations 10:15 Light Yoga 11:00 Bob Clark Christmas Show 1:00 “Unwind Time” 1:30 Hand Golf 2:15 Christmas Carols 3:30 Table Games 4:00 Individual Pursuits</p>	<p>20 9:30 Morning Conversations Performance w/ Hawaiian Hula Dancers 11:00 Christmas Words 1:00 “Unwind Time 1:30 Robust Exercise w/ Luley 2:15 Christmas Hangman 3:30 Table Games 4:00 Individual Pursuits</p>	<p>21 Winter Begins 9:30 Morning Conversations 10-12 Morning Movie 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 FBC Children Sing a long 3:30 Table Games 4:00 Individual Pursuits</p>	<p>22 9:30 Morning Conversations 10:15 Sittercise 11:00 Words Within a Word 1:00 “Unwind Time” 1:30 Snowball Roll 2:15 Crazy Crosswords 3:30 Table Games 4:00 Individual Pursuits</p>	<p>23 Merry Christmas & Happy Holidays</p> 
<p>26 Merry Christmas & Happy Holidays</p> 	<p>27 9:30 Morning Conversations 10:15 Sittersize 11:00 Words within Words 1:00 “Unwind Time” 1:30 Kwanza w/ Gina 2:15 You be the Leader 3:30 Table Games 4:00 Individual Pursuits</p>	<p>28 9:30 Morning Conversations 10-12 Morning Movie 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 New Year’s Resolutions 3:30 Table Games 4:00 Individual Pursuits</p>	<p>29 9:30 Morning Conversations 10:15 Follow the Leader 11:00 Word Ladder 1:00 “Unwind Time” 1:15 Bob Clark Music Hour 2:15 New Year’s 3:30 Table Games 4:00 Individual Pursuits</p>	<p>30 9:30 Morning Conversations 10:15 Chair Yoga w/Donna 11:00 History of New Years 1:00 “Unwind Time” 1:30 Emergency Preparedness w/ Lee 2:30 Moving to the Music 3:30 Table Games 4:00 Individual Pursuits</p>