



Alexandria Adult Day Services Center
 Division of Aging and Adult Services
 1108 Jefferson St. Alexandria, Va 22314
 703.746.5676

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:30 Morning Mingle 10:30 Bowling w/ St. Martins Senior Center 12:00 Lunch 1:00 “Unwind Time” 1:30 Afternoon Stroll 2:15 Hangman 3:30 Table Talk 4:00 Individual Pursuits</p>	<p>4 9:30 Morning Mingle 10:15 Yoga with Donna 1:00 Unwind Time 1:30 Afternoon Stroll 2:15 Emergency Preparedness With Lee 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>5 9:30 Morning Mingle 10:00 Movie Classics 1:00 “Unwind Time” 1:30 Robust Exercise with Luley 2:00 Music & Memories with Cheryl 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>6 9:30 Morning Mingle 10:30 Arthritis Exercise with Monique 12:00 Lunch 1:00 “Unwind Time” 1:00 Spotighting Karla 2:00 Brush to Canvas 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>7 9:30 Morning Mingle 10:15 Friday Whole Body Workout 12:00 Lunch 1:00 “Unwind Time” 1:30 Jackpot Beanbag 2:15 Nature Center Visit 3:30 Table Talk 4:30 Individual Pursuits</p>
<p>10 9:30 Morning Mingle 10:15 Rock & Roll Exercise 11:00 Music Therapy with Melanie 1:00 “Unwind Time” 1:30 Horseshoes 2:15 What’s Missing 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>11 9:30 Morning Mingle 10:15 Head to Toe Exercise 11:00 Bob Clark Music Hour 1:00 “Unwind Time” 1:30 Balloon Volleyball 2:15 Word Connection 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>12 9:30 Morning Mingle 10:00 Movie Classics 1:00 “Unwind Time” 1:30 Robust Exercise with Luley 2:15 FBC Team Visit 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>13 9:30 Morning Mingle 10:30 Landscape Painting with Karen 12:00 Lunch 1:00 “Unwind Time” 1:30 Kickball 2:15 Inspirations with Herman 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>14 9:30 Morning Mingle 10:30 Arts For The Aging with Jackie & Jason 12:00 Lunch 1:00 “Unwind Time” 1:30 Tic Tac Toss 2:15 Fill in the Blanks 3:30 Table Talk 4:30 Individual Pursuits</p>

<p>17 9:30 Morning Mingle 10:30 Bowling w/ St. Martins Senior Center 12:00 Lunch 1:00 “Unwind Time” 1:30 Afternoon Stroll 2:15 Emergency Preparedness With Lee 3:30 Table Talk 4:00 Individual Pursuits</p>	<p>18 9:30 Morning Mingle 10:30 Arthritis Exercise with Monique 12:00 Lunch 1:00 “Unwind Time” 1:30 Kickball 2:15 Nature Center Visit 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>19 9:30 Morning Mingle 10:00 Movie Classics 1:00 “Unwind Time” 1:30 Robust Exercise with Luley 2:15 You Be The Judge 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>20 9:30 Morning Mingle 10:15 Walking Group 11:00 Music & Memories With Cheryl 1:00 “Unwind Time” 1:30 Arts & Crafts with Cheri 2:45 Snack 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>21 9:30 Morning Mingle 10:15 Movement to Music 11:00 Music Time w/ Lalo 1:00 “Unwind Time” 1:30 Chuck Pro 2:15 Categories 3:30 Table Talk 4:30 Individual Pursuits</p>
<p>24 9:30 Morning Mingle 10:15 Lightweight Stretches 11:00 Bob Clark Music Hour 1:00 “Unwind Time” 1:30 Walking Group 2:15 Bingo 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>25 9:30 Morning Mingle 10:30 Yoga with Donna 12:00 Lunch 1:00 “Unwind Time” 1:30 Book Club with Gina 2:15 20 Minute Workout 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>26 9:30 Morning Mingle 10:00 Movie Classics 1:00 “Unwind Time” 1:30 Robust Exercise with Luley 2:15 Words within a Word 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>27 9:30 Center Trip: Publik Playhouse Presents the Dallas Dance Theatre 3:30 Table Talk 4:30 Individual Pursuits</p>	<p>28 9:30 Morning Mingle 10:30 Arts For The Aging with Jackie & Jason 1:00 “Unwind Time” 1:30 AARP Presentation 3:30 Table Talk 4:30 Individual Pursuits</p>
				<p><i>All activities and field trips are subject to change. Alternative independent activities such as books, magazines, puzzles, music and crafts are available upon request. For questions regarding trips and programs call 703-746-5676 and ask for Jackie or Angela</i></p>