




Alexandria Adult Day Services Center

1108 Jefferson St
Alexandria, VA 22314

May 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 1 9:30 Conversation Starters 10:15 Exercise with Music 11:00 A to Z Word Find 12:00 Lunch 1:00 "Unwind Time" 1:30 Balloon Tap 2:15 Michelle's Choice 3:30 Table Games 4:30 Individual Pursuits | 2 9:30 Conversation Starters 10:15 Balloon Volleyball 11:00 Person, Place or Thing 1:00 "Unwind Time" 1:30 Chair Exercise 2:15 Hangman 3:30 Table Games 4:30 Individual Pursuits | 3 9:30 Conversation Starters 10-12 Movie of the Week 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:00 Music & Memories with Cheryl 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits | 4 9:30 Conversation Starters 10:15 Bend and Stretch 11:00 Music Hour with Bob Clark 1:00 "Unwind Time" 1:30 Chuck Pro 2:15 Word Ladder 3:30 Table Games 4:30 Individual Pursuits | 5 Cinco De Mayo 9:30 Conversation Starters 10:30 Yoga with Donna 12:00 Lunch 1:00 "Unwind Time" 1:30 Hit the Target 2:15 What Would You Do? 3:30 Table Games 4:30 Individual Pursuits |
| 8 9:30 Conversation Starters 10:15 Musical Exercise 11:00 Compound Words 1:00 "Unwind Time" 1:30 Hand Golf 2:15 Complete the Proverbs 3:30 Table Games 4:30 Individual Pursuits | 9 9:30 Conversation Starters 10:15 Right Side Left Side 11:00 Music Therapy with Melanie 1:00 "Unwind Time" 1:30 Rebecca's Story Chapter 1 2:15 Dart Ball 3:30 Table Games 4:30 Individual Pursuits | 10 9:30 Conversation Starters 10-12 Movie of the Week 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 FBC Team Visit 3:30 Table Games 4:30 Individual Pursuits | 11 9:30 Conversation Starters 10:30 Senior Fashion Show 1:00 "Unwind Time" 1:30 Bull's Eye 2:15 Fill in the Blanks 3:30 Table Games 4:30 Individual Pursuits | 12 9:30 Conversation Starters 10:15 20 Minute Workout 11:00 In Honor of Mother's Day Lunch at  |

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| <p>15 9:30 Conversation Starters 10:15 Morning Workout 11:00 Music Time w/ Lalo 1:00 “Unwind Time” 1:30 Horseshoes 2:15 Crosswords 3:30 Table Games 4:30 Individual Pursuits</p> | <p>16 9:30 Conversation Starters 10:15 Arthritis Exercise with Monique 12:00 Lunch 1:00 “Unwind Time” 1:30 Parachute Exercises 2:15 Words within a Word 3:30 Table Games 4:30 Individual Pursuits</p> | <p>17 9:30 Conversation Starters 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Numbers Game 3:30 Table Games 4:30 Individual Pursuits</p> | <p>18 Senior Health Fair 9:30 Conversation Starters 10:15 Easy Going Exercise 11:00 Music & Memories with Cheryl 1:00 “Unwind Time” 1:30 Arts & Crafts with Cheri 2:45 Snack Time 3:30 Table Games 4:30 Individual Pursuits</p> | <p>19 9:30 Conversation Starters 10:15 Balance Training 11:00 Poetry Hour with Lauren 1:00 “Unwind Time” 1:30 Ping Pong with Laurie 2:15 Food for Thought 3:30 Table Games 4:30 Individual Pursuits</p> |
| <p>22 9:30 Conversation Starters 10:30 Bowling Finale with St Martin’s 1:00 “Unwind Time” 1:30 Music Hour with Bob Clark 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p> | <p>23 9:30 Conversation Starters 10:30 Cooking with Chef Philippe 12:00 Lunch 1:00 “Unwind Time” 1:30 Book Club with Gina 2:15 Balloon Volleyball 3:30 Table Games 4:30 Individual Pursuits</p> | <p>24 9:30 Conversation Starters 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Inspirations w/Herman 3:30 Table Games 4:30 Individual Pursuits</p> | <p>25 9:30 Conversation Starters 10:30 Arthritis Exercise with Monique 12:00 Lunch 1:00 “Unwind Time” 1:30 Beanbag Toss 2:15 A Short Story 3:30 Table Games 4:30 Individual Pursuits</p> | <p>26 Memorial Day Celebration 9:30 Conversation Starters 10:30 Chyp Davis Motown Hits 1:00 “Unwind Time” 1:30 Balloon Tap 2:15 Gestures 3:30 Table Games 4:30 Individual Pursuits</p> |
| <p>29 Center Closed</p>  | <p>30 9:30 Conversation Starters 10:15 30 Minute Workout 11:00 What Am I 1:00 “Unwind Time” 1:30 Rebecca’s Story Chapter 2 2:15 Corn Hole 3:30 Table Games 4:30 Individual Pursuits</p> | <p>31 9:30 Conversation Starters 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 You Be The Judge 3:30 Table Games 4:30 Individual Pursuits</p> |  | <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. For questions regarding trips and programs call Jackie or Angela@703.746.5676</p> |