






City of Alexandria
 Department of Community and Human Services
 Alexandria Adult Day Services Center
 1108 Jefferson St
 Alexandria, VA 22314

June 2023

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. For questions regarding trips and programs contact the Activity Staff @ 703.746.5676</p>			<p>1 9:30 Morning Mingle 10:15 20 Minute Workout 11:00 Music Hour with Bob Clark 1:00 "Unwind Time" 1:30 Rebecca's Story 2:15 Balloon Volleyball 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>2 9:30 Morning Mingle 10:15 Friday Morning Exercise 11:00 Poetry in Motion with Lauren & Nancy (AFTA) 1:00 "Unwind Time" 1:30 Center Made Ice Cream w Jutta Part 1 2:45 Snacks 3:30 Table Talk/ Games 4:30 Individual Pursuits</p>
<p>5 9:30 Morning Mingle 10:15 Let's Get Physical 11:00 Music Time w/ Lalo 1:00 "Unwind Time" 1:30 Birdhouse Painting 2:45 Snack 3:30 Table Talk/ Games 4:30 Individual Pursuits</p>	<p>6 9:30 Morning Mingle 10:30 Dash Bus Ride 11:30 Summertime Poems 1:00 "Unwind Time" 1:30 Center Made Ice Cream w/Jutta Part II 2:15 Fill in the Blanks 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>7 Video Autobiography 9:30 Morning Mingle 10-12 Movie of the Week 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:00 Music & Memories with Cheryl 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>8 9:30 Morning Mingle 10:15 Thursday Morning Workout 11:00 History Alive with Mary Ann Jung 1:00 "Unwind Time" 1:30 Bull's Eye 2:15 Words within a Word 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>9 9:30 Morning Mingle 10:15 Chair Exercise 11:00 Music with Melanie 1:00 "Unwind Time" 1:30 Balloon Tap n Pop 2:15 Bingo 3:30 Table Talk/Games 4:30 Individual Pursuits</p>

<p>12 9:30 Morning Mingle 10:30 Cooking with Chef Philippe 1:00 “Unwind Time” 1:30 Homemade Jelly w/ Jutta Part I 2:15 Sit & Stretch 3:30 Table Talk/ Games 4:30 Individual Pursuits</p>	<p>13 9:30 Morning Mingle 10:30 The Great Magician Michael Chamberlin 1:00 “Unwind Time” 1:30 Homemade Jelly w/ Jutta Part II 2:00 Spotlighting Cathy 3:30 Table Talk/ Games 4:30 Individual Pursuits</p>	<p>14 Flag Day 9:30 Morning Mingle 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Inspirations with First Baptist Church Team 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>15 9:30 Morning Mingle 10:15 Family Feud @ St Martin’s Center 12:00 Lunch 1:00 “Unwind Time” 1:30 Reminiscing 2:15 Ping Pong with Laurie 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>16 9:30 Morning Mingle 10:30 Arthritis Exercise with Monique 1:00 “Unwind Time” 1:30 AARP Presentation with Ridge 2:45 Snack 3:30 Table Talk/Games 4:30 Individual Pursuits</p>
<p>19 Center Closed  JUNETEENTH Celebrate Freedom JUNE 19</p>	<p>20 9:30 Morning Mingle 10:15 Tuesday Morning Workout 11:00 Breathe, Sense and Move with Nancy & Chris (AFTA) 1:00 “Unwind Time” 1:30 Rebecca’s Story 2:15 Jackpot Beanbag 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>21 First Day of Summer 9:30 Morning Mingle 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:00 Music & Memories with Cheryl 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>22 9:30 Morning Mingle 10:30 Arthritis Exercise with Monique 1:00 “Unwind Time” 1:30 Summer Tea Party with Cheri 2:45 Snack 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>23 9:30 Morning Mingle 10:15 Morning Flex 11:00 Trivia 1:00 “Unwind Time” 1:30 Ping Pong with Laurie 2:15 Pet Therapy w/ Jutta 3:30 Table Talk/Games 4:30 Individual Pursuits</p>
<p>26 9:30 Morning Mingle 10:30 Yoga with Donna 1:00 “Unwind Time” 1:30 Music Hour with Bob Clark 2:45 Snack 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>27 9:30 Morning Mingle 10:15 Move to the Beat 11:00 Breathe, Sense and Move with Nancy & Chris (AFTA) 1:00 “Unwind Time” 1:30 Book Club with Gina 2:15 Afternoon Stroll 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>28 9:30 Morning Mingle 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Inspirations with Herman 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>29 9:30 Morning Mingle 10:15 Family Feud @ St Martin’s Center 12:00 Lunch 1:00 “Unwind Time” 1:30 Let’s Get Moving 2:15 Categories 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>30 9:30 Morning Mingle 10:15 Strength Training 11:00 Emergency Preparedness/w Lee 1:00 “Unwind Time” 1:30 Baking w/ Blair & Music w/ Dave 2:15 Finish the Saying 3:30 Table Talk/Games 4:30 Individual Pursuits</p>

