




Alexandria Adult Day Services Center
1108 Jefferson St
Alexandria, VA 22314

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Wear Red, White, and Blue Day! 9:30 Morning Mingle 10:15 Family Feud @ St. Martin Senior Center 1:00 “Unwind Time” 1:30 Ping Pong w/Laurie 2:15 Ice Cream with Jutta 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>4 Center Closed</p> 	<p>5 9:30 Morning Mingle 10-12 Morning Movie 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:30 July 4th Bingo! 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>6 9:30 Morning Mingle 10:15 Strength Training 11:00 Music with Bob Clark 1:00 “Unwind Time” 1:30 Global Nurse Presentation Nutrition for the Aging 2:15 Ice Cream with Jutta 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>7 9:30 Morning Mingle 10:30 Landscape Painting with Karen 12:00 Lunch 1:00 “Unwind Time” 1:30 Guinong Exercise with Jutta 2:00 – Musical Performance by David Smith 3:30 Table Talk/Games 4:30 Individual Pursuits</p>
<p>10 9:30 Morning Mingle 10:15 Physical Workout 11:00 Brain Teasers 1:00 “Unwind Time” 1:30 Hand Pool Game 2:15 July 4th Bingo 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>11 9:30 Morning Mingle 10:15 Tuesday Morning Workout 11:00 Music with Melanie 1:00 “Unwind Time” 1:30 On Target 2:15 Eating for Your Health 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>12 9:30 Morning Mingle 10-12 Morning Movie 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Inspirations with FBC Team 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>13 9:30 Morning Mingle 10:30 Music & Memories with Cheryl 1:00 “Unwind Time” 1:30 Ping Pong w/Laurie 2:45 Snack 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>14 9:30 Morning Mingle 10:30 Music w/Lalo 12:00 Lunch 1:00 “Unwind Time” 1:30 Balloon Pop 2:15 Armchair Travel 3:30 Table Talk/Games 4:30 Individual Pursuits</p>

<p>17 9:30 Morning Mingle 10:30 AFTA: Musical Workshop 1:00 “Unwind Time” 1:30 Bull’s Eye 2:15 Let Me Show You... 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>18 9:30 Morning Mingle 10:30 Yoga with Donna 12:00 Lunch 1:00 “Unwind Time” 1:30 Hawaiian Dancers 2:45 Snack 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>19 9:30 Morning Mingle 10-12 Morning Movie 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>20 9:30 Morning Mingle 10:15 Family Feud @ St. Martins Senior Center 12:00 Lunch 1:00 “Unwind Time” 1:30 Arts & Crafts w/Cheri 2:45 Snack 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>21 9:30 Morning Mingle 10:15 Dash Bus Ride 11:00 Special Lunch IHOP 1:00 “Unwind Time” 1:30 Toss Up! 2:15 Word Ladder 3:30 Table Talk/Games 4:30 Individual Pursuits</p>
<p>24 9:30 Morning Mingle 10:15 Jazzercise 11:00 Words Within a Word 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>25 9:30 Morning Mingle 10:15 Family Feud @ St. Martins Senior Center 11:00 Word Association 1:00 “Unwind Time” 1:30 Book Club w/Gina 2:15 Afternoon Stroll 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>26 9:30 Morning Mingle 10-12 Morning Movie 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Summertime Humor 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>27 9:30 Morning Mingle 10:30 Yoga with Donna 12:00 Lunch 1:00 “Unwind Time” 1:30 Emergency Preparedness w/Lee 2:45 Snack 3:30 Table Talk/Games 4:30 Individual Pursuits</p>	<p>28 9:30 Morning Mingle 10:30 Music & Memories with Cheryl 12:00 Lunch 1:00 “Unwind Time” 1:30 Afternoon Stroll 2:15 Finish That Saying 3:30 Table Talk/Games 4:30 Individual Pursuits</p>
<p>31 9:30 Morning Mingle 10:30 AFTA: Musical Workshop 1:00 “Unwind Time” 1:30 Beanbag Toss 2:15 What Would You Do? 3:30 Table Talk/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 contact the Activity Staff @703-746-5676</p>