



Alexandria Adult Day Services Center

1108 Jefferson St
Alexandria, VA 22314

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Conversation Starters 10:15 Ten Ways 2 Move 11:00 Piano Music w/Henry 1:00 "Unwind Time" 1:30 Balloon Tennis 2:15 Hangman 3:30 Table Games 4:30 Individual Pursuits	2 9:30 Conversation Starters 10-12 Movie of the Week 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Finish the Saying 3:30 Table Games 4:30 Individual Pursuits	3 9:30 Conversation Starters 10:15 Bend and Stretch 11:00 Music Hour with Bob Clark 1:00 "Unwind Time" 1:30 Arts & Crafts w/ Cheri 2:30 Word Ladder 3:30 Table Games 4:30 Individual Pursuits	4 9:30 Conversation Starters 10:15 Morning Aerobics 11:00 The Alphabet Game 1:00 "Unwind Time" 1:30 Hit the Target 2:00 Good Vibez w/David 3:30 Table Games 4:30 Individual Pursuits
7 9:30 Conversation Starters 10:15 Movement with Music 11:00 What Am I 12:00 Lunch 1:00 "Unwind Time" 1:30 Emergency Preparedness 2:15 Complete the Proverbs 3:30 Table Games 4:30 Individual Pursuits	8 9:30 Conversation Starters 10:30 Cooking Presentation w/Chef Philippe 12:00 Lunch 1:00 "Unwind Time" 1:30 Hand Golf 2:15 A Short Story 3:30 Table Games 4:30 Individual Pursuits	9 9:30 Conversation Starters 10-12 Movie of the Week 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Inspiration w/First Baptist Team & Special Guest 3:30 Table Games 4:30 Individual Pursuits	10 9:30 Conversation Starters 10:30 Music with Lalo 12:00 Lunch 1:00 "Unwind Time" 1:30 Beanbag Toss 2:15 Fill in the Blanks 3:30 Table Games 4:30 Individual Pursuits	11 9:30 Conversation Starters 10:30 Yoga w/ Donna 12:00 Lunch 1:00 "Unwind Time" 1:30 Afternoon Stroll 2:15 Participants Choice 3:30 Table Games 4:30 Individual Pursuits

<p>14 9:30 Conversation Starters 10:15 Morning Workout 10:30 AFTA Musical Workshop w/Erika 1:00 “Unwind Time” 1:30 Ping Pong Pals w/Laurie 2:15 Crosswords 3:30 Table Games 4:30 Individual Pursuits</p>	<p>15 9:30 Conversation Starters 10:15 Roll the Dice 11:00 You be the Judge 1:00 “Unwind Time” 1:30 AARP Question & Answer w/Ridge 2:15 Categories 3:30 Table Games 4:30 Individual Pursuits</p>	<p>16 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>17 9:30 Conversation Starters 10:15 Head to Toe 11:00 Music & Memories with Cheryl 1:00 “Unwind Time” 1:30 Afternoon Stroll 2:15 Gestures 3:30 Table Games 4:30 Individual Pursuits</p>	<p>18 9:30 Conversation Starters 10:15 Parachute Arm Exercise/ 10:30 Video Autobiography w/ Johnathan (Cathy) 11:00 I Spy a Detective 1:00 “Unwind Time” 1:30 Bull’s Eye 2:15 Food for Thought 3:30 Table Games 4:30 Individual Pursuits</p>
<p>21 9:30 Conversation Starters 10:30 Jewelry Making with Karen 12:00 Lunch 1:00 “Unwind Time” 1:30 Hand Pool Game 2:15 A Short Story 3:30 Table Games 4:30 Individual Pursuits</p>	<p>22 9:30 Conversation Starters 10:30 Yoga w/Donna 12:00 Lunch 1:00 “Unwind Time” 1:30 Tin Can Alley 2:15 Tongue Twister Challenge 3:30 Table Games 4:30 Individual Pursuits</p>	<p>23 9:30 Conversation Starters 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Inspirations with Herman 3:30 Table Games 4:30 Individual Pursuits</p>	<p>24 9:30 Conversation Starters 10:30 Family Feud Finale@ St Martin’s Center 12:00 Lunch 1:00 “Unwind Time” 1:30 Steve Gellman/ Sing-a Long 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>25 9:30 Conversation Starters 10:15 Morning Flex 11:00 UNO Card Game 1:00 “Unwind Time” 1:30 Emergency Preparedness 2:15 What Would You Do? 3:30 Table Games 4:30 Individual Pursuits</p>
<p>28 9:30 Conversation Starters 10:15 Sittercise 11:00 Word Ladder 1:00 “Unwind Time” 1:30 Music Hour w/ Bob 2:15 Afternoon Stroll 3:30 Table Games 4:30 Individual Pursuits</p>	<p>29 9:30 Conversation Starters 10:15 30 Minute Workout 11:00 Music Hour w/Melanie 1:00 “Unwind Time” 1:30 Book Club with Gina 2:15 Brain Teasers 3:30 Table Games 4:30 Individual Pursuits</p>	<p>30 9:30 Conversation Starters 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 What Would You Do? 3:30 Table Games 4:30 Individual Pursuits</p>	<p>31 9:30 Conversation Starters 10:15 Flex your Muscles 10:30 AFTA Musical Workshop w/Erika 1:00 “Unwind Time” 1:30 Ping Pong Pals w/Laurie 2:15 Name 10 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 contact the Activity Dept@703.746.5676</p>