



Alexandria Adult Day Services Center

1108 Jefferson St
Alexandria, VA 22314

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 Morning Conversation 10:30 Dash Bus Ride 12:00 Lunch 1:00 "Unwind Time" 1:30 Hand Golf 2:15 Trivia Challenge 3:30 Table Game 4:00 Individual Pursuits</p>	<p>3</p> <p>9:30 Morning Conversations 10:15 Exercise/Nu Step Bike 11:00 Blindness Society Presentation/Your Society 1:00 "Unwind Time" 1:30 Pool Game / Nu Step Bike 2:00 Sing -a-long with David 3:30 Table Games 4:00 Individual Pursuits</p>	<p>4</p> <p>9:30 Morning Conversations 10-12 AMC Movie Classics 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Gestures 3:30 Table Games 4:00 Individual Pursuits</p>	<p>5</p> <p>9:30 Morning Conversations 10:15 Stretch Band Workout 11:00 Music Hour with Bob Clark</p> 	<p>6</p> <p>9:30 Morning Conversations 10:15 Heels -Up Walking Group 11:00 Wordle 1:00 "Unwind Time" 1:30 Why We Celebrate Indigenous Peoples' Day featuring Mama Mary 3:30 Table Games 4:00 Individual Pursuits</p>
<p>9</p> <p>ADSC Center Closed</p>  <p>Indigenous Peoples Day</p>	<p>10</p> <p>9:30 Morning Conversations 10:30 Music Time w/Lalo 12:00 Lunch 1:00 "Unwind Time" 1:30 Candy Corn Ring Toss 2:15 You Be the Judge 3:30 Table Games 4:00 Individual Pursuits</p>	<p>11</p> <p>9:30 Morning Conversations 10-12 AMC Movie Classics 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Devotions w/First Baptist 3:30 Table Games 4:00 Individual Pursuits</p>	<p>12</p> <p>9:30 Morning Conversations 10:30 Musical Workshop w/Erika 12:00 Lunch 1:00 "Unwind Time" 1:30 Balloon Tap/ Nu Step Bike 2:15 Crafts w/Kim: Fall Centerpieces 3:30 Table Games 4:00 Individual Pursuits</p>	<p>13</p> <p>9:30 Morning Conversations 10:30 Yoga w/Donna 11:30 50 Words or More 1:00 "Unwind Time" 1:30 Ping Pong Pal w/Laurie 2:15 Name 10 3:30 Table Games 4:00 Individual Pursuits</p>

<p>16 9:15 Morning Conversation 10:15 Exercise/Nu Step Bike 11:00 Healing Hearts with Melanie & Music 1:00 “Unwind Time” 1:30 Game Center/Nu Step Bike 2:15 Global Diversity Awareness 3:30 Table Games 4:00 Individual Pursuits</p>	<p>17 9:30 Morning Conversations 10:30 Yoga w/Donna 12:00 Lunch 1:00 “Unwind Time” 1:30 Bowling 2:15 Pumpkin Spice Lattes 3:30 Table Games 4:00 Individual Pursuits</p>	<p>18 9:30 Morning Conversations 10-12 AMC Movie Classics 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Inspirational Words w/Herman 3:30 Table Games 4:00 Individual Pursuits</p>	<p>19 9:30 Morning Conversations 10:30 Arthritis Exercise w/Monique 11:00 Participants Council 1:00 “Unwind Time” 1:30 Craft Time with Cheri & Sharon 3:00 Snack & Chat 3:30 Table Games 4:00 Individual Pursuits</p>	<p>20 9:30 Morning Conversations 10:15 Heels -Up Walking Group 11:00 Music Capabilities w/Cheryl 1:00 “Unwind Time” 1:30 Chuck O Pro 2:15 Word Ladders 3:30 Table Games 4:00 Individual Pursuits</p>
<p>23 9:30 Morning Conversations 10:15 BINGO! @ Senior Ramsey Center 12:00 Lunch 1:00 “Unwind Time” 1:30 Music Hour with Bob Clark 2:45 Snack 3:30 Table Games 4:00 Individual Pursuits</p>	<p>24 9:30 Morning Conversations 10:30 Cooking Demonstration w/Philippe 12:00 Lunch 1:00 “Unwind Time” 1:30 Balloon Tennis/Nu Step Bike 2:15 Travelogue 3:30 Table Games 4:00 Individual Pursuits</p>	<p>25 9:30 Morning Conversations 10-12 AMC Movie Classics 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Exploring the African Culture w/Dora 3:30 Table Games 4:00 Individual Pursuits</p>	<p>26 9:30 Morning Conversations 10:30 Helping Hearts Tap Dance Performance 12:00 Lunch 1:00 “Unwind Time” 1:30 Ping Pong Pals 2:15 Word Ladders 3:30 Table Games 4:00 Individual Pursuits</p>	<p>27 9:30 Morning Conversations 10:30 Musical Workshop w/Erika 12:00 Lunch 1:00 “Unwind Time” 1:30 Horseshoes 2:15 Tongue Twisters 3:30 Table Games 4:00 Individual Pursuits</p>
<p>30 9:30 Morning Conversations 10:30 Arthritis Exercise w/Monique 12:00 Lunch 1:00 “Unwind Time” 1:30 Music Capabilities w/Cheryl 2:15 Pumpkin Spice Lattes 3:30 Table Games 4:00 Individual Pursuits</p>	<p>31 Happy Halloween 9:30 Morning Conversations 10:15 Senior Masquerade Ball 12:00 Lunch 1:00 “Unwind Time” 1:30 Book Club w/Gina 2:15 Halloween Finish the Phrase 3:30 Table Games 4:00 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. Ask the staff for assistance. For questions and information regarding volunteering call the center at 703-746-5676.</i></p>