



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

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY NEW YEAR	<p>2 9:30 Morning Mingle 10:30 Chef Philippe Cooking Demonstration 1:00 “Unwind Time” 1:30 Table Pool 2:15 Name That Tune 3:30 Table Games 4:30 Individual Pursuits</p>	<p>3 9:30 Morning Mingle 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise with Luley 2:15 What Would You Do? 3:30 Table Games 4:30 Individual Pursuits</p>	<p>4 9:30 Morning Mingle 10:15 MoTown Moves 11:00 Music & Memories with Cheryl 1:00 “Unwind Time” 1:30 Hand Golf 2:15 New Year’s Rehearsal 3:30 Table Games 4:30 Individual Pursuits</p>	<p>5 9:30 Morning Mingle 10:15 Friday Fitness 11:00 Who Am I ? 1:00 “Unwind Time” 1:30 Putt Putt Golf 2:00 Variety Music with David 3:30 Table Games 4:30 Individual Pursuits</p>
<p>8 9:30 Morning Mingle 10:30 Arthritis Exercise with Monique 12:00 Lunch 1:00 “Unwind Time” 1:30 Expressive Art with Carol 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>9 9:30 Morning Mingle 10:15 New year’s Fitness 11:00 Healing Hearts with Melanie 1:00 “Unwind Time” 1:30 Artwork with Wes 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>10 9:30 Morning Mingle 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise with Luley 2:00 First Baptist Team Visit 3:30 Table Games 4:30 Individual Pursuits</p>	<p>11 9:30 Morning Mingle 10:30 Arthritis Exercise with Monique 12:00 Lunch 1:00 “Unwind Time” 1:30 Beanbag Toss 2:15 New Year’s Rehearsal 3:30 Table Games 4:30 Individual Pursuits</p>	<p>12 9:30 Morning Mingle 10:15 Wake-Up Workout 11:00 Music Hour with Bob Clark 1:00 “Unwind Time” 1:30 Ping Pong Pals with Laurie 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>

<p>15</p> <p>Center Closed Martin Luther King Jr Holiday</p>	<p>16</p> <p>9:30 Morning Mingle 10:15 Line Dances in a Chair 11:00 Q & A with the Adult Day Director Darrell 1:00 “Unwind Time” 1:30 New Year Rehearsal 2:15 Trivia 3:30 Table Games 4:30 Individual Pursuits</p>	<p>17</p> <p>9:30 Morning Mingle 10:30 Arts for the Aging Session 1:00 “Unwind Time” 1:15 Robust Exercise with Luley 1:45 Nursing Students Presentation 3:30 Table Games 4:30 Individual Pursuits</p>	<p>18</p> <p>9:30 Morning Mingle 10:15 MoTown Moves 11:00 Music & Memories with Cheryl 1:00 “Unwind Time” 1:30 Crafts with Cheri & Sharon 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>19</p> <p>9:30 Morning Mingle 10:30 Yoga with Donna 11:30 Charades 1:00 “Unwind Time” 1:30 Ring Toss 2:00 Nursing Students Presentations 3:30 Table Games 4:30 Individual Pursuits</p>
<p>22 Activity Professional’s Week</p> <p>9:30 Morning Mingle 10:30 Arts for the Aging Session 12:00 Lunch 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</p> <p>9:30 Morning Mingle 10:30 Artwork with Wes 12:00 Lunch 1:00 “Unwind Time” 1:30 New Year Rehearsal 2:15 Wordle 3:30 Table Games 4:30 Individual Pursuits</p>	<p>24</p> <p>9:30 Morning Mingle 10-12 Movie of the Week 1:00 Unwind Time 1:30 Robust Exercise with Luley 2:15 Devotions with Herman 3:30 Table Games 4:30 Individual Pursuits</p>	<p>25</p> <p>9:30 Morning Mingle 10:30 Healthy Heart Dancers Program 12:00 Lunch 1:00 “Unwind Time” 1:30 Balloon Tap 2:15 Fill in the Blanks 3:30 Table Games 4:30 Individual Pursuits</p>	<p>26</p> <p>9:30 Morning Mingle 10:15 Chair Aerobics 11:00 Music & Memories with Cheryl 1:00 “Unwind Time” 1:30 Emergency Preparedness with Lee 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>
<p>29</p> <p>9:30 Morning Mingle 10:30 Lalo Music Time 11:30 Categories 1:00 “Unwind Time” 1:30 Balloon Tennis 2:15 Coloring with Pencils 3:30 Table Games 4:30 Individual Pursuits</p>	<p>30</p> <p>9:30 Morning Mingle 10:30 Yoga with Donna 11:30 21 Blackjack 1:00 “Unwind Time” 1:30 Game Center 2:15 Remember When 3:30 Table Games 4:30 Individual Pursuits</p>	<p>31</p> <p>9:30 Morning Mingle 10-12 Movie of the Week 1:00 Unwind Time 1:30 Robust Exercise with Luley 2:15 Word Ladder 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. If you need assistance reach out to the Activity Staff@703-746-5676</p>

