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Alexandria Adult Day Services Center

1108 Jefferson St
Alexandria, VA 22314

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Morning Topics 10:15 Dash Bus Seniors Community Ride 1:00 "Unwind Time" 1:30 Chuck Pro Toss 2:15 Wordle 3:30 Table Games 4:30 Individual Pursuits	4 9:30 Morning Topics 10:30 Chef Philippe Cooking 12:00 Lunch 1:00 "Unwind Time" 1:30 Chuckie D Music 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits	5 9:00 Movie/ Center Trip with St. Martins Senior Center 1:00 "Unwind Time" 1:30 Robust Exercise with Luley 2:00 Nursing Student Presentations 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits	6 9:30 Morning Topics 10:30 Arthritis Exercise with Monique 11:00 Match Game 1:00 "Unwind Time" 1:30 Healthy Heart Dance Performance 3:30 Table Games 4:30 Individual Pursuits	7 9:30 Morning Topics 10:15 Center Trip to St. Martins Senior Center 12:00 Lunch 1:00 "Unwind Time" 1:30 Ping Pong Pals with Laurie 2:00 Nursing Student Presentations 3:30 Table Games 4:30 Individual Pursuits
10 9:30 Morning Topics 10:30 Cheryl Music & Memories Therapy 12:00 Lunch 1:00 "Unwind Time" 1:30 Bean Bag Toss 2:15 June Detectives 3:30 Table Games 4:30 Individual Pursuits	11 9:30 Morning Topics 10:30 Tai Chi 11:00 Bob Clark Music Hour 1:00 "Unwind Time" 1:30 Hit the Target 2:00 Nursing Student Presentations 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits	12 9:30 Morning Topics 10-12 Movie of the Week 1:00 "Unwind Time" 1:30 Robust Exercise with Luley 2:15 Inspiration & Devotions with FBC 3:30 Table Games 4:30 Individual Pursuits	13 9:30 Morning Topics 10:30 Arthritis Exercise with Monique 1:00 "Unwind Time" 1:30 Sweet D Music Hour 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits	14 9:30 Morning Topics 10:30 Yoga w/ Donna 11:30 Guess Who? 1:00 "Unwind Time" 1:30 Boccie Ball 2:15 Animal Scrabble 3:30 Tables Games 4:30 Individual Pursuits

<p>17 9:30 Morning Topics 10:15 Mind Body & Soul Workout 11:00 Healing Hearts with Melanie 1:00 “Unwind Time” 1:30 Soccer 2:15 America Says Game 3:30 Table Games 4:30 Individual Pursuits</p>	<p>18 9:30 Morning Topics 10:15 Center Trip/ Charles Houston Program 1:00 “Unwind Time” 2:00 David Andrew Songs 3:30 Table Games 4:30 Individual Pursuits</p>	<p>19 Center Closed for Juneteenth</p>	<p>20 9:30 Morning Topics 10:30 Music & Memories with Cheryl 12:00 Lunch 1:00 “Unwind Time” 1:30 Ping Pong Pals with Laurie 2:15 Categories 3:30 Table Games 4:30 Individual Pursuits</p>	<p>21 9:30 Morning Topics 10:15 Walking Group 11:00 Healthy Tips with Dora 1:00 “Unwind Time” 1:30 Laurie Passport Club Austria 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>
<p>24 9:30 Morning Topics 10:15 Rotation of Muscles Exercise 11:00 Wurdle 1:00 “Unwind Time” 1:30 Bob Clark Music Hour 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>25 9:30 Morning Topics 10:30 Yoga with Donna 11:30 Fill in the Blanks 1:00 “Unwind Time” 1:30 Hand Golf 2:15 Trivia 3:30 Table Games 4:30 Individual Pursuits</p>	<p>26 9:30 Morning Topics 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise with Luley 2:00 Cheri & Sharon Crafts 3:30 Table Games 4:30 Individual Pursuits</p>	<p>27 9:30 Morning Topics 10:15 30 Minute Workout 11:00 Romita Health Discussion 1:00 “Unwind Time” 1:30 Steve Gellman Music Time 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>28 9:30 Morning Topics 10:15 Center Trip to St. Martins Senior Center 12:00 Lunch 1:00 “Unwind Time” 1:30 Henry Nalker the Pianist 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</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 call the Activity Staff@703.746.5676