






## Alexandria Adult Day Services Center

1108 Jefferson St  
Alexandria, VA 22314

# August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b> 9:30 Morning Topics 10:15 Chair Exercise 11:00 <b>Bob Clark Music Hour</b> 1:00 “Unwind Time” 1:30 Hand Pool Billiards 2:15 What’s Missing? 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>2</b> 9:30 Morning Topics 10:30 <b>Tai Chi with Rhonda</b> 11:15 Fill in the Missing Word 1:00 “Unwind Time” 1:30 Hand Pool Challenge 2:00 <b>Nursing Students Presentation</b> 3:30 Table Games 4:30 Individual Pursuits</p>
<p><b>5</b>      <b>Center Trip</b> 9:30 Morning Topics 10:00 <b>Visit to Birmingham Greene</b> 1:00 “Unwind Time” 1:30 Bulls Eye 2:15 August Trivia 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>6</b> 9:30 Morning Topics 10:30 <b>Music &amp; Memories With Cheryl</b> 12:00 Lunch 1:00 “Unwind Time” 1:30 Hit the Target 2:15 <b>Cathy Mother’s Day Portraits</b> 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>7</b> 9:30 Morning Topics 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 <b>Robust Exercise with Luley</b> 2:00 <b>Nursing Students Presentations</b> 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>8</b> 9:30 Morning Topics 10:15 30 Minute Workout 11:00 <b>Health Discussion with Romita</b> 1:00 “Unwind Time” 1:30 Volleyball 2:15 Word Ladder 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>9</b> 9:30 Morning Topics 10:15 Let’s Get Moving 11:00 Bingo 1:00 “Unwind Time” 1:30 <b>Ping Pong Pals w/ Laurie</b> 2:15 Who Am I? 3:30 Table Games 4:30 Individual Pursuits</p>

<p><b>12</b>  <b>9:30 Morning Topics</b>  <b>10:15 R&amp;B Musical Workout</b>  <b>11:00 Eduardo Sing A long</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Balloon Tap</b>  <b>2:15 Participant’s Choice</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>13</b>  <b>9:30 Morning Topics</b>  <b>10:30 Yoga with Donna</b>  <b>12:00 Lunch</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Hand Golf</b>  <b>2:00 Nursing Students Presentation</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>14</b>  <b>9:30 Morning Topics</b>  <b>10-12 Movie of the Week</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Robust Exercise with Luley</b>  <b>2:15 FBC Visit-Inspiration &amp; Devotions</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>15</b>  <b>9:30 Morning Topics</b>  <b>10:15 Bend &amp; Stretch</b>  <b>11:00 Medicare AARP with Ridge</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Ring Toss</b>  <b>2:00 Alexandria Harmonizers</b>  <b>2:45 Snack</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>16</b>  <b>9:30 Morning Topics</b>  <b>10:30 Tai Chi with Rhonda</b>  <b>12:00 Lunch</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Passport Club-Korea with Richard</b>  <b>2:15 Healing Herbs</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>
<p><b>19 Center Trip</b>  <b>9:30 Morning Topics</b>  <b>10:00 Sightseeing tour of Old Town</b>  <b>12:00 Lunch</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Sweet D Music Hour</b>  <b>2:45 Snack</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>20</b>  <b>9:30 Morning Topics</b>  <b>10:30 Meet &amp; Greet with DCHS Nutritionist Deletra</b>  <b>12:00 Lunch</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Baking with Blair &amp; Pianist Dave</b>  <b>2:45 Snack</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>21</b>  <b>9:30 Morning Topics</b>  <b>10-12 Movie of the Week</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Robust Exercise with Luley</b>  <b>2:15 You Be The Judge</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>22</b>  <b>9:30 Morning Topics</b>  <b>10:15 Move to the Music</b>  <b>11:00 Health Discussion with Romita</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Arts &amp; Crafts with Cheri &amp; Sharon</b>  <b>2:15 Categories</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>23</b>  <b>9:30 Morning Topics</b>  <b>10:30 Yoga with Donna</b>  <b>11:15 What Does Not Belong</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Piano Tunes with Henry Nalker</b>  <b>2:15 Wordle</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>
<p><b>26</b>  <b>9:30 Morning Topics</b>  <b>10:15 Head 2 Toe Moves</b>  <b>11:00 Healing Hearts with Melanie</b>  <b>12:00 Lunch</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Bob Clark Music Hour</b>  <b>2:45 Snack</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>27</b>  <b>9:30 Morning Topics</b>  <b>10:30 Music &amp; Memories With Cheryl</b>  <b>12:00 Lunch</b>  <b>1:00 “Unwind Time”</b>  <b>2:00 David Andrew Songs</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>28</b>  <b>9:30 Morning Topics</b>  <b>10-12 Movie of the Week</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Robust Exercise with Luley</b>  <b>2:15 Categories</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>29</b>  <b>9:30 Morning Topics</b>  <b>10:15 Follow the Leader Exercise</b>  <b>11:00 Nutritional Presentation By Virginia Cooperative</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Ping Pong w/ Laurie</b>  <b>2:15 Word Ladder</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></p>	<p><b>30</b>  <b>9:30 Morning Topics</b>  <b>10:30 Jerome Ford Nature Center Visit</b>  <b>12:00 Lunch</b>  <b>1:00 “Unwind Time”</b>  <b>1:30 Folk Songs with Steve Gellman</b>  <b>2:45 Snack</b>  <b>3:30 Table Games</b>  <b>4:30 Individual Pursuits</b></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