




Department of Community and Human Services
 Alexandria Adult Day Services Center
 1108 Jefferson St
 Alexandria, VA 22314

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3 ADSC Labor Day Cookout</p> <p>9:30 Morning Topics</p> <p>10:00 Caricature Artist/ Karen</p> <p>10:30 Music & Memories with Cheryl</p> <p>11:30 Tongue Twister Fun</p> <p>1:00 "Unwind Time"</p> <p>1:30 Yoga with Donna</p> <p>2:15 Jeopardy</p> <p>3:30 Games</p> <p>4:00 Individual Pursuits</p>	<p>4</p> <p>9:30 Morning Topics</p> <p>10-12 AMC Movie Classics</p> <p>1:00 "Unwind Time"</p> <p>1:30 Robust Exercise with Luley</p> <p>2:15 Labor Day Word Game</p> <p>3:30 Games</p> <p>4:00 Individual Pursuits</p>	<p>5</p> <p>9:30 Morning Topics</p> <p>10:15 30 Minute Workout</p> <p>11:00 Movie Trivia</p> <p>1:00 "Unwind Time"</p> <p>1:30 Basketball Toss</p> <p>2:15 Categories</p> <p>3:30 Games</p> <p>4:00 Individual Pursuits</p>	<p>6</p> <p>9:30 Morning Topics</p> <p>10:30 Arts for the Aging with Yaya /Jazz Performance</p> <p>12:00 Lunch</p> <p>1:00 "Unwind Time"</p> <p>1:30 Ping Pong Pals with Laurie</p> <p>2:15 Name That Tune</p> <p>3:30 Games</p> <p>4:00 Individual Pursuits</p>
<p>9</p> <p>9:30 Morning Topics</p> <p>10:30 Guitar Tunes with Lalo</p> <p>11:30 Nu-Step Bike</p> <p>1:00 "Unwind Time"</p> <p>1:30 Ice Cream Social</p> <p>2:15 Snack</p> <p>3:30 Games</p> <p>4:00 Individual Pursuits</p>	<p>10</p> <p>9:30 Morning Topics</p> <p>10:30 Tai Chi with Rhonda</p> <p>11:15 Blackjack Competition</p> <p>1:00 "Unwind Time"</p> <p>1:30 Healing Hearts with Melanie</p> <p>2:45 Snack</p> <p>3:30 Games</p> <p>4:00 Individual Pursuits</p>	<p>11</p> <p>9:30 Morning Topics</p> <p>10-12 AMC Movie Classics</p> <p>1:00 "Unwind Time"</p> <p>1:30 Robust Exercise with Luley</p> <p>2:15 Devotion & Inspiration with FBC</p> <p>3:30 Games</p> <p>4:00 Individual Pursuits</p>	<p>12</p> <p>9:30 Morning Topics</p> <p>10:30 Bob Clark Music Hour</p> <p>12:00 Lunch</p> <p>1:00 "Unwind Time"</p> <p>1:30 Arts for the Aging with Yaya/ Jazz Performance</p> <p>2:45 Snack</p> <p>3:30 Games</p> <p>4:00 Individual Pursuits</p>	<p>13 Center Trip</p> <p>9:30 Morning Topics</p> <p>10:00 Pen Pal Luncheon at Lincolnia</p> <p>1:00 "Unwind Time"</p> <p>1:30 Movie</p> <p>2:15 Shuffleboard</p> <p>3:30 Games</p> <p>4:00 Individual Pursuits</p>

<p>16 9:30 Morning Topics 10:30 Bob Clark Music Hour 11:30 Nu-Step Bike 1:00 “Unwind Time” 1:30 Balloon Tap 2:15 August Detectives 3:30 Games 4:00 Individual Pursuits</p>	<p>17 Center Trip 9:30 Robust Walkathon @ Ben Brenman Park 1:00 “Unwind Time” 1:30 Jackpot Beanbag 2:00 David Andrew Songs 2:45 Snack 3:30 Games 4:00 Individual Pursuits</p>	<p>18 9:30 Morning Topics 10-12 AMC Movie Classics 1:00 “Unwind Time” 1:30 Robust Exercise with Luley 2:15 Categories 2:45 Snack 3:30 Games 4:00 Individual Pursuits</p>	<p>19 9:30 Morning Topics 10:15 Follow the Leader 11:00 Romita Discussion Group/ Self Care 1:00 “Unwind Time” 1:30 Ping Pong Pals with Laurie 2:15 Guess the Word 3:30 Games 4:00 Individual Pursuits</p>	<p>20 9:30 Morning Topics 10:30 Yoga with Donna 11:15 Packing My Suitcase Game 1:00 “Unwind Time” 1:30 Sweet D Music Hour 2:45 Snack 3:30 Games 4:00 Individual Pursuits</p>
<p>23 9:30 Morning Topics 10:30 Music & Memories with Cheryl 11:30 Nu-Step Bike 12:00 Lunch 1:00 “Unwind Time” 1:30 Kickball 2:15 Word Scrabble 3:30 Games 4:00 Individual Pursuits</p>	<p>24 9:30 Morning Topics 10:30 Tai Chi with Rhonda 11:15 Scrabble Board 1:00 Unwind Time” 1:30 Chuck Pro Throw 2:15 Who Am I? 3:30 Games 4:00 Individual Pursuits</p>	<p>25 9:30 Morning Topics 10-12 AMC Movie Classics 1:00 “Unwind Time” 1:30 Robust Exercise with Luley 2:15 Reflections of the Day 3:30 Games 4:00 Individual Pursuits</p>	<p>26 9:30 Morning Topics 10:30 Philippe Healthy Food Cooking Demonstration 12:00 Lunch 1:00 “Unwind Time” 1:30 Arts & Craft with Cheri & Sharon 2:45 Snack 3:30 Games 4:00 Individual Pursuits</p>	<p>27 9:30 Morning Topics 10:15 Parachute Hand Movements 11:00 What Would You Do? 1:00 “Unwind Time” 1:30 Kick Ball 2:15 Jeopardy 3:30 Games 4:00 Individual Pursuits</p>
<p>30 Center Trip 9:30 Morning Matinee @ Burke Library 1:00 “Unwind Time” 1:30 Hand Billiards 2:15 Fill in the Blanks 3:30 Games 4:00 Individual Pursuits</p>				