







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

Phone 703.746.5676

fax 703.519.3312

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<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. Ask the staff for assistance. For questions regarding trips and programs call 703-746-5676 or email kimberly.taylor@alexandriava.gov</p>				<p>1 9:30 DAR Constitution Hall US Army Band Holiday Concert 12:00 Lunch at IHOP 2:00 "Unwind Time" 3:30 Table Games 4:00 Individual Pursuits</p>
<p>4 9:30 Morning Conversations 10:30 Holiday Tree Trimming 12:00 Lunch 1:00 "Unwind Time" 1:30 Expressive Art w/Carol 2:15 Balloon Tennis 3:30 Table Games 4:00 Individual Pursuits</p>	<p>5 9:30 Morning Conversations 10:15 Stretch & Flex 11:00 AFTA: Peter Burroughs Opera Performance 1:00 "Unwind Time" 1:30 Balloon Volleyball 2:15 Name That Tune 3:30 Table Games 4:00 Individual Pursuits</p>	<p>6 9:30 Field Trip: University Mall Theatre 12:30 Lunch 1:00 Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Words in a Word 3:30 Table Games 4:00 Individual Pursuits</p>	<p>7 Hanukkah Begins 9:30 Morning Conversations 10:30 Arthritis Exercise w/Monique 1:00 "Unwind Time" 1:30 Tin Can Alley 2:15 The History of Hanukkah 3:30 Table Games 4:00 Individual Pursuits</p>	<p>8 9:30 Morning Conversations 10:15 Seniors Center Holiday & Christmas Party 1:00 "Unwind Time" 1:30 Bowling 2:15 Participants Council 3:30 Table Games 4:00 Individual Pursuits</p>

<p>11 9:30 Morning Conversations 10:30 Encore Presents Holiday Singing Kauffman Auditorium 1:00 "Unwind Time" 1:30 Music & Memories w/Cheryl 2:15 Ring Toss 3:30 Table Games 4:00 Individual Pursuits</p>	<p>12 9:30 Morning Conversations 10:15 Arm Chair Exercise 11:00 Holiday Art Workshop w/ Cheryl Foster 1:00 "Unwind Time" 1:30 Snowball Roll 2:15 Trivia 3:30 Table Games 4:00 Individual Pursuits</p>	<p>13 9:30 Morning Conversations 10-12 Morning Movie 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>14 9:30 Morning Conversations 10:30 Motown Chair Moves 11:00 AFTA w/Peter Burroughs Opera Performance 1:00 "Unwind Time" 1:30 Hand Golf 2:15 Afternoon Karaoke w/David 3:30 Table Games 4:00 Individual Pursuits</p>	<p>15 9:30 Morning Conversations 10:15 Get Fit Friday 11:00 Sing-a-long w/Steve 1:00 "Unwind Time" 1:30 Volleyball 2:30 Stocking Stuffer Stumper 3:30 Table Games 4:00 Individual Pursuits</p>
<p>18 9:30 Morning Conversations 10:30 Stretch & Flex 11:00 Melanie Healing Hearts 1:00 "Unwind Time" 1:30 Bowling 2:15 Can You Picture This? 3:30 Table Games 4:00 Individual Pursuits</p>	<p>19 9:30 Morning Conversations 10:30 Yoga w/ Donna 11:00 Crazy Crosswords 1:00 "Unwind Time" 1:30 Kick Ball 2:15 Charades 3:30 Table Games 4:00 Individual Pursuits</p>	<p>20 9:30 Morning Conversations 10-12 Morning Movie 1:00 "Unwind Time" 1:30 Cookies and Caroling w/ Blair and Dave 3:30 Table Games 4:00 Individual Pursuits</p>	<p>21 First Day of Winter 9:30 Morning Conversations 10:30 Yoga w/ Donna 11:00 Holiday Trivia 1:00 "Unwind Time" 1:30 Cheri & Sharon Winter Creative Art 3:30 Table Games 4:00 Individual Pursuits</p>	<p>22 9:30 Morning Conversations 10:15 Sittercise 11:00 Who Am I? 1:00 "Unwind Time" 1:30 Music & Memories w/Cheryl 2:15 Junk Draw Detective 3:30 Table Games 4:00 Individual Pursuits</p>
<p>25 <i>Center Closed</i></p>  <p><i>Christmas Day</i></p>	<p>26 <i>Center Closed</i></p>  <p><i>Kwanza Begins</i></p>	<p>27 9:30 Morning Conversations 10-12 Morning Movie 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Kwanza Fun Facts 3:30 Table Games 4:00 Individual Pursuits</p>	<p>28 9:30 Morning Conversations 10:15 Move to Music 11:00 Word Find 1:00 "Unwind Time" 1:30 Chuck Pro 2:15 Holiday Bingo 3:30 Table Games 4:00 Individual Pursuits</p>	<p>29 9:30 Morning Conversations 10:15 Chair Aerobics 11:00 Charades 1:00 "Unwind Time" 1:30 Volleyball 2:15 Categories 3:30 Table Games 4:00 Individual Pursuits</p>

