





Alexandria Adult Day Services Center

1108 Jefferson St
Alexandria, VA 22314

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Morning Topics 10:30 Healthy Heart Dancers & Exercises Movement 11:00 Words Within a Word 1:00 "Unwind Time" 1:30 Billiards Connection 2:15 Spelling Bee 3:30 Table Games 4:00 Individual Pursuits	2 9:30 Morning Topics 10-12 AMC Movie Classics 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Cards from Pen Pals 3:30 Table Games 4:00 Individual Pursuits	3 9:30 Morning Topics 10:15 30 Minute Workout 11:00 Bob Clark Music Hour 1:00 "Unwind Time" 1:30 Volleyball 2:15 Wheel of Fortune 3:30 Table Games 4:00 Individual Pursuits	4 9:30 Morning Topics 10:30 Yaya Art for the Aging Jazz Session 12:00 Lunch 1:00 Unwind Time" 1:30 Tai Chi w/Jorge 2:30 Things That Go Together 3:30 Table Games 4:00 Individual Pursuits
7 9:15 Morning Topics 10:30 Tai Chi w Rhonda 11:00 Name Six 1:00 "Unwind Time" 1:30 Sweet D Music Hour 2:15 Wordle 3:30 Tables Games 4:00 Individual Pursuits	8 9:30 Morning Topics 10:30 Healthy Heart Dancers & Exercises Movement 12:00 Lunch 1:00 "Unwind Time" 1:30 Healing Hearts with Melanie 2:45 Snack 3:30 Table Games 4:00 Individual Pursuits	9 9:30 Morning Topics 10-12 AMC Movie Classics 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 FBC Inspiration & Devotion 3:30 Table Games 4:00 Individual Pursuits	10 9:30 Morning Topics 10:00 Nature Center Spooky Bones 11:00 Which Is Witch Words 1:00 "Unwind Time" 1:30 Ping Pong with Laurie 2:15 Fill in the Blanks 3:30 Table Games 4:00 Individual Pursuits	11 9:30 Morning Topics 10:30 Bowling / Nu-Step Bike 11:00 Janet Barnett History Jewish New Year/ Rosh Hashanah 1:00 "Unwind Time" 1:30 Marsha PIES Arthritis Class 2:15 Jeopardy 3:30 Table Games 4:00 Individual Pursuits

<p>14 Center Closed</p>  <p>Indigeneous People' Day</p>	<p>15 9:30 Morning Topics 10:30 Healthy Heart Dancers & Exercises Movement 11:00 Columbus Day Jumble 1:00 "Unwind Time" 1:30 Hit the Target 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits</p>	<p>16 9:30 Morning Topics 10-12 AMC Movie Classics 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Finish the Jungle 3:30 Table Games 4:00 Individual Pursuits</p>	<p>17 9:30 Morning Topics 10:30 Silver Sneakers Group Exercise 11:30 Meet the Press 1:00 "Unwind Time" 1:30 Cheri & Sharon Arts Craft Time 2:15 Rhyme Time 3:30 Table Games 4:00 Individual Pursuits</p>	<p>18 9:30 Morning Topics 10:15 Sit 2 Be Fit/ Nu-Step Bike 11:00 Romita Discussion Group (Anxiety) 1:00 "Unwind Time" 1:30 Ping Pal with Laurie 2:15 Collage Art 3:30 Table Games 4:00 Individual Pursuits</p>
<p>21 9:30 Morning Topics 10:30 Tai Chi W Rhonda 11:15 Scare Crow Art Activity 1:00 "Unwind Time" 1:30 Horseshoes 2:15 Word Ladder 3:30 Table Games 4:00 Individual Pursuits</p>	<p>22 9:30 Morning Topics 10:30 Healthy Heart Dancers & Exercise Movements 11:00 Fill in the Blanks 1:00 "Unwind Time" 1:30 Horseshoes 2:15 Not Quite Jeopardy 3:30 Table Games 4:00 Individual Pursuits</p>	<p>23 Pumpkin Patch Trip 9:00 Depart for Pumpkin Patch 12:00 Lunch 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Similar & Different 3:30 Table Games 4:00 Individual Pursuits</p>	<p>24 9:30 Morning Topics 10:30 Yaya Arts for the Aging Jazz Session 11:00 Categories 1:00 "Unwind Time" 1:30 Chair Bingo Toss 2:15 Word Ladder 3:30 Table Games 4:00 Individual Pursuits</p>	<p>25 9:30 Morning Topics 10:30 Eduardo Sing a Long 11:30 NuStep Bike 12:00 Lunch 1:00 "Unwind Time" 1:30 Cheryl Music Therapy 2:45 Snack 3:30 Table Games 4:00 Individual Pursuits</p>
<p>28 9:30 Morning Topics 10:15 Stretch Your Muscles/ NuStep 11:00 Bob Clark Music Hour 1:00 "Unwind Time" 1:30 Marsha PIES Arthritis Class 2:15 Brain Games 3:30 Table Games 4:00 Individual Pursuits</p>	<p>29 9:30 Morning Topics 10:30 Healthy Heart Dancers & Exercise Movements 11:00 Can You Picture This? 1:00 "Unwind Time" 1:30 Yoga with Donna 2:45 Snack 3:30 Table Games 4:00 Individual Pursuits</p>	<p>30 9:30 Morning Topics 10-12 AMC Movie Classics 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 Wurdle 3:30 Table Games 4:00 Individual Pursuits</p>	<p>31 Senior Masquerade Party @ Durante Recreational Center 9:00 Depart for Masquerade Party Halloween Party at Durante 12:00 Lunch 1:00 "Unwind Time" 1:30 Trick or Treat Senior Walkers 2:15 Brain Games 3:30 Table Games 4:00 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. For questions regarding volunteering, special events and programs contact the Activity Staff @ 703-746-5676</p>