



## Alexandria Adult Day Services Center

1108 Jefferson St  
 Alexandria, VA 22314  
 703.746.5676  
 Fax 703.519.3312

### November 2024




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 contact the Activity Dept@ 703-746-5676</p>	<p>We Salute Our Family Caregivers  <i>“Caregiving Around the Clock”</i></p>  <p>National Family Caregivers Month    NOVEMBER</p>	<p><u>Quote of the Month</u></p> <p><b>“A good laugh and a long sleep are the two best cures for anything.” — Irish proverb</b></p>		<p><b>1</b>      9:30 Morning Topics      10:30 Stretch Band Movements/      Nu-Step Bike      11:00 <b>Music with Lalo &amp; Trivia</b>      12:00 Lunch      1:00 “Unwind Time”      1:30 <b>Pies Arthritis Class with Marsha</b>      2:45 Snack      3:30 Table Games      4:30 Individual Pursuits</p>
<p><b>4</b>      9:30 Morning Topics      10:30 <b>Episcopal High School Volunteers</b>      11:15 ABC Roll Dice      1:00 “Unwind Time”      2:00 <b>David Andrew Songs</b>      2:15 Words within a Word      3:30 Table Games      4:30 Individual Pursuits</p>	<p><b>5 Election Day</b>      9:30 Morning Topics      10:30 <b>Healthy Hearts Dancers</b>      12:00 Lunch      1:00 “Unwind Time”      1:30 Chuck Pro      2:15 <b>Saluting Our Veterans with Maurice &amp; Guest</b>      3:30 Table Games      4:30 Individual Pursuits</p>	<p><b>6</b>      9:30 Morning Topics      10-12 AMC Movie Classics      1:00 “Unwind Time”      1:30 <b>Robust Exercise with Luley</b>      2:15 Words that start with “N”      3:30 Table Games      4:30 Individual Pursuits</p>	<p><b>7</b>      9:30 Morning Topics      10:30 <b>AFTA with Erika Percussions Instruments</b>      12:00 Lunch      1:00 “Unwind Time”      1:30 <b>Ping Pong w/ Laurie</b>      2:15 What Would You Do?      3:30 Table Games      4:30 Individual Pursuits</p>	<p><b>8</b>      9:30 Morning Topics      10:30 <b>Patrice with Nature Center</b>      12:00 Lunch      1:00 “Unwind Time”      1:30 <b>Sweet D Music Hour</b>      2:45 Snack      3:30 Table Games      4:30 Individual Pursuits</p>

<p><b>11 Veterans Day</b> <b>Center Closed</b></p> 	<p><b>12</b> 9:30 Morning Topics 10:30 <b>Healthy Heart Dancers</b> 12:00 Lunch 1:00 “Unwind Time” 1:30 <b>Healing Hearts with Melanie</b> 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>13</b> 9:30 Morning Topics 10-12 AMC Movie Classics 1:00 “Unwind Time” 1:30 <b>Robust Exercise with Luley</b> 2:15 <b>FBC Inspirational &amp; Devotional</b> 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>14</b> 9:30 Morning Topics 10:30 <b>AFTA with Erika</b> 12:00 Lunch 1:00 “Unwind Time” 1:30 <b>Bob Clark Music Hour</b> 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>15</b> 9:30 Morning Topics 10:15 30 Minute Workout 11:00 <b>Music &amp; Memories with Cheryl</b> 1:00 “Unwind Time” 1:30 <b>Passport Club to Turkey</b> 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>
<p><b>18</b> 9:30 Morning Topics 10:30 <b>Tai Chi with Rhonda</b> 11:15 Categories 1:00 “Unwind Time” 1:30 <b>Bob Clark Music Hour</b> 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>19</b> 9:30 Morning Topics 10:30 <b>Healthy Heart Dancers</b> 12:00 Lunch 1:00 “Unwind Time” 1:30 Nursing Tips with Dora 2:15 <b>Animal Welfare League Pet Therapy</b> 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>20</b> 9:30 Morning Topics 10:15 AMC Movie Classics 1:00 “Unwind Time” 1:30 <b>Robust Exercise with Luley</b> 2:15 Categories 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>21 Kauffman Auditorium</b> 9:30 Morning Topics 10:30 <b>Seniors Musical Performance with Healthy Heart Dancers</b> 12:00 Lunch 1:00 “Unwind Time” 1:30 <b>Arts and Crafts with Cheri And Sharon</b> 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>22</b> 9:30 Morning Topics 10:30 <b>Romita Discussion Group</b> 12:00 Lunch 1:00 “Unwind Time” 1:30 <b>Yoga with Donna</b> 2:15 Name that Tune 3:30 Table Games 4:30 Individual Pursuits</p>
<p><b>25</b> 9:30 Morning Topics 10:15 Sittercise/NuStep 11:00 <b>Music &amp; Memories with Cheryl</b> 1:00 “Unwind Time” 1:30 <b>Pies Arthritis Class with Marsha</b> 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>26</b> 9:30 Morning Topics 10:30 <b>Tai Chi with Rhonda</b> 11:00 Words Associated with November 1:00 “Unwind Time” 1:30 <b>Rock &amp; Roll with Ed Schafer</b> 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>27</b> 9:30 Morning Topics 10-12 AMC Movie Classics 1:00 “Unwind Time” 1:30 <b>Robust Exercise with Luley</b> 2:15 Thanksgiving Bingo!!! 3:30 Table Games 4:30 Individual Pursuits</p>	<p><b>28 Center Closed</b> <b>Thanksgiving Day</b></p> 	<p><b>29 Center Closed</b> <b>Thanksgiving Holiday</b></p> 