



Alexandria Adult Day Services Center
1108 Jefferson St
Alexandria, VA 22314
Phone 703.746.5676

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>In the New Year, never forget to thank your past years, because they enabled you to reach today!</i>	1 Center Closed 	2 9:30 Morning Topics 10:30 Tai Chi with Rhonda 11:30 New Year's Resolutions 1:00 "Unwind Time" 1:30 Fishing Game 2:15 100 Words or More 3:30 Table Talk 4:30 Individual Pursuits	3 9:30 Morning Topics 10:30 Jackpot Beanbag/ Nu-Step 11:15 Sing A Long with Lalo 1:00 "Unwind Time" 1:30 Ping Pong Pals with Laurie 2:15 BINGO 3:30 Table Games 4:00 Individual Pursuits
6 9:30 Morning Topics 10:30 Horseshoes/ Nu-Step Bike 11:00 Bob Clark Music Time 1:00 "Unwind Time" 1:30 Janet Barnett presentation Hanukkah Jewish Tradition 2:45 Snack 3:30 Table Games 4:00 Individual Pursuits	7 9:30 Morning Topics 10:30 Sittercise Aerobics 11:00 Cheryl Music Capabilities 1:00 "Unwind Time" 1:30 Arthritis Exercise with Marsha Pies 2:30 Word Connection 3:30 Table Games 4:00 Individual Pursuits	8 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise with Luley 2:15 FBC Visit Inspirational & Devotional 3:30 Table Games 4:00 Individual Pursuits	9 9:30 Morning Topics 10:30 Patrice with Nature Center 1:00 "Unwind Time" 1:30 Hit the Target 2:00 David Andrew Songs 3:30 Table Games 4:00 Individual Pursuits	10 9:30 Morning Topics 10:30 ADSC Interviews 1:00 "Unwind Time" 1:30 Balloon Tennis 2:00 Henry Nalker the Pianist 3:30 Table Games 4:00 Individual Pursuits

13 Center Trip 9:30 Morning Topics 10:15 BINGOCIZE @ St. Martin's Senior Center 1:00 "Unwind Time" 1:30 Game Center 2:15 Match Game 3:30 Table Games 4:00 Individual Pursuits	14 9:30 Morning Topics 10:30 Winter Volleyball ADSC vs St. Martin's Seniors 1:00 "Unwind Time" 1:30 Melanie with Helping Hearts 2:15 Presidential Trivia 3:30 Table Games 4:00 Individual Pursuits	15 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise with Luley 2:15 UNO 3:30 Table Games 4:00 Individual Pursuits	16 9:30 Morning Topics 10:30 Tai Chi with Rhonda 11:30 Charades 1:00 "Unwind Time" 1:30 Arts and Crafts with Cheri& Sharon 2:45 Snack 3:30 Table Games 4:00 Individual Pursuits	17 9:30 Morning Topics 11:00 Washington Performing Arts Spanish Dance Ensemble 1:00 "Unwind Time" 1:30 Chuck Pro Throw 2:15 Who Am I? 3:30 Table Games 4:00 Individual Pursuits
20 Center Closed Martin Luther King Jr. Day <i>"Darkness cannot drive out light, only light can do that."</i>	21 Center Trip 9:30 College Park Aviation Museum Trip 1:00 "Unwind Time" 2:15 Word Ladder 2:45 Snack 3:30 Table Games 4:00 Individual Pursuits	22 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise with Luley 2:15 Jeopardy 3:30 Table Games 4:00 Individual Pursuits	23 9:30 Morning Topics 10:30 Facts or Fiction? 11:00 Yoga with Donna 1:00 "Unwind Time" 1:30 Ping Pong Pals with Laurie 2:15 Creative Bingo 3:30 Table Games 4:00 Individual Pursuits	24 9:30 Morning Topics 10:30 Arthritis Exercise with Marsha Pies 11:30 Wheel of Fortune 1:00 "Unwind Time" 1:30 Tin Can Alley 2:00 David Andrew Songs 3:30 Table Games 4:00 Individual Pursuits
27 9:30 Morning Topics 10:30 Dart Ball/ Nu-Step Bike 11:00 Cheryl Music Capabilities 1:00 "Unwind Time" 1:30 Shuffleboard 2:15 Baking with Jacks 3:30 Table Games 4:00 Individual Pursuits	28 9:30 Morning Topics 10:30 Winter Volleyball ADSC vs St. Martin's Seniors 1:00 "Unwind Time" 1:30 Dart Ball 2:15 Healthy Tips with Dora 3:30 Table Games 4:00 Individual Pursuits	29 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise with Luley 2:15 America Says 3:30 Table Games 4:00 Individual Pursuits	30 9:30 Morning Topics 10:30 Romita Discussion: Mind, Body & Soul 11:30 Remember When? 1:00 "Unwind Time" 1:30 Koosh Ball 2:15 Friends Family Feud 3:30 Table Games 4:00 Individual Pursuits	31 9:30 Morning Topics 10:30 Remember When? 11:00 Bob Clark Music Time 1:00 "Unwind Time" 1:30 Yoga with Donna 2:15 Bingo 3:30 Table Games 4:00 Individual Pursuits