



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

**April 2025**

| Monday                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                 | Thursday                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                          |
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|                                                                                                                                                                                                                                        | <b>1</b><br>9:30 Morning Topics<br>10:00 <b>Manicures w/ Alexandria High School Cosmetology</b><br>11:00 Men Group /Visiting the Troops w/ Bob Hope<br>1:00 “Unwind Time”<br>1:30 <b>Yoga w/Donna</b><br>2:15 Family Feud<br>3:30 Table Talk<br>4:30 Individual Pursuits | <b>2 CENTER TRIP</b><br>9:30 Morning Topics<br>10:30 <b>Cherry Blossom Bus Tour</b><br>1:00 Imitation of Life Movie<br>2:15 <b>Music Therapy w/ Cheryl</b><br>3:30 Table Talk<br>4:30 Individual Pursuits | <b>3</b><br>9:30 Morning Topics<br>10:30 <b>Tai Chi w/ Rhonda</b><br>11:30 Words that Begins with C<br>1:00 Unwind Time<br>1:30 <b>Ping Pong Pals w/ Laurie</b><br>2:15 Word Ladder<br>3:30 Table Talk<br>4:30 Individual Pursuits                                                                   | <b>4</b><br>9:30 Morning Topics<br>10:15 Tin Can Alley<br>11:00 <b>Bob Clark Music Hour</b><br>1:00 “Unwind Time”<br>1:30 <b>Arthritis Exercise w/ Marsha</b><br>2:30 Who Am I?<br>3:30 Table Games<br>4:00 Individual Pursuits |
| <b>7 CENTER TRIP</b><br>9:30 Morning Topics<br>10:00 <b>Ellen Coolidge Library Black History Film/ Six Triple Eight</b><br>1:00 “Unwind Time”<br>1:30 Hit the Target<br>2:15 Bingocize<br>3:30 Table Games<br>4:00 Individual Pursuits | <b>8</b><br>9:30 Morning Topics<br>10:30 Stretch Band Workout<br>11:00 <b>Passport Club w/Alfira-Turkey &amp; Indonesia</b><br>1:00 “Unwind Time”<br>1:30 <b>Melanie w/ Helping Hearts</b><br>2:15 Ring Toss<br>3:30 Table Games<br>4:00 Individual Pursuits             | <b>9</b><br>9:30 Morning Topics<br>10-12 Morning Movie<br>1:30 <b>Robust Exercise w/Luley</b><br>2:15 <b>FBC Visit</b><br>3:30 Table Games<br>4:00 Individual Pursuits                                    | <b>10 Volunteers Visit</b><br>9:30 Morning Topics<br>10:00 <b>Alexandria Country School Gardening &amp; Painting</b><br>10:30 <b>Patrice w/ Nature Center</b><br>1:00 “Unwind Time”<br>1:30 Basketball Shots<br>2:15 <b>David Andrew Smith Songs</b><br>3:30 Table Games<br>4:00 Individual Pursuits | <b>11</b><br>9:30 Morning Topics<br>10:30 Water Bottle Aerobics<br>11:00 <b>Opera w/ AFTA</b><br>1:00 “Unwind Time”<br>1:30 <b>Yoga w/ Donna</b><br>2:15 Gestures<br>3:30 Table Games<br>4:00 Individual Pursuits               |

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| <b>14</b><br>9:30 Morning Topics<br>10:15 Band Workout<br>11:00 Reminiscence Therapy<br>1:00 “Unwind Time”<br>1:30 <b>Ping Pong Pals w/Laurie</b><br>2:15 Categories<br>3:30 Table Games<br>4:00 Individual Pursuits                                  | <b>15</b><br>9:30 Morning Topics<br>10:30 <b>Tai Chi w/ Rhonda</b><br>11:15 Word Game<br>1:00 “Unwind Time”<br>1:30 <b>Music Therapy w/Cheryl</b><br>2:45 Snack<br>3:30 Table Games<br>4:00 Individual Pursuits                                                              | <b>16</b><br>9:30 Morning Topics<br>10-12 Movie Day<br>1:30 <b>Robust Exercise w/Luley</b><br>2:15 Matching Game<br>3:30 Table Games<br>4:00 Individual Pursuits                            | <b>17</b><br>9:30 Morning Topics<br>10:30 Senior Fitness<br>11:00 <b>Opera w/ AFTA</b><br>1:00 “Unwind Time”<br>1:30 <b>Hawaiian Star Dance Performance</b><br>2:45 Snack<br>3:30 Table Games<br>4:00 Individual Pursuits                           | <b>18 Volunteers Visit</b><br>9:30 Morning Topics<br>10:30 <b>Intergenerational Activities w/Alexandria Country Day School</b><br>1:00 “Unwind Time”<br>1:30 Balloon Tennis<br>2:15 Historical Events Trivia<br>3:30 Table Games<br>4:00 Individual Pursuits |
| <b>21</b><br>9:30 Morning Topics<br>10:15 Morning Dice<br>11:00 <b>Ed Schafer hosting ADSC Volunteer Appreciation</b><br>1:00 “Unwind Time”<br>1:30 “Simon Says” Exercise<br>2:15 Group Story Telling<br>3:30 Table Games<br>4:00 Individual Pursuits | <b>22 CENTER TRIP</b><br>9:30 Morning Topics<br>10:15 <b>Center Trip to Aviation Museum</b><br>1:00 “Unwind Time”<br>2:00 <b>Participant Spotlight Presentation of India w/ Rai</b><br>3:30 Table Games<br>4:00 Individual Pursuits                                          | <b>23 CENTER TRIP</b><br>9:30 <b>Public Playhouse Dallas Dance Theater</b><br>1:30 <b>Robust Exercise w/Luley</b><br>2:15 Would You Rather?<br>3:30 Table Games<br>4:00 Individual Pursuits | <b>24</b><br>9:30 Morning Topics<br>10:15 Weights Workout Exercise<br>11:00 <b>Social Worker Romita</b><br>1:00 “Unwind Time”<br>1:30 Roll the Dice<br>2:15 <b>Participant Spotlight w/ William</b><br>3:30 Table Games<br>4:00 Individual Pursuits | <b>25</b><br>9:30 Morning Topics<br>10:30 <b>Your Eyes/ Blind Society of Washington DC Presentation</b><br>1:00 “Unwind Time”<br>1:30 Bowling<br>2:15 Reminiscence Therapy<br>3:30 Table Games<br>4:00 Individual Pursuits                                   |
| <b>28</b><br>9:30 Morning Topics<br>10:15 10 Ways to Move<br>11:00 <b>Bob Clark Music Hour</b><br>1:00 “Unwind Time”<br>1:30 Shuffleboard<br>2:15 Beat the Clock<br>3:30 Table Games<br>4:00 Individual Pursuits                                      | <b>29</b><br>9:30 Morning Topics<br>10:30 Walking Group<br>11:00 <b>Passport Club to Peru /w Jack’s Grandfather</b><br>1:00 “Unwind Time”<br>1:30 <b>Arthritis Exercise w/Marsha</b><br>2:15 <b>David Andrew Smith Songs</b><br>3:30 Table Games<br>4:00 Individual Pursuits | <b>30</b><br>9:30 Morning Topics<br>10-12 Movie Day<br>1:00 <b>Robust Exercise w/Luley</b><br>2:15 <b>AWL Pet Therapy</b><br>3:30 Table Games<br>4:00 Individual Pursuits                   |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                              |