



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

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		<i>“Be like a flower and turn your face to the sun”</i>	1 9:30 Morning Topics 10:30 Weightlifting Movements/ Nu-Step Bikers 11:00 Art & Nature w/ Marcie 1:00 Unwind Time 1:30 Band Stretch Workout 2:15 Mystery Detective 3:30 Table Talk 4:30 Individual Pursuits	2 Center Trip 9:30 Devotions & Inspirations 10:15 AARP Presentation at Burke Library 1:00 “Unwind Time” 1:30 Would You Rather? 2:15 Marsha Pies Arthritis Exercise 3:30 Table Games 4:00 Individual Pursuits
5 9:30 Morning Topics 10:30 Head 2 Toe Exercise/ Nu- Step Bikers 11:00 Bob Clark Music Hour 1:00 “Unwind Time” 1:30 Parachute Games 2:15 Reminiscence 3:30 Table Games 4:00 Individual Pursuits	6 Center Trip 9:30 In the News 10:30 Center Trip- Jerome Ford Nature Center 1:00 “Unwind Time” 1:30 Chuck Pro Throw 2:15 Did You Know? 3:30 Table Games 4:00 Individual Pursuits	7 Center Trip 9:30 Center Trip- Phillips Museum Tour 2:15 Jeopardy 3:30 Table Games 4:00 Individual Pursuits	8 9:30 In the News 10:30 Music Therapy w/Cheryl 11:30 Name Game 1:00 “Unwind Time” 1:30 Balloon Volleyball 2:15 Thinkler 3:30 Table Games 4:00 Individual Pursuits	9 9:30 Devotions & Inspirations 10:30 Macarena w Caroline/ Nu-Step Bikers 11:00 Art & Nature w/ Marcie 1:00 “Unwind Time” 1:30 Freeze Dance 2:15 100 Words beginning w/ P 3:30 Table Games 4:00 Individual Pursuits

12 Center Trip 9:30 Morning Topics 10:15 TJ Maxx Shopping Trip 1:00 “Unwind Time” 1:30 Ping Pong Pals w/ Laurie 2:15 Finger Painting 3:30 Table Games 4:00 Individual Pursuits	13 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Cliches 1:00 “Unwind Time” 1:30 Melanie Healthy Hearts 2:15 Wheel of Fortune 3:30 Table Games 4:00 Individual Pursuits	14 9:30 Morning Topics 10-12 Morning Movie 1:00 Robust Exercise w/Luley 2:15 FBC Inspirational Session 3:30 Table Games 4:00 Individual Pursuits	15 9:30 Morning Topics 10:30 Senior Services’ Health Fair 1:00 “Unwind Time” 1:30 Yoga with Donna 2:45 Snack 3:30 Table Games 4:00 Individual Pursuits	16 9:30 Morning Topics 10:30 70’s Musical Workout 11:00 Art & Nature w/ Marcie 1:00 “Unwind Time” 1:30 Music w/ Lalo 2:15 What Am I? 3:30 Table Games 4:00 Individual Pursuits
19 9:30 Morning Topics 10:30 Bingo-Cize 11:15 Wordle 1:00 “Unwind Time” 1:30 Marsha Pies Arthritis Exercise 2:15 Big Word Search 3:30 Table Games 4:00 Individual Pursuits	20 9:30 Devotions & Inspirations 10:30 Tai Chi Show w/ Rhonda at Kaufmann Auditorium 1:00 “Unwind Time” 2:15 Talent Show (Sing A Long) 3:30 Table Games 4:00 Individual Pursuits	21 9:30 Devotions & Inspirations 10-12 Morning Movie 1:00 Robust Exercise w/Luley 2:15 Spelling Bee Champions 3:30 Table Games 4:00 Individual Pursuits	22 9:30 In the News 10:30 Bingo-Cize 11:15 You Be the Judge 1:00 “Unwind Time” 1:30 Ping Pong Pal w/ Laurie 2:15 David Andrew Smith 3:30 Table Games 4:00 Individual Pursuits	23 9:30 Devotions & Inspirations 10:30 Queen Bee Movie presented by Burke Library 1:00 “Unwind Time” 1:30 Yoga with Donna 2:15 William M. Bio Presentation 3:30 Table Games 4:00 Individual Pursuits
26 Center Closed Memorial Day 	27 9:30 Morning Topics 10:30 Memorial Day Cookout 1:00 “Unwind Time” 1:30 Dart Ball 2:15 David Andrew Smith 3:30 Table Games 4:00 Individual Pursuits	28 9:30 Morning Topics 10:30 Patio Games & Memorial Senior Day Cookout 1:00 “Unwind Time” 1:30 Robust Workout w/ Luley 2:15 John O. Bio. Presentation 3:30 Table Games 4:00 Individual Pursuits	29 9:30 Devotions & Inspirations 10:30 Table Pool 11:00 Romita Senior Therapist Session 1:00 “Unwind Time” 1:30 Music Therapy w/ Cheryl 2:15 Board Word Scramble 3:30 Table Games 4:00 Individual Pursuits	30 Center Trip 9:30 Devotions & Inspirations 10:15 AARP Presentation Burke Library 1:00 “Unwind Time” 1:30 Bob Clark Music 2:15 Friendly Family Feud 3:30 Table Games 4:00 Individual Pursuits

