



Alexandria Adult Day Services Center
1108 Jefferson St
Alexandria, VA 22314
Phone 703.746.5676
July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Would You Rather? 1:00 “Unwind Time” 1:30 BINGOCIZE 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	2 9:30 Morning Topics 10-12 Morning Movie 1:00 “Unwind Time” 1:30 Robust Exercise w/ Luley 2:15 BINGOCIZE 3:30 Table Games 4:00 Individual Pursuits	3 9:30 Morning Topics 10:30 Patrice w/ Nature Center 1:00 “Unwind Time” 1:30 Chair Yoga w/ Donna 2:15 July 4 th History 3:30 Table Games 4:30 Individual Pursuits	4 Center Closed 
7 9:30 Morning Topics 10:30 Chef Philip w/ Healthy Cooking Choices 1:00 “Unwind Time” 1:30 BINGOCIZE 2:15 The Price Is Right 3:30 Table Games 4:00 Individual Pursuits	8 9:30 Morning Topics 10:30 ADSC vs St. Martins Bowling Game 11:15 Music Hour w/ Bob Clark 1:00 “Unwind Time” 1:30 Melanie w/Healthy Heart 2:15 Ring Toss 3:30 Table Games 4:00 Individual Pursuits	9 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 FBC Devotional & Inspirations 3:30 Table Games 4:00 Individual Pursuits	10 9:30 Morning Topics 10:30 Morning Workout 1:00 “Unwind Time” 1:30 BINGOCIZE 2:15 Bio. Karl A. 3:30 Table Games 4:00 Individual Pursuits	11 9:30 Morning Topics 10:00 Movie Day w/ Carol from Burke Library 1:00 “Unwind Time” 1:30 Baking w/ Blair & Pianist Dave 3:30 Table Games 4:00 Individual Pursuits

14 9:30 Morning Topics 10:15 Light Weight Exercise/ Nu-Step Bike 11:00 Sing- a-long w/ Lalo 1:00 “Unwind Time” 1:30 Hand Billiards 2:15 Picture Detectives 3:30 Table Games 4:00 Individual Pursuits	15 Center Trip 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Board Scrabble 1:00 Baskin Robins Special Dessert Ice Cream 2:15 Healthy Tips w/ nurse Dora 3:30 Table Games 4:00 Individual Pursuits	16 9:30 Morning Topics 10-12 Morning Movie 1:00 Robust Exercise w/Luley 2:15 BINGOCIZE 3:30 Table Games 4:00 Individual Pursuits	17 Center Trip 9:30 Morning Topics 10:30 Yoga w/ Donna 11:15 States History 12:00 Seniors Line Dance @ Burke Library 1:00 Unwind Time” 2:15 Remember When 3:30 Table Games 4:00 Individual Pursuits	18 9:30 Morning Topics 10:30 AFTA YaYa Creative Songs 11:30 Participants Rights 1:00 “Unwind Time” 1:30 BINGOCIZE 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits
21 Center Trip 9:30 Morning Topics 10:30 TJ Maxx Senior Shopping 1:00 “Unwind Time” 1:30 Ping Pong w/ Laurie 2:15 BINGOCIZE 3:30 Table Games 4:00 Individual Pursuits	22 9:30 Morning Topics 10:15 Gestures 11:00 Music Therapy w/ Cheryl 1:00 “Unwind Time” 1:30 BINGOCIZE 2:15 Musical Performance w/ Clara 3:30 Table Games 4:00 Individual Pursuits	23 9:30 Morning Topics 10-12 Morning Movie 1:00 Robust Exercise w/Luley 2:15 Shuffleboard 3:30 Table Games 4:00 Individual Pursuits	24 Special Guest Alexandria Mayor Gaskin @1:00 pm 9:30 Morning Topics 10:30 Romita Social Worker Senior Expression Group 1:00 Ping Pong Pals w/ Laurie & visit from Mayor Gaskin 2:15 Would You Rathert? 3:30 Table Games 4:00 Individual Pursuit	25 9:30 Morning Topics 10:30 AFTA YaYa Creative Songs 11:30 You Be the Judge 1:00 “Unwind Time” 1:30 Marsha Pies Arthritis Class 2:30 Karaoke Singing 3:30 Table Games 4:00 Individual Pursuits
28 9:30 Morning Topics 10:30 Chair Workout/ Nu-Step Bike Exercise 11:00 Bob Clark Music Hour 1:00 “Unwind Time” 1:30 BINGOCIZE 2:15 What’s My Line? 3:30 Table Games 4:00 Individual Pursuits	29 9:30 Morning Topics 10:30 Caricature Pictures w/ Karen 11:00 What’s the Meaning of Your Name? 1:00 “Unwind Time” 1:30 Marsha Pies Arthritis Class 2:30 Reminicing Therapy 3:30 Table Games 4:00 Individual Pursuits	30 Center Trip 9:30 Morning Topics 10- Bowie Baysox Baseball Trip 3:30 Relaxation 4:00 Individual Pursuits	31 9:30 Morning Topics 10:30 Weightlifting / Nu Step Bike Exercise 11:00 Music Therapy w/ Cheryl 1:00 “Unwind Time” 1:30 BINGOCIZE 2:15 Bio. John O. 3:30 Table Games 4:00 Individual Pursuits	

