

2025

ALEXANDRIA ADULT DAY SERVICES CENTER

JULY NEWSLETTER



MONTHLY AFFIRMATIONS

CENTER TRIPS AND ACTIVITIES

HEALTH & WELLNESS TIPS

CELEBRATING JULY BIRTHDAYS

VOLUNTEER SPOTLIGHT

ANNOUNCEMENTS

WORD SEARCH ACTIVITY

**SEIZE
=•THE•=
DAY**

MONDAY-FRIDAY

8 A.M. - 5 P.M.

Lee Center, 1108 Jefferson Street

Call 703.746.5676 for more information.

For newsletter inquiries please email: Jana.hobson@alexandriava.gov



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

JULY

MONTHLY AFFIRMATIONS



I appreciate
today and
how I feel



I will show
myself
compassion



I am present
in this
moment



I will focus on
what brings
me joy



I am calm and
peaceful



I welcome
today's
opportunities



I accept my
thoughts and
feelings



I am
connected to
what
surrounds me



I am grateful
for
who I am

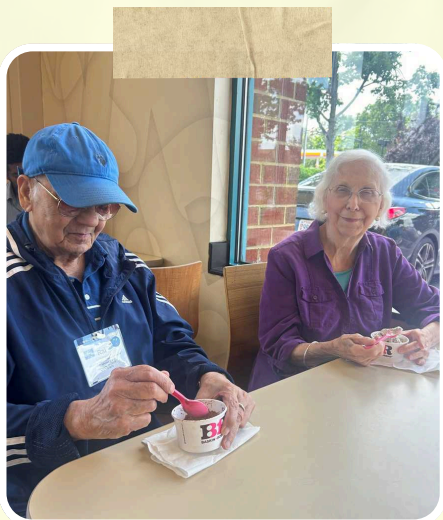
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BASKIN-ROBBINS ICE CREAM TRIP



We kicked off the month with a fun and refreshing trip to Baskin-Robbins, and it was truly a sweet way to start July!

Our participants were all smiles as they explored the wide variety of ice cream flavors from classic favorites like chocolate and vanilla to more adventurous choices like orange sherbet and cookies and cream.

We're so glad we were able to share this moment with our amazing seniors. Special thanks to our staff for making the trip smooth and memorable for everyone!

Why do seniors love ice cream so much?

Because every scoop brings back sweet memories!

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MAYOR GASKINS



July was an exciting and inspiring month at our center, made even more special by a visit from Mayor Gaskins, the Mayor of the City of Alexandria.

Her arrival brought joy and enthusiasm to both our staff and participants. Mayor Gaskins took the time to personally greet everyone, tour our facility, and engage in meaningful conversations about the work we do to support older adults and caregivers in our community.



One of the most memorable moments of her visit was when she joined in on a lively game of ping pong with our seniors!

Mayor Gaskins' presence not only uplifted spirits but also reinforced the importance of community partnerships and local government support.



We are honored by her visit and grateful for her ongoing commitment to improving the lives of Alexandria residents.

Moments like this remind us of the importance of connection, recognition, and collaboration as we continue our mission.

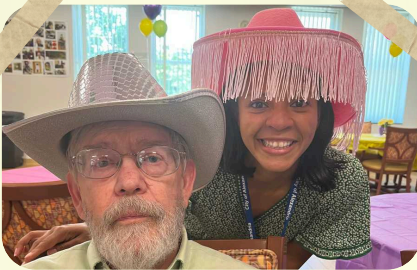
We look forward to welcoming her back in the future!

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SPECIAL GUEST MAYOR GASKINS PHOTOGRAPHS



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CHESAPEAKE BAYSOX BASEBALL TRIP



We ended the month of July on a high note at the Adult Day Services Center with an exciting and fun-filled trip to see the Chesapeake Baysox baseball team play in Bowie, Maryland.



It was a perfect summer outing that brought smiles, laughter, and a sense of community to all who attended.

Our participants, along with their loved ones, staff, volunteers, and seniors from St. Martin's Senior Center, had a fantastic time interacting with the Baysox mascot Louie, cheering on the home team, enjoying classic ballpark favorites like hot dogs and popcorn, and soaking in the lively energy of the stadium.



For many, it was a special opportunity to relive cherished memories of baseball games past or to experience the excitement of a live game for the very first time.

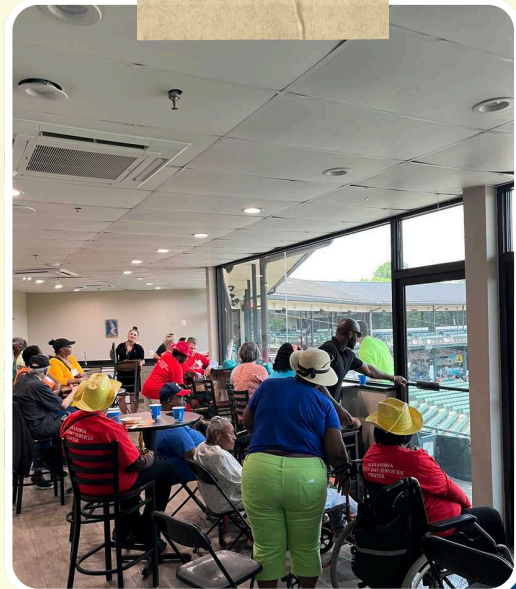
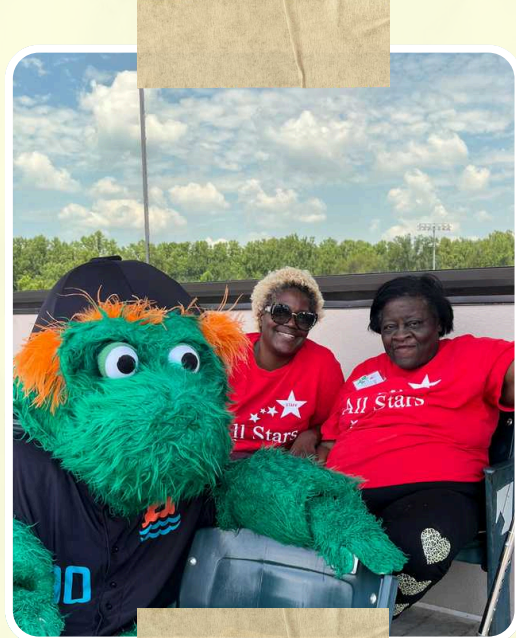
The day was filled with joy, connection, and a true sense of camaraderie, a wonderful way to wrap up the month together.

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CHESAPEAKE BAYSOX BASEBALL PHOTOGRAPHS



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HEALTH & WELLNESS TIPS JULY

NURTURING PHYSICAL HEALTH

Engaging in regular exercise, balanced nutrition, and adequate rest to maintain overall well-being



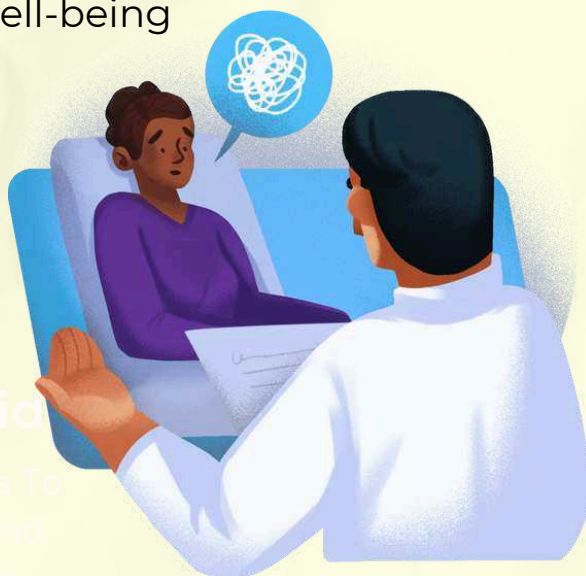
PRIORITIZING MENTAL HEALTH

Practicing self-care, seeking support, and managing stress to maintain emotional well-being



MAINTAINING HEALTH

Engaging in balanced nutrition, regular exercise, and proper rest to ensure overall well-being



Go Outside

Nature Helps To
Recenter And
Ground You

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HAPPY BIRTHDAY



Ms. Tammy
JULY 1



Ms. Jacqueline
JULY 5



Mr. Wilbert
JULY 20

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We ♥ our Volunteers

Thank you to everyone who contributed their time, talent, and heart. Your commitment and passion were essential to our achievements. Whether behind the scenes or in the spotlight, your kindness and spirit created something meaningful.

Volunteering goes beyond tasks; it involves caring enough to take action, making a lasting impact on lives, and fostering community. We are grateful for such a dedicated group and appreciate your efforts and support.

LAURIE



PATRICE



LULEY

ROMITA



LEIGH



ACDS





DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

The Caregiver Space **SUPPORT GROUP**

ROMITA AFZAL

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✉ jackie.mccord@alexandriava.gov

☎ 703.746.5672 - Ext. 5672



Romita Afzal, LCSW, is a senior therapist with the Older Adult Mental Health Team at the City of Alexandria Community Services Board. A mental health professional for 13 years, she holds a bachelor's degree in psychology and a master's degree in clinical social work from George Mason University.

For the past six years, Afzal has provided therapeutic services to older adults, their families, and groups. She is passionate about supporting caregivers by creating space to address care-related challenges, prevent burnout, and enrich the caregiving experience. She has led numerous psychoeducational groups through Older Adult Clinical Services at the Department of Community & Human Services.

Outside of work, Afzal enjoys nature, reading, cooking, and spending time with her family.

We're excited to launch ***The Caregiver Space*** — a free monthly group for older adult caregivers to share challenges, experiences and support in a safe, welcoming space. Meetings begin in July and will be held the second Thursday of each month from 3 to 4 p.m. There is no cost to attend.

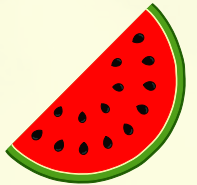
Adult Day Services Center, 1108 Jefferson St.

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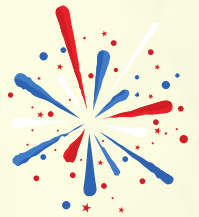
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SUMMER

WORD SEARCH



D	N	G	X	S	P	R	K	D	N	X	D	A	A	T
D	Q	A	G	I	V	O	F	T	N	A	D	V	M	T
C	S	P	C	S	P	U	U	H	W	L	V	C	S	U
K	W	N	R	Z	S	T	Y	W	F	E	L	U	M	T
P	I	K	N	H	K	H	Z	W	M	R	G	P	X	S
C	M	L	O	X	Z	M	O	S	B	U	K	A	S	W
C	S	H	L	W	C	L	K	T	A	P	N	D	Z	I
A	U	J	E	N	M	R	N	H	O	A	W	C	T	M
M	I	U	M	E	O	H	C	O	C	W	T	P	A	F
P	T	L	R	W	J	I	L	E	V	A	R	T	D	K
C	Y	Y	E	V	B	U	T	S	A	M	V	M	J	D
P	C	R	T	V	J	E	N	A	M	Q	P	O	I	G
G	I	Z	A	T	Y	W	A	E	C	G	F	C	Q	R
F	B	U	W	Y	L	M	Z	C	N	A	I	O	Y	N
K	R	P	P	Q	V	O	J	B	H	C	V	Y	O	X



AUGUST
BEACH
CAMP
FIREWORKS
HOT

JULY
JUNE
PICNIC
POOL
RELAX

SWIM
SWIMSUIT
TRAVEL
VACATION
WATERMELON