



Alexandria Adult Day Services Center

1108 Jefferson St
Alexandria, VA 22314
Phone 703.746.5676

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			<i>“ Shine like the whole universe is yours”</i>	1 9:30 Morning Topics 10:30 AFTA w/ Yaya Music Experience 1:00 “Unwind Time” 1:30 Bob Clark Music Hour 2:30 Picture Detective 3:30 Table Games 4:00 Individual Pursuits
4 9:30 Morning Topics 10:30 Chuck Pro 11:15 Match Game 1:00 “Unwind Time” 1:30 BINGOCIZE 2:15 Fact or Fiction 3:30 Table Games 4:00 Individual Pursuits	5 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Guess Who? 1:00 “Unwind Time” 1:30 Yoga w/ Donna 2:15 Reminiscence Questions 3:30 Table Games 4:00 Individual Pursuits	6 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 Cliches 3:30 Table Games 4:00 Individual Pursuits	7 9:30 Morning Topics 10:30 Patrice from Nature Center 1:00 “Unwind Time” 1:30 BINGOCIZE 2:15 Spelling Contest 3:30 Table Games 4:00 Individual Pursuits	8 9:30 Morning Topics 10:30 AFTA w/Yaya Music Experience 11:30 Compound Words 1:00 “Unwind Time” 1:30 “Sip N Paint” w/Arianna from Nature Center 3:30 Table Games 4:00 Individual Pursuits

11 9:30 Morning Topics 10:15 Balloon Tennis 11:00 Old Familiar Tunes w/ Lalo 1:00 “Unwind Time” 1:30 Ping Pong w/Laurie 2:15 BINGOCIZE 3:30 Table Games 4:00 Individual Pursuits	12 9:30 Morning Topics 10:30 Moving to The Music 11:15 Trivia 1:00 “Unwind Time” 1:30 Hand Billiards 2:15 Finger painting 3:30 Table Games 4:00 Individual Pursuits	13 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 FBC Inspirational & Devotional 3:30 Table Games 4:00 Individual Pursuits	14 9:30 Morning Topics 10:15 Poetry Hour 11:00 BINGOCIZE 1:00 “Unwind Time” 1:30 Ping Pong w/ Laurie 2:15 Healthy Tips w/ Dora 2:45 Snack 3:30 Table Games 4:00 Individual Pursuits	15 9:30 Morning Topics 10:15 Word Ladder 11:00 Music Therapy w/ Cheryl 1:00 “Unwind Time” 1:30 Balloon Volleyball 2:15 Charades 3:30 Table Games 4:00 Individual Pursuits
18 9:30 Morning Topics 10:30 Floor Hockey w/ Bennett 11:15 BINGOCIZE 1:00 “Unwind Time” 1:30 Entertainment w/ Clara 2:15 Global Nurses Presentation 3:30 Table Games 4:00 Individual Pursuits	19 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 50 Words or More 1:00 “Unwind Time” 1:30 Melanie Healthy Heart 2:15 Would You Rather 3:30 Table Games 4:00 Individual Pursuits	20 9:30 Morning Topics 10-12 Healthy Recipe w/ Chef Philip 1:30 Robust Exercise w/Luley 2:15 Global Nurses Presentation 3:30 Table Games 4:00 Individual Pursuits	21 9:30 Morning Topics 10:15 Synonyms & Antonyms 11:00 Yoga w/ Donna 1:00 “Unwind Time” 1:30 BINGOCIZE 2:15 Global Nurses Presentation 3:30 Table Games 4:00 Individual Pursuits	22 9:30 Morning Topics 10:15 Horseshoes 11:00 Old Familiar Tunes w/ Lalo 1:00 “Unwind Time” 1:30 Arthritis Exercise w/Kimberly 2:15 Spelling Bee Contest 3:30 Table Games 4:00 Individual Pursuits
25 9:30 Morning Topics 10:15 BINGOCIZE 11:00 Music Therapy w/ Cheryl 1:00 “Unwind Time” 1:30 BINGOCIZE 2:15 Collage Art Creations 3:30 Table Games 4:00 Individual Pursuits	26 CENTER TRIP 9:30 Morning Topics 10:30 Fire Station Outing 1:00 “Unwind Time” 2:15 Reminiscence Questions 3:30 Table Games 4:00 Individual Pursuits	27 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 Price Is Right 3:30 Table Games 4:00 Individual Pursuits	28 CENTER TRIP 9:30 Morning Topics 10:15 Friendly Feud & Luncheon @ St. Martins 1:00 “Unwind Time” 2:15 BINGOCIZE 3:30 Table Games 4:00 Individual Pursuits	29 9:30 Morning Topics 10:15 Historical Events 11:00 Arthritis exercise w/Kimberly 1:00 “Unwind Time” 1:30 Bob Clark Music Hour 2:15 Name That Tune 3:30 Table Games 4:00 Individual Pursuits

