



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

Monday	Tuesday	Wednesday	Thursday	Friday
	 Activities are subject to change	1 OT Students 9:30 Morning Topics 10-12 Morning Movie 1:00 Unwind Time 1:30 Robust Exercise w/ Luley 2:15 Candy Corn Craft 3:30 Table Games 4:30 Individual Pursuits	2 OT Students 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 What's My Line? 1:00 Unwind Time 1:30 Shuffleboard 2:15 States & Capitals Trivia 3:30 Table Games 4:30 Individual Pursuits	3 OT Students 9:30 Morning Topics 10:15 Alexandria Country Day School 4 th Graders Game Day 1:00 "Unwind Time" 1:30 Hollywood Classics 3:30 Table Games 4:00 Individual Pursuits
6 9:30 Morning Topics 10:15 Chair Exercise/ Nu-Step Bike 11:00 Bob Clark Music Hour 1:00 "Unwind Time" 1:30 Marsha Pies Arthritis Exercise 2:30 Witch Is Which Words 3:30 Table Games 4:00 Individual Pursuits	7 9:30 Morning Topics 10:30 Healthy Hearts Participant's Dance Rehearsal 1:00 "Unwind Time" 1:30 Yoga w/ Donna 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	8 CENTER CLOSED 	9 Caregivers Support Group 9:30 Morning Topics 10:30 Patrice w/Nature Center 1:00 "Unwind Time" 1:30 Ping Pong Pals w/ Laurie 2:15 Halloween Picture Bingo 3:30 Table Games 4:00 Individual Pursuits	10 CENTER TRIP 9:30 Morning Topics 12:00 IHOP Lunch 1:00 "Unwind Time" 1:30 Afternoon Movie 3:30 Table Games 4:00 Individual Pursuits

13 CENTER CLOSED Indigenous Peoples Day 	14 9:30 Morning Topics 10:30 Healthy Hearts Senior Dance Rehearsal w/ St. Martin Senior Center 1:00 “Unwind Time” 1:30 Melanie w/ Music Therapy 2:15 School Days Memories 3:30 Table Games 4:00 Individual Pursuits	15 CENTER TRIP 9:30 Morning Topics 10:00 Hispanic Heritage Celebration & Luncheon at Mark Center 2:15 Global Nurses Presentations 3:30 Table Games 4:00 Individual Pursuits	16 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Riddle Time 1:00 “Unwind Time” 1:30 Horseshoes 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	17 9:30 Morning Topics 10:30 Shuffleboard/ Nu-Step Bike 11:00 Music w/ Lalo 1:00 “Unwind Time” 1:30 Mummy Wrap Competition 2:15 Global Nurses Presentations 3:30 Table Games 4:00 Individual Pursuits
20 CENTER TRIP 9:30 Morning Topics 10:00 Fall Foliage Ride Millers’ Farm/ Upper Marlboro 1:00 “Unwind Time” 1:30 Ping Pong Pals w/ Laurie 3:30 Table Games 4:00 Individual Pursuits	21 9:30 Morning Topics 10:30 Healthy Hearts Participant Dance Rehearsal w/ St. Martins Senior Center 1:00 “Unwind Time” 1:30 Baking w/ Blair & Pianist Dave 3:30 Table Games 4:00 Individual Pursuits	22 9:30 Morning Topics 10-12 Morning Movie 1:30 Pumpkin Roller Derby 2:15 FBC Devotional & Inspirations 3:30 Table Games 4:00 Individual Pursuits	23 9:30 Morning Topics 10:15 Robust Exercise w/Luley 11:00 Jason w/ AFTA Layers of Life Art Project 1:00 “Unwind Time” 1:30 Pumpkin Toss Challenge 2:00 Synonyms and Antonyms 3:30 Table Games 4:00 Individual Pursuits	24 9:30 Morning Topics 10:15 Hand Golf 11:00 Bob Clark Music Hour 1:00 “Unwind Time” 1:30 Marsha Pies Arthritis Exercise 2:30 Related Words 3:30 Table Games 4:00 Individual Pursuits
27 9:30 Morning Topics 10:30 Music Therapy w/ Cheryl 11:30 Name Game 1:00 “Unwind Time” 1:30 Popcorn Toss 3:30 Table Games 4:00 Individual Pursuits	28 9:30 Morning Topics 10:30 Healthy Hearts Participant Dance Rehearsal 1:00 “Unwind Time” 1:30 Yoga w/ Donna 2:00 Music w/ Pianist Henry Nalker 3:30 Table Games 4:00 Individual Pursuits	29 CENTER TRIP 9:30 Depart for National Inventors Hall of Fame Museum Patent Office 1:00 Afternoon Movie 3:30 Table Games 4:00 Individual Pursuits	30 9:30 Morning Topics 10:15 Robust Exercise w/Luley 11:00 Jason w/ AFTA Layers of Life Art Project 1:00 “Unwind Time” 1:30 Yoga w/ Donna 2:15 Nurse Dora Healthy Tips 3:30 Table Games 4:00 Individual Pursuits	31 Masquerade Dance Party 9:30 Morning Topics 10:15 Senior Center Masquerade Party in Exhibit Hall 1:00 “Unwind Time” 1:30 Nancy Drew Mystery Movie 3:30 Table Games 4:00 Individual Pursuits

