



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

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Devotions & Inspirations 10:15 Bingocize w/Allham 11:00 Music Time w/ Lalo 1:00 “Unwind Time” 1:30 Hit the Target 2:15 UNO Card 3:30 Table Talk 4:30 Individual Pursuits	4 9:30 Devotions & Inspirations 10:30 Healthy Hearts Dance Rehearsal 1:00 “Unwind Time” 1:30 ADSC Veterans Celebration w/ Ed Schafer 2:15 Therapeutic Dog Visit w/ Tom 3:30 Table Talk 4:30 Individual Pursuits	5 9:30 Devotions & Inspirations 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 You Be the Judge 3:30 Table Games 4:00 Individual Pursuits	6 ADSC Veterans Trip 9:30 Devotions & Inspirations 10:30 Tai Chi w/ Rhonda 11:15 ADSC Veterans Appreciation Ceremony at City Hall 1:30 Ping Pong Pals w/Laurie 2:15 Reminiscing 3:30 Table Talk 4:30 Individual Pursuits	7 9:30 Devotions & Inspirations 10:30 Arts & Crafts w/Karen 1:00 “Unwind Time” 1:30 Arthritis Exercise w/Kimberly 2:15 Blackjack Challenge 3:30 Table Games 4:00 Individual Pursuits
10 9:30 Devotions & Inspirations 10:15 Stretch Band Workout/ Nu-Step 11:00 Music and Memories w/Cheryl 1:00 “Unwind Time” 1:30 Shuffleboard 2:15 Switch-a-Roo 3:30 Table Games 4:00 Individual Pursuits	11 CENTER CLOSED 	12 9:30 Devotions & Inspirations 10-12 Morning Movie 1:30 Exercise with Caroline 2:15 Music w/Pianist Henry Nalker 3:30 Table Games 4:00 Individual Pursuits	13 Caregivers Support Group 9:30 Devotions & Inspirations 10:30 Patrice w/Nature Center 1:00 “Unwind Time” 1:30 Bob Clark Music Hour 2:15 Trivia Fun 3:30 Table Games 4:00 Individual Pursuits	14 9:30 Devotions & Inspirations 10:30 Yoga w/Donna 11:15 What’s My Line? 1:00 “Unwind Time” 1:30 Bingocize w/Allaham 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits

17 9:30 Devotions & Inspirations 10:30 Prize Bingo @ Burke Library 1:00 “Unwind Time” 1:30 Walking Group 2:15 Wheel of Fortune 3:30 Table Games 4:00 Individual Pursuits	18 9:30 Devotions & Inspirations 10:30 Healthy Hearts Dance Rehearsals 1:00 “Unwind Time” 1:30 Arthritis Exercise w/Kimberly 2:15 Famous Duos 3:30 Table Games 4:00 Individual Pursuits	19 9:30 Devotions & Inspirations 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 FBC Inspiration & Devotions 3:30 Table Games 4:00 Individual Pursuits	20 DANCE PERFORMANCE <i>Kaufmann Auditorium</i> 9:30 Devotions & Inspirations 10:30 Healthy Hearts Dance Performance in Kaufmann Auditorium 1:00 “Unwind Time” 1:30 Movie Matinee 3:30 Table Games 4:00 Individual Pursuits	21 9:30 Devotions & Inspirations 10:15 Yoga w/Donna 11:00 Thinkler 1:00 “Unwind Time” 1:30 AWL Pet Therapy 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits
24 9:30 Devotions & Inspirations 10:15 Hand Golf/ Nu-Step Bike 11:00 Bob Clark Music Hour 1:00 “Unwind Time” 1:30 Ping Pong Pals w/Laurie 2:15 Name That Tune 3:30 Table Games 4:00 Individual Pursuits	25 9:30 Devotions & Inspirations 10:30 Tai Chi w/ Rhonda 11:15 Men’s Group w/ Toney Curtis 1:00 “Unwind Time” 1:30 Music Therapy w/Melanie 2:15 Gestures 3:30 Table Games 4:00 Individual Pursuits	26 9:30 Devotions & Inspirations 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:00 Music and Memories w/Cheryl 3:30 Table Games 4:00 Individual Pursuits	27 CENTER CLOSED 	28 CENTER CLOSED 

*** All activities and field trips are subject to change. Alternative independent activities such as books, magazines, puzzles, music and crafts are available upon request. Ask the staff for assistance. For questions regarding trips and programs contact the Activity Staff @703-746-5676 ***