







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

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Morning Topics 10:30 Cooking w/Chef Philippe 1:00 “Unwind Time” 1:30 Arthritis Exercise w/ Kimberly 2:30 Christmas Decorations w/ Tree Lighting & Hot Chocolate 3:30 Table Games 4:00 Individual Pursuits	2 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Good Humor Riddles 1:00 “Unwind Time” 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	3 9:30 Morning Topics 10:15 Hallmark Movies 1:00 “Unwind Time” 1:30 Robust Exercise w/ Luley 2:00 Global Health Nursing Student Presentations 3:30 Table Games 4:00 Individual Pursuits	4 9:30 Morning Topics 10:30 AWL Pet Therapy w/ Jutta 11:30 Gestures 1:00” Unwind Time” 1:30 Baking Cookies w/ Blair & Pianist Dave sing-along 3:30 Table Talk 4:30 Individual Pursuits	5 CENTER TRIP 9:30 Morning Topics 10:00 Army Band Holiday Concert at Constitutional Hall 1:00 “Unwind Time” 2:15 Hallmark Movie 3:30 Table Games 4:00 Individual Pursuits
8 9:30 Morning Topics 10:15 Barber Shop Quartet 11:00 Music and Memories w/ Cheryl 1:00 “Unwind Time” 1:30 Billiards Competition 2:15 Mystery Detective 3:30 Table Games 4:00 Individual Pursuits	9 9:30 Morning Topics 10:30 Peter and Carlos w/AFTA Opera Series 1:00 “Unwind Time” 1:30 Melanie Music Therapy 2:15 Friendly Feud 3:30 Table Games 4:00 Individual Pursuits	10 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 FBC Visit 3:30 Table Games 4:00 Individual Pursuits	11 9:30 Morning Topics 10:30 Patrice w/Nature Center 1:00 “Unwind Time” 1:30 Ping Pong Pals w/ Laurie 2:15 Commercial Jingles 3:30 Table Games 4:00 Individual Pursuits	12 HOLIDAY PARTY 9:30 Morning Topics 10:15 Senior Holiday Party w/Route 66 Band at Lee Center Exhibit Hall 1:00 “Unwind Time” 2:15 Hallmark Movie 3:30 Table Games 4:00 Individual Pursuits

15 9:30 Morning Topics 10:15 Stretch & Flex Your Muscles 11:00 Jewish Holiday Traditions w/ Janet Barnett 1:00 “Unwind Time” 1:30 Ping Pong Pals w/ Laurie 3:30 Table Games 4:00 Individual Pursuits	16 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Men’s Group w/ Toney Curtis 1:00 “Unwind Time” 1:30 Winter Balloon Volleyball 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	17 CENTER TRIP 9:30 Morning Topics 10-12 Ballet Theatre of Maryland – The Nutcracker 1:30 Holiday Lunch Out 2:15 Relax & Reminisce 3:30 Table Games 4:00 Individual Pursuits	18 9:30 Morning Topics 10:30 Peter and Carlos w/AFTA Opera Series 1:00 “Unwind Time” 1:30 Shuffleboard 2:45 Snack 3:30 Table Games 4:00 Individual Pursuits	19 9:30 Morning Topics 10:30 Peter and Carlos w/AFTA Opera Series 1:00 “Unwind Time” 1:30 Arthritis Exercise w/ Kimberly 2:30 Remember When? 3:30 Table Games 4:00 Individual Pursuits
22 9:30 Morning Topics 10:30 Arts & Craft w/ Karen Featuring Collage Connection 1:00 “Unwind Time” 1:30 Bob Clark Music Hour 2:00 Create Your Own Ice Cream Sundae 3:30 Table Games 4:00 Individual Pursuits	23 9:30 Morning Topics 10:15 Moving 2 the Beat/ Nu-Step Bike 11:00 Bob Clark Music Hour 1:00 “Unwind Time” 1:30 Chuck Pro 2:15 Finish that Line 3:30 Table Games 4:00 Individual Pursuits	24 CENTER CLOSED 	25 CENTER CLOSED 	26 9:30 Morning Topics 10:30 Yoga Exercise w/ Donna 11:15 Lalo Guitarist Music 1:00 “Unwind Time” 1:30 Bowling 2:15 Blackjack Challenge 3:30 Table Games 4:00 Individual Pursuits
29 9:30 Morning Topics 10:15 Physical Workout 11:00 Participant Support Group w/ Romita 1:00 “Unwind Time” 1:30 Tin Can Alley 3:30 Table Games 4:00 Individual Pursuits	30 9:30 Morning Topics 10:30 Peter and Carlos w/AFTA Opera Series 1:00 “Unwind Time” 1:30 Dart Ball 2:15 7 Wonders of the World 3:30 Table Games 4:00 Individual Pursuits	31 CENTER TRIP 9:30 Morning Topics 11:00 First Night Alexandria New Year’s Party at Masonic Temple 2:15 Relaxation & Reminisce 3:30 Table Games 4:00 Individual Pursuits		

*** 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 ***