

2025

ALEXANDRIA

ADULT DAY SERVICES CENTER

DECEMBER NEWSLETTER



STAFF

MONTHLY AFFIRMATIONS

CENTER TRIPS AND ACTIVITIES

HEALTH AND WELLNESS TIPS

CELEBRATING DECEMBER BIRTHDAYS

VOLUNTEER SPOTLIGHT

EVENTS AND ANNOUNCEMENTS

GAMES

MONDAY-FRIDAY

8 a.m.-5 p.m.

Lee Center, 1108 Jefferson St

Call 703.746.5676 for more information.

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



HAPPY
HOLIDAYS



DEPARTMENT OF
COMMUNITY &
HUMAN SERVICES

ALEXANDRIA

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MEET OUR AMAZING STAFF



Darrell Wesley
Director



Jackie McCord
Manager



Caroline Crisp
Therapeutic
Recreation Leader



Jana Hobson
Therapeutic
Recreation Leader
and
Communications



**Dora Conteh
Mansaray**
Registered Nurse



Michelle Walker
Temporary
Therapeutic
Recreation Leader

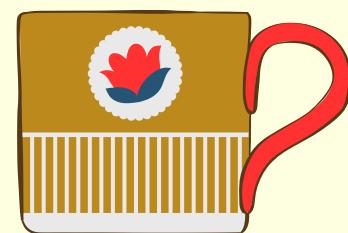


Rubina Awan
Certified Nursing
Assistant

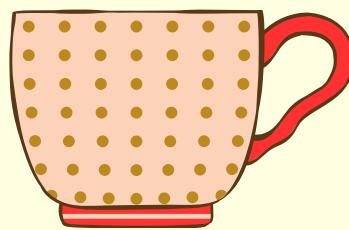
YOUR DAILY DOSE OF
Positive Tea



You are in charge of
what happens next.



You are worthy of
great things.



You are capable of
achieving anything.



You have the courage
to move forward.



You are not your
mistakes.



You are loved and
appreciated.

5 Ways of Thinking That Will Improve Your Life



...

01

A Growth Mindset

Believe that you can grow and develop with effort, practice, and learning.

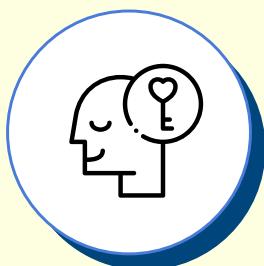


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02

A Positive Mindset

Focus on the good things in your life and work to turn negative thinking into positive thinking.

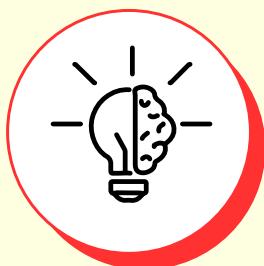


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03

An Open Mindset

Strive to remain open-minded by considering different perspectives and challenging your own beliefs.



...

04

A Creative Mindset

Looking at problems from a different perspective can often lead to innovative solutions.



...

05

A Confident Mindset

Developing a confident mindset will help you take on challenges with courage and enthusiasm.

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SENIOR HOLIDAY PARTY



December was filled with warmth, joy, and holiday spirit as we came together to celebrate with a festive Senior Dance Christmas Party.

The Lee Center basement was beautifully decorated with twinkling lights and cheerful holiday décor, creating the perfect setting for an afternoon of celebration and togetherness.

Seniors from various senior centers joined us, making the event even more special and bringing together a wonderful mix of familiar and new faces.

The party featured classic Christmas music, lively line dancing, delicious, sweet treats, and plenty of smiles shared among friends and loved ones. The joy in the room was undeniable as laughter and holiday melodies brought everyone closer together.

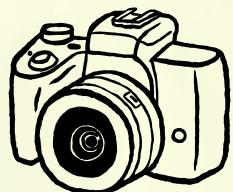
It was a heartwarming way to celebrate the season full of connection, cheer, and the true spirit of the holidays.

Please enjoy more photos from this memorable event below!



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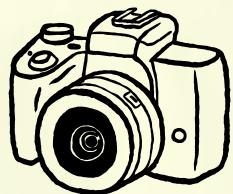


SENIOR HOLIDAY PARTY
PHOTOGRAPHS

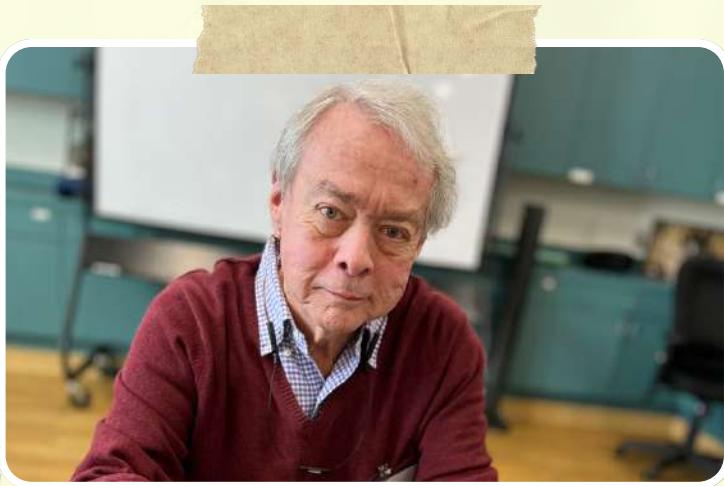


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SENIOR HOLIDAY PARTY
PHOTOGRAPHS



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**HAPPY
BIRTHDAY**



**Ms. Izora
DECEMBER 12**

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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



CLARA & BENNETT

ROMITA



LEIGH



CHEF PHILIPPE





DAAS
ALEXANDRIA
AGING & ADULT
SERVICES

Upcoming Events

JANUARY 2026

Tuesday,

January 27

7-8 p.m.

**ANONYMOUS TALK: WHEN LOVE
FEELS HEAVY (CAMERAS OFF)
(ONLINE EVENT)**

Thursday,

January 29

1:30-2:30 p.m.

**WEBINAR: A CAREGIVER'S WAKE-
UP CALL (CAMERAS OFF) (ONLINE
EVENT)**

Friday,

January 30

2-3 p.m.

**ANONYMOUS TALK: ASKING FOR
& ACCEPTING HELP (CAMERAS
OFF) (ONLINE EVENT)**

Tuesday,

February 3

12-1p.m.

**ANONYMOUS TALK: DECIDING ON
MEMORY CARE (CAMERAS OFF)
(ONLINE EVENT)**

For more details and updates about these events, please visit **trualta.com**.
Please note: Registration is required on the website prior to event attendance.





CHRISTMAS WORD SEARCH

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

Santa
elves
Rudolph

stocking
tree
star

snow
cookies
present

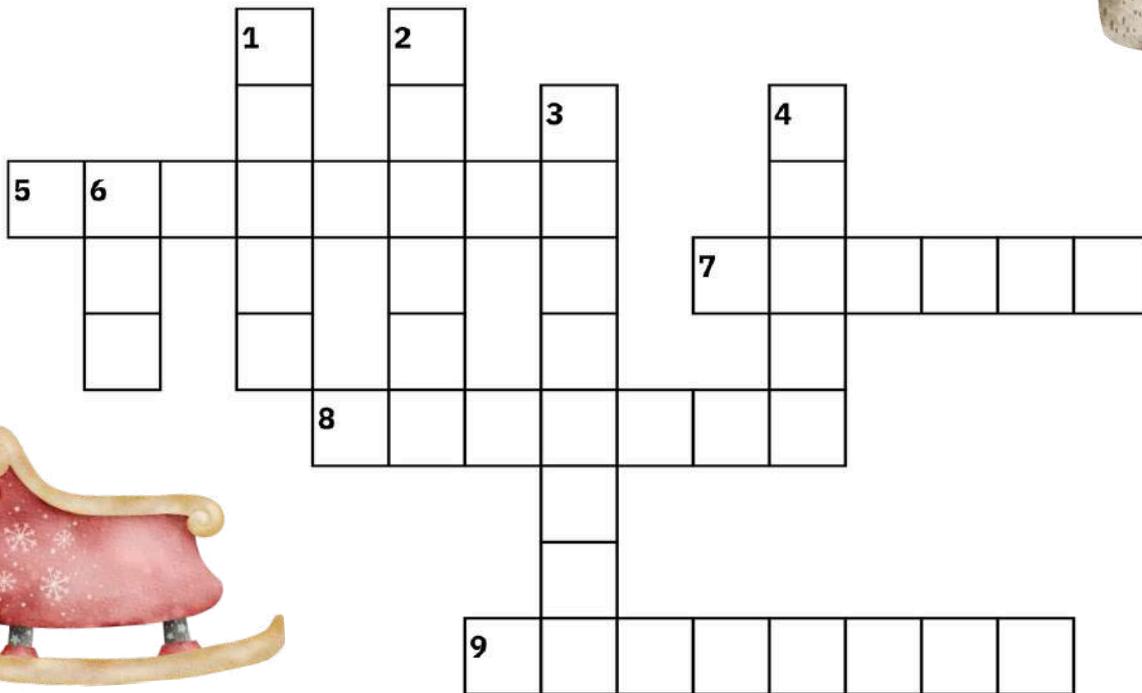
toys
ornament
sleigh



Christmas Crossword



Read the clues and fill in the crossword grid.



Across

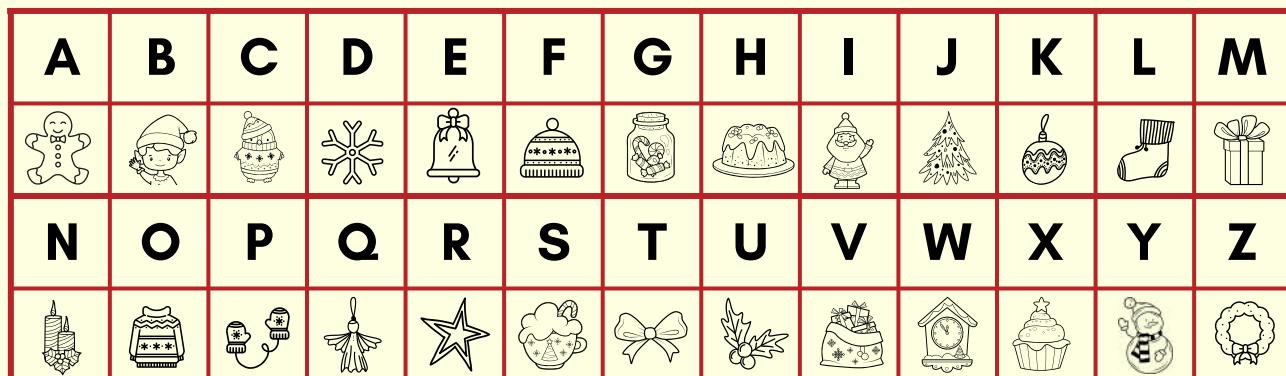
5. a special animal with antlers that help Santa pull his sleigh at Christmas
7. a special sled that Santa rides on while delivering presents
8. a tall, narrow space in the house where Santa is said to come down to deliver presents
9. a big sock that children hang by the fireplace for Santa to fill with gifts

Down

1. a kind man who wears a red suit, has a white beard, and brings presents to children at Christmas
2. a circle made of leaves or flowers, often hung on doors during Christmas
3. a small, pretty decoration used to decorate the Christmas tree
4. a plant with shiny green leaves and red berries, used for decorations at Christmas
6. a magical tiny person who helps Santa make toys at the North Pole

CHRISTMAS CODE BREAKER

Can you help Santa decode these Christmas words?
Use the key below to break the code



1



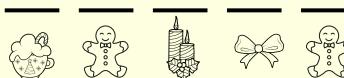
2



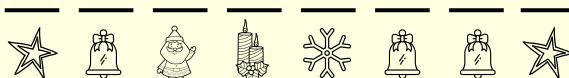
3



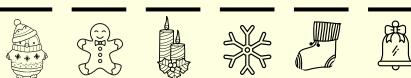
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5



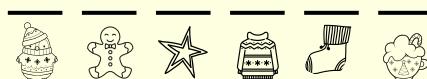
6



7



8



9

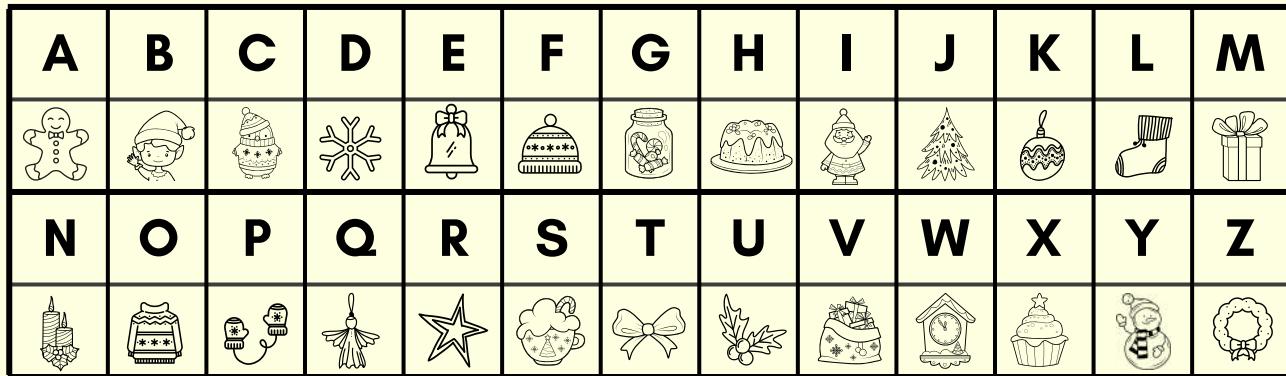


10



CHRISTMAS CODE BREAKER

Can you help Santa decode these Christmas words?
Use the key below to break the code



1 C A N D Y C A N E

2 E L F

3 C H R I S T M A S

4 S A N T A

5 R E I N D E E R

6 C A N D L E

7 S T O C K I N G

8 C A R O L S

9 S N O W M A N

10 P R E S E N T

New Year

CHECKLIST

