



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

March 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 2 9:30 Morning Topics 10:15 Tai Chi w/Rhonda 11:30 Gesture 1:00 "Unwind Time" 1:30 Bob Clark Musical Hour 2:15 Nu Step Bike/ Chair Exercise 3:30 Table Games 4:00 Individual Pursuits | 3 9:30 Morning Topics 10:30 Bingocize w/ Aida 11:30 St. Patrick's Day Lingos 1:00 "Unwind Time" 1:30 Yoga w/ Donna 2:00 Global Health Nursing Student Presentations 3:30 Table Games 4:00 Individual Pursuits | 4 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w Luley 2:15 Global Health Nursing Student Presentations 3:30 Table Games 4:00 Individual Pursuits | 5 9:30 Morning Topics 10:30 Finding Your Rhythm w/ Erika from AFTA 11:30 Spelling Word Challenge 1:00 "Unwind Time" 1:30 Ping Pong Pals w/ Laurie 2:00 Global Health Nursing Student Presentations 3:30 Table Games 4:00 Individual Pursuits | 6 9:30 Morning Topics 10:30 Bingocize w/ Aida 11:30 Call Out the Answer 1:00 "Unwind Time" 1:45 Arianna from Nature Center 3:30 Table Games 4:00 Individual Pursuits |
| 9 Center Trip 9:30 Morning Topics 10:30 Depart for Bingo at Burke Library 1:00 "Unwind Time" 1:30 Ping Pong Pals w/ Laurie 2:30 Complete the Proverbs 3:30 Table Games 4:00 Individual Pursuits | 10 9:30 Morning Topics 10:30 Bingocize w/ Aida 11:30 Name that Tune 1:00 "Unwind Time" 1:30 Music Therapy w/Melanie 2:15 Hit the Target/ Nu-Step Bike 3:30 Table Games 4:00 Individual Pursuits | 11 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 FBC Devotional Inspiration 3:30 Table Games 4:00 Individual Pursuits | 12 Caregivers Support Group 9:30 Morning Topics 10:30 Finding Your Rhythm w/ Erika from AFTA 11:30 Remember When? 1:00 "Unwind Time" 1:30 Balloon Volleyball 2:15 Harmonizers Quartet Singer 3:30 Table Games 4:00 Individual Pursuits | 13 9:30 Morning Topics 10:30 Bingocize w/Aida 11:30 Trivial Pursuit 1:00 "Unwind Time" 1:30 Arthritis Exercise w/ Kimberly 2:30 50 Words or Less 3:30 Table Games 4:00 Individual Pursuits |

| | | | | |
|---|---|---|---|--|
| <p>16 9:30 Morning Topics 10:15 Tai Chi w/Rhonda 11:30 Blackjack 1:00 “Unwind Time” 1:30 Arthritis Exercise w/ Kimberly 2:15 Secret Detective 3:30 Table Games 4:00 Individual Pursuits</p> | <p>17 Kauffman Auditorium 9:30 Morning Topics 10:30 Boyle Irish Dance School Performance in Kaufmann Auditorium 1:00 “Unwind Time” 1:30 Balloon Tennis 2:15 You Be the Judge 3:30 Table Games 4:00 Individual Pursuits</p> | <p>18 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 Using Your Senses 3:30 Table Games 4:00 Individual Pursuits</p> | <p>19 9:30 Morning Topics 10:30 Caricatures w/ Karen 11:00 Chuck Pro 1:00 “Unwind Time” 1:30 Improv w/ Wes Gurney 2:30 Word Find 3:30 Table Games 4:00 Individual Pursuits</p> | <p>20 9:30 Morning Topics 10:15 Opera w/ Peter & Carlos from AFTA 1:30 Unwind time 2:00 Global Health Nursing Student Presentations 3:30 Table Games 4:00 Individual Pursuits</p> |
| <p>23 9:30 Morning Topics 10:30 Chef Philippe 1:00 “Unwind Time” 1:30 Saxy Antonio Jazz Time 2:15 Tic Tac Toe 3:30 Table Games 4:00 Individual Pursuits</p> | <p>24 9:30 Morning Topics 10:15 Bingocize w/ Aida 11:30 Famous Duos 1:00 “Unwind Time” 1:30 Arthritis Exercise w/ Kimberly 2:30 Historical Events 3:30 Table Games 4:00 Individual Pursuits</p> | <p>25 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 Pet Therapy w/AWL 3:30 Table Games 4:00 Individual Pursuits</p> | <p>26 9:30 Morning Topics 10:15 Rhonda 11:30 Friendly Family Feud 1:00 “Unwind Time” 1:30 Baking w/ Blair & Familiar Songs w/ Pianist 3:30 Table Games 4:00 Individual Pursuits</p> | <p>27 9:30 Morning Topics 10:15 Bingocize w /Aida 11:30 Life Stories 1:00 “Unwind Time” 1:30 Pianist Henry Nalker 2:15 Nu-Step Bike/ Stretch band Exercises 3:30 Table Games 4:00 Individual Pursuits</p> |
| <p>30 9:30 Morning Topics 10:15 Musical Chair Workout 11:00 Eduardo Sing-a Long 1:00 “Unwind Time” 1:30 Basketball Free Throw 2:15 Shamrock Swith-a-roo 3:30 Table Games 4:00 Individual Pursuits</p> | <p>31 9:30 Morning Topics 10:15 Bingocize w/ Aida 11:30 Riddles Time 1:00 “Unwind Time” 1:45 Deletra Food Presentation 3:30 Table Games 4:00 Individual Pursuits</p> |  |  |  |

* 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 *

