




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

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 9:30 Morning Topics 11:00 Bob Clark Musical Hour 1:00 "Unwind Time" 2:00 Sassy Jazz w/Antonio 3:30 Table Games 4:00 Individual Pursuits</p>	<p>5 9:30 Morning Topics 10:30 Tai Chi w/Rhonda 1:00 "Unwind Time" 1:30 Music w/Lalo 2:15 Match Game 3:30 Table Games 4:00 Individual Pursuits</p>	<p>6 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits</p>	<p>7 9:30 Morning Topics 10:30 Move to the Music 11:00 Nutrition Class w/Deletra 1:00 "Unwind Time" 1:30 Yoga w/Donna 2:15 Match Game 3:30 Table Games 4:00 Individual Pursuits</p>	<p>1 9:30 Morning Topics 10:30 Music & More w/Chris & Amy from AFTA 1:00 "Unwind Time" 1:30 Music Therapy w/Melanie 2:15 Crossword Puzzle 3:30 Table Games 4:00 Individual Pursuits</p> <p>8 9:30 Morning Topics 10:30 Music & More w/Chris & Amy from AFTA 1:00 "Unwind Time" 1:30 Arthritis Exercise w/Kimberly 2:30 What's My Line 3:30 Table Games 4:00 Individual Pursuits</p>

<p>11 CENTER TRIP <i>(Possibility of Center Closure)</i> 9:30 Morning Topics 10:30 Family Feud at St. Martin's Senior Center 1:00 "Unwind Time" 2:15 Center Patio Uno Game 3:30 Table Games 4:00 Individual Pursuits</p>	<p>12 <i>(Possibility of Center Closure)</i> 9:30 Morning Topics 10:30 Moving to The Music 1:00 "Unwind Time" 1:30 Balloon Volleyball 2:15 You Be the Judge 3:30 Table Games 4:00 Individual Pursuits</p>	<p>13 9:30 Morning Topics 10:30 Opera w/Peter & Carlos 1:30 Robust Exercise w/Luley 2:15 Devotions & Inspirations w/FBC 3:30 Table Games 4:00 Individual Pursuits</p>	<p>14 CENTER TRIP Caregiver Support Group 9:30 Morning Topics 10:30 Depart for Line Dancing at Burke Library Center 1:00 "Unwind Time" 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits</p>	<p>15 9:30 Morning Topics 10:30 Music & More w/Chris & Amy from AFTA 1:00 "Unwind Time" 1:30 Art Time w/Arianna from Nature Center 3:30 Table Games 4:00 Individual Pursuits</p>
<p>18 9:30 Morning Topics 10:30 Arts & Craft w/Karen 1:00 "Unwind Time" 1:30 Ping Pong Pals w/Laurie 2:15 50 Words or Less 3:30 Table Games 4:00 Individual Pursuits</p>	<p>19 9:30 Morning Topics 10:30 Tai Chi w/Rhonda 11:30 Reminiscing the Past 1:00 "Unwind Time" 1:30 Randoll Rivers (Elvis Presley Impersonator) 3:30 Table Games 4:00 Individual Pursuits</p>	<p>20 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 Book Club: Melba Moore Bio 3:30 Table Games 4:00 Individual Pursuits</p>	<p>21 Senior Health Fair 9:30 Morning Topics 10:30 AFTA Opera w/Peter & Carlos 1:00 "Unwind Time" 1:30 Ping Pong Pals w/Laurie 3:30 Table Games 4:00 Individual Pursuits</p>	<p>22 9:30 Morning Topics 10:30 Music & More w/Chris & Amy from AFTA 1:00 "Unwind Time" 1:30 Music w/Melanie 2:15 Fact or Fiction? 3:30 Table Games 4:00 Individual Pursuits</p>
<p>25 CENTER CLOSED</p> 	<p>26 CENTER TRIP 9:30 Morning Topics 10:30 Family Feud at St. Martin's Senior Center 1:00 "Unwind Time" 1:30 Yoga w/ Donna 2:15 Gestures 3:30 Table Games 4:00 Individual Pursuits</p>	<p>27 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 Book Club Melba Moore Bio. 3:30 Table Games 4:00 Individual Pursuits</p>	<p>28 9:30 Morning Topics 10:15 Nu-Step Bike/ Stress Ball Exercises 11:00 Senior Expression w/Romita 1:00 "Unwind Time" 1:30 Ping Pong Pals w/ Laurie 2:15 Pet Therapy w/ AWL 3:30 Table Games 4:00 Individual Pursuits</p>	<p>29 9:30 Morning Topics 10:30 Opera w/Peter & Carlos 1:00 "Unwind Time" 1:30 Arthritis Exercise w/ Kimberly 2:30 Word Ladder 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 *