







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

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Morning Topics 10:30 Music Hour w/ Lalo 11:30 Mystery Detective 1:00 "Unwind Time" 1:30 Arthritis Tai Chi 2:30 Card Sharks 3:30 Table Games/ Uno 4:00 Individual Pursuits	2 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Name that Tune 1:00 "Unwind Time" 1:30 Ballon Tennis 2:00 David Andrew Smith Songs 3:30 Table Games/ Dominoes 4:00 Individual Pursuits	3 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 Melba Moore Book Club 3:30 Table Games 4:00 Individual Pursuits	4 9:30 Morning Topics 10:30 Yoga w/ Donna 11:15 Senior Expression w/ Romita 1:00 "Unwind Time" 1:30 Ping Pong Pals w/ Laurie 2:15 Famous Duos 3:30 Table Games/ Dominoes 4:00 Individual Pursuits	5 9:30 Morning Topics 10:30 Hit The Target 11:15 Think Quick 1:00 "Unwind Time" 1:30 Arthritis Exercise w/ Kimberly 2:15 Switch a Roo 3:30 Table Games/ Uno 4:00 Individual Pursuits
8 CENTER TRIP 9:30 Morning Topics 10:15 TRIP: Family Feud @ St. Martin's Center 1:00 "Unwind Time" 1:30 Arthritis Tai Chi 3:30 Table Games/ Uno 4:00 Individual Pursuits	9 9:30 Morning Topics 10:30 Stretch and Flex /Nu-Step Bike 11:15 Trivia Questions 1:00 "Unwind Time" 1:30 Bob Clark Music Hour 2:30 Wurdle 3:30 Table Games/ Dominoes 4:00 Individual Pursuits	10 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 Devotions & Inspiration w/ FBC 3:30 Table Games/ Uno 4:00 Individual Pursuits	11 9:30 Morning Topics 10:30 Moving to the Music 1:00 "Unwind Time" 1:30 Baking w/ Blair & Piano w/ Dave 3:30 Table Games/ Dominoes 4:00 Individual Pursuits	12 9:30 Morning Topics 11:00 Bob Clark Music Hour 1:00 "Unwind Time" 2:00 David Andrew Smith Songs 3:30 Table Games/ Uno 4:00 Individual Pursuits

<p>15 CENTER TRIP 9:30 Morning Topics 10:15 TRIP: Bingo @ Burke Library 1:00 "Unwind Time" 1:30 Arthritis Tai Chi 2:30 Making Cards for Dad 3:30 Table Games/ Uno 4:00 Individual Pursuits</p>	<p>16 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Remembering Dad 1:00 "Unwind Time" 1:30 Saxy Jazz w/ Antonio 3:30 Table Games/ Checkers 4:00 Individual Pursuits</p>	<p>17 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 Melba Moore Book Club 3:30 Table Games/ Uno 4:00 Individual Pursuits</p>	<p>18 CELEBRATING DADS 9:30 Morning Topics 10:15 Father's Day Cookout 11:00 Horseshoes 1:00 "Unwind Time" 1:30 Music w/ Ed Schafer 3:30 Table Games/ Dominoes 4:00 Individual Pursuits</p>	<p>19 CENTER CLOSED</p> 
<p>22 CENTER TRIP 9:30 Morning Topics 10:15 TRIP: Family Feud @ St. Martins 1:00 "Unwind Time" 1:30 Arthritis Tai Chi 2:30 Spelling Bee 3:30 Table Games/ Uno 4:00 Individual Pursuits</p>	<p>23 9:30 Morning Topics 10:30 Yoga w/ Donna 11:15 Wheel of Fortune 1:00 "Unwind Time" 1:30 Music w/ Melanie 2:30 What Am I? 3:30 Table Games/ Dominoes 4:00 Individual Pursuits</p>	<p>24 CENTER TRIP 9:30 Morning Topics 10:30 TRIP: Seniors Farmers Market @ Goodwin House 2:15 AWL Pet Therapy 3:30 Table Games/ Uno 4:00 Individual Pursuits</p>	<p>25 9:30 Morning Topics 10:30 Nu-Step Bike/ Stretch Bands 11:00 Men's Group w/ Mr. Curtis 1:00 "Unwind Time" 1:30 Tin Can Alley 3:30 Table Games/ Dominoes 4:00 Individual Pursuits</p>	<p>26 9:30 Morning Topics 10:30 Arthritis Exercise w/ Kimberly 11:30 Cheryll Musical Performance 1:00 "Unwind Time" 1:30 Balloon Tennis 3:30 Table Games/ Uno 4:00 Individual Pursuits</p>
<p>29 9:30 Morning Topics 10:30 Sittercise/ Nu-Step Bike 11:00 Ping Pong Pals w/ Laurie 1:00 "Unwind Time" 1:30 Arthritis Tai Chi 2:30 Tongue Twisters 3:30 Table Games/ Dominoes 4:00 Individual Pursuits</p>	<p>30 9:30 Morning Topics 10:30 Horseshoes 1:00 "Unwind Time" 1:30 Kickball Competition 2:15 Improv w/ Wes 3:30 Table Games/ Uno 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 *