



Alexandria Adult Day Services Center  
 1108 Jefferson St  
 Alexandria, VA 22314  
 Phone 703.746.5676  
**July 2026**

Monday

Tuesday

Wednesday

Thursday

Friday

		<p><b>1</b>        9:30 Morning Topics        10-12 Morning Movie        1:30 <b>Robust Exercise w/ Luley</b>        2:15 UNO        3:30 Table Games        4:00 Individual Pursuits</p>	<p><b>2</b>        9:30 Morning Topics        10:30 Let's March 2 the Beat        11:15 Patriotic Songs &amp; History        1:00 "Unwind Time"        1:30 Ballon Volleyball        2:15 Red, White &amp; Blue Ice Cream Social        3:30 Table Games        4:00 Individual Pursuits</p>	<p><b>3 ADSC CLOSED</b></p> 
<p><b>6</b>        9:30 Morning Topics        10:30 <b>Musical Sing-along w/ Lalo</b>        11:30 Word Ladder        1:00 "Unwind Time"        1:30 <b>Arthritis Tai Chi</b>        2:15 Using Your Senses        3:30 Table Games        4:00 Individual Pursuits</p>	<p><b>7</b>        9:30 Morning Topics        10:30 <b>Tai Chi w/ Rhonda</b>        11:30 Who Am I?        1:00 "Unwind Time"        1:30 <b>Yoga w/ Donna</b>        2:15 Musical Trivia        3:30 Table Games        4:00 Individual Pursuits</p>	<p><b>8</b>        9:30 Morning Topics        10-12 Morning Movie        1:30 <b>Robust Exercise w/ Luley</b>        2:15 <b>FBC /Devotional &amp; Inspirations</b>        3:30 Table Games        4:00 Individual Pursuits</p>	<p><b>9</b>        9:30 Morning Topics        10:30 <b>Annetta w/ AFTA</b>        1:00 "Unwind Time"        1:30 Dart Ball        2:00 <b>David Andrew Smith Songs</b>        3:30 Table Games        4:00 Individual Pursuits</p>	<p><b>10</b>        9:30 Morning Topics        10:15 Hit the Target        11:00 <b>Bob Clark Music Hour</b>        1:00 "Unwind Time"        1:30 <b>Arthritis Exercise w/ Kimberly</b>        2:30 Hollywood Squares        3:30 Table Games        4:00 Individual Pursuits</p>

<p><b>13</b>  9:30 Morning Topics  10:30 Wordle  11:30 <b>Ping Pong Pals w/ Laurie</b>  1:00 “Unwind Time”  1:30 <b>Arthritis Tai Chi</b>  2:30 Mystery Box  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>14</b>  9:30 Morning Topics  10:30 <b>Floor Hockey w/ Bennett</b>  11:15 Name that Tune  1:00 “Unwind Time”  1:30 <b>Music w/ Melanie</b>  2:15 Famous TV Pairs  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>15</b>  9:30 Morning Topics  10-12 Morning Movie  1:30 <b>Robust Exercise w/ Luley</b>  2:15 What Am I?  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>16</b>  9:30 Morning Topics  10:30 <b>Arts &amp; Craft w/ Karen</b>  1:00 “Unwind Time”  1:30 <b>Ping Pong Pals w/ Laurie</b>  2:15 Riddles &amp; Jokes  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>17</b>  9:30 Morning Topics  10:30 Kickball  11:15 Price Is Right  1:00 “Unwind Time”  1:30 <b>Jazzy Saxophone w/ Antonio</b>  2:15 Remember When?  3:30 Table Games  4:00 Individual Pursuits</p>
<p><b>20 CENTER TRIP</b>  9:30 Morning Topics  10:30 <b>Ross Shopping Trip</b>  1:00 “Unwind Time”  1:30 <b>Arthritis Tai Chi</b>  2:30 Scattergories  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>21</b>  9:30 Morning Topics  10:30 <b>Tai Chi w/ Rhonda</b>  11:30 Let’s Make a Deal  1:00 “Unwind Time”  1:30 Balloon Battle  2:00 <b>David Andrew Smith Songs</b>  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>22</b>  9:30 Morning Topics  10-12 Morning Movie  1:30 <b>Robust Exercise w/ Luley</b>  2:15 <b>AWL Pet Therapy</b>  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>23</b>  9:30 Morning Topics  10:30 <b>Annetta w/ AFTA</b>  11:15 <b>Men’s Group w/ Mr. Curtis</b>  1:00 “Unwind Time”  1:30 <b>Yoga w/ Donna</b>  2:15 States &amp; Capitals  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>24</b>  9:30 Morning Topics  10:30 Macarena Chair Dance  11:15 Password Game  1:00 “Unwind Time”  1:30 Dice Game Challenge  2:15 Spelling Bee Contest  3:30 Table Games  4:00 Individual Pursuits</p>
<p><b>27</b>  9:30 Morning Topics  10:30 <b>Ladies Manicures w/ Brianna</b>  11:15 Wheel of Fortune  1:00 “Unwind Time”  1:30 <b>Arthritis Tai Chi</b>  2:30 50 Words or Less  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>28</b>  9:30 Morning Topics  10:30 Tin Can Alley/ Nu Step Bike  11:15 Your Be the Judge  1:00 “Unwind Time”  1:30 Cornhole Toss  2:15 <b>Wes Improvs</b>  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>29</b>  9:30 Morning Topics  10-12 Morning Movie  1:30 <b>Robust Exercise w/ Luley</b>  2:15 Using Your Senses  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>30</b>  9:30 Morning Topics  10:15 Ring Toss  11:00 <b>Bob Clark Music Hour</b>  1:00 “Unwind Time”  1:30 Fishing for Dollars  2:15 What’s the Difference  3:30 Table Games  4:00 Individual Pursuits</p>	<p><b>31</b>  9:30 Morning Topics  10:30 Physical Fitness  11:15 Thinkler Quizzes  1:00 “Unwind Time”  1:30 <b>Arthritis Exercise w/ Kimberly</b>  2:15 Historical Places  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 \***