

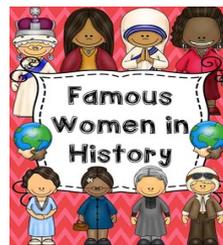
March 2020

Wee Bit O'Irish Party

Tuesday, March 17th 2:00pm. Enjoy an afternoon of fun with friends when everyone gets to be just a wee bit Irish for the day. Learn your leprechaun name, take a travelogue tour of Ireland, hunt for leprechauns gold and enjoy some tasty green treats. Don't forget to wear your green!



Adult Day Healthcare WOODBIDGE



Women's History Month Trivia, Thursday, March 5th 2:15pm. Learn about famous women in history and their contributions.



Daylight Saving Time Begins Sunday March 8th, 2020. Don't forget to turn your clock ahead one hour!



Men's Group Monday March 9th and 23rd 12:00 pm. Enjoy a gentlemen's lunch followed by basketball in the gym.

MEN'S GROUP



Participant Community Town Meeting, Thursday March 16th at 2:15pm. Bring your ideas and wishes for the upcoming months.

Upcoming EVENTS

Movie Club Meeting~Monday, March 2nd 3:30pm.

Pet Therapy with Willow and Kathleen ~ Tuesday, March 3rd and 17th 1:45pm

Oldies But Goodies~ Thursday, March 12th 10:30am. The Oldies but Goodies line dancers from the Woodbridge Senior Center will be here to strut their stuff and show us their moves.

Garden Clean Up~Wednesday, March 18th 11:00am and 2:00pm. Lets get an early start on Spring cleaning by tidying up the Secret Garden Patio area.

Music with Dave and Richard~ Thursday, March 19th 2:00pm. Dave and Richard return to sing all our old favorites and a few new ones, too!

Music Therapy with Cheryl~ Wednesday, March 25th 2:00pm. Cheryl will be here to get us moving and singing to the beat.

Ice Cream Social~ Tuesday, March 31st 2:45pm. Enjoy a cool treat with friends creating your own ice cream sundae creation.

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Word of The Day	M,Tu	11:15am&	Free
Chicken Soup for the Soul/ Poetry	M,W	5:00pm	Free
Cooking/Baking	TH	11:00 am	Free
Creative arts	Tu	10:30 am	Free
Life Stories	By appoint- ment	10:30am&	Free
Montessori Activities cards,puzzles,domin oes,magazines	M,F	4:00pm&5:00pm	Free
Reminisce	M-F	9:45am	Free
Sharing/ Sunny Side Up	M-F	9:45am	Free
Trivia	Daily	11:00am	Free
Word Games	Daily	10:30 am& 1:45pm	Free

FITNESS AND HEALTH ACTIVITIES

Exercise	M-F	10:00a	Free
Physical Games Basketball, Bean Bag Toss, Bowling, Floor Hockey, Target Toss, Skee-ball, Volleyball, Move To The Music	M-F	11:30am, 2:30pm,4:30pm	Free
Weights & ROM	M-F	1:15pm	Free

FUN ACTIVITIES

Beading	TH	2:15pm	Free
Baking	Tu, TH	1:45 pm, 11:00am	Free
Bingo	M, F	2:00pm 10:30am	Free
Ice Cream Social	5th Tu	2:45pm	Free
Men's Group	2nd M	11:00am	Free
Music With Dave and Richard	3rd TH	2:00pm	Free
Oldies but Goodies	2nd TH	10:30am	Free
Pet Therapy with Willow and Kathleen	1st, 3rd Tu	1:45pm	Free
St. Patricks Soical	3rd W	2:00pm	Free
Watercolor Painting	2ndTH	2:00pm	Free

DAILY LUNCH MENU

- M 2nd** WHITE CHICKEN CHILI
Tu 3rd LIVER & ONIONS
W 4th HALF SMOKE
Th 5th TUNA SALAD
F 6th CHICKEN ALA KING
M 9th SALISBURY STEAK
T 10th CHICKEN & WAFFLES
W 11th CABBAGE ROLL
Th 12th TACO SALAD
F 13th CORN BEEFS W/CABBAGE
M 16th BLT
Tu 17th BEEF CHILI BEANS
W 18th CHICKEN ALFREDO
Th 19th MEATBALL SUB
F 20th CRAB CAKES
M 23rd SHEPHERD'SPIE
Tu 24th MUSHROOM SWISS BURGER
W 25th SOUP AND SANDWICH
Th 26th CHICKEN & DUMPLINGS
F 27th ADHC CLOSED STAFF TRAINING DAY
M 30th GRILLED CHEESE
Tu 31st SIRLOIN BEEF TIPS

Adult Day Healthcare Staff

Lorraine Eckhardt, Site Manager

Kathleen Wiley, Recreation Specialist

Health Aides

Lul Alasso, Liza Banin, Bushra Begum,

Dawn Holton, Christina Sutton, Sandra Wilson

If you have any questions regarding the Adult Day Healthcare at Woodbridge.
 Please contact Site Manager Lorraine Eckhardt at 703-792-4991 or Leckhardt@pwcgov.org

Alzheimer's Association

Support Groups in Northern Virginia

Alzheimer's Association support groups provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained leaders and are ongoing, free and open to the community

Westminster at Lake Ridge

12191 Clipper Drive
Lake Ridge, VA, 22192
Fridays 11:00 a.m.
Elizabeth Glyer 703.496.3400

Prince William Senior Center

13850 Church Hill Drive
Woodbridge, VA, 22191
2nd & 4th Tuesday 7:00 p.m.
Kate Tanner 703.501.0749

Old Bridge United Methodist Church

3966 Old Bridge Road
Woodbridge, VA, 22192
3rd Thursday 7:00 p.m.
Stuart Evans 703.598.8588

Alzheimer's Association www.alz.org

1.800.272.3900

Questions Related to Medicare, Medicaid and other Health Insurance

Call Rosemari Walker, Medicare Counselor
(703)792-4156

ADHC Program Closures

Mandatory All Staff Training March 27th

Memorial Day - Monday, May 25th

Summer Break - Monday, June 29-July 3rd

Labor Day - Monday, September 7th

Veterans Day - Wednesday, November 11th

Thanksgiving Break-Thursday, November 26th through Friday, November 27th

***Please take a moment to note these closure dates on your calendar ***

LEAVING PHONE MESSAGES

When calling to leave a phone message regarding your participant whether about a late arrival, early pick up or absence for the day, please call the main line at (703)792-4990. This line is checked multiple times a day and can be accessed by all staff members. Using this main line will help to insure we get your message in a timely manner. If you have specific questions or concerns regarding the program or your loved one that you would like to address, messages can be left on Lorraine's direct line at (703)792-4991. All messages left on this line can only be accessed by Lorraine.



March 2020

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>10:00 Exercise 10:30 Trivia/ Sensory Hall 11:00 Drama Club with Dawn/ Sing along 1:15Weights & ROM 1:45 Monday Pick Me Up/ Baking Meeting 2:00 Bingo /Small Group Free Choice 3:30 Movie Club Meeting 4:00 Mixed Table Games 5:00 Poetry/Tablet Time</p>	<p>3</p> <p>10:00 Exercise 10:30 Trivia/Tablet Time 11:00 Creative Arts Leprechaun Door Hanger 1:15Weights & ROM 1:45 Baking/Pet Therapy with Winston and Kathleen 2:15 Wii Games 4:00 Mixed Table Games 5:00 Move to the Music</p>	<p>4</p> <p>10:00 Exercise 10:30Trivia/Post Cards and Maps 11:15 Word of the Day/ Floor Hockey 1:15Weights & ROM 1:45 Picture It 2:15 March Madness Basketball 4:00 Mixed Table Games 5:00 Poetry/Tablet Time</p>	<p>5</p> <p>10:00 Exercise 10:30 Trivia/Picture Match 11:00 Beading with Bushra /Knock Down the Cans 1:15Weights & ROM 1:45 Catagories 2:15 Famous Women in History 4:00 Mixed Table Games 5:00 Move to the Music</p>	<p>6</p> <p>10:00 Exercise 10:30 Movie 1:15 Weights & ROM 1:45 Create A Word Women In History 2:00 Bingo/Music and Movement 4:00 Mixed Table Games 5:00 Poetry/Tablet Time</p>
<p>9</p> <p>10:00 Exercise 10:30 Trivia/ Matching Games 11:15 Reading Group with Liza/Word of The Day/ Bowling 12:00 Men's Group 1:15Weights & ROM 1:45 Monday Pick Me Up /Baking Meeting 2:00 Bingo / Puzzles 4:00 Mixed Table Games 5:00 Poetry/ Tablet Time</p>	<p>10</p> <p>10:00Exercise 10:30Trivia/Puzzles 11:00 CreativeArts Irish Blessing Plaques 1:15Weights&ROM 1:45 Hang Man/Baking 2:15 Yatzee 4:00Mixed Table Games 5:00 Move to the Music</p>	<p>11</p> <p>10:00 Exercise 10:30 Trivia /Picture Match 11:00 Word of The Day/ Bowling/Independent Word Puzzles 1:15Weights & ROM 1:45 Name 10 Green Things 2:15 Family Feud 4:00 Mixed Table Games 5:00 Tablet Time</p>	<p>12</p> <p>10:00 Exercise 10:30 Oldies But Goodies 11:00 Sing a long/ Beading with Bushra T 1:15 Weights & ROM 1:45 Junk Draw Detective/ Baking 2:15 Water Color Painting 4:00 Mixed Table Games 5:00 Move to the Music</p>	<p>13</p> <p>10:00 Exercise 10:30 Trivia / Tablet Time 11:00 Bingo/Free Choice 1:15 Weights & ROM 1:45 Create A Word Saint Patricks Day 2:00 Popcorn & Movie 4:00 Mixed Table Games 5:00 Poetry/Tablet Time</p>
<p>16</p> <p>10:00 Exercise 10:30 Trivia/ 11:00 Drama Club with Dawn/ Bowling 1:15Weights & ROM 1:45 Monday Pick Me Up/ Baking Meeting 2:00 Bingo /Small Group Mosaics 4:00 Mixed Table Games 5:00 Poetry/Tablet Time</p>	<p>17</p> <p>10:00 Exercise 10:30 Trivia/ What is Different 11:00 Creative Arts Lucky Pots of Gold 1:15Weights & ROM 1:45 Pet Therapy with Winston and Kathleen 2:00 Saint Patricks Celebration 4:00 Word of the Day/ Mixed Table Games 5:00 Move to the Music</p>	<p>18</p> <p>10:00 Excercise 10:30Trivia/Hidden Pictures 11:00 Word of the Day/ Wii Games/Garden Cleanup 1:15Weights & ROM 1:45 Complete the Phrase 2:00 Clay Design /Puzzles/Garden Cleanup 4:00 Mixed Table Games 5:00 Poetry/Tablet Time</p>	<p>19</p> <p>10:00 Exercise 10:30 Trivia/ Tablet Time 11:00 Beading With Bushra/ Slots and Dice Ball 1:15 Weights & ROM 1:45Missing Letter/Baking 2:00 Music with Dave and Richard 4:00 Mixed Table Games 5:00 Move to the Music</p>	<p>20</p> <p>10:00 Exercise 10:30 Trivia/Domino Match 11:00 Bingo/Movement and Rhythm 1:15 Weights & ROM 1:45 Create A Word 2:00 Popcorn & Movie 4:00 Mixed Table Games 5:00 Poetry/Tablet Time</p>
<p>23</p> <p>10:00 Exercise 10:30 Trivia/ Animals 11:00 Reading Group with Liza/SkeeBall 12:00 Men's Group 1:15Weights & ROM 1:45 Monday Pick Me Up/ Baking Meeting 2:00 Bingo / Aqua Paints 4:00 Mixed Table Games 5:00 Poetry/Tablet Time</p>	<p>24</p> <p>10:00 Exercise 10:30 Trivia/ High Low Game 11:00 Creative Arts Paper Birds 1:15Weights & ROM 1:45 Name That Tune/ Baking 2:00 Planet Earth Dancing Birds 4:00 Mixed Table Games 5:00 Move to the Music</p>	<p>25</p> <p>10:00 Exercise 10:30Trivia/Tablet Time 11:00 Word of the Day/ March Madness Basketball 1:15 Weights & ROM 1:45 Create a Word Day Light Saving Time 2:00 Music Therapy With Cheryl 3:00 February Birthday 4:00 Mixed Table Games 5:00 Poetry/Tablet Time</p>	<p>26</p> <p>10:00 Exercise 10:30 Trivia/ Sensory Hall 11:00 Beading With Bushra/Sing-along 1:15 Weights & ROM 1:45 Funny Bones/Baking 2:15 Jeopardy 4:00 Mixed Table Games 5:00 Move to the Music</p>	<p>27</p> <p>ADHC CLOSED STAFF TRAINING</p>
<p>30</p> <p>10:00 Exercise 10:30 Trivia/ Paired Up 11:00 Drama Club with Dawn/ Puzzles/ Drawing 1:15Weights & ROM 1:45 Monday Pick Me Up/ Baking Meeting 2:00 Bingo /Small Group Musical Instruments 3:30 Movie Club Meeting 4:00 Mixed Table Games 5:00 Poetry/Tablet Time</p>	<p>31</p> <p>10:00 Exercise 10:30 Trivia/ Puzzles 11:00 Creative Arts Pins 1:15Weights & ROM 1:45 Act it Out/Baking 2:15 Treasure Hunt 3:00 Snack March Birthday Celebration 4:00 Mixed Table Games 5:00 Move to the Music</p>	<p>Please Note The Schedule Is Subject To Change. Any change in the daily schedule will be noted at the front desk on the daily schedule sheet.</p>		
			<p>February Birthdays Robert E. 31st</p> 	