

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

SEPTEMBER

It is time to say Goodbye Summer, Hello Fall!

We have a lot of fun planned in celebration of the seasons change. Enjoy everything from apple recipes, fall themed crafts, a scenic fall foliage armchair travelogue, and two highlights of the Month Grandparents Day and National Adult Day Health Service Week.

Grandparents Day, Friday, September 10th ,1:45p.m.

National Adult Day Health Services Week has been celebrated since being proclaimed September 27,1983, by President Ronald Reagan.

Fall Fest to celebrate this special week Wednesday, September 22nd, events throughout the day!



Upcoming EVENTS

Creative Arts Tuesdays ~ 11:00a.m. Let your inner artist go wild as we explore our creative side creating crafts and art works using a variety of different techniques.

Bible Study~ Wednesday, 11:00a.m.

Join us as we come together to share the Lord's word a positive thought and familiar hymns. All are welcome to join!

Afternoon Movie ~ Friday's, 2:00 p.m. Your choice from, comedies, romance, action ,adventure, and mysteries. popcorn included!

Men's Group ~Monday, September 13th, 11:15a.m. Enjoy a morning with the guys talking cars and reminiscing about those good old fall cruising days.

Fall Fest~ Wednesday, September 22nd. We will spend the day having some good old fashion fall fun with games, and crafts!

Fall Foliage Travelogue ~Tuesday, September 28th, 2:00 pm. Fall foliage travelogue. Enjoy a scenic arm chair travel through some the Country's most beautiful foliage spots.

Adult Day Healthcare WOODBIDGE



Adult Day Healthcare

Will Be Closed Labor Day

Monday, September 6th

Let's Build a Scarecrow!

Bring a little fall fun and cheer to ADHC building scarecrows.

Wednesday , September 1st,
1:45p.m.

GRANDPARENTS
fill the world
with LOVE

Grandparents Day

Celebration

Friday September 10th,
1:45p.m.



National Adult Day Health
Service Week

September 19th-25th.

Celebrate Adult Day Health
Care and all the things that
make it great, staff, services,
and all of you!

ACTIVITIES GUIDE

LEARNING ACTIVITIES

| | | | |
|---|-------|-------------------|------|
| Bible Study | W | 11:00am | 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 |
| Montessori Activities cards, puzzles, magazines, dominoes | 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 |
| Walking | Daily | Throughout Day | Free |
| Word Games | Daily | 10:30 am & 1:45pm | Free |

FITNESS AND HEALTH ACTIVITIES

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

FUN ACTIVITIES

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|------------------------------|--------|------------------|------|
| Afternoon Movies | F | 2:00pm | Free |
| Beading | TH | 2:15pm | Free |
| Bingo | M,F | 2:00pm & 10:30am | Free |
| Drama Club | M | 11:00am | Free |
| Fall Fest | 3rd W | All Day | Free |
| Fall Foliage Travelogue | 4th Tu | 2:00pm | Free |
| Grandparents Day Celebration | 2nd F | 1:45pm | Free |
| Men's Group | 3rd | 11:00 | Free |
| Music and Dancing | Daily | Throughout Day | Free |
| Reading Circle | M | 11:00am | Free |
| Sensory Hall | Daily | Throughout Day | Free |
| Snack and Social Time | Daily | 3:00pm | Free |
| Table Games | Daily | 4:00pm | Free |

DAILY LUNCH MENU

W 1st Oriental Pepper Steak, rice, eggroll, fruit
 TH 2nd Oven Baked Fried Chicken, sweet potatoes, fruit
 F 3rd Meatloaf, mashed potatoes, green beans, pie
M 6th Closed Labor Day
 Tu 7th Chili dog, baked beans, potato wedges
 W 8th Stuffed peppers, turnup greens, cornbread
 TH 9th Sirloin beef tips, rice, broccoli, apple
 F 10th Baked salmon, hushpuppies, green bean, pie
 M 13th Chicken cordon bleu, sweet potatoes, fruit
 Tu 14th Pork chop, mashed potatoes, green beans
 W 15th Swedish meatballs, rice, broccoli, fruit
 TH 16th Taco salad, beans, homemade guacamole, sour cream
 F 17th Chicken wings, stewed tomatoes, lima beans, oranges
 M 20th Pepperoni pizza, cole slaw, grapes
 Tu 21st Salisbury steak, mash potatoes, succotash
 W 22nd BLT Canadian bacon, lettuce, tomato, potato salad,
 TH 23rd Chicken and dumplings, peas, fruit
 F 24th Baked Cod, hushpuppies, broccoli, corn, apple sauce
 M 27th Pancakes, chicken tenders, maple syrup, carrots
 Tu 28th Stuffed Cabbage roll, kale, corn, fruit
 W 29th Grilled Cheese and Cream of Chicken Soup
 Th 30th Chicken alfredo, spaghetti, broccoli, garlic bread



If you have any questions regarding 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.

Call ahead for information on any COVID-19 related cancellations or changes.

First Mount Zion Baptist Church

16622 Dumfries Road

Dumfries, VA, 22025

Call Stephanie Craddock at (703) 670-0184

For more information about session dates and times

Prince William Senior Center

13850 Church Hill Drive

Woodbridge, VA, 22191

2nd & 4th Tuesday 7:00 p.m.

Kate Tanner 703-501-0749

Westminster at Lake Ridge

12191 Clipper Drive

Lake Ridge, VA, 22192

Fridays 11:00 a.m. Elizabeth Glycer 703-496-3400

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 Closures

Labor Day - Monday, September 6th, 2021

Veterans Day - Thursday, November 11th, 2021

Thanksgiving Break-Thursday, November 25th through Friday, November 26th , 2021

Winter Break- Thursday, December 23rd-Monday January 3rd 2022

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

Support People Who Care Walk Team

This years Walk to End Alzheimer's Disease is scheduled for Saturday October, 16th. Thinking about joining the team to walk contact ADHC Site Manager Lorraine Eckhardt at (703)792-4991 for more information as details are continuously updating. If you are interested in supporting this years Walk to End Alzheimer's but are unsure about walking , ADHC will be collecting loose change in support of this years Walk To End Alzheimer's. Change will be collected September 1st- October 15th ,2021.




September 2021

| Mon | Tue | Wed | Thu | Fri |
|-----|---|---|---|---|
| |  | 1 10:00 Exercise 10:30 Trivia /Fall Fashion 11:00 Bible Study/ Bowling 1:15Weights & ROM 1:45 Lets Build a Scarecrow 4:00 Mixed Table Games 5:00 Poetry | 2 10:00 Exercise 10:30 Trivia /Painting 11:00 Categories Beading 1:15 Weights & ROM 1:45 What is Missing 2:00 Volleyball /Card Games 4:00 Mixed Table Games 5:00 Move to the Music | 3 10:00 Exercise 10:30 Trivia /Sensory Ha 11:00 Bingo 1:15Weights & ROM 2:00 Movie and Popcorn Pictures 4:00 Mixed Table Game 5:00Poetry |



September Birthdays

5th- Rosa

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| DHC CLOSED LABOR DAY  | 7 10:00 Exercise 10:30 Trivia / Dice Games 11:00 Creative Arts Paper Black Eyed Susans 1:15 Weights & ROM 1:45 Scatagories /Baking 2:00 Bingo 4:00 Mixed Table Games/ Bible Study 5:00 Move to the Music | 8 10:00 Exercise 10:30 Trivia Group Junk Drawer Detective 11:00 Bible Study/ Inde- pendent Word Games 1:15Weights & ROM 1:45 Words Games 2:15 Music ball 4:00 Mixed Table Games 5:00 Poetry | 9 10:00 Exercise 10:30 Trivia /Painting 11:15 Beading/ Name That Tune 1:15 Weights & ROM 1:45 Scents of Fall 2:00 Volleyball /Paper De- sign 4:00 Mixed Table Games 5:00 Move to the Music | 10 10:00 Exercise 10:30 Trivia /Sm. Group Free Choice Baskets 11:00 Bingo 1:00Weights & ROM 1:45 Grandparents Day Celebration 2:15 Movie and Popcorn Pictures 4:00 Mixed Table Game 5:00Poetry |
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| 13 10:00 Exercise 10:30 Trivia / Puzzles and Patterns 11:00 Reading with Liza / Football Target Toss 1:15 Men's Group Cars All Cruising 1:45Weights & ROM 1:45 Word Games/ 2:00 Bingo / Issue Paper art 4:00 Mixed Table Games 5:00 Poetry | 14 10:00 Exercise 10:30 Trivia with / Groups Word Play 11:00 Creative Arts Cork-y Apple Decoration 1:15 Weights & ROM 1:45 What am I 2:00 Story Illustrations with Sandra /Stamping & printing 4:00 Mixed Table Games/ Bible Study 5:00 Move to the Music | 15 10:00 Exercise 10:30 Trivia /Card Games 11:00 Bible Study/ 1:15Weights & ROM 1:45 Finish the Picture 2:15 Floor Hockey 4:00 Mixed Table Games 5:00 Poetry | 16 10:00 Exercise 10:30 Trivia/ Sequencing 11: 00 Beading/ Independent Word Games 1:15 Weights & ROM 1:45 What is that Fall sound 2:15 Picture This 4:00 Mixed Table Games 5:00 Move to the Music | 17 10:00 Exercise 10:30 Trivia /Puzzles 11:00 Bingo/Sensory Ha 1:45 Name That Tune 1:15Weights & ROM 2:00 Movie and Popcorn 4:00 Mixed Table Game 5:00Poetry |
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| 20 10:00 Exercise 10:30Trivia /Coloring Pat- tern 11:00 Drama Club with Dawn /Treasure Hunt All Things Fall 1:15Weights & ROM 1:45 Create a Word/ 2:00 Bingo /Color Catago- ns 4:00 Mixed Table Games 5:00 Poetry | 21 10:00 Exercise 10:30 Trivia / Puzzles 11:00 Creative Art Fall Leaf Impressions 1:15 Weights & ROM 1:45 20 Questions/ Skeeball/ Color by Number 4:00 Mixed Table Games/ 5:00 Move to the Music | 22 10:00 Exercise 10:30 Trivia /Vintage Post- cards 11:00 Apple Darts 11:30 Lucky Leaf 1:15Weights & ROM 1:45 Pick a pumpkin 2:00 Square Dancing 2:30 Apple Toss Challenge 3:00 Caramel Apples 4:00 Mixed Table Games 5:00 Poetry | 23 10:00 Exercise 10:30 Trivia Cards 11:00 Fall Family Feud 1:15 Weights & ROM 1:45 Tastes of Fall 2:00 Reminisce Fall Apple Picking 4:00 Mixed Table Games 5:00 Move to the Music | 24 10:00 Exercise 10:30 Trivia /Puzzles 11:00 Bingo 1:15Weights & ROM 2:00 Movie and Popcorn Pictures 4:00 Mixed Table Game 5:00Poetry |
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|---|--|---|--|--|
| 27 10:00 Exercise 10:30 Trivia /Aquapaints 11:00 Reading with Liza/ Football 1:15Weights & ROM 1:45 Missing Letter/ 2:00 Bingo /Music with Carves 4:00 Mixed Table Games 5:00 Poetry | 28 10:00 Exercise 10:30 Trivia / Create a Story 11:00 Creative Arts Acorn Sachet 1:15 Weights & ROM 1:45 Pictionary/Baking 2:00 Fall Foliage Travelogue 4:00 Mixed Table Games/ 5:00 Move to the Music | 29 10:00 Exercise 10:30 Trivia /What is Dif- ferent 11:00 Bible Study/ Free Choice 1:15 Weights & ROM 1:45 Word Games 2:15 Fall Water Color Painting 3:00 September Birthday Celebration 4:00 Mixed Table Games 5:00 Poetry | 30 10:00 Exercise 10:30 Trivia /Category Match Foods 11:00 Beading/ Knock Down the Cans 1:15 Weights & ROM 1:45 Who Are We Talking About 2:00 I've Got It Game 4:00 Mixed Table Games 5:00 Move to the Music |   |
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