

# PRINCE WILLIAM

Area Agency on Aging

[www.pwcgov.org/aging](http://www.pwcgov.org/aging)

(703)792-4990

## OCTOBER 2021

### Halloween Fun, Friday, October 29th

Dress in your Halloween best and get ready to enjoy a day full of Halloween themed fun! It is sure to be a howling good time with tricks and treats for everyone. For a complete list of activities please see the schedule of activities on page 4 of the newsletter.



## 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. Positive thoughts and familiar hymns. All are welcome to join!

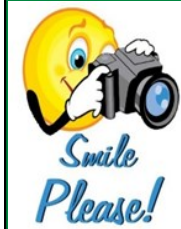
**Afternoon Movie** ~ Fridays at 2:00 p.m. Your choice from, comedies, romance, action, adventure, and mysteries. Popcorn included!

**Garden Cleanup**~ Thursday, October 7th, 11:00a.m. Now that summer is over it is time to clean up the summer growth in the Patio area Secret Garden. Join me as I prepare to weed, trim, and rake away the Summer and welcome the Fall planting colorful Mums.

**Men's Group** ~Tuesday, October 12th, 11:15a.m. Enjoy a morning with the guys talking gears and gadgets and figure out how things work?

**Denmark Travelogue** ~Wednesday, October 20th, 2:00 p.m. Get your passport ready it is time for an armchair travel adventure! This month's stop is Denmark

## Adult Day Healthcare WOODBIDGE



### World Smile Day

Friday, October 1st, 10:30am

Pick a prop and give us your best smile to have a photo taken for our new wall of fame.



### Celebrate Oktoberfest

Tuesday, October 5th.

Enjoy German inspired games through out the day!



### Pumpkin Decorating

Wednesday October 27th, 2:00p.m. Decorate a pumpkin to take home. Choose to decorate with a Halloween or Fall inspired theme.



Don't see what you like on the daily schedule, let us know. We will help get you set up with something meaningful to you.

# ACTIVITIES GUIDE

## LEARNING ACTIVITIES

Bible Study	W	11:00am	Free
Brain Games	Daily	1:45pm	Free
Chicken Soup for the Soul/ Poetry	M,W	5:00pm	Free
Creative arts	Tu	10:30 am	Free
Montessori Activities cards, puzzles, magazines, dominoes	MF	4:00pm & 5:00pm	Free
Reminisce	M-F	Throughout Day	Free
Sharing/ Sunny Side Up	M-F	9:45am	Free
Trivia	Daily	10:30am	Free
Walking	Daily	Throughout Day	Free

## FITNESS AND HEALTH ACTIVITIES

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

## FUN ACTIVITIES

Afternoon Movies	F	2:00pm	Free
Beading	TH	2:15pm	Free
Bingo	M,F	M -2:00pm	Free
Drama Club	2nd,	11:00am	Free
Denmark travelogue	3rd W	2:00pm	Free
Fall Planting	1st TH	11:00am	Free
Improv Game	2nd TH	2:00pm	Free
Men's Group	3rd	11:00am	Free
Music and Dancing	Daily	Throughout Day	Free
Reading Circle	1st,	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

F 1st Chicken Tenders, Mac-n-Cheese, Kale, Muffin, Fruit

M 4th Ground Beef Taco Salad, Beans, Corn, Doritos, Pudding

Tu 5th Chef Special, Pot-Luck Day

W 6th Salmon, Succotash, Carrots, Hushpuppies, Pie

TH 7th German Sausage, Sauerkraut, Cabbage, Peas, Apple

Dumpling

F 8th White Chicken Chili, Collard Greens, Corn Muffin, Ice Cream

M 11th Chicken Cordon Bleu Potato Wedges, Peas, Roll, Dessert

Tu 12th BBQ Pulled Pork Sandwich, Brussel Sprouts, Baked Beans, Cup Cake

W 13th Stuffed Cabbage, Egg Roll, Squash Or Beets, Roll, Fruit

TH 14th Baked Cod, Lima Beans, Stewed Tomato, Broccoli, Muffin, Pudding

F 15th Beef Ravioli, Kale, Mixed Veggies, Dessert

M 18th Oven Baked Fried Chicken, Sweet Potatoes, Succotash, Fresh Fruit

Tu 19th Lasagna, Peas With Onions, Kale, Roll, Peaches

W 20th Pork Chops, Mashed Potatoes, Gravy, Carrots, Roll, Dessert

TH 21st Mushroom And Swiss Cheeseburger, Fries, Cole Slaw, Fruit

F 22nd Chicken-n-Dumplings, Sweet Potato Fries, Corn, Roll, Dessert

M 25th Meatloaf With Mashed Potatoes, Gravy, Green Beans, Roll, Fresh Fruit

Tu 26th Corn Dog Nuggies, Potato Salad, Baked Beans, Ice Cream

W 27th Ravioli, Green Beans, Garlic Bread, Fruit

Th 28th Sweet-n-Sour chicken, Rice, Brussel Sprouts, Muffin, Fruit

F 29th Chicken Wings, Mac-n-Cheese, Mixed Veggies, Birthday Cake



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](http://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**

**October 11th Staff In-service**

**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 \***

## **ADHC Staff Training**

As noted above in the program closures **ADHC will be closed Monday October 11, 2021 for staff training.** This is a new addition the previous listing of closure dates.

## **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.



# October 2021

Mon	Tue	Wed	Thu	Fri
<p><b>Please Note</b> 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><b>1 World Smile Day</b> 10:00 Exercise 10:30 Trivia /Say Cheese Photo Booth 11:00 Bingo 1:15Weights &amp; ROM 2:00 Movie and Popcorn Pictures</p>
<p><b>4</b> 10:00 Exercise 10:30Trivia / Puzzles 11:00 Reading Club with Liza /Junk Drawer Detective 1:15Weights &amp; ROM 1:45 Sensory Break Cinnamon Day 2:00 Bingo /Music and Rhythm 4:00 Table Games 5:00 Poetry</p>	<p><b>5 Oktoberfest</b> 10:00 Exercise 10:30 Trivia / Aqua paints 11:00 Oktoberfest Pins 1:15 Weights &amp; ROM 1:45 Grain Sack Toss 2:15 Musical Polka 2:30 Slaptober Game 3:00 Oktoberfest Pretzels 4:00 Table Games 5:00 Move to the Music</p>	<p><b>6</b> 10:00 Exercise 10:30 Trivia/ Tell the Story 11:00 Bible Study/ Independent Word Games 1:15Weights &amp; ROM 1:45 Finish the Phrase 2:15 Floor Hockey 4:00 Table Games 5:00 Poetry</p>	<p><b>7</b> 10:00 Exercise 10:30 Trivia /Picture Match 11:00Beading/ Garden Clean Up 1:15 Weights &amp; ROM 1:45 Brain Game Word Challenge 2:00 Patio Games 4:00 Table Games 5:00 Move to the Music</p>	<p><b>8</b> 10:00 Exercise 10:30 Trivia Sensory Hall 11:00 Bingo 1:00Weights &amp; ROM 1:45 History of the Handbag 2:15 Movie and Popcorn 4:00 Mixed Table Games 5:00Poetry</p>
<p><b>11</b> <b>ADHC CLOSED</b></p>  <p><b>Staff In Service Day</b></p>	<p><b>12</b> 10:00 Exercise 10:30 Trivia/ Letter Tiles 11:00 Creative Arts Luminary 11:15 Men's Group How Does it Work Gears and Gadgets 1:15 Weights &amp; ROM 1:45 Pictionary 2:15 All About Pasta 4:00 Table Games 5:00 Move to the Music</p>	<p><b>13</b> 10:00 Exercise 10:30 Trivia /Sensory Box 11:00 Bible Study/ Independent Word Games 1:15Weights &amp; ROM 1:45 What Doesn't Belong 2:15 Spaghetti and Marshmallow Challenge 4:00 Table Games 5:00 Poetry</p>	<p><b>14</b> 10:00 Exercise 10:30 Trivia/ What's the Order 11: 00 Beading/Floor Hockey 1:15 Weights &amp; ROM 1:45 Junk Drawer Detective 2:00 Improve Game What is his Object 4:00 Table Games 5:00 Move to the Music</p>	<p><b>15</b> 10:00 Exercise 10:30 Trivia /Puzzles 11:00 Bingo/Sensory Hall 1:15Weights &amp; ROM 1:45 Brain Game Challenge Which is the Correct Spelling 2:00 Movie and Popcorn 4:00 Table Games 5:00Poetry</p>
<p><b>18</b> 10:00 Exercise 10:30Trivia /Treasure Box 11:00 Reading with Liza/ Noodle ball 1:15Weights &amp; ROM 1:45 Funny Animal Videos 2:00 Bingo /Music and Rhythm Movement 4:00 Table Games 5:00 Poetry</p>	<p><b>19</b> 10:00 Exercise 10:30 Trivia /What is that Sound 11:00 Autumn Owls 1:15 Weights &amp; ROM 1:45 Brain Game Word Challenge Starts with CAN 2:15 Picture This 4:00 Table Games 5:00 Move to the Music</p>	<p><b>20</b> 10:00 Exercise 10:30 Trivia / Collections 11:00 Bible Study/ Independent Word Games 1:15Weights &amp; ROM 1:45 Sensory Break Danish Æblekage 2:15 Armchair Travel Denmark 4:00 Table Games 5:00 Poetry</p>	<p><b>21</b> 10:00 Exercise 10:30 Trivia/Aqua Paints 11:00 Beading/ Target Toss 1:15 Weights &amp; ROM 1:45 Brain Game Word Challenge Class "ACT" 2:15 Decorative Clay Prints 4:00 Table Games 5:00 Move to the Music</p>	<p><b>22</b> 10:00 Exercise 10:30 Trivia /Puzzles 11:00 Bingo 1:15Weights &amp; ROM 2:00 Movie and Popcorn 4:00 Table Games 5:00Poetry</p>
<p><b>25</b> 10:00 Exercise 10:30 Trivia / Hand massages 11:00 Drama Club with Dawn /What's Wrong with the Picture 1:15Weights &amp; ROM 1:45 Joke of the Day 2:00 Bingo /Let's Make a List 4:00 Table Games 5:00 Poetry</p>	<p><b>26</b> 10:00 Exercise 10:30 Trivia / Match Game 11:00 Creative Arts Scarecrow Candy Holder 1:15 Weights &amp; ROM 1:45 Brain Game Challenge What's the Sum 2:15 Grocery Game 4:00Table Games 5:00 Move to the Music</p>	<p><b>27</b> 10:00 Exercise 10:30 Trivia /Match the Suits 11:00 Bible Study/ Independent Word Games 1:15 Weights &amp; ROM 1:45 Name Ten Items In a Hardware Store 2:00 Pumpkin Decorating 4:00Table Games 5:00 Poetry</p>	<p><b>28</b> 10:00 Exercise 10:30 Trivia /Junk Drawer Detective 11:00 Beading/ Knock Down the Cans 1:15 Weights &amp; ROM 1:45 Mad Science Sensory Break Slime 2:15 I've Got It Game 4:00 Table Games 5:00 Move to the Music</p>	<p><b>29 Halloween Fun</b> 10:00Monster Mash Exercise 10:30 Trivia /Spooky Sensory Hall 11:00 Bingo 1:15Weights &amp; ROM 1:45 Zombie Dance 2:00 Mummy Wrap Race 2:30 Pumpkin Patch Pick 4:00 Table Games 5:00Poetry</p>