

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

NOVEMBER

Thanksgiving Celebrations Around the World

Wednesday, November 17, 2:00 p.m.

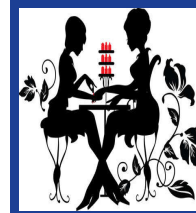
Explore the history and traditions of countries around the world that celebrate a day dedicated to gratitude. Enjoy the taste of different foods traditionally served during Thanksgiving celebration in other countries such as Mango and Papaya in Liberia.



Adult Day Healthcare WOODBIDGE



Sunday, November 7, 2021
Daylight Savings Time Ends.
Remember to turn your clocks back an hour!



Morning Manicures
Thursdays, 11:00 a.m.

Enjoy a morning of pampering and sensory stimulation with a relaxing manicure!



Daily Brain Games 1:45p.m.

Keep your brain active and have fun playing a variety of familiar word and memory games.



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.

Upcoming EVENTS

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

Word of the Day ~ Wednesdays, 11:00 a.m.

Join us as we come together to share a positive thought and word. Celebrate the day in song with familiar hymns. All are welcome to join!

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

Veterans Day Discussion ~ Wednesday, November 10th, 2:00 p.m. Join us for a discussion about the history, traditions, and meaning of Veterans day.

Men's Group ~ Tuesday, November 15th, 2:00p.m. Enjoy a morning with the guys. Play a few rounds of cards and swap some stories.

Costa Rica Travelogue ~ Wednesday, November 24th, 2:00 p.m.

Get your passport ready it is time for an armchair travel adventure! This month's stop the beautiful beaches and jungles of Costa Rica.

Prince William Adult Day Healthcare
Prince William Area Agency on Aging

15941 Donald Curtis Dr, Woodbridge, Virginia, 22191
Monday through Friday from 7:00 a.m. to 6:00 p.m.

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, Noodle ball, Target Toss, Skee-ball,	M-F	11:30am, 2:30pm, 4:30pm Vary through out 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	11:00am	Free
Costa Rica Travelogue	4th W	2:00pm	Free
Drama Club	1st,3rd, 5th M	2:00pm	Free
Manicures	TH	11:00am	Free
Men's Group	3rd M	2:00pm	Free
Music and Dancing	Daily	Throughout Day	Free
Reading Circle	2nd, 4th M	2:00pm	Free
Sensory Hall	Daily	Throughout Day	Free
Snack and Social Time	Daily	3:00pm	Free
Table Games	Daily	4:00pm	Free
Thanksgiving Fun and Games	Daily	Throughout the Day	Free

DAILY LUNCH MENU

M 1st Oriental Pepper Steak, Rice, Eggrolls, Muffin, Fruit
 Tu 2nd Lemon Herb Tilapia, Peas, Corn, Hushpuppies, Pie
 W 3rd -BLT w/ Lettuce, Tomato, Canadian Turkey Bacon Cole Slaw, 3 Bean Salad, Pears
 TH 4th Swedish Meatballs, Spaghetti, Broccoli, Garlic Bread, Pudding
 F 5th White Chicken Chili, Succotash, Honey Wheat Roll, Ice Cream
 M 8th Sirloin Beef Tips With Mushrooms, Mashed Potatoes, Mixed Veggies, Roll, Fruit
 Tu 9th Fried Chicken Sandwich, Lettuce, Tomato, Swiss cheese, potato salad, Doritos, Applesauce
 W 10th Jambalaya With Sausage, Jasmine Rice, Succotash, Tropical Fruit, Corn Bread

TH ADHC CLOSED VETERANS DAY

F 12th Cheeseburger, Lettuce Tomato, Onion, Pickles, Mayo, Bun, Baked Beans, Cole Slaw, Apricot
 M 15th Beef Stew, Beets, Kale, Corn Bread, Danish
 Tu 16th Baked Cod, Broccoli, Corn, Hushpuppies, Sherbet
 W 17th Egg Salad Sandwich, Croissant, Potato Salad, 3 Bean Salad, Fruit cocktail

TH 18th Thanks Giving Roast Turkey, Mashed Potatoes, Gravy, Stuffing, Green Beans, Cranberry Sauce, Pumpkin Pie

F 19th Hot Dog, Bun, Cheese Sauce, Cole Slaw, Potato Wedges, Dessert

M 22nd Meatloaf With Mashed Potatoes, Gravy, Green Beans, Roll, Fresh Fruit

Tu 23rd Mac-n- Cheese With Smoked Sausages, Stewed Tomato and Lima Beans, Zucchini, Muffin, Fruit

W 24th h Chicken Noodle Soup, Brussel Sprouts, Rosemary Potatoes, Garlic Bread, Pudding

Th 25th ADHC CLOSED THANKSGIVING

F 26th ADHC CLOSED THANKSGIVING

M 29th Stuffed Bell Peppers, Sweet Potato Fries, Broccoli, Roll, Dessert

Tu 30th Open Faced Roast Beef Sandwich, Mashed Potatoes , Gravy, Garlic Texas Toast, Carrots, Apple Sauce



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

COMMUNITY EVENTS & NEWS

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

DAY PROGRAM NOTES

ADHC Closures

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 ***

Adult Day Healthcare Doorbell

ADHC now has an outside doorbell to be used if you are unable to reach the program by phone.. The door bell is to right of the double glass doors on the outside brick wall. We do ask that you continue to follow the call in policy upon arrival and pickup as well as waiting for the person ahead of you has safely been brought into the program. We thank you for your patience and understanding as we work to serve our caregivers and participants more efficiently.

Rocking Around the Boardwalk

Adult Day Healthcare participants will be participating in Prince William Parks, Recreation & Tourism holiday tree display, Rocking Around the Boardwalk. At the beginning of this month through November 18th participants and staff will start decorating a one of a kind 5ft plywood tree with themed Joy to the World. Beginning December 4th you can view the ADHC decorated tree along with trees decorated by local community neighbors, friends, groups, schools, and businesses along the Neabsco Creek Boardwalk. Trees will remain on display through December.



November 2021

Mon	Tue	Wed	Thu	Fri
1 10:00 Weights & ROM 10:30 Trivia / Make a Pair 11:00 Bingo /Sensory Hall 1:15 Exercise 1:45 Jokes 2:00 Drama Club with Dawn /What's Wrong with the Picture/ Bowling 4:00 Table Games 5:00 Poetry	2 10:00 Weights &ROM 10:30 Trivia / What's Different 11:00 Creative Arts Door Hanger 1:15 Exercise 1:45 Missing Last Letter 2:15 Family Feud/Adult Coloring 4:00 Table Games	3 10:00 Weights &ROM 10:30 Trivia/ Mosaics 11:00 Bible Study/ Independent Word Games 1:15 Exercise 1:45 Name That Tune 2:15 Knock Down the Cans/ Rocking Around The Boardwalk Tree Decorating 4:00 Table Games 5:00 Poetry	4 10:00 Exercise 10:30 Trivia /Make a Word 11:00Beading/ Manicures/ Dominoes/Garden Clean Up 1:15 Weights & ROM 1:45 Junk Drawer Detective 2:00 Gratitude Turkeys 4:00 Table Games 5:00 Move to the Music	5 10:00 Weights & ROM 10:30 Trivia Sensory Hall 11:00 Bingo 1:15 Exercise 1:45 Name 10 Thanksgiving Side dishes 2:15 Movie and Popcorn 4:00 Mixed Table Games 5:00Poetry
8 10:00 Weights & ROM 10:30Trivia / Puzzles 11:00 Bingo 1:15 Exercise 1:45 Secret Word 2:00pm Reading Club with Liza /Shuffleboard 4:00 Mixed Table Games 5:00 Poetry	9 10:00 Weights & ROM 10:30 Trivia/ Aqua Paints 11:00 Rocking Around The Boardwalk Tree Decorating 1:15 Exercise 1:45 Thanksgiving Word Match 2:15 Finish the Feathers Game 4:00 Table Games	10 10:00 Weights & ROM 10:30 Trivia /Sorting 11:00 Bible Study/ Independent Word Games 1:15 Exercise 1:45 Create a Word 2:00 Veterans Day Discussion Tribute and Patriotic Songs 4:00 Table Games 5:00 Poetry	11 ADHC CLOSED 	12 10:00 Weights & ROM 10:30 Trivia /Puzzles 11:00 Bingo/Sensory Hall 1:15Exercise 1:45 Brain Game Challenge Finish the Phrase 2:00 Movie and Popcorn 4:00 Table Games 5:00Poetry
15 10:00 Exercise 10:30Trivia /Creating with Color 11:00 Bingo /Music and Rhythm Movement 1:15Weights & ROM 1:45 Funny Animal Videos 2:00 Men's Group Card/ Drama Club with Dawn / What's Wrong with the Picture 4:00 Table Games 5:00 Poetry	16 10:00 Weights &ROM 10:30 Trivia /What is that Sound 11:00 Rocking Around The Boardwalk Tree Decorating 1:15 Exercise 1:45 Brain Game Word Challenge Starts with Lo 2:15 Reminisce Preparing a Big Meal 4:00 Table Games	17 10:00 Weights & ROM 10:30 Trivia / Let's Build 11:00 Bible Study/ Independent Word Games 1:15 Exercise 1:45 Rhyming Words 2:15 Thanksgiving Around the World 4:00 Table Games 5:00 Poetry	18 10:00 Weights & ROM 10:30 Trivia/Tell Me What You See 11:00 Beading/ Manicures Target Toss 1:15 Exercise 1:45 Brain Game Missing Letter 2:15 Thanksgiving Cards of Gratitude 4:00 Table Games 5:00 Move to the Mu-	19 10:00 Weights & ROM 10:30 Trivia /Puzzles 11:00 Bingo/Sensory Hall 1:15Exercise 1:45 Create a Word 2:00 Movie and Popcorn 4:00 Table Games 5:00Poetry
22 10:00 Weights & ROM 10:30 Trivia / Matching Games 11:00 Bingo /Sensory Hall 1:15Exercise 1:45 Joke of the Day 2:00 Reading with Liza/ Noodle ball 4:00 Table Games 5:00 Poetry	23 10:00 Exercise 10:30 Trivia / Grocery Game 11:00 Creative Arts Turkey Table Favor 1:15 Weights & ROM 1:45 Brain Game Challenge What's the Sum 2:15 I've Got It Card Game 4:00Table Games 5:00 Move to the Music	24 10:00 Exercise 10:30 Trivia /Match the Suits 11:00 Bible Study/ Independent Word Games 1:15 Weights & ROM 1:45 Thanksgiving Dish Word Scramble 2:00 Travelogue Costa Rica 4:00Table Games 5:00 Poetry	25 ADHC CLOSED 	26 ADHC CLOSED
29 10:00 Exercise 10:30Trivia / Puzzles 11:00 Bingo/Sensory Hall 1:15Weights & ROM 1:45 Sensory Break 2:00pm Drama Club with Dawn /What's Wrong with the Picture 4:00 Table Games 5:00 Poetry	30 10:00 Exercise 10:30 Trivia / Match Game 11:00 Creative Arts Holiday Wreath 1:15 Weights & ROM 1:45 Brain Game Challenge Double OO words 2:15 Can You Picture This 4:00Table Games 5:00 Move to the Music	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. 		