



DECEMBER 2021



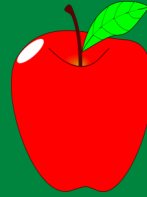
ADHC Program Closure

**Our Winter break will be from,
Thursday, December 23, through Friday,
December 31, 2021**

ADHC reopens Monday, January 3, 2022



Adult Day Healthcare **WOODBIDGE**



**National Red Apple Day
December 1, 2021**



**Trim the Tree and Deck
the Walls of ADHC,
Thursday, December 16,
11:00 a.m.**



**National Ice Cream Day
December 13, 2021**



**ADHC onsite caroling all
our favorite winter songs to
celebrate the season.
Thursday December 16th,
2:00pm.**

Upcoming EVENTS

Baking Club: First new baking meeting since returning to the center. Plan menu for 2022

*Holiday Card Making ~ Tuesday, December 14, 1:45 p.m.
Spend the afternoon getting crafty and creative making holiday
cards for our loved ones.*

*12 Countries in 12 Months Travelogue Series ~ Wednesday,
December 15, 2:00 p.m. Get your travelogue passport ready to
be stamped for fun as we continue our tour. This month's stop
Norway*

*Holiday Work Shop~ Thursday, December 16, 2:00 p.m. We
will make some crafty and creative gifts for giving.*

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Word of The Day	W	11:00 am	Free
Chicken Soup for the Soul/ Poetry	M,W	5:00pm	Free
Cooking/Baking	M	11:00 am	Free
Creative arts	Tu	10:30 am	Free
Life Stories	By appoint-ment	10:30am& 1:45pm	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,	M-F	11:30am'2:30,pm 4:30pm	Free
Walking Club	MWF	11:30am	Free
Weights & ROM	M-F	1:15pm	

FUN ACTIVITIES

Beading	TH	11:15 am	Free
Baking	Tu, TH	1:45 pm, 11:00am	Free
Bingo	M, F	2:00pm 10:30am	Free
Caroling Practice	Th	2:00pm	Free
Travelogue Norway Park	2nd W	2:00pm	Free
Tree trimming	12/16	11:00 am	Free

DAILY LUNCH MENU

W 1st Oriental Pepper Steak
Th 2nd Lemon Herb Salmon
F 3rd Hummus with Pita and Vegetables
M 6th Stuffed Cabbage Rolls
Tu 7th Italian Chicken Sandwich
W 8th Meat loaf /Mashed Potatoes
Th 9th Smoked Sausage Hoagie
F 10th Chicken Cordon Bleu
M 13th Sweet n Sour Chicken Nuggets
Tu 14th Beef Ravioli
W 15th Open face Roast Beef Sammy
Th 16th Baked Cod Filet
F 17th Holiday Party Turkey Meal
M 20th Reuben Sandwich
Tu 21st Shrimp Alfredo
W 22nd Pork Chops w/Mashed Potatoes

ADHC closed for Winter break

12/23/2021-12/31/2021



Adult Day Healthcare Staff

Lorraine Eckhardt, Site Manager

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

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**

Westminster at Lake Ridge

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

Elizabeth Glycer 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

First Mount Zion Baptist Church

16622 Dumfries Road

Dumfries, VA 22025

Call Stephanie Craddock at (703) 670-0184

For more information about sessions dates and times

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 NEWS

ADHC Program Closures

Winter Break, Thursday, December 23rd through Friday, December 31st 2021

Martin Luther King Jr. Day, Monday, January 17th

Memorial Day, Monday, May 30th,

Labor Day, Monday, September 5th

Veterans Day, Friday, November 11th

Thanksgiving Break, Thursday, November 24th through Friday November 25th

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

Site manager request

The temperature in the center may fluctuate so please send in a lightweight jacket or sweater for your loved one.

This will refrain from having to use their winter coat if they feel chilly.

Thanks!

December 2021

Mon	Tue	Wed	Thu	Fri
	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.	1 10:00 Exercise 10:30 Trivia/Holiday Scenes 11:00 Bible Study/Dice Game 1:15 Weights & ROM 1:45 Missing Vowel 2:15 Color By Number/Independent Word Games 4:00 Mixed Table Games 5:00 Poetry/Tablet Time National Red Apple Day	2 10:00 Exercise 10:30 Trivia/Aqua Paints 11:15 Beading with Bushra/ 1:15 Weights & ROM 1:45 Name 10 Winter Wardrobe/ 2:00 Holiday Decorating Games 4:00 Mixed Table Games 5:00 Move to the Music	3 10:00 Exercise 10:30 Trivia/ Musical Instruments 11:00 Bingo/ 1:15 Weights & ROM 1:45 Create A Word 2:00 Popcorn & Movie Home Alone 4:00 Mixed Table Games 5:00 Poetry/Tablet
	7 10:00 Exercise 10:30 Trivia/Tablet Time 11:00 Creative Arts Card Making 1:15 Weights & ROM 1:45 Rhyming Words 2:15 Caroling Practice 4:00 Word of the Day/ Mixed Table Games	8 10:00 Exercise 10:30 Trivia/Painting 11:00 Bible study 1:15 Weights & ROM 1:45 Word Mix Up/ Movie Meeting 2:00 Twelve Countries 12 Months Norway 4:00 Mixed Table Games 5:00 Poetry/Tablet Time	9 10:00 Exercise 10:30 Oldies But Goodies 11:15 Skee-ball 1:15 Weights & ROM 1:45 Funny Bones 2:00 Holiday Work Shop 4:00 Mixed Table Games 5:00 Move to the Music	10 10:00 Exercise 10:30 Trivia / Tablet Time 11:00 Bingo/ 1:15 Weights & ROM 1:45 Create A Word 2:00 Popcorn & Winter themed Movie 4:00 Mixed Table Games 5:00 Poetry/Tablet
13 10:00 Exercise 10:30 Trivia/ I Spy 1:00 Bingo 1:15 Weights & ROM 1:45 Monday Pick Me Up/ Baking Meeting 2:00 Trivia/Small Group Puzzles 4:00 Mixed Table Games 5:00 Poetry/Tablet National Ice Cream Day	14 10:00 Exercise 10:30 Trivia/ Puzzles 11:00 Creative Arts Ugly Hats 1:15 Weights & ROM 1:45 Card Making Puzzles and Word Games/Manicures 4:00 Word of the Day/ Mixed Table Games	15 10:00 Exercise 10:30 Trivia /Sensory Stations 11:00 Bible Study 1:15 Weights & ROM 1:45 Holiday Sensory Break 2:00 Travelogue Norway 4:00 Mixed Table Games/ 5:00 Poetry/Tablet Time	16 10:00 Exercise 10:30 Trivia/ Word Play 11:00 Baking//Tin Can Alley 1:15 Weights & ROM 2:00 Holiday Caroling 4:00 Mixed Table Games 5:00 Move to the Music	17 10:00 Exercise 10:30 Trivia/Drawing and Stamping 11:00 Bingo/ 12:00 Holiday dinner 2:30 Holiday Movie 4:00 Mixed Table Games 5:00 Poetry/Tablet Time
20 10:00 Exercise 10:30 Trivia/ I Spy 1:00 Bingo 1:15 Weights & ROM 1:45 Monday Pick Me Up/ Baking Meeting 2:00 Trivia/Small Group Puzzles 4:00 Mixed Table Games	21 10:00 Exercise 10:30 Trivia/ Puzzles 11:00 Creative Arts 1:15 Weights & ROM 1:45 : Rhyming Words 2:00 Carol Practice/ Puzzles and Word Games/Manicures National Shrimp Day	22 10:00 Exercise 10:30 Trivia/Holiday Scenes 11:00 Bible Study/Dice Game 1:15 Weights & ROM 1:45 Missing Vowel 2:15 Color By Number/Independent Word Games 4:00 Mixed Table	23 Closed Winter Break	24 Closed Winter Break
27 Closed Winter Break	28 Closed Winter Break	29 Closed Winter Break	30 Closed Winter Break	31 Closed Winter Break