

PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

February 2023 Newsletter



Welcome
February

February, along with January, was added to the Roman calendar when the calendar was extended from 10 to 12 months (around 700 BC). February comes from the Latin word *Februare*, meaning "to purify," because the Romans purified themselves in February in preparation for the arrival of spring. The Anglo-Saxons called the month *Solmonath* ("cake month") because cakes were offered to the gods during this time.

Upcoming EVENTS

Black History Month!

Every February, we set aside time to remember and honor African Americans, past and present, who have done so much to shape our country and the world. Black History Month is celebrated during the month Frederick Douglass's birthday (February 14, 1818). Black History Month is a federally recognized event that is celebrated nationwide. Dr. Carter G. Woodson (1875-1950) is credited with creating this opportunity to recognize and reflect on the important roles of African Americans in this country.

This month we will discuss and recall African Americans that made a difference in the world we live in today. Each day we will honor different influential African Americans and discuss how they helped shape the future.



BLACK
HISTORY
MONTH

Prince William Adult Day Healthcare
Prince William Area Agency on Aging

Adult Day Healthcare

WOODBIDGE

Groundhog Day is February 2nd, 2023!

The tradition of Groundhog Day began in 1887 when Punxsutawney Phil in Philadelphia made his first weather prediction. The holiday has been celebrated every February 2 since then. The date is significant because it is halfway between the winter solstice and the spring equinox. Join us at 2pm for our Groundhog Day Social where we dive into the history and look at past predictions over the years.



National Pizza Day is February 9th, 2023

Pizza lovers unite! Whether you like thin crust, Chicago-style, or deep-dish pizza, today is a day for you. Get ready for our pizza party at 2pm where we'll get a chance to make personal pizzas and chat about unique and strange pizza toppings used around the world.



President's Day

President's Day is celebrated February 20th, 2023. Join us for a lively discussion at 2pm featuring words of wisdom from our former presidents, best first lady recipes, and which presidents are on US currency. Our discussion will be followed by a homemade President's Day treat.



Valentine's Day

Valentine's Day, also called St. Valentine's Day, holiday (February 14) is when lovers express their affection with greetings and gifts. This Valentine's Day we'll celebrate with reminiscing of old love songs, baking sweet treats, and sharing past Valentine's traditions. Roses are red, Violets are blue, Sending a fun invite from me to you! Our lovely celebration starts at 2pm! See you there.



Mardi Gras

What do you get when you combine a centuries-old Catholic tradition with a bit of French culture, baubles, beads, parade floats, hot jazz, and masked revelers? You get Mardi Gras in New Orleans! This year Mardi Gras falls on Tuesday, February 21st. Join us for our Mardi Gras festivities kicking off at 11am with DIY Mardi Gras Mask and enjoy live Mardi Gras parades in New Orleans!



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

ACTIVITIES GUIDE

LEARNING ACTIVITIES

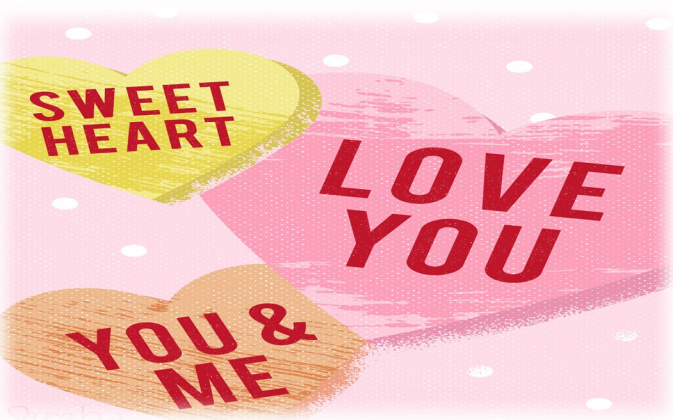
Table Talk/Resident's Social	M-F	1:30 pm
Bible Study	Wednesdays	11am
Trivia	M-F	10:30am
The Daily Chronicle	M-F	9:00am

FITNESS AND HEALTH ACTIVITIES

Exercise	M-F	10am
Weights & ROM	M-F	1pm

FUN ACTIVITIES

Movie Matinee	Fridays	2pm
Move to the Music/ Reminiscing through Music	M-F	5pm
Old Time Television	Wednesdays	3:30pm
Bingo	M, F	11am
Creative Arts	Various Tuesday/ Thursday	11am/2pm
Baking Club	Various Wednesdays	11:30am
Pizza Party	February 9th	2pm
Valentine's Day Celebration	February 14th	2pm
Mardi Gras Celebration	February 21st	2pm



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

DAILY LUNCH MENU



February 1st, 2023	Italian Sandwich, Sweet Potato Fries, and Zucchini
February 2nd, 2023	Chicken Noodle Soup, Kale, Peas & Onions, and Cannellini Beans
February 3rd, 2023	Pork Chop, Mashed Potatoes, Lima Beans, and Stewed Tomatoes
February 7th, 2023	Chicken Parmesan, Cannellini Beans, and Broccoli
February 8th, 2023	Cheeseburger and Baked Beans
February 9th, 2023	Chicken Wings, Potato Wedges, Cheddar Cheese Soft Pretzel
February 10th, 2023	Baked Lemon Cod Filet, Hush Puppies, and Carrots
February 13th, 2023	Baked Salmon, Cannellini Beans, Spinach, and Carrots
February 14th, 2023	Veggie Lasagna, Cucumber Salad, and Lentil Soup
February 15th, 2023	Baked Ham w/ Pineapple, Sweet Potatoes, and Green Beans
February 16th, 2023	Meatloaf, Mashed Potatoes, and Broccoli
February 17th, 2023	Baked Chicken, Baked Beans, and Carrots
February 20th, 2023	Macaroni & Cheese, Cannellini Beans, Stewed Tomatoes, and Broccoli
February 21st, 2023	Chili Dog, Red Kidney Beans, Spinach, and Sweet Potato Fries
February 22nd, 2023	Chef Choice Meal—TBD
February 23rd, 2023	Herbed Tilapia, Sweet Potatoes, Green Beans, and Roasted Mushrooms
February 24th, 2023	Stuffed Cabbage Roll, Kale, and Succotash
February 27th, 2023	Eggplant Parmesan, Cannellini Beans, and Mixed Green Salad

Alternate lunch items are available daily in replace of the main entrée meal. Options include but are not subject to PB&J, grilled cheese, chef salad, and tuna salad

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.

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



Prince William Adult Day Healthcare
Prince William Area Agency on Aging

ADHC PROGRAM

Adult Day Healthcare Staff

Lorraine Eckhardt, Site Manager

Janese Johnson, Recreation Specialist

Health Aides : Lul Alasso, Liza Banin, Bushra Begum, Sandra Wilson, Dawn Holton, and Christina Sutton

Friendly Caregiver reminder

Please contact the ADHC mainline (703) 792-4990, if your loved one will not be coming in or will be in later than usual, no later than 9 am Staff needs to know the number of participants attending each day to plan activities and have an accurate lunch delivery count.



ADHC 2023 Program Closures

Memorial Day, May 29th

Juneteenth, June 19th

ADHC Independence Day, July 3-7th

Labor Day, September 4th

Veterans Day, November 10th

Thanksgiving Break, November 23-24th

Winter Break, December 22nd-January 2nd, 2024

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

In addition the site manager will contact you in a timely manner if the ADHC has to close for any unforeseen Agency concerns or mandated training for staff.

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

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

Mon Tue Wed Thu Fri

1 2 Groundhog Day 3

Please note the schedule is subject to change. Any change in the daily schedule will be noted on the daily schedule.



9:00am The Daily Chronicle
9:15am America's Funniest Videos
10:00am Exercise
10:30am Trivia
11:00am Fellowship w/ Liza
11:30am Baking Club
1:00pm Weights & ROM w/ Lul
1:30pm Table Talk
2:00pm Welcome to February Social
3:30 Old Time Television
4:00pm Table Games/Puzzles
5:00pm Move to the Music



9:00am The Daily Chronicle
9:15am Charades
10:00am Exercise w/ Bushra
10:30am Trivia
11:00am Creative Arts
1:00pm Weights & ROM
1:30pm Resident's Social
2:00pm Groundhog Day Social
3:30pm Therapeutic Coloring
4:30pm Table Games/Puzzles
5:00pm Reminiscing



9:00am The Daily Chronicle
9:15am Pictionary
10:00am Exercise
10:30 Trivia
11:00am Bingo w/ Sandra
1:00pm Weights & ROM w/ Lul
1:30pm Table Talk
2:00pm Movie Matinee
4:00pm Table Games/Crossword Puzzles
5:00pm Motown Music Hour




6 7 8 9 National Pizza Day 10

9:00am The Daily Chronicle
9:15am Hangman
10:00am Exercise
10:30am Trivia
11:00am Bingo w/ Sandra
1:00pm Weights & ROM w/ Lul
1:30pm Black History Month Table Talk
2:00pm Drama Club Skits/Reading Group
3:30pm Word Challenge
4:00pm Table Games/Crossword Puzzles
5:00pm Move to the Music

9:00am The Daily Chronicle
9:15am Funny News
10:00am Exercise w/ Bushra
10:30am Trivia
11:00am Dominoes/Ring Toss
1:00pm Weights & ROM w/ Lul
1:30pm Black History Month Table Talk
2:00pm Creative Arts
3:30pm Family Feud
4:00pm Table Games/Crossword Puzzles
5:00pm Reminiscing through Music

9:00am The Daily Chronicle
9:15am America's Funniest Videos
10:00am Exercise
10:30am Trivia
11:00am Fellowship w/ Liza
1:00pm Weights & ROM w/ Lul
1:30pm Black History Month Table Talk
2:00pm Baking Club/Penny Game
3:30 Old Time Television
4:00pm Table Games/Word Search
5:00pm Move to the Music

9:00am The Daily Chronicle
9:15am Funny News
10:00am Exercise w/ Bushra
10:30am Trivia
11:00am Men's Group/Bunco
1:00pm Table Talk
2:00pm Pizza Party!
4:30pm Table Games/Puzzles
5:00pm Reminiscing through Music




9:00am The Daily Chronicle
9:15am Pictionary
10:00am Exercise w/ Bushra
10:30am Trivia
11:00am Bingo w/ Sandra
1:00pm Weights & ROM w/ Lul
1:30pm Black History Month Table Talk
2:00pm Movie Matinee
4:00pm Table Games/Crossword Puzzles
5:00pm Motown Music Hour

13 14 Valentine's Day 15 16 17

9:00am The Daily Chronicle
9:15am Categories Word Game
10:00am Exercise
10:30am Trivia
11:00am Bingo w/ Sandra
1:00pm Weights & ROM w/ Lul
1:30pm Black History Month Table Talk
2:00pm Valentine's Scavenger Hunt w/ Dawn
3:30pm Word Challenge
4:00pm Table Games/Crossword Puzzles
5:00pm Move to the Music

9:00am The Daily Chronicle
9:15am America's Funniest Videos
10:00am Exercise w/ Bushra
10:30am Trivia
11:00am Remembering Classic Love Songs
11:30am Baking Club—Kiss me Cherries Cookies
1:00pm Weights & ROM w/ Lul
1:30pm Frederick Douglas Birthday Tribute
2:00pm Valentine's Day Celebration
4:00pm Table Games/Crossword Puzzles
5:00pm Reminiscing




9:00am The Daily Chronicle
9:15am Detective Finds
10:00am Exercise w/ Bushra
10:30am Trivia
11:00 Fellowship w/ Liza
1:00pm Weights & ROM w/ Lul
1:30pm Table Talk
2:00pm Black History Month Tribute w/ Dawn
3:30pm Old Time Television
4:30pm Crosswords/Therapeutic Coloring
5:00pm Move to the Music

9:00am The Daily Chronicle
9:15am Funny News
10:00am Exercise w/ Bushra
10:30am Trivia
11:00am Travelogue to Boston w/ Janese
1:00pm Weights & ROM w/ Lul
1:30pm Black History Month Table Talk
2:00pm Baking Club—Boston Crème Pie
3:30pm Categories Word Game
4:30pm Table Games/Word Search
5:00pm Reminiscing through Music

9:00am The Daily Chronicle
9:15am Stamp Art
10:00am Exercise w/ Bushra
10:30am Trivia
11:00am Bingo w/ Sandra
1:00pm Weights & ROM w/ Lul
1:30pm Black History Month Table Talk
2:00 Movie Matinee
4:00pm Table Games/Crossword Puzzles
5:00pm Reminiscing through Music

20 President's Day 21 Mardi Gras/Shrove Tuesday 22 Ash Wednesday 23 DuBois Day 24

9:00am The Daily Chronicle
9:15am Categories Word Game
10:00am Exercise
10:30am Trivia
11:00am President's Day Bingo w/ Sandra
1:00pm Weights & ROM w/ Lul
1:30pm Black History Month Table Talk
2:00pm President's Day Social
3:30pm Penny Game
4:00pm Table Games/Crossword Puzzles
5:00pm Move to the Music



9:00am The Daily Chronicle
9:15am Charades
10:00am Exercise w/ Bushra
10:30am Mardi Gras Trivia
11:00am Creative Arts—Mardi Gras Mask
1:00pm Weights & ROM w/ Lul
1:30pm Black History Month Table Talk
2:00pm Mardi Gras Celebration
4:30pm Table Games/Crossword Puzzles
5:00pm Reminiscing through Music

9:00am The Daily Chronicle
9:15am Conversation Cards
10:00am Exercise
10:30am Trivia
11:00am Ash Wednesday Fellowship w/ Liza
1:00pm Weights & ROM w/ Lul
1:30pm Black History Month Table Talk
2:00pm Creative Arts
3:30pm Old Time Television
4:00pm Table Games/Word Search
5:00pm Move to the Music

9:00am The Daily Chronicle
9:15am Funny News
10:00am Exercise
10:30am Trivia
11:00am Men's Group/DuBois Tribute
1:00pm Weights & ROM w/ Lul
1:30pm Table Talk
2:00pm Bunco w/ Liza
3:30pm Word Challenge
4:00pm Table Games/Word Search
5:00pm Move to the Music

9:00am The Daily Chronicle
9:15am Funny News
10:00am Exercise w/ Bushra
10:30am Trivia
11:00am Bingo w/ Sandra
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27 28

9:00am The Daily Chronicle
9:15am America's Funniest Videos
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1:30pm Black History Month Table Talk
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4:00pm Table Games/Crossword Puzzles
5:00pm Move to the Music

