

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

January 2024 Newsletter



The month of January holds both Capricorn (December 22-January 19th) & Aquarius (January 20th-February 18th)

Astrology says that Capricorns are overachievers, persistent, Practical, and sensitive. Capricorns make success look effortless even though they put a lot of time in to their career and relationships.

Astrology says that Aquarius are highly intellectual and creative. They strive to make the world a better place. Their acts and viewpoints are guided by their empathy and strong sense of fairness. They value freedom and equality for everyone.

Looking back at 2023

2023 end of the year spotlight!
Thank you to all of our Volunteers.



Montclair Garden club & Ladies of Distinction

Adult Day Healthcare WOODBIDGE

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." (Strength to Love, 1963.)

Dr. Martin Luther King Jr.

Happy Birthday Martin Luther King Jr
(January 15th 1929)

Happy Birthday to our ADHC

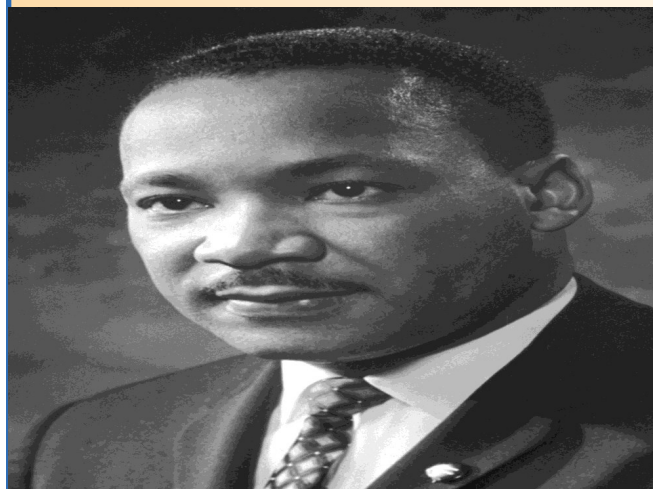
Participants!

Emma. S January 24th

Feliciana. O January 25th



This month we celebrate the life and legacy of Dr. Martin Luther King Jr.



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

Table Talk/Resident's Social	M-F	1:30 pm
Fellowship Group	Wednesdays	11am
Trivia	M-F	10:30am
The Daily Chronicle	M-F	9am
Gems Small Group/ Participant centered activity.	M-F	10:30am

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
Dancercise	M-F	10am
Chair Yoga	Various days Monday/ Wednesday/ Friday	1pm

Winter Solstice AFFIRMATIONS

- ❄️ I find strength even on the darkest nights
- ❄️ I let go of what no longer serves me
- ❄️ The stillness of winter gives me grounding energy
- ❄️ I am a source of light and warmth in the world
- ❄️ No amount of darkness can dim my light
- ❄️ I release any burdens or negativity
- ❄️ The energy of new beginnings is flowing in my body

OurMindfulLife.com

If you have any questions regarding the Adult Day Healthcare at Woodbridge please contact
Lorraine Eckhardt, Site Manager, @
703-792-4991 or Leckhardt@pwcgov.org

DAILY LUNCH MENU



January 2nd 2024	Chicken & Noodles, Kale, Corn, Honey wheat Roll, Pears
January 3rd 2024	Meatloaf, Mashed Potatoes, Broccoli Garlic Bread, Mandarin oranges
January 4th 2024	Jambalaya, Whole Grain Rice, Green Beans, Garlic Bread, Peaches
January 5th 2024	Chili Dog, Whole wheat bun, Baked Beans, Spinach, Sweet Potatoes, Fresh fruit Salad
January 8th 2024	Beef Stew w/Rice, Broccoli, Red Kidney Beans, Honey Wheat Dinner Roll, Applesauce
January 9th 2024	Spinach Quiche w/ Egg, Cheese, Cesar salad, Apricots.
January 10th 2024	Chicken Wings, Whole Wheat Roll, White Bean & tomato Salad, Carrots, Cinnamon apples.
January 11th 2024	Beef Lasagna w/Marinara Sauce, Broccoli Florets, Butternut Squash, Cantaloup
January 12th 2024	Trout Piccata Roasted Potatoes Spinach Hummus Pitta Chips w/ Margarine Fruit Cocktail
January 16th 2024	Stuffed Shells w/Cheese w/ Marinara Sauce Mixed Vegetables Garlic & Herb Breadstick Apricots
January 17th 2024	Italian Breaded Chicken Lentil Soup Turnup Greens Whole Wheat Biscuit w/ Margarine Pineapple
January 18th 2024	Mushroom Swiss Burger w/ Whole Wheat Bun w/ Romaine Lettuce w/ Sliced Tomato Swiss Cheese Sweet Potato Fries Beets
January 19th 2024	Scallops Peas Broccoli Slaw Kidney Beans, Watermelon
January 22nd 2024	Roast Beef Sandwich Whole Grain Bread w/ Romaine Lettuce w/ Sliced Tomato Green Beans Coleslaw, Fruit Salad
January 23rd 2024	Chicken Tenders Cucumber, Tomato & Olives Whole Wheat Roll, Peaches
January 24th 2024	Ham w/Beans Whole Grain Rice Kidney Beans Collard Greens Whole Wheat Roll
January 25th 2024	Sweet & Sour Chicken Nuggets Whole Grain Rice Egg Roll Broccoli
January 26th 2024	Baked Tilapia w/ Whole Wheat Bun Sweet Potato Kale w/ Vinegar w/ Tartar Sauce Pinto Beans Cantaloup
January 29th 2024	Fish Soft Tacos w/ Cilantro Slaw Guacamole Refried Beans Applesauce
January 30th 2024	Veggie Cheese Pizza Carrots Butternut Squash Soup Fresh Pineapple Upside Down Cake
January 31st 2024	Chef's Special

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 Rosemary Walker, Medicare Counselor

(703) 792-4156



ADHC PROGRAM

Adult Day Healthcare Staff

Lorraine Eckhardt, Site Manager

Dawn Holton, Recreation Specialist

Health Aides : Lul Alasso, Liza Banin,
Sandra Wilson, Sirina Alhassan, and
Christina Sutton

Friendly Caregiver reminder

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



ADHC 2024 Program Closures

New Years Day, January 1st

Martin Luther King Jr. Day, January 15th

Memorial Day, May 27th

Juneteenth, June 19th

Independence Day, July 1-5th

Labor Day September 2nd.

Veterans Day, November 11th

Thanksgiving, November 28th & 29th

Christmas Break, December 24th-January 1st

***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****

January 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
~Closed~	9:00am The Daily Chronicle 9:15am Cutest Animals 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00am Creative Arts 1:00pm Weights & ROM 1:30pm Would you Rather? 2:00pm Musical Ball 3:30pm Therapeutic Coloring/MLK 4:30pm Crossword Puzzles/ Table Games 5:00pm Reminiscing through Music	9:00am The Daily Chronicle 9:15am Celebrity Spotlight 10:00am Exercise/Dancercise 10:30am Trivia/Gems Small Groups 11:00 Friends Fellowship 1:00pm Chair Yoga 1:30pm Table Talk/ (New years resolution) 2:00pm Bean Bag Toss 3:30pm Drama Club 4:00pm Old Time Television (All in The Family) 5:00pm Move to the Music	9:00am The Daily Chronicle 9:15am Funny News 10:00am Exercise/Dancercise 10:30am Trivia/Gems Small Groups 11:00am Participant centered Small Group 1:00pm Weights & ROM 1:30pm Chicken Soup Story & Discussion 2:00pm Floor Hockey 3:30pm Short Stories 4:00pm Conversation Toss 5:00pm Reminiscing Through Music	9:00am The Daily Chronicle 9:15am Pictionary 10:00am Exercise/Dancercise 10:30am Trivia/Gems Small Groups 11:00am Bingo 1:00pm Chair Yoga 1:30pm Table Talk 2:00pm Movie Matinee/Gems Small Groups 4:00pm Mini Billiards/Checkers 5:00pm Motown Music Hour
				
8	9	10	11	12
9:00am The Daily Chronicle 9:15am Pictionary 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00am Bingo/Matching 1:00pm Chair Yoga 1:30pm Jokes & Riddles 2:00pm Musical Ball 3:30pm Old Time Television 4:00pm Penny Game 5:00pm Move to the Music	9:00am The Daily Chronicle 9:15am MLK Speeches 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00am MLK Wreath Craft w/Sandra 1:00pm Weights & ROM 1:30pm Table Talk 2:00pm Bean Bag Toss 3:30pm You tube Frenzy 4:30pm Crossword Puzzles/ Table Games 5:00pm Reminiscing through Music	9:00am The Daily Chronicle 9:15am Celebrity Spotlight 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00 Friends Fellowship 1:00pm Chair Yoga 1:30pm This or That? 2:00pm Baking Club/w Lul Group Games 3:30pm Drama Club 4:00pm Old Time Television (Golden Girls) 5:00pm Move to the Music	9:00am The Daily Chronicle 9:15am MLK Speeches 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00am Participant centered Small Groups 1:00pm Weights & ROM 1:30pm Chicken Soup Story& Discussion 2:00pm Musical Ball 3:30pm Short Stories 4:00pm Conversation Toss 5:00pm Reminiscing Through Music	9:00am The Daily Chronicle 9:15am AMF Home Videos 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00am Bingo/ Painting 1:00pm Chair Yoga 1:30pm MLK Presentation w/Liza 2:00pm Movie Matinee/Gems Small Groups 4:00pm Keep it moving (Ballon Fun) 5:00pm Move to the Music
				
15	16	17	18	19
~Closed~	9:00am The Daily Chronicle 9:15am AMF Home Videos 10:00am Exercise/ Dancercise 10:30am Trivia/Gems small Groups 11:00am MLK Plaque w/ Sirina 1:00pm Weights & ROM 1:30pm Table Talk/MLK 2:00pm Bowling/B-Ball 3:30pm Soul Train Videos 4:30pm Table Games/ Puzzles 5:00pm Reminiscing/Music	9:00am The Daily Chronicle 9:15am Celebrity Spotlight 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00 Friends Fellowship 1:00pm Chair Yoga 1:30pm This or That? 2:00pm Balloon Volleyball 3:30pm Drama Club 4:00pm Old Time TV (I love Lucy) 5:00pm Move to the Music	9:00am The Daily Chronicle 9:15am Word Categories 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00am Participant centered Small groups 1:00pm Weights & Rom 1:30pm Chicken Soup Story & Discussion 2:00pm Floor Hockey 3:30pm Junk Drawer 4:00pm Conversation Toss 5:00pm Reminiscing/Music	9:00am The Daily Chronicle 9:15am Soul Train Videos 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00am Bingo/Color by Numbers 1:00pm Chair Yoga 1:30pm Keep it Moving Balloon Fun 2:00pm Movie Matinee/Gems Small Groups 4:00pm Group Table Games 5:00pm Move to the Music
				
22	23	24	25	26
9:00am The Daily Chronicle 9:15am Categories Game 10:00am Exercise/Dancercise 10:30am Trivia/Gems Small Groups 11:00am Bingo/Adult Coloring 1:00pm Chair Yoga 1:30pm Table Talk 2:00pm Bowling/B-Ball 3:30pm Old Time TV 4:00pm Penny Game 5:00pm Move to the Music	9:00am The Daily Chronicle 9:15am Cutest Animals 10:00am Exercise/Dancercise 10:30am Trivia/Gems Small Groups 11:00am Creative Arts 1:00pm Weights & ROM 1:30pm Would you Rather? 2:00pm Musical Ball 3:30pm Therapeutic Coloring 4:30pm Crossword Puzzles/ Table Games 5:00pm Reminiscing/Music	9:00am The Daily Chronicle 9:15am Funny News 10:00 am Exercise/Dancercise 10:30am Trivia/Gems Small Groups 11:00am Friends Fellowship 1:00pm Chair yoga 1:30pm Table Talk 2:00pm Baking Club/Recipe Discussion w/ Lul Group Game 3:30pm Keep it Moving (Balloon fun) 4:00pm Old Time Tv 5:00pm Move to the Music	9:00am The Daily Chronicle 9:15am AMF Home Videos 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00am Participant centered small groups 1:00pm Weights & ROM 1:30pm This or That? 2:00pm Bean Bag Toss 3:30pm Hidden in plain sight 4:00pm Conversation Toss 5:00pm Reminiscing Music	9:00am The Daily Chronicle 9:15am Cutest Animals 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00am Bingo/Painting 1:00pm Chair Yoga 1:30pm Would you Rather? 2:00pm Movie Matinee/ Gems Small Groups 4:00pm Mini Billiards/Checkers 5:00pm Move to the Music
				
29	30	31		
9:00am The Daily Chronicle 9:15am Categories Game 10:00am Exercise/Dancercise 10:30am Trivia/Gems Small Groups 11:00am Bingo 1:00pm Chair Yoga 1:30pm Table Talk 2:00pm Floor Hockey 3:30pm Old Time TV 4:00pm Table Games/ Puzzles 5:00pm Move to the Music	9:00am The Daily Chronicle 9:15am Soul Train Videos 10:00am Exercise/Dancercise 10:30am Trivia/Gems Small Groups 11:00am Sip & Paint 1:00pm Weights & ROM 1:30pm Jokes & Riddles 2:00pm Tennis 3:30pm Afternoon Therapeutic Art 4:30pm Crossword Puzzles/ Table Talk 5:00pm Reminiscing through	9:00am The Daily Chronicle 9:15am Funny News 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups 11:00am Friends Fellowship 1:00pm Chair Yoga 1:30pm Table Talk 2:00pm Bowling/B-Ball 3:30pm Old Time Tv (Bewitched) 5:00pm Move to the Music		
			Please note the schedule is subject to change. Any change on the calendar will be noted on the daily schedule. Alternate programs are readily available when participants have different interest than what is scheduled.	