

# PRINCE WILLIAM

Area Agency on Aging

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

(703)792-4990

## February 2024 Newsletter

# HELLO FEBRUARY

The Month of February holds both Aquarius from January 20th to February 18th as well as Pisces from February 19th to March 20th.

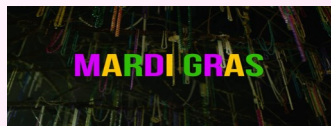
Astrology says that Aquarius are clever, analytical, technical, truthful, assertive, confident, Progressive and innovative.

Aquarians are ideas people, never suffering a drought of Inspiration.

Astrology says that Pisces is water sign that is highly in tune with the feelings of other and very sensitive them selves.

Pisces are known to effortlessly adapt to their surroundings

### All the Excitement in February!



Happy  
**VALENTINE'S**  
DAY  
新年快樂  
Happy Chinese New Year



Adult Day Healthcare

## WOODBIDGE

### American Heart Month

Heart month is an annual observance dedicated to Raising awareness about heart health and cardiovascular diseases. Heart month serves as a reminder to prioritize heart-healthy lifestyles.



Happy Birthday to our ADHC  
Participants!

J. Ayala February 7th



# Rosa Parks



Happy Birthday!

Rosa Parks

February 4th 1913

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/Participant Social                          | M-F        | 1:30 pm |
| Friends & Fellowship                                   | Wednesdays | 11am    |
| Trivia   | M-F        | 10:30am |
| The Daily Chronicle                                    | M-F        | 9am     |
| Gems Small Group/<br>Participant centered<br>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/<br>Reminiscing through Music | M-F   | 5pm      |
| Old Time Television                             | Wednesdays  | 3:30pm   |
| Bingo   | M, F  | 11am     |
| Creative Arts                                   | Various<br>Tuesday/<br>Thursday                     | 11am/2pm |
| <a href="#">Dancercise</a>                      | M-F   | 10am     |
| <a href="#">Chair Yoga</a>                      | Various days<br><br>Monday/<br>Wednesday/<br>Friday | 1pm      |

"I've learned that people will forget  
what you **said**,  
people will forget  
what you **did**, but  
people will never  
forget how you  
made them **feel**."

*Maya Angelou*



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](mailto:Leckhardt@pwcgov.org)

## DAILY LUNCH MENU



|                              |  |
|------------------------------|--|
| February 1st 2024            | Pork Chop w/ Pork Gravy Mashed Potatoes Lima Beans w/ Stewed Tomatoes Whole Wheat Dinner Roll Fresh Fruit Salad      |
| February 2nd 2024            | Chicken Noodle Soup Peas & Onions Kale Cannellini Beans Muffin Fresh Fruit Salad                                     |
| February 5th 2024            | Spinach & Cheese Ravioli w/ Alfredo sauce Green Beans, Roll, Apricots  |
| February 6th 2024            | Baked Salmon, Cannellini Beans, Spinach, Carrots, Roll, Strawberries   |
| February 7th 2024            | Cheeseburger on Potato Bun, Baked Beans, Fresh Apples  |
| February 8th 2024            | Chicken Wings, Carrot & Celery sticks, Red skin potato salad, Mac n' Cheese, Garlic Toast, Ice cream Cup             |
| February 9th 2024            | Chicken Parmesan W/Marinara Sauce, Cannellini Beans Broccoli, Whole Wheat Roll ,Melon                                |
| February 12th 2024           | Vegetarian Lasagna, Cucumber Salad, Lentil soup, Breadsticks, Mandarin Oranges                                       |
| February 13th 2024           | Meatloaf, Mashed potatoes, Broccoli Garlic Bread Watermelon  |
| February 14th 2024           | <b>Baked Ham w/ Pineapple Candied Sweet Potatoes Green Bean Hawaiian Dinner Rolls w/ Margarine Pears</b>             |
| <b>Happy Valentines Day!</b> |  |
| February 15th 2024           | ASIAN Chicken w/ Chili Garlic Sauce Rice Vegetable Egg Roll Mandarin Vegetable Blend Fortune Cookie                  |
| February 16th 2024           | Baked Lemon herb Cod Fillet Hush Puppies Carrots Mixed Vegetable w/ Margarine Peaches                                |
| February 19th 2024           | Macaroni & Cheese, Cannellini Beans w/ tomatoes, Broccoli, Bran Muffin, Applesauce                                   |
| February 20th 2024           | Chili Dog (Beef) Whole Wheat Bun, Red Kidney Beans, Spinach, Sweet Potato Fries, Fruit Cocktail                      |
| February 21st 2024           | Oven Fried Chicken, Baked Beans, Broccoli, Whole Wheat Roll , Honey Peaches  |
| February 22nd 2024           | Herb Tilapia ,Sweet Potato, Green Beans, Roasted Mushrooms, Dinner Roll ,Grapes                                      |
| February 23rd 2024           | Stuffed Cabbage Roll (beef) Whole Wheat Roll Kale, Succotash, Honeydew Melon   |
| February 26th 2024           | Eggplant Parmesan, Whole Wheat Pasta, Cannellini Beans, Mixed Green Salad, Strawberries                              |
| February 27th 2024           | Chicken Alfredo w/ Fettuccini Noodles, Broccoli Carrots, Breadstick w/ Margarine, Dragon Fruit                       |
| February 28th 2024           | Manager's Choice   |
| February 29th 2024           | Sirloin Beef Tips Whole Wheat Egg Noodles Red Kidney Beans, Sautéed Spinach, Mashed Potatoes W/Gravy, Fruit Cocktail |

\*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](http://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

**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 \***

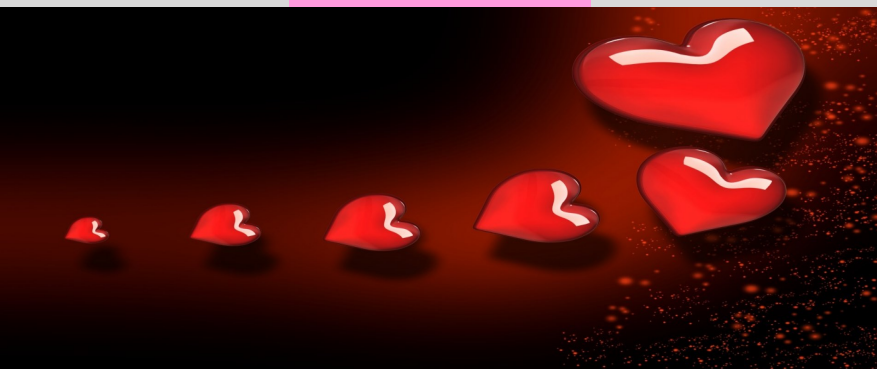
**In addition the site manager will contact you in a timely manner if the ADHC has to close for any unforeseen Agency concerns or mandated training for staff.**

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



# February 2024

| Mon | Tue | Wed | Thu | Fri                                   |
|-----|-----|-----|-----|---------------------------------------|
|     |     |     | 1   | 2 <b>Wear Red Day/</b> Ground Hog Day |



|  |  |
|--|--|
| 9:00am The Daily Chronicle<br>9:15am Funny News<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> Small Groups<br>11:00am Participant centered Small Group<br>1:00pm Weights & ROM<br>1:30pm Chicken Soup Story & Discussion<br>2:00pm Floor Hockey<br>3:30pm Short Stories<br>4:00pm Conversation Toss<br>5:00pm Reminiscing Through Music | 9:00am The Daily Chronicle<br>9:15am Pictionary<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> Small Groups<br>11:00am Bingo<br>1:00pm <b>Chair Yoga</b><br>1:30pm Table Talk/Groundhog Day<br>2:00pm Movie Matinee/ <b>Gems</b> Small Groups<br>4:00pm Mini Billiards/Connect 4<br>5:00pm Motown Music Hour |
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|---|---|---|---|---|
| 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|

|  |  |  |  |  |
|--|--|--|--|--|
| 9:00am The Daily Chronicle<br>9:15am Pictionary<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Bingo/<br>1:00pm <b>Chair Yoga</b><br>1:30pm Jokes & Riddles<br>2:00pm Musical Ball<br>3:30pm Old Time Television<br>4:00pm Penny Game<br>5:00pm <b>Jazz Cafe</b> | 9:00am The Daily Chronicle<br>9:15am MLK Speeches<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Tissue Paper hearts w/ <b>Sandra</b><br>1:00pm Weights & ROM<br>1:30pm Table Talk<br>2:00pm Bean Bag Toss<br>3:30pm <b>You tube</b> Frenzy<br>4:30pm Crossword Puzzles/ Table Games<br>5:00pm Reminiscing through | 9:00am The Daily Chronicle<br>9:15am Celebrity Spotlight<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00 Friends Fellowship<br>1:00pm <b>Chair Yoga</b><br>1:30pm Jokes & Riddles<br>2:00pm all about Harriet Tubman w/Lul<br>3:30pm Drama Club<br>4:00pm Old Time Television ( Good Times)<br>5:00pm Move to the Music | 9:00am The Daily Chronicle<br>9:15am White Board Word Scramble<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Participant centered Small Groups<br>1:00pm Weights & ROM<br>1:30pm Chicken Soup Stories<br>2:00pm Musical Ball<br>3:30pm Penny Game<br>4:00pm Conversation Toss<br>5:00pm Reminiscing Through Music | 9:00am The Daily Chronicle<br>9:15am AMF Home Videos<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Bingo/ Painting<br>1:00pm <b>Chair Yoga</b><br>1:30pm Jokes & Riddles<br>2:00pm Movie Matinee/ <b>Gems</b> Small Groups<br>4:00pm Keep it moving (Ballon Fun)<br>5:00pm <b>Jazz Cafe</b> |
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|    |                      |                           |    |    |
|----|----------------------|---------------------------|----|----|
| 12 | 13 <b>Mardi Gras</b> | 14 <b>Valentine's Day</b> | 15 | 16 |
|----|----------------------|---------------------------|----|----|

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|---|--|--|--|---|
| 9:00am The Daily Chronicle<br>9:15am Categories Game<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> Small Groups<br>11:00am Bingo<br>1:00pm <b>Chair Yoga</b><br>1:30pm Table Talk/ Happy Chinese New Year<br>2:00pm Floor Hockey<br>3:30pm Old Time TV<br>4:00pm Table Games/ Puzzles<br>5:00pm <b>Jazz Cafe</b> | 9:00am The Daily Chronicle<br>9:15am AMF Home Videos<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Mardi Gras Art/ Mask W/ <b>Sirina</b><br>1:00pm Weights & ROM<br>1:30pm Travelogue/ New Orleans <b>Mardi Gras</b><br>2:15pm Floor Hockey/ <b>Mardi Gras</b> table Game<br>3:30pm Soul Train Videos<br>4:30pm Table Games<br>5:00pm Reminiscing/Music | 9:00am The Daily Chronicle<br>9:15am Valentine's Card Making<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00 Friends Fellowship<br>1:00pm <b>Chair Yoga</b><br>1:30pm Funny V-Day quotes<br>2:00pm Valentine's Day Social/Baking<br>3:30pm Drama Club<br>4:00pm Old Time TV (227)<br>5:00pm Move to the Music | 9:00am The Daily Chronicle<br>9:15am Word Categories<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Participant centered Small groups<br>1:00pm Weights & Rom<br>1:30pm <b>Tuskegee Airmen/</b> Discussion w/ <b>Liza</b><br>2:00pm Floor Hockey<br>3:30pm Junk Drawer<br>4:00pm Conversation Toss<br>5:00pm Reminiscing/Music | 9:00am The Daily Chronicle<br>9:15am Soul Train Videos<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Bingo/ <b>Gems</b> small Groups<br>1:00pm <b>Chair Yoga</b><br>1:30pm Keep it Moving Balloon Fun<br>2:00pm Movie Matinee/ <b>Gems</b> Small Groups<br>4:00pm Group Table Games<br>5:00pm <b>Jazz Cafe</b> |
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|--------------------------|----|----|----|----|
| 19 <b>Presidents Day</b> | 20 | 21 | 22 | 23 |
|--------------------------|----|----|----|----|

|   |   |   |   |  |
|---|---|---|---|--|
| 9:00am The Daily Chronicle<br>9:15am Categories Game<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> Small Groups<br>11:00am Bingo/ <b>Gems</b> Small Groups<br>1:00pm <b>Chair Yoga</b><br>1:30pm Table Talk/ Presidents Day<br>2:00pm Bowling/B-Ball<br>3:30pm Old Time TV<br>4:00pm Penny Game<br>5:00pm <b>Jazz Cafe</b> | 9:00am The Daily Chronicle<br>9:15am Cutest Animals<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> Small Groups<br>11:00am Creative Arts/ <b>Participant Choice</b><br>1:00pm Weights & ROM<br>1:30pm Would you Rather?<br>2:00pm Musical Ball<br>3:30pm Therapeutic Coloring<br>4:30pm Table Games<br>5:00pm Reminiscing/Music | 9:00am The Daily Chronicle<br>9:15am Funny News<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> Small Groups<br>11:00am Friends Fellowship<br>1:00pm <b>Chair yoga</b><br>1:30pm Table Talk<br>2:00pm Baking Club/Recipe Discussion<br>3:30pm Keep it Moving (Balloon fun)<br>4:00pm Old Time Tv<br>5:00pm Move to the Music | 9:00am The Daily Chronicle<br>9:15am AMF Home Videos<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Participant centered small groups<br>1:00pm Weights & ROM<br>1:30pm This or That?<br>2:00pm Bean Bag Toss<br>3:30pm Junk Drawer Detective<br>4:00pm Conversation Toss<br>5:00pm Reminiscing/Music | 9:00am The Daily Chronicle<br>9:15am Cutest Animals<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Bingo/ <b>Gems</b> small Groups<br>1:00pm <b>Chair Yoga</b><br>1:30pm <b>Black History</b> Celebration<br>2:00pm Movie Matinee/ <b>Gems</b> Small Groups<br>4:00pm Mini Billiards/Air Hockey<br>5:00pm <b>Jazz Cafe</b> |
|---|---|---|---|--|

|    |    |    |                    |  |
|----|----|----|--------------------|--|
| 26 | 27 | 28 | 29 Happy Leap Day! |  |
|----|----|----|--------------------|--|

|   |  |   |  |   |
|---|--|---|--|---|
| 9:00am The Daily Chronicle<br>9:15am Categories Game<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> Small Groups<br>11:00am Bingo<br>1:00pm <b>Chair Yoga</b><br>1:30pm Table Talk<br>2:00pm Floor Hockey<br>3:30pm Old Time TV<br>4:00pm Table Games<br>Ping Pong/Table top Bowling<br>5:00pm <b>Jazz Cafe</b> | 9:00am The Daily Chronicle<br>9:15am Soul Train Videos<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> Small Groups<br>11:00am Creative Arts/ Sip & Paint w/ <b>Dawn</b><br>1:00pm Weights & ROM<br>1:30pm Jokes & Riddles<br>2:00pm Tennis<br>3:30pm Afternoon Therapeutic Art<br>4:30pm Table Games<br>5:00pm Reminiscing through Music | 9:00am The Daily Chronicle<br>9:15am Funny News<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Friends Fellowship<br>1:00pm <b>Chair Yoga</b><br>1:30pm Table Talk<br>2:00pm Bowling/B-Ball<br>3:30pm Old Time Tv (Jefferson)<br>5:00pm Move to the Music | 9:00am The Daily Chronicle<br>9:15am White Board Word Scramble<br><b>10:00am Exercise/Dancercise</b><br>10:30am Trivia/ <b>Gems</b> small Groups<br>11:00am Participant centered Small Groups<br>1:00pm Weights & ROM<br>1:30pm Chicken Soup Stories<br>2:00pm <b>Game Room Fun</b><br>3:30pm Penny Game<br>4:00pm Conversation Toss<br>5:00pm Reminiscing Through Music | Please note the schedule is subject to change.<br>Any change on the calendar will be noted on the daily schedule.<br>Alternate programs are readily available when participants have different interest than what is scheduled. |
|---|--|---|--|---|

