

www.pwcgov.org/aging

(703)792-4990

April 2024 Newsletter



In Astrology April holds Both Aries and Taurus

Aries from April 1st—19th

Taurus from April 20th –April 30th

Aries- are considered to headstrong, Charging forward into all adventures with confidence and ambition Lucky Number is- 1

Taurus- are considered to be hard-headed, down-to-earth, tenacious, reliable and loyal.

Lucky Number is- 7

What's Happening In April!

April Fools' Day— on April 1st Prepare you best pranks and practical jokes. Be safe playing your pranks and be sure to have a good laugh. It's all in fun.

Earth Day — Earth Day is an annual event on April 22nd to demonstrate support for environmental Protection. The theme for 2024 is Planet vs. Plastic. Lets be good to our planet so or planet will be good to us.

Arbor Day —Arbor Day is celebrated primarily to raise awareness towards the importance of trees. This day emphasizes the crucial role these beings play in the planets wellbeing and supporting life.

Adult Day Healthcare

WOODBIDGE



National Garden Month Trivia

& Facts

In what year was April declared as National Garden month?

Did you know ? Gardens are critical habitats for pollinators like bees, bats, birds, beetles, butterflies and other animals.

The **USDA People's Garden Initiative** was launched in 2009 and since 2,116 gardens have registered as People's Gardens in communities across the United States.

Happy Birthday to our ADHC

Participants!

Alice J

April 25th

HAPPY BIRTHDAY

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/ 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/	Tuesday	11am
Therapeutic Art	Various Days	3:30pm
Dancercise	M-F	10am
Chair Yoga	Various days Monday/ Wednesday/ Friday	1pm

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

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

DAILY LUNCH MENU

April 1st 2024	Roast Beef Sandwich Whole Grain Bread w/ Romaine Lettuce w/ Sliced Tomato Green Beans Coleslaw
April 2nd 2024	Ham w/Beans Whole Grain Rice Kidney Beans Collard Greens Whole Wheat Roll w/Margarine Tropical Fruit Salad
April 3rd 2024	Chicken Tenders, Cucumber, Tomato & Olives Whole Wheat Roll Low Fat Ranch -or- Italian, Cantaloupe
April 4th 2024	Chicken Salad w/ Whole Wheat Croissant w/ Romaine Lettuce w/ Sliced Tomato w/ Swiss Cheese Beets Salad Potato Salad Strawberries
April 5th 2024	Baked Tilapia w/ Whole Wheat Bun Sweet Potato Broccoli w/ Pinto Beans, Watermelon
April 8th 2024	Fish Soft Tacos w/ Cilantro Slaw, Diced Tomato Guacamole, Refried Beans, Peaches
April 9th 2024	Chicken & Noodles Peas & Onions Kale Cannelloni Beans, Assorted WG Muffin, Apricot
April 10th 2024	Salisbury Steak, Red Kidney Beans Sautéed Spinach Mashed Potato Gravy, Honey Dew
April 11th 2024	Veggie Cheese Pizza ,Carrots, Butternut Squash Soup, Applesauce, Pineapple Upside-Down Cake
April 12th 2024	Baked Ham, Baked Potato, Green Beans w/ Almonds, Whole Grain Dinner Roll , Fresh fruit Salad
April 15th 2024	Chicken Parmesan, Cannelloni Beans, Broccoli, Garlic bread, Honey Dew Melon
April 16th 2024	Spinach & Cheese Ravioli w/ Alfredo Sauce, Spinach Parmesan Cheese, Green Beans,Roll, Apricots
April 17th 2024	Cheeseburger Potato Bun w/ Romaine Lettuce w/ Sliced Tomato w/ Sliced Onion w/Pickles, Baked Bean
April 18th 2024	Baked Chicken, Whole Wheat Roll, Kale, Pinto Beans, SweetPotato, Grapes
April 19st 2024	Baked Salmon Squash & Peppers Whole Wheat Dinner Roll, Dragon Fruit
April 22nd 2024	White Chicken Chili, Cannelloni Beans, Turnip Greens Potato Wedge Roll, Strawberries
April 23th 2024	Reuben on Marble Rye, Garbanzo Beans, Au Gratin Potatoes, Raspberry Sherbet Mandarin Oranges
April 24th 2024	Manager's Choice
April 25th 2024	Meatloaf, Mashed Potato, Broccoli Garlic Bread, Banana
April 26th 2024	Baked Lemon Herb Cod Fillet, Hush Puppies Carrots Mixed Vegetable, Peaches
April 29th 2024	Chili Dog Whole Wheat Bun, Red Kidney Beans Spinach Sweet Potato Fries, Fruit Salad
April 30th 2024	Macaroni Cheese, Cannelloni Beans Stewed Tomato, Broccoli Bran Muffin, Honey Dew Melon

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



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, Violette Turner

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

Please contact the ADHC prior to coming if your loved one is experiencing symptoms or has been exposed to illness.

Guidance will be provided to you for participant attendance and/or return to the program.

April 2024

Mon	Tue	Wed	Thu	Fri
1 April Fools' Day	2	3 NTL Find A Rainbow Day	4	5 NTL Go For Broke Day
9:00 am The Daily Chronicle 9:15am Category Games 10:00am Exercise/Dancercise 10:30am Trivia/ Gems Small Groups 11:00am Bingo/ Gems Small Groups 1:00pm Weights & ROM 1:30pm Table Talk/ April Fools' Day 2:00pm Walking Club/ Chair soccer 3:30pm Hangman W/ Ms. V 5:00pm Jazz Cafe	9:00am The Daily Chronicle 9:15am Soul Train Videos 10:00am Exercise/Dancercise 10:30am Trivia/ Gems Small Groups 11:00am Creative Arts W/ Sandra 1:00pm Weights & ROM 1:30pm Jokes & Riddles 2:00pm Tennis 3:30pm Drama Club 4:30pm Table Games 5:00pm Reminiscing through Music	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/ Find A Rainbow Day 2:00pm Bowling/B-Ball 3:30pm Old Time Tv 5:00pm Move to the Music 	9:00 am The Daily Chronicle 9:15am Act It Out 10:00am Exercise/Dancercise 10:30am Trivia Gems small Groups 11:00am Group Games W/ Christina 1:00pm Weights & ROM 1:30pm Name that tune w/ Dawn 2:00pm Chair soccer in the n the Garden 3:30pm Penny Game 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/NTL Go For Broke Day 2:00pm Movie Matinee/ Gems Small Groups 4:00pm Table top Bowling 5:00pm Motown Music Hour 
8 NTL. Zoo Lovers Day	9	10	11 NTL Pet Day	12
9:00am The Daily Chronicle 9:15am Category Games 10:00am Exercise/Dancercise 10:30am Trivia/ Gems small Groups 11:00am Bingo/ 1:00pm Chair Yoga 1:30pm Jokes & Riddles 2:00pm Musical Ball 3:30pm Old Time Television 4:00pm Penny Game 5:00pm Jazz Cafe	9:00am The Daily Chronicle 9:15am AMF Home Videos 10:00am Exercise/Dancercise 10:30am Trivia/ Gems small Groups 11:00am Outreach library 1:00pm Weights & ROM 1:30pm Table Talk 2:00pm Bean Bag Toss 3:30pm Virtual Reality Games 4:30pm Crossword Puzzles/ Table Games 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 would you rather 2:00pm Baking Club/ Air Hockey/ Ping Pong 3:30pm Drama Club 4:00pm Old Time Television (Dick Van Dyke) 5:00pm Move to the Music	9:00am The Daily Chronicle 9:15am White Board Word Scramble 10:00am Exercise/Dancercise 10:30am Trivia/ Gems small Groups 11:00am Bunco w/ Liza Small Groups 1:00pm Weights & ROM 1:30pm Chicken Soup Stories 2:00pm Musical Ball 3:30pm Penny Game 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 Jokes & Riddles 2:00pm Movie Matinee/ Gems Small Groups 4:00pm Keep it moving (Ballon Fun) 5:00pm Jazz Cafe 
15 NTL Titanic remembrance	16	17 NTL Banana Day	18	19
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/ Titanic Remembrance 2:00pm Floor Hockey 3:30pm Old Time TV 4:00pm Table Games/ Puzzles 5:00pm Jazz Cafe	9:00am The Daily Chronicle 9:15am American Idol 10:00am Exercise/Dancercise 10:30am Trivia/ Gems small Groups 11:00am Earth day Craft W/ Ms. V 1:00pm Weights & ROM 1:30pm Jokes & Riddles 2:00pm Floor Hockey 3:30pm Afternoon Trivia W/Ms. V 4:30pm Table Games 5:00pm Reminiscing/Music	9:00am The Daily Chronicle 9:15am Funny Kid News 10:00am Exercise/Dancercise 10:30am Trivia/ Gems small Groups 11:00 Friends Fellowship 1:00pm Chair Yoga 1:30pm Table Talk/ Banana Banana Day 2:00pm Ballon Volleyball 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music	9:00am The Daily Chronicle 9:15am Act It Out 10:00am Exercise/Dancercise 10:30am Trivia/ Gems small Groups 11:00am Group Game w/ Christina / Small Group 1:00pm Weights & Rom 1:30pm Sing-A-Long 2:00pm Pool/Virtual reality Games 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/ Gems small Groups 1:00pm Chair Yoga 1:30pm Poetry Reading 2:00pm Movie Matinee/ Gems Small Groups 4:00pm Group Table Games 5:00pm Jazz Cafe 
22 Earth Day	23	24 NTL. Pet Parents Day	25	26 Arbor Day
9:00am The Daily Chronicle 9:15am Categories Game 10:00am Exercise/Dancercise 10:30am Trivia/ Gems Small Groups 11:00am Bingo/ Gems Small Groups 1:00pm Chair Yoga 1:30pm Table Talk/ Earth Day 2:00pm Bowling/B-Ball 3:30pm Old Time TV 4:00pm Penny Game 5:00pm Jazz Cafe	9:00am The Daily Chronicle 9:15am Soul Train Videos 10:00am Exercise/Dancercise 10:30am Trivia/ Gems Small Groups 11:00am Creative Art W/ Sirina 1:00pm Weights & ROM 1:30pm Poetry Reading 2:00pm Musical Ball 3:30pm Therapeutic Coloring 4:30pm Table Games 5:00pm Reminiscing/Music	9:00am The Daily Chronicle 9:15am Celebrity Spotlight 10:00am Exercise/Dancercise 10:30am Trivia/ Gems Small Groups 11:00am Friends Fellowship 1:00pm Chair yoga 1:30pm Table Talk/NTL Pet Parents Day 2:00pm Baking Club/Recipe Discussion/ Table Games 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 White Board Word Scramble 10:00am Exercise/Dancercise 10:30am Trivia/ Gems small Groups 11:00am Bunco w/ Liza Small Groups 1:00pm Weights & ROM 1:30pm Karaoke W/Dawn 2:00pm Bean Bag Toss 3:30pm Junk Drawer Detective 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/ Gems small Groups 1:00pm Chair Yoga 1:30pm Table Talk 2:00pm Movie Matinee Gems Small Groups 4:00pm Ping Pong/ Pool 5:00pm Jazz Cafe 

29 NTL Poem in Your Pocket	30
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/ Poem in Your pocket Day 2:00pm Floor Hockey 3:30pm Old Time TV 4:00pm Table Games Ping Pong/Table top Bowling 5:00pm Jazz Cafe	9:00am The Daily Chronicle 9:15am AMF Home Videos 10:00am Exercise/Dancercise 10:30am Trivia/ Gems Small Groups 11:00am Creative Arts/ w/ Dawn 1:00pm Weights & ROM 1:30pm Jokes & Riddles 2:00pm Tennis 3:30pm Afternoon Therapeutic Art 4:30pm Table Games 5:00pm Reminiscing through 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.

What's all the EXCITEMENT at the Adult Day Program!

The Adult Day Program would also like to extend a special thanks to the business owner of [Attic Art Finds](#). This business reached out to us because they heard about the great things that are coming to the day program and wanted to help. Attic Art finds decided they wanted to sponsor the purchase of a virtual headset as well as accessories. Again, the Prince William County Adult Day program Greatly appreciates your support in our mission.



Here at Attic Art Finds (AAF) we have an eclectic collection of original vintage and antique art. AAF inventory includes hand carved figures and distinguished Folk Artist. The artwork is restored with acid free backing, custom framing and museum preservation UV glass. All pictures come with free wall mounting kit.

AAF offers free shipping for all domestic purchases for delivery in the United States. All items are insured and will ship in 1-3 days after payment. All sales are final.

Visit and follow AAF LLC Facebook Page @ Attic Art Finds. Click on our website at atticartfinds.net

What's all the EXCITEMENT at the Adult Day

Program!

The Prince William Adult Day Healthcare would like to extend acknowledgement and a huge thank you to the Top Ladies of Distinction Dale city– Prince William County Chapter. The day program reached out to this group of ladies to provide an opportunity for involvement with our Virtual Reality program that will officially be offered to participants in the month of April. This group of wonderful ladies did not hesitate to jump right in to assist however was needed. The Top Ladies sponsored one Virtual reality headset for the program along with accessories. The Adult Day Program was presented with these wonderful gifts by the TLOD Senior Citizens committee on March 12th 2024. Below are some photos from this wonderful day!

