

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

(703)792-4990

## May 2024 Newsletter



In Astrology, May holds Both Taurus (May 1-May 20) as well as Gemini (May 21- May 31)

**Taurus**— said to be somewhat hardheaded , down to earth, Tenacious, reliable and loyal people

**Lucky Numbers** 6, 5, 33

**Gemini**— said to be social, talkative and whimsical, but they can also be indecisive or nosy.

**Lucky Numbers** 5,3,22

Adult Day Healthcare

## WOODBRIIDGE

**Happy Mother's Day!**



**It's time to get excited**

On May 10th we will attend our annual older American's month picnic. This is a great way to kick off warm weather, as well as spring and summer outings. Stay tuned for more information as well as permission slips coming your way soon.

## Older Americans Month



## What's Happening In May!



**BING CROSBY**

**MAY 3RD 1903**



# 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	Various days	3:30pm
Bingo	M, F	11am
Creative Arts	Tuesday	11am
<u>Dancercise</u>	M-F	10am
<u>Chair Yoga</u>	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@pwccgov.org](mailto:Leckhardt@pwccgov.org)

# DAILY LUNCH MENU

May 1st 2024	Stuffed Cabbage Roll w/ Beef, Whole Wheat Roll Kale, Succotash, Grapes.
May 2nd 2024	Herb Tilapia, Sweet potato, Green Beans, Roasted Mushrooms, Kidney Beans, Whole Wheat Roll, Fresh Fruit Salad
May 3rd 2024	Baked Chicken, Southwest Corn, Broccoli, Biscuit, Dragon Fruit, Pecan Pie
May 6th 2024	Chicken/ Soft Tacos, Cilantro Slaw, Guacamole, Refried Beans, Churro Sticks, Watermelon.
May 7th 2024	Eggplant Parmesan W/Marinara Sauce, Whole Wheat Pasta, Cannellini Beans Mixed Green Salad, Peaches
May 8th 2024	Crab Cake, Rosemary Potato, Butternut Squash Soup, Roll Cocktail Sauce, Fresh Oranges
May 9th 2024	Sirloin Beef Tips, Whole Wheat Egg Noodles, Red Kidney Beans, Spinach, Mashed Potatoes w/Gravy Strawberries
May 10th 2024	<b>Staff and Participants will attend the Older Americans Month Celebration in at Camp Snyder</b>
May 13th 2024	Pulled Pork Sandwich, Stewed Tomatoes, Baked Beans, Broccoli, Pineapple Tidbits
May 14th 2024	Chicken Cordon Blue, Sweet Potato, Green Beans, Dinner Roll. Fresh Apple
May 15th 2024	Chicken Sandwich w/Whole Wheat Croissant, Garbanzo Beans, Potato Salad, Honey Dew Melon
May 16th 2024	Swedish Meatballs, Whole Wheat Egg Noodles, Asparagus, Lingonberry Sauce, Blueberry Cobbler
May 17th 2024	Tuna Salad Plate, 3 Bean Salad, Pasta Salad, Whole Wheat Crackers, Strawberries.
May 20th 2024	Chicken & Dumplings, Kale, Carrots, Honey Wheat Roll, Pears
May 21st 2024	Red Snapper, Brown Rice, Mixed Vegetables, Apricot Cobbler
May 22nd 2024	Pork Chop w/Gravy, Mashed Potatoes, Lima Beans, Stewed Tomatoes, Dinner Roll, Mandarin Oranges.
May 23rd 2024	Baked Salmon, Spinach, Whole Wheat Dinner Roll, Pears.
May 24th 2024	<b>In-Service ADHC Closed</b>
May 27th 2024	
May 28th 2024	Spinach Quiche W/Egg & Cheese, Kale, Carrot, Apricots
May 29th 2024	<b>Manager's Choice</b>
May 30th 2024	Beef Lasagna w/Marinara Sauce, Broccoli Florets, Butternut Squash, Roll, Peaches
May 31st 2024	Trout Piccata, Roasted Potatoes, Spinach, Hummus, Pitta Chips, Fruit Cocktail

## 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 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

#### In-service May-24th ADHC Closed

Memorial Day, May 27th

Juneteenth, June 19th

Independence Day, July 1-5th

Labor Day September 2nd.

#### September-13th ADHC Closed

(All Staff Meeting)

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**

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.



9:00am The Daily Chronicle  
9:15am Soul Train Videos  
10:00am Exercise/Dancercise  
10:30am Trivia/Gems small Groups  
11:00am Friends Fellowship  
1:00pm Chair Yoga  
1:30pm Table Talk/ May Day  
2:00pm Bowling/B-Ball  
3:30pm Drama Club  
4:00pm Old Time Television  
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/Walking Club  
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/Gems Small Groups  
1:00pm Chair Yoga In the Garden  
1:30pm Table Talk/National Garden Meditation Day  
2:00pm Movie Matinee  
4:00pm Table top Bowling  
5:00pm Motown Music Hour

9:00am 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 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/ Spanish Bingo  
11:00am Crafting w/Sandra  
1:00pm Weights & ROM  
1:30pm Would You Rather  
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 Table Talk/ 3rd Shift Worker Day  
2:00pm Baking Club/ Air Hockey/ Walking Club  
3:30pm Drama Club  
4:00pm Old Time Television (Golden Girls)  
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 Movie Matinee  
4:00pm Keep it moving (Balloon Fun)  
5:00pm Reminiscing Through Music

**OLDER AMERICAN'S MONTH PICNIC**

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/  
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/ Spanish Trivia  
11:00am Outreach library  
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/ National Nylon Stocking 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

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/ National Be A Millionaire 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/ Spanish Bingo  
11:00am Crafting W/Ms. V  
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/w Dawn International being you day  
2:00pm Baking Club/Recipe Conversation Toss in the Garden  
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

**In-Service ADHC Closed**



9:00am The Daily Chronicle  
9:15am AMF Home Videos  
10:00am Exercise/Dancercise  
10:30am Trivia/Gems Small Groups/Spanish Trivia  
11:00am Crafting W/Sirina  
1:00pm Weights & ROM  
1:30pm Table Talk/ National Beef Burger Day  
2:00pm Tennis  
3:30pm Afternoon Therapeutic Art  
4:30pm 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 would you rather  
2:00pm Baking Club/ Air Hockey/ Ping Pong  
3:30pm Drama Club  
4:00pm Old Time Television  
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 Parachute Game  
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/National Road trip Day  
2:00pm Movie Matinee/ Gems Small Groups  
4:00pm Table top Bowling  
5:00pm Motown Music