

www.pwcgov.org/aging

(703)792-4990

June 2024 Newsletter



In Astrology, June holds Both Gemini & Cancer

Gemini June 1st– June 21st. Gemini's are said to be playful intellectually curious.

Cancer -June 22nd –June 31st. Cancer's are said to be emotional, nurturing and highly intuitive.

June Birthstone

Pearl, alexandrite and moonstone

What's Happening In June!



Adult Day Healthcare

WOODBIDGE

Butterfly Education and Awareness Day –

The first Saturday in June has been declared **Butterfly Education and Awareness Day**

Plant flowers that butterflies love to



Feed on



Like black-eyed Susan or Partridge Pea



ADHC Participants

Diane . F June 11th

Jerry .S June 22nd

Emma .S June 25th



“Egg”cellent Egg Day (Egg Trivia)



June 3rd 2024



- A chicken egg shell has as about 17,000 tiny pores on the surface of the shell.
- An average hen lays an average of 266 eggs per year. The record is 371 eggs in one year.
- According to the Guinness Book of Records, the record for throwing a fresh egg without breaking it is 317 feet, 10 inches.
- Eggs will age more in one day at room temperature than in one week in the refrigerator.

ACTIVITIES

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

DAILY LUNCH MENU

June 3rd 2024	Sweet & sour chicken nuggets, Whole grain rice, Egg roll, Baked beans, Broccoli, Banana
June 4th 2024	Mushroom Swiss burger, Sweet potato fries, Beets, Fresh fruit salad.
June 5th 2024	Crab Cakes, Peas, Broccoli Slaw, Kidney beans, Whole wheat dinner roll, Peaches.
June 6th 2024	Closed For In-service
June 7th 2024	Stuffed Shells, Mixed vegetables, Garlic & herb breadstick, Apricots.
June 10th 2024	Baked Tilapia, Whole wheat bun, Sweet potato, Broccoli, Pinto beans, Tropical fruit salad.
June 11th 2024	Chicken Tenders, Cucumber, Tomato, & Olives, Cantaloup.
June 12th 2024	Ham w/Beans, Whole Grain rice, Kidney beans, Collard greens, Whole wheat roll, Orange
June 13th 2024	Baked Chicken, Whole wheat roll, Kale, Sweet potato, Grapes.
June 14th 2024	Cheese Burger, Baked beans, Potato wedges, Summer Fruit salad, Ice cream cup-brownie Bombard Strawberry Shortcake.
June 17th 2024	Roast beef Sandwich, Coleslaw, Green beans, Watermelon.
June 18th 2024	Spinach & Cheese ravioli, Green beans, Whole wheat roll, Apricot.
June 19th 2024	(Juneteenth) Center closed
June 20th 2024	Chicken Parmesan, Cannellini beans, Broccoli, Garlic bread, Melon.
June 21st 2024	Baked Lemon herb Cod fillet, Hush puppies, Carrots, Mixed vegetables, Tropical fruit salad, Italian ice cup
June 24th 2024	Chicken Cordon Blue, Sweet potato, Green beans, Dinner roll, Watermelon
June 25th 2024	Baked Salmon, Squash & Peppers, whole wheat dinner roll, Pears
June 26th 2024	(Manager's Choice)
June 27th 2024	Reuben on Marble rye, Corned beef, Sauerkraut, Garbanzo beans, Roasted sweet potatoes, Banana.
June 28th 2024	Chili dog, Coleslaw, Baked beans, Turnip greens, Potato salad, Whole wheat roll, Strawberries, Ice cream.



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

In-Service June 6th

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 is experiencing symptoms or has been exposed to illness.

Mon	Tue	Wed	Thu	Fri
3 National Egg Day 9:00am Daily Chronicle 9:30am Category Games 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 Egg Day 2:00pm Egg Roll/Musical Ball 3:30pm Old Time Television 4:00pm Penny Game 5:00pm Jazz Cafe	4 9:00am Daily Chronicle 9:30am AMF Home Videos 10:00am Exercise/Dancercise 10:30am Trivia/Gems Small Groups/Spanish Trivia 11:00am Crafting W/Ms. V 1:00pm Weights & ROM 1:30pm Jokes & Riddles 2:00pm Parachute Game/Chair Soccer (30 min each) 3:30pm Afternoon Therapeutic Art 4:30pm Table Games 5:00pm Reminiscing through Music	5 National Running Day 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/ National Running Day 2:00pm Bowling/B-Ball 3:30pm Drama Club 4:00pm Old Time Television 5:00pm Move to the Music	<h1 style="font-size: 2em;">In-Service</h1>	7 National VCR Day 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 1:30pm Table Talk/NTL VCR Day 2:00pm Movie Matinee 4:00pm Table top Bowling 5:00pm Motown Music Hour



10 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	11 NTL Call your DR day 9:00am The Daily Chronicle 9:15am AMF Home Videos 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups/ Spanish Bingo 11:00am Outreach library 1:00pm Weights & ROM 1:30pm Table Talk/Call your doctor day 2:00pm Family Feud W/ Sirina 3:30pm Virtual Reality TV/VR headsets 4:30pm Crossword Puzzles/ Table Games 5:00pm Reminiscing Music	12 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 2:00pm Baking Club/ Group Table Ping Pong 3:30pm Drama Club 4:00pm Old Time Television (Golden Girls) 5:00pm Move to the Music	13 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/Musical Ball (30 min each) 3:30pm Dominos W/Lul 4:15pm Table Games 5:00pm Reminiscing Through Music	14 9:00am The Daily Chronicle 9:15am Americas got Talent 10:00am Exercise Dancercise 10:30am Trivia/Gems Small Groups 11:00am Bingo 1:00pm Chair Yoga 1:30pm Table Talk/Father's Day 2:00pm Movie Matinee/Gems Small Groups 4:00pm Table top Bowling 5:00pm Motown Music
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17 NTL Eat veggies 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/ NTL eat your Vegetables Day 2:00pm Floor Hockey 3:30pm Old Time TV 4:00pm Table Games/Puzzles 5:00pm Jazz Cafe	18 9:00am The Daily Chronicle 9:15am American Idol 10:00am Exercise/Dancercise 10:30am Trivia/Gems small Groups/ Spanish Trivia 11:00am Crafting w/ Sandra 1:00pm Weights & ROM 1:30pm Jokes & Riddles 2:00pm Juneteenth Celebration 3:30pm Afternoon Trivia W/Ms. V 4:30pm Table Games 5:00pm Reminiscing/Music	19 Juneteenth 	20 First Day of Summer 9:00am The Daily Chronicle 9:15am Table Talk (First Day of Summer) 9:30am 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 Group Table tennis 3:30pm Dominos W/Lul 4:00pm Conversation Toss 5:00pm Reminiscing/Music	21 NTL Selfie Day 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 Table talk/ NTL Selfie Day 2:00pm Movie Matinee Gems Small Groups 4:00pm Group Table Games 5:00pm Jazz Cafe
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24 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 Chicken Soup stories 2:00pm Bowling/B-Ball 3:30pm Old Time TV 4:00pm Penny Game 5:00pm Jazz Cafe	25 NTL Leon Day 9:00am The Daily Chronicle 9:15am Soul Train Videos 10:00am Exercise/Dancercise 10:30am Trivia/Gems Small Groups/ Spanish Bingo 11:00am Arts & Crafts 1:00pm Weights & ROM 1:30pm Table Talk/ National Leon Day 2:00pm Family Feud W/ Sirina 3:30pm Therapeutic Coloring 4:30pm Table Games 5:00pm Reminiscing/Music	26 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 Old Time Tv 2:00pm Baking Club/Recipe Floor Hockey 3:00pm Afternoon Trivia 4:00pm Jokes & Riddles 5:00pm Move to the Music	27 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	28 Take your dog to work Day 9:00am The Daily Chronicle 9:15am Americas got Talent 10:00am Exercise Dancercise 10:30am Trivia/Gems Small Groups 11:00am Bingo 1:00pm Chair Yoga 1:30pm Table Talk/ Take your dog to work 2:00pm Movie Matinee/Gems Small Groups 4:00pm Table top Bowling 5:00pm Motown Music
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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.



The Fun we had in May

