

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

June 2025 Newsletter



Hip Hip Hooray

June 25 is the Day of Joy, the perfect occasion to reconnect with everything and everyone who warms your heart! Celebrate the laughs, light, love, and happiness all around you, and find more joy in each and every day

What's Lucky In June?

Lucky Color: Green
Lucky Animal: Jaguar
Lucky Letters: Band V
Lucky Day: Thursday
Lucky Plant: Strawberry

June Birthstone– Pearl

Pearls are finely polished beauties. Traditionally white or ivory, they also can be found in pinks, purples, blacks, and golds. The pearl is very different from other birthstones because it is not really a stone at all. Pearls are created by mollusks like clams or oysters. When a grain of sand finds its way inside the mollusk's shell, the mollusk seals off the irritant by coating it with nacre, or mother-of-pearl. After many coatings, it becomes rounded, and a pearl is born.



Willie Jean .L June 2nd



Adult Day Healthcare

WOODBIDGE

ADHC Sweet treat Of The Month

The baking club will provide us with
Freshly Baked Sugar Cookies



Love Those Long Summer Days

June 20 marks this year's summer solstice. This is the first day of summer in the northern hemisphere and the day with the most daylight hours. This is because the sun is traveling along its northernmost path. Conversely, in the southern half of the world, this date marks the shortest day and the beginning of winter. Many cultures and communities have special traditions to honor the solstice.

What's Happening in June!

Flag Day June 14th



Father's Day June 15th



Juneteenth June 19th



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-W-F	1:45pm
Friends & Fellowship	Wednesdays	11am
Multi Cultural Fellowship	Tuesdays	10:30am
Trivia	M-F	10:30am
The Daily Chronicle	M-F	9:45am
Gems Small Group/ Participant centered activity.	M-F	Various Times

FITNESS AND HEALTH ACTIVITIES

Exercise	M-F	10am
Weights & ROM	M-F	1:15pm

FUN ACTIVITIES

Movie Matinee	Fridays	2:15pm
Move to the Music/ Reminiscing through Music	M-F	5pm
Old Time Television	Various days	4:00pm
Bingo	M, F	11am
Creative Arts	Tuesday	11am
Dancercise	M-F	10am
Chair Yoga	Monday/ Wednesday/ Friday	1pm

Alternate lunch items are available daily upon request. Additional entrée option are ***PB&J, grilled cheese, and tuna salad***

Subject to change based on availability



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

DAILY LUNCH MENU

June 2nd 2025	Chicken Parmesan, Cannellini Beans, Broccoli, Garli Bread, Melon
June 3rd 2025	Spinach & Cheese Ravioli, Green Beans, Whole Wheat Roll
June 4th 2025	Baked Potato Crusted Cod Fillet, Hush Puppies, Pease & Carrots, Peaches
June 5th 2025	Stuffed Green Pepper, Rosemary Potatoes, Mixed Vegetables, Garlic Bread, Fruit Salad
June 6th 2025	Baked Chicken, Country Biscuit, Green Beans, Sweet Potato, Grapes
June 9th 2025	Chicken Lasagna, Cucumber Salad, Lentil Soup, Breadsticks, Watermelon
June 10th 2025	Sirloin Beef Tips, Brown Rice, Sautéed Spinach, Stewed Tomatoes, Wheat Bread
June 11th 2025	Herb Tilapia, Sweet Potato, Green Beans, Roasted Mushrooms, Whole Wheat Dinner Roll
June 12th 2025	White Chicken Chili, Cannellini Beans, Turnip Greens, Potato Wedges, Whole Wheat Roll
June 13 2025	Swiss Mushroom Burger's, Black Beans, Roasted Corn, Potato Salad,
June 16th 2025	Macaroni & Cheese, Cannellini Beans, Stewed Tomatoes, Broccoli, Bran Muffin
June 17th 2025	Chicken Sandwich, Lentil Soup, Collard Greens, Fruit Cocktail
June 18th 2025	Beef Lasagna, Broccoli Florets, Butternut Squash, Whole Wheat Roll, Peaches
June 19th 2025	Center Closed
June 20th 2025	Pulled Pork BBQ, Whole Wheat Roll, Coleslaw, Baked Beans, Potato Chips, Fruit Cup
June 23rd 2025	Stuffed Cabbage Beef Roll, Whole Wheat Roll, Kale, Succotash
June 24th 2025	Spinach Quiche, Cesar Salad/ Crotons, Garbanzo Beans, Apricots
June 25th 2025	Manager's Choice
June 26th 2025	Load Um Up Hotdogs, Chili, Sauerkraut, Baked Beans, Potato Chips
June 27th 2025	Lemon Pepper Cod Fillet, Hush Puppies, Carrots, Mixed Vegetables
June 30th 2025	<u>Center Closed July 30th-July 4th</u>



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

Virtual Meeting

Lilly Adams
Every 2nd & 4th Tuesday at 7:00 p.m.
lilly.adams1@gmail.com

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, Sirina Alhassan, Christina Sutton, Violette Turner, Thulile Oladimeji

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 2025 Program Closures

Juneteenth - June 19th

Summer Break - June 30th-July 4th

Labor Day - September 1st

Veterans Day - November 11th










Thanksgiving - 28th & 29th



***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.

Mon	Tue	Wed	Thu	Fri
2  <p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Weekly Weather/ Categories Game 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Bowling Tournament 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	3 <p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Soul Train Videos 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/ Multi Cultural Fellowship 11:00am Arts & Crafts/Gems 1:15pm Weights & ROM 1:45pm Poetry reading 2:15pm Jenga Tournament 3:30pm Suits Card Game 4:15pm Table Games 5:00pm Reminiscing/Music</p>	4  <p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Funny News 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Baking Club 11:00 Friends Fellowship 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Drama Club 3:30pm Suits Card Game 4:15pm Old Time TV 5:00pm Move to the Music</p>	5 <p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Word Scramble 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bunco/Gems 1:15pm Weights & ROM 1:45pm Jokes & Riddles 2:15pm Chair Soccer 3:30pm Conversation Cards 4:00pm Afternoon Coloring 5:00pm Reminiscing/Music</p>	6  <p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Americas got Talent 9:45am Daily Chronicle 10:00am Exercise Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:15pm Chair yoga 1:45pm Table Talk 2:15pm Movie Matinee 4:00pm Group Table Games 5:00pm Motown Music</p>
9	10	11	12	13
<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Weekly Weather/ Categories Game 9:45am Daily Chronicle 10:00amExercise/Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Balloon Volley Ball 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am AMF Home Videos 9:45am Daily Chronicle 10:00amExercise/Dancercise 10:30am Trivia/ Multi Cultural Fellowship 11:00am Library Visit/Gems 1:15pm Weights & ROM 1:45pm Poetry Reading 2:15pm Chair Soccer 3:30pm Spot the difference 4:30pm Table Games 5:00pm Reminiscing Music</p>	<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Funny News 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00 Friends Fellowship 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Drama Club 3:30pm Conversation Toss 4:00pm Old Time TV 5:00pm Move to the Music</p>	<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Word Unscramble 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Team Building/Gems 1:15pm Weights & ROM 1:45pm Chicken Soup 2:15pm Garden Social 3:30pm Finish The Phrase 4:15pm Afternoon Trivia 5:00pm Reminiscing Music</p>	<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am America's Funniest Videos 9:45am Daily Chronicle 10:00am Exercise Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:15pm Chair yoga 1:45pm Table Talk/ Fathers Day 2:15pm Movie Matinee 4:00pm Group Table Games 5:00pm Motown Music</p>
16 	17	18 	19	20 
<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Weekly Weather/ Categories Game 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Bowling Tournament 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am AMF Home Videos 9:45am Daily Chronicle 10:00amExercise/Dancercise 10:30am Trivia/ Multi Cultural Fellowship 11:00am Arts & Crafts/Gems 1:15pm Weights & ROM 1:45pm Poetry Reading 2:15pm Sing A-Long 3:30pm Junk Drawer 4:00pm Table Games 5:00pm Reminiscing Music</p>	<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Celebrity Spotlight 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00 Friends Fellowship 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Drama Club 3:30pm Afternoon Trivia 4:00pm Old Time TV 5:00pm Move to the Music</p>	<p>Center Closed</p> 	
23	24	25	26	27
<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Weekly Weather/ Categories Game 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Pling Plong 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Soul Train Videos 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/ Multi Cultural Fellowship 11:00am Arts & Crafts/Gems 1:15pm Weights & ROM 1:45pm Poetry reading 2:15pm Jenga Tournament 3:30pm Suits Card Game 4:15pm Table Games 5:00pm Reminiscing/Music</p>	<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Guess who? 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Baking Club 11:00am Friends Fellowship 1:15pm Chair yoga 1:45pm Table Talk 2:15pm Drama Club 3:30pm Would you Rather 4:00pm Old Time TV 5:00pm Move to the Music</p>	<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Spill & Spell 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Team Building/Gems 1:15pm Weights & ROM 1:45pm Jokes & Riddles 2:15pm karaoke 3:30pm Conversation Cards 4:00pm Afternoon Coloring 5:00pm Reminiscing/Music</p>	<p>7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Americas got Talent 9:45am Daily Chronicle 10:00am Exercise Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:15pm Chair yoga 1:45pm Table Talk Happy Independence Day! 2:15pm Movie Matinee 4:00pm Group Table Games 5:00pm Motown Music</p>
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**Center closed
June 30th-
July 4th**

HELLO JULY 