

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

July 2025 Newsletter



July Entertainment!

**We are so excited!
Ms. Cheryl Conway,
Music Therapist will
visit the ADHC in the
month of July for
some fun and
engagement through
music.**



*Birthdays
of the
Month*

Willie J. Lloyd- July 2nd



Adult Day Healthcare

WOODBIDGE

ADHC Sweet treat Of The Month

**The baking club will provide us with
Freshly Baked Sugar Cookies**



Time To Get Excited!

The ADHC is planning an
afternoon filled with fun laughter games
and tasty snacks.

Please be on the lookout for more
information on our friends and family
day event.



What's Happening in July!

Canada Day July 1st

Halfway Point of 2025

Independence Day July 4th

World Chocolate Day July 7th

World Jump Day July 20th

Cousins Day July 24th

International Tiger Day July 29th

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
Arts & Crafts	Tuesday	11am
Morning Movement	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



July 7th 2025	Chicken & Dumplings, Kale, Corn Honey Wheat Dinner Roll, Blueberries.
July 8th 2025	Meatloaf, Mashed Potatoes, Broccoli, Garlic, Mandarin Orange, Cake.
July 9th 2025	Chili Dog, Whole Wheat Bun, Baked Beans, Spinach, Sweet Potato Fries, Fresh Fruit Salad.
July 10th 2025	Egg Salad, Whole Wheat Croissant, Beets Salad, Pinto Beans, Cinnamon Apple.
July 11th 2025	Crab Cake, Rosemary Potato, Butternut Squash Soup, Honey Wheat Roll, Peaches.
July 14th 2025	Beef Stew, Rice, Broccoli, Red Kidney Beans, Honey Wheat Roll, Strawberries.
July 15th 2025	Spinach Quiche, Cesar Salad, Apricots.
July 16th 2025	Chicken Wings, Whole Wheat Roll, White Bean & Tomato Salad, Carrots, Fresh Fruit Salad
July 17th 2025	Beef Lasagna, Broccoli Florets, Butternut Squash, Whole Wheat Roll, Cantaloupe.
July 18th 2025	Baked Cod, Roasted Potatoes, Spinach, Hummus Pitta Chips, Fruit Cocktail.
July 21st 2025	Eggplant Parmesan, Whole Wheat Pasta, Cannellini Beans, Mixed Green Salad,, Strawberries.
July 22nd 2025	Italian Breaded Chicken, Lentil Soup, Turnip Greens, Whole Wheat, Biscuit, Pineapple
July 23rd 2025	White Chicken Chili, Cannellini Beans, Turnip Greens, Potato Wedges, Apricots
July 24th 2025	Mushroom Swiss Burger, Potato Fries, Beets, Fresh Fruit Salad.
July 25th 2025	Tuna Salad Plate, 3 Bean Salad, Pasta Salad, Whole Wheat Crackers, Blueberries.
July 28th 2025	Chicken Tenders, Cucumber Tomato & Olives, Whole Wheat Roll, Italian Peaches.
July 29th 2025	Baked Tilapia, Sweet Potato, Kale, Pinto Beans, Cantaloupe
July 30th 2025	Manager's Choice
July 31st 2025	Baked Ham, Sweet Potato, Green Bean Casserole, Pineapple w/Cherries



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, 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

Summer Break – June 30th-July 4th

Labor Day -September 1st

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.

Mon	Tue	Wed	Thu	Fri
	1	2	3	4



7 Welcome Back Everyone	8	9	10 Music with Cheryl	11
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7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Weekly Weather/ Categories Game 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems 11:00am Bingo/ Gems 1:15pm Chair Yoga 1:45pm Table Talk / 2:15pm Volley Ball/ Gems 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am AMF Home Videos 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems Multi Cultural Fellowship 11:00am Library Visit/ Gems 1:15pm Weights & ROM 1:45pm Reading Group 2:15pm Chair Soccer/ Gems 3:30pm Spot the difference 4:00pm Individual Pursuits 5:00pm Reminiscing Music	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Funny News 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems 11:00 Friends Fellowship 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Drama Club/ Gems 3:30pm Conversation Toss 4:00pm Old Time TV 5:00pm Move to the Music	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Word Unscramble 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems 11:00am Team Building/ Gems 1:15pm Weights & ROM 1:45pm Reading Club 2:15pm Music With Cheryl 3:30pm Finish The Phrase 4:00pm Afternoon Coloring 5:00pm Reminiscing Music	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Conversation Toss 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia 11:00am Bingo/ Gems 1:15pm Chair yoga 1:45pm Table Talk/ Gems 2:15pm Movie Matinee/ Gems 4:00pm Individual Pursuits 5:00pm Motown Music
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7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Weekly Weather/ Categories Game 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems 11:00am Virtual Games 1:15pm Chair Yoga 1:45pm Table Talk/ Gems 2:15pm Bowling Tournament Gems 3:30pm This or That 4:00pm Old Time TV 5:00pm Jazz Cafe	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am AMF Home Videos 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems Multi Cultural Fellowship 11:00am Arts & Crafts/ Gems 1:15pm Weights & ROM 1:45pm Reading Club 2:15pm Sing A-Long 3:30pm Junk Drawer 4:00pm Individual Pursuits 5:00pm Reminiscing Music	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Celebrity Spotlight 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems 11:00 Friends Fellowship 1:15pm Chair Yoga 1:45pm Table Talk/ Gems 2:15pm Family Feud 3:30pm Afternoon Trivia 4:00pm Old Time TV 5:00pm Move to the Music	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Word Scramble 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia 11:00am Bunco/ Gems 1:15pm Weights & ROM 1:45pm Jokes & Riddles 2:15pm Chair Soccer/ Gems 3:30pm Conversation Cards 4:00pm Afternoon Coloring 5:00pm Reminiscing/Music	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Call to Mind 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems 11:00am Bingo/ Gems 1:15pm Chair Yoga 1:45pm Table talk/ Gems 2:15pm Movie Matinee/ Gems 4:00pm Individual Pursuits 5:00pm Jazz Cafe
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21	22 Friends & Family Day	23	24	25
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