

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

August 2025 Newsletter



The Fun We Had in July!



Adult Day Healthcare

WOODBIDGE

ADHC Sweet treat Of The Month

The baking club will provide us with
Freshly Baked Chocolate Chip Cookies



Celebrating

**WOMEN'S
EQUALITY DAY**

AUGUST 26



What's Happening in August?

Sandcastle Day August 2

Sisters' Day August 3

Purple Heart Day August 7

S'mores Day August 10

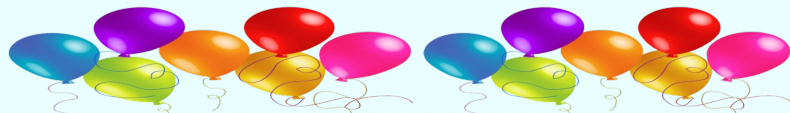
Left-Handers Day August 13

Tell a Joke Day August 16

Women's Equality Day August 26

HAPPY BIRTHDAY

To all participants and staff with
August birthdays!



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
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

August 1st 2025	Veggie Cheese Pizza, Broccoli, Applesauce, Ice cream Sandwiches
August 4th 2025	Fish Soft tacos, Refried Beans, Watermelon
August 5th 2025	Egg Salad, Beet Salad, Potato Salad, Orange
August 6th 2025	Chicken & Noodle, Peas & Onions, Kale, Cannellini Beans, Muffin, Peaches
August 7th 2025	Beef Stroganoff, Green Beans, Red Kidney Beans, Honey Wheat Roll, Apricot
August 8th 2025	Chicken Salad, Potato Roll, Beets Salad, Fresh Fruit Salad
August 11th 2025	Chicken Parmesan, Cannellini Beans, Broccoli, Garlic Bread, Melon
August 12th 2025	Spinach & Cheese Ravioli, Green Beans, Whole Wheat Roll, Apricots
August 13th 2025	Cheeseburger, Baked Beans, Fresh Apples
August 14th 2025	Baked Lemon Herb Cod Fillet, Hush Puppies, Mixed Vegetables, Peaches
August 15th 2025	Baked Chicken, Kale, Sweet Potato, Grapes, Apple Pie
August 18th 2025	Chicken Cordon Bleu, Sweet Potato, Green Beans, Dinner Roll,
August 19th 2025	Tuna Salad Plate, 3Bean Salad, Pasta Salad, Whole Wheat Crackers, Strawberries
August 20th 2025	Meatloaf, Mashed Potatoes, Broccoli, Garlic Bread, Mandarin Orange
August 21st 2025	White Chicken Chili, Cannellini Beans, Turnip Greens, Potato Wedge,
August 22nd 2025	Baked Potato Cod, Squash & Peppers, Whole Wheat Dinner Roll, Pears
August 25th 2025	Stuffed Shells, Mixed Vegetables, Garlic Bread, Cannellini Beans Honeydew Melon
August 26th 2025	Chili Dogs (Beef), Red Kidney Beans, Spinach, Sweet potato Fries, Fresh Fruit Salad
August 27th 2025	Manager's Choice
August 28th 2025	Chicken Sandwich, Beets, Pickle, Lentil Soup, Collard Greens, Fruit Cocktail
August 29th 2025	Pulled Pork, Cole Slaw, Baked Beans, Lemon Ice Sherbet, Pears.



STAY HYDRATED

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 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, 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

Labor Day - September 1st

Staff Development - September 24th

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
				
		Please note these times 12:00 Lunch Served Daily 1-1:15pm After Lunch Transition 3:00-3:30 Snack	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	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 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
4 Sister's Day (August 3rd)	5	6	7 Purple Heart Day	8
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 Arts & Crafts/ 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 Table games 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
11	12	13 Left Handers Day	14	15
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/ 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 Library Visit 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
18 Tell a Joke Day (August 16th)	19	20	21	22
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/ Gems 2:15pm Pling Plong/Billiards 3:30pm Five Times Fast 4:00pm Old Time TV 5:00pm Jazz Cafe	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Soul Train 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 Travelogue 3:30pm Penny game 4:30pm Individual Pursuits 5:00pm Reminiscing/Music	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Guess who? 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/Baking Club 11:00am Friends Fellowship 1:15pm Chair yoga 1:45pm Table Talk/ Gems 2:15pm Drama Club/ Gems 3:30pm Would you Rather 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 Spill & Spell 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems 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	7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Would You Rather 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 Motown Music
25	26 Women's Equality Day	27	28	29
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