PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

September 2025 Newsletter



Grandparents Day Social

Join us on Tuesday September 23rd 2025 From 2:30-3:30. We will enjoy some tasty treats Music and fun.



Grandparents Day is always celebrated on the first Sunday after Labor Day. In 2025, that's Sunday, September 7! While we honor our grandparents daily, take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives.



Adult Day Healthcare

WOODBRIDGE

ADHC Sweet treat Of The Month

The baking club will provide us with A Freshly Baked Cake





Fun Fact of the month

September is the ninth month and the only month with the same number of letters in its English name as the number of the month.

Special Days

Labor Day September 1

International Day of Charity
September 5

Grandparents Day & Full Corn Moon
September 7

World Gratitude Day September 21

The Beginning of Autumn
September 22

ACTIVITIES GUIDE

LEARNING ACTIVITES

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	1 pm

Alternate lunch items are available daily upon request.

Additional entrée options

will vary based on availability



If you have any questions regarding the Adult Day program of Woodbridge please contact the information and Assistance line at (703)792-6374

DAILY LUNCH MENU

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September 1st	HAPPY
September 2nd	Eggplant Parmesan, Whole Wheat Pasta, Cannellini Beans, Mixed Green Salad
September 3rd	Chicken Alfredo, Egg Noodles, Broccoli, Whole Wheat Garlic Bread
September 4th	Swedish Meatballs, Whole Wheat Egg Noodles, Carrots, Roasted Asparagus
September 5th	Egg Salad Sandwich, Croissant, Pickled Beets, 3 Bean Salad
September 8th	Chicken Sandwich, Whole Wheat Roll, Beets, Lentil Soup, Collard Greens
September 9th	Taco Salad (Ground Beef), Lettuce, Diced Onion, Cheddar Cheese, Tomatoes, Tortilla Chips
September 10th	Chicken & Dumplings, Kale, Corn, Honey Wheat Dinner Roll
September 11th	Jambalaya (W/ Shrimp, Whole Grain Rice, Sweet Potatoes, Green Beans, Garlic Honey Wheat Garlic Bread
September 12th	Vegetable Lasagna, Cucumber Salad, Yellow Squash, Garlic Bread,
September 15th	Beef Lasagna, Broccoli Florets, Butternut Squash, Whole Wheat Roll
September 16th	Spinach Quiche, Cesar Salad, Croutons
September 17th	Chicken Wings, Whole Wheat Roll, White Bean & Tomato Salad, Carrots
September 18th	Hot Dogs, Whole Wheat Bun, Potato Chips, Cole Slaw, Beans,
September 19th	Tilapia, Roasted Potatoes, Spinach, Hummus, Pitta Chips
September 22nd	Sweet & Sour Chicken Nuggets, Whole Grain Rice, Egg Roll, Baked Beans, Broccoli
September 23rd	Mushroom Swiss Burger, Whole Wheat Bun, Sweet Potao Fries, Beets
September 24th	Manager's Choice
September 25th	Stuffed Shells, Mixed Vegetables, Garlic & Herb Breadsticks
September 26th	Center Closed (Staff Development)
September 29th	Roast Beef Sandwich, Whole Grain Bread, Coleslaw, Green Beans.
September 30th	Fish Sandwich (Cod), Whole Wheat Bun, Sweet Potato, Broccoli, Pinto Beans



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 Glyer (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
Nakia Speller,

Supportive Services Division Manager

Dawn Holton, Recreation Specialist

Health Aides: Lul Alasso, Liza Banin, Sirina Alhassan, Florence Claude, Christina Sutton,

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 26th

Veterans Day- November 11th

Thanksgiving November 28th & 29th

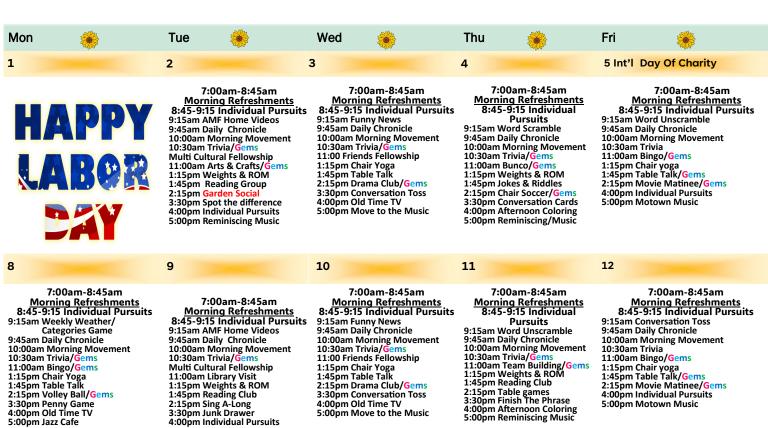
Christmas Break-December 24th - January 1st



*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

<u>Please contact the ADHC prior to coming if your loved one is</u> experiencing symptoms or has been exposed to illness.

Guidance will be provided to you for participant attendance and/ or return to the program.



15 17 19 16 18

7:00am-8:45am

5:00pm Jazz Cafe

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 11:5pm 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 Travelogue
1:15pm Weights & ROM
1:45pm Reading Club 2:15pm Garden Socia 3:30pm Junk Drawer

4:00pm Individual Pursuits

5:00pm Reminiscing Music

23 GP Day Social

7:00am-8:45am

Morning Refreshments 8:45-9:15 Individual Pursuits

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
10:20am Trivia/Gems 10:30am Morning Movem 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

5:00pm Motown Music

7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Call to Mind 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

22 1st Day of Fall

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

9:15am Soul Train Videos 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 GP Day Social 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 10:00amMorning Movement 10:30am Trivia/Gems

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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

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Closed for Staff Development

29 27 28 29 30

7:00am-8:45am Morning Refreshments 8:45-9:15 Individual Pursuits 9:15am Weekly Weather/ Categories Game 9:45am Daily Chronicle 9:45am Daily Chronicis 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 Call to mind 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 Morning Movemen 10:30am Trivia/Gems Multi Cultural Fellowship 11:00am Men's & Women's Small Group 1:15pm Weights & ROM 1:45pm Reading Club 2:15pm Jenga Tournament 3:30pm Suits Card Game 4:00pm Individual Pursuits 5:00pm Reminiscing/Music

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 Please note these times

12:00pm Lunch Served

1-1:15pm After Lunch Transition

3:00-3:30 Snack

