

# PRINCE WILLIAM

Area Agency on Aging

[www.pwcgov.org/aging](http://www.pwcgov.org/aging)

(703)792-4990

## September 2025 Newsletter



### Grandparents Day Social

Join us on Tuesday September 23rd 2025

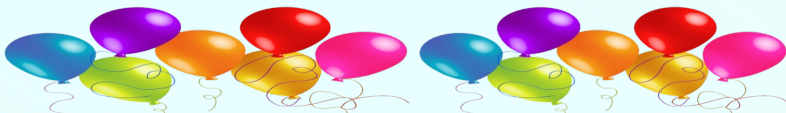
From 2:30-3:30. We will enjoy some tasty treats  
Music and fun.



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.



To all participants and staff with  
September birthdays!



Adult Day Healthcare

## WOODBIDGE

### 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 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 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



September 1st

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 Potato 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 Glycer (703) 496-3400

#### Virtual Meeting

Lilly Adams  
Every 2nd & 4th Tuesday at 7:00 p.m.  
[lilly.adams1@gmail.com](mailto: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](http://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**

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	5 Int'l Day Of Charity
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8	9	10	11	12
15	16	17	18	19
22 1st Day of Fall	23 GP Day Social	24	25	26
29	30	27	28	29

