

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

October 2025 Newsletter



Fall Into Football Social

October 21st wear your favorite NFL or College team shirt. We will watch football highlights and enjoy snacks that Every football party Should Have.



Happy Halloween!

Friday October 31st, We will have a day full of Halloween fun, trivia games,

Ghoulish snacks, Family Funny Movie Matinee

Wear your Halloween shirts on this Day!



To all participants and staff with
October birthdays!



Adult Day Healthcare

WOODBIDGE

ADHC Sweet treat Of The Month

The baking club will provide us with
Freshly Baked Pumkin inspired
treats



October Trivia

- (A) What is the bird of the month for October?
- (B) Which of the three stooges was bor October 22, 1903?
- (C) What gift did the united states receive in October of 1886?

A) The Owl

(B) Curly Howard

(C) The Statue Of Liberty

Special Days in the month of October

Yom Kippur October 1-2

World Animal Day October 4

Columbus Day Indigenous Peoples' Day Thanksgiving (Canada)

October 13

Boss's Day October 16

Chocolate Cupcake Day

October 18

Halloween October 31

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 and as needed

FITNESS AND HEALTH ACTIVITIES

Exercise	M-F	10am
Weights & ROM	M-F	1:30pm

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	Some Tuesday's	11am
Morning Movement	M-F	10am
Chair Yoga	Monday/ Wednesday/ Friday	1:30pm

* **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

October 1st	Chicken Tenders, Cucumber Tomato & Olives, Whole Wheat Roll.
October 2nd	Polish Sausage, Sauerkraut, Potato Salad, Kidney Beans, Cold Pickled Beets,
October 3rd	Beef Lasagna, Spinach, Butternut Squash, Whole wheat Roll
October 6th	Spinach Quiche, Cesar Salad, Lettuce Tomato, Croutons
October 7th	Fish Taco, Cilantro Slaw, Diced Tomato, Guacamole, Refried Beans
October 8th	Chicken & Noodles, Peas & Onions, Kale, Cannellini Beans, Assorted Whole Grain Muffin
October 9th	Beef Stroganoff, Whole Wheat Egg Noodles, Green Beans, Kidney Beans, Honey Wheat Roll.
October 10th	Tilapia, Roasted Potatoes, Spinach, Hummus, Pitta Chips.
October 13th	Chicken Parmesan, Cannellini Beans, Broccoli, Garlic Bread,
October 14th	Spinach & Cheese Ravioli, Carrots, Whole Wheat Roll.
October 15th	Mushroom Swiss Burger, Lettuce, Tomato, Swiss Cheese, Sweet Potato Fries, Beets.
October 16th	Baked Chicken, Whole Wheat Roll, Kale, Sweet Potato
October 17th	Baked Lemon Herb Cod Fillet, Whole Wheat Bun, Sweet Potato, Broccoli, Pinto Beans.
October 20th	Macaroni & Cheese, Cannellini Beans, Stewed Tomatoes, Broccoli, Bran Muffin
October 21st	Cod Fish Sandwich, Whole Wheat Bun, Sweet Potato, Green Beans, Pinto Beans.
October 22nd	Roast Beef w/ Beef Gravy, Roasted Sweet Potatoes, Spinach.
October 23rd	Pulled Pork Sandwich, Whole Wheat Bun, Stewed Tomatoes, Baked Beans, Mandarin Oranges.
October 24th	Chicken Lasagna, Cucumber Salad, Breadstick
October 27th	Cheeseburger, Potato Bun, Lettuce, Tomato, Onion, Pickles, Baked Beans.
October 28th	Crab Cake, Rosemary Potato, Butternut Squash Soup, Whole Wheat Roll
October 29th	<u>Manager's Choice</u>
October 30th	BLT, (Turkey Bacon) Whole Wheat Croissant, Lettuce, Tomato, Coleslaw, Potato Salad.
October 31st	Spicy Bat Wings, Cole Slaw, Baked Beans, Ghoulish Greens, Corn Muffin, Dirt Pudding w/ Gummy Worms

**Happy
fall
y'all**

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

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

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
<p>Please note the schedule is subject to change.</p> <p>Any change on the calendar will be noted on the daily schedule.</p> <p>Alternate programs are readily available when participants have different interest than what is scheduled</p>	<p><u>Please note these times</u></p> <p>12:00pm Lunch Served Daily</p> <p>1-1:15pm Relaxation</p> <p>3:00-3:30 Snack</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Funny News</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00 Friends Fellowship</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair Yoga</p> <p>1:45pm Table Talk</p> <p>2:15pm Drama Club/Gems</p> <p>3:30pm Conversation Toss</p> <p>4:00pm Old Time TV</p> <p>5:00pm Move to the Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Word Scramble</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00am Bunco/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Weights & ROM</p> <p>1:45pm Jokes & Riddles</p> <p>2:15pm Chair Soccer/Gems</p> <p>3:30pm Conversation Cards</p> <p>4:00pm Afternoon Coloring</p> <p>5:00pm Reminiscing/Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Word Unscramble</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia</p> <p>11:00am Bingo/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair yoga</p> <p>1:45pm Table Talk/Gems</p> <p>2:15pm Movie Matinee/Gems</p> <p>4:00pm Individual Pursuits</p> <p>5:00pm Motown Music</p>
6	7	8	9	10
<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Weekly Weather/ Categories Game</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00am Bingo/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair Yoga</p> <p>1:45pm Table Talk</p> <p>2:15pm Volley Ball/Gems</p> <p>3:30pm Penny Game</p> <p>4:00pm Old Time TV</p> <p>5:00pm Jazz Cafe</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am AMF Home Videos</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>Multi Cultural Fellowship</p> <p>11:00am Arts & Crafts/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Weights & ROM</p> <p>1:45pm Reading Club/</p> <p>2:15pm Garden Social</p> <p>3:30pm Junk Drawer</p> <p>4:00pm Individual Pursuits</p> <p>5:00pm Reminiscing Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Funny News</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00 Friends Fellowship</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair Yoga</p> <p>1:45pm Table Talk</p> <p>2:15pm Noodle Ball</p> <p>3:30pm Conversation Toss</p> <p>4:00pm Old Time TV</p> <p>5:00pm Move to the Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Word Unscramble</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00am Team Building/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Weights & ROM</p> <p>1:45pm Reading Club</p> <p>2:15pm Table games</p> <p>3:30pm Finish The Phrase</p> <p>4:00pm Afternoon Coloring</p> <p>5:00pm Reminiscing Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Conversation Toss</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia</p> <p>11:00am Bingo/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair yoga</p> <p>1:45pm Table Talk/Gems</p> <p>2:15pm Movie Matinee/Gems</p> <p>4:00pm Individual Pursuits</p> <p>5:00pm Motown Music</p>
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<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Weekly Weather/ Categories Game</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00am Bingo/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair Yoga</p> <p>1:45pm Table Talk/Gems</p> <p>2:15pm Bowling Tournament Gems</p> <p>3:30pm This or That</p> <p>4:00pm Old Time TV</p> <p>5:00pm Jazz Cafe</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am AMF Home Videos</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>Multi Cultural Fellowship</p> <p>11:00am Library Visit</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Weights & ROM</p> <p>1:45pm Reading Club</p> <p>2:15pm Garden Social</p> <p>3:30pm Junk Drawer</p> <p>4:00pm Individual Pursuits</p> <p>5:00pm Reminiscing Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Celebrity Spotlight</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00 Friends Fellowship</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair Yoga</p> <p>1:45pm Table Talk/Gems</p> <p>2:15pm Family Feud</p> <p>3:30pm Afternoon Trivia</p> <p>4:00pm Old Time TV</p> <p>5:00pm Move to the Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Word Scramble</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia</p> <p>11:00am Bunco/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Weights & ROM</p> <p>1:45pm Jokes & Riddles</p> <p>2:15pm Chair Soccer/Gems</p> <p>3:30pm Conversation Cards</p> <p>4:00pm Afternoon Coloring</p> <p>5:00pm Reminiscing/Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Call to Mind</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00am Bingo/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair Yoga</p> <p>1:45pm Table talk/Gems</p> <p>2:15pm Movie Matinee/Gems</p> <p>4:00pm Individual Pursuits</p> <p>5:00pm Jazz Cafe</p>
20	21	22	23	24
<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Weekly Weather/ Categories Game</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00am Bingo/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair Yoga</p> <p>1:45pm Table Talk/Gems</p> <p>2:15pm Chair Soccer</p> <p>3:30pm Five Times Fast</p> <p>4:00pm Old Time TV</p> <p>5:00pm Jazz Cafe</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Soul Train Videos</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>Multi Cultural Fellowship</p> <p>11:00am Arts & Crafts/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:45pm Weights & ROM</p> <p>2:00pm Fall into Football Social</p> <p>3:30pm Penny game</p> <p>4:30pm Individual Pursuits</p> <p>5:00pm Reminiscing/Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Guess who?</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Baking Club</p> <p>11:00am Friends Fellowship</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair yoga</p> <p>1:45pm Table Talk/Gems</p> <p>2:15pm Drama Club/Gems</p> <p>3:30pm Would you Rather</p> <p>4:00pm Old Time TV</p> <p>5:00pm Move to the Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Spill & Spell</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00am Team Building/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Weights & ROM</p> <p>1:45pm Jokes & Riddles</p> <p>2:15pm karaoke</p> <p>3:30pm Conversation Cards</p> <p>4:00pm Afternoon Coloring</p> <p>5:00pm Reminiscing/Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Word Unscramble</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia</p> <p>11:00am Bingo/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair yoga</p> <p>1:45pm Table Talk/Gems</p> <p>2:15pm Movie Matinee/Gems</p> <p>4:00pm Individual Pursuits</p> <p>5:00pm Motown Music</p>
27	28	29	30	31 Happy Halloween
<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Weekly Weather/ Categories Game</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00am Bingo/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair Yoga</p> <p>1:45pm Table Talk/Gems</p> <p>2:15pm Bowling Tournament Gems</p> <p>3:30pm Call to mind</p> <p>4:00pm Old Time TV</p> <p>5:00pm Jazz Cafe</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Soul Train Videos</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>Multi Cultural Fellowship</p> <p>11:00am Men's & Women's Small Group</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Weights & ROM</p> <p>1:15pm Reading Club</p> <p>2:15pm Jenga Tournament</p> <p>3:30pm Suits Card Game</p> <p>4:00pm Individual Pursuits</p> <p>5:00pm Reminiscing/Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Funny News</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia/Gems</p> <p>11:00 Friends Fellowship</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair Yoga</p> <p>1:45pm Table Talk</p> <p>2:15pm Noodle Ball</p> <p>3:30pm Conversation Toss</p> <p>4:00pm Old Time TV</p> <p>5:00pm Move to the Music</p>	<p>7:00am-8:45am Morning Refreshment</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Word Scramble</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia</p> <p>11:00am Bunco/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Weights & ROM</p> <p>1:45pm Jokes & Riddles</p> <p>2:15pm Chair Soccer/Gems</p> <p>3:30pm Conversation Cards</p> <p>4:00pm Afternoon Coloring</p> <p>5:00pm Reminiscing/Music</p>	<p>7:00am-8:45am Morning Refreshments</p> <p>8:45-9:15 Individual Pursuits</p> <p>9:15am Conversation Toss</p> <p>9:45am Daily Chronicle</p> <p>10:00am Morning Movement</p> <p>10:30am Trivia</p> <p>11:00am Bingo/Gems</p> <p>1:00pm-1:15pm Relaxation</p> <p>1:15pm Chair yoga</p> <p>1:45pm Scavenger Hunt</p> <p>2:15pm Movie Matinee/Gems</p> <p>4:00pm Individual Pursuits</p> <p>5:00pm Motown Music</p>