

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

November 2025 Newsletter

Adult Day Healthcare

WOODBIDGE

ADHC Sweet treat Of The Month

The baking club will provide us with
Freshly Baked Pumpkin and Fall
inspired treats



November Riddles & Trivia

In what year will Thanksgiving fall on
November 27th again?

Answer: in 2031

What letter comes next in the following
sequence? M, A, M, J, J, A, S, O ?

Answer: N, for November. The letters represent the first letter of
each month, beginning with March.

The Fun We had in October



Happy Birthday

To all participants and staff with
November Birthday's



Special Days in November

All Saints' Day November 1
Election Day (U.S.)

November 4

Remembrance Day (Canada)

November 11

Veterans Day (U.S.)

November 11

Thanksgiving (U.S.)

November 27

ACTIVITIES GUIDE

LEARNING ACTIVITIES

Table Talk/Participant Social	M-W-F	2:00 pm
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

November 3rd	Chicken Sandwich, Broccoli, Garbanzo Beans, Pineapple Tidbits
November 4th	Tilapia, Brown Rice w/ chicken gravy, Carrots, Zucchini, Red Seedless Grapes
November 5th	Chicken & Dumplings, Kale, Corn, Honey Wheat Dinner Roll, Fresh Fruit Salad
November 6th	Stuffed Shells, Marinara Sauce, Peas, Garlic & Herb Breadstick, Apricots
November 7th	Swedish Meatballs, Whole Wheat Egg Noodles, Turnip Greens,
November 10th	Veggie Pizza, Garbanzo Beans, Mixed Vegetables, Butternut Squash Soup, Fresh Apple
November 11th	Veterans Day Center Closed
November 12th	Baked Chicken, Whole Wheat Roll, Kale, Sweet Potato, Grapes.
November 13th	Pulled Pork Sandwich, Whole Wheat Bun, Stewed Tomatoes, Baked Beans, Green Beans, Honey Dew Melon.
November 14th	Cod, Roasted Potatoes, Spinach, Hummus, Pitta Chips, Fruit Cocktail
November 17th	Chicken Wings, Whole Wheat Roll, Broccoli, Ranchero Beans, Cinnamon Apple
November 18th	Spinach Quiche, Vegetable Normandy, Garbanzo Beans, Croutons, Apricots
November 19th	Beef Lasagna, Brussel Sprouts, Carrots, Whole Wheat Roll, Cantaloup
November 20th	Roast Turkey, Sweet Potatoes, Cornbread Stuffing, Green Beans, Cranberry Sauce, Honey Wheat Roll, Pumpkin Pie/ Apple Pie
November 21st	Jambalaya w/ Shrimp, Whole Grain Rice, Sweet Potatoes Green Beans, Whole Wheat Garlic Bread, Pears.
November 24th	Italian Breaded Chicken, Lentil Soup, Turnup Greens Whole Wheat Biscuit, Pineapple.
November 25th	Mushroom Swiss Burger, Whole Wheat Bun, Sweet Potato Fries, Beets, Fresh Fruit Salad.
November 26th	Manager's Choice
November 27th	Center Closed
November 28th	Center Closed



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 27th & 28th

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
3	4	5	6	7
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 1:00pm-1:15pm Relaxation 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 Trivia/ Gems Multi Cultural Fellowship 11:00am Arts & Crafts/ Gems 1:00pm-1:15pm Relaxation 1:45pm Weights & ROM 2:15 Musical Ball 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 Funny News 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems 11:00 Friends Fellowship 1:00pm-1:15pm Relaxation 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 Scramble 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems 11:00am Bunco/ Gems 1:00pm-1:15pm Relaxation 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 Word Unscramble 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia 11:00am Bingo/ Gems 1:00pm-1:15pm Relaxation 1:15pm Chair yoga 1:45pm Table Talk/ Gems 2:15pm Movie Matinee/ Gems 4:00pm Individual Pursuits 5:00pm Motown Music
10	11	12	13	14
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 1:00pm-1:15pm Relaxation 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 1:00pm-1:15pm Relaxation 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 Funny News 9:45am Daily Chronicle 10:00am Morning Movement 10:30am Trivia/ Gems 11:00 Friends Fellowship 1:00pm-1:15pm Relaxation 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Noodle Ball 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 1:00pm-1:15pm Relaxation 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 1:00pm-1:15pm Relaxation 1:15pm Chair yoga 1:45pm Table Talk/ Gems 2:15pm Movie Matinee/ Gems 4:00pm Individual Pursuits 5:00pm Motown Music
17	18	19	20	21
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 1:00pm-1:15pm Relaxation 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 1:00pm-1:15pm Relaxation 1:15pm Weights & ROM 1:45pm Reading Club 2:15pm Balloon Volleyball 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 1:00pm-1:15pm Relaxation 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 1:00pm-1:15pm Relaxation 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 1:00pm-1:15pm Relaxation 1:15pm Chair Yoga 1:45pm Table talk/ Gems 2:15pm Movie Matinee/ Gems 4:00pm Individual Pursuits 5:00pm Jazz Cafe
24	25	26	27	28
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 1:00pm-1:15pm Relaxation 1:15pm Chair Yoga 1:45pm Table Talk/ Gems 2:15pm Chair Soccer 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 1:00pm-1:15pm Relaxation 1:45pm Weights & ROM 2:15 Karaoke 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 1:00pm-1:15pm Relaxation 1:15pm Chair yoga 1:45pm Table Talk/ Gems 2:15pm Movie Matinee 3:30pm Would you Rather 4:00pm Old Time TV 5:00pm Move to the 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 Daily

1-1:15pm Relaxation

3:00-3:30 Snack