

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

December 2025 Newsletter



Deck the halls at the ADHC

On Monday December 1st 2025, Staff and participants will decorate the space and sing Christmas carols at 11AM



Holiday Social

On Friday December 19th we will have a special Santa for Seniors gift drop off At 1:30PM Followed by a special Virtual Message from Mr. & Mrs. Clause.

We will enjoy a holiday movie with some warm Hot Chocolate and cookies at 2:15pm



Happy Birthday
to everyone born in
December!

To all participants and staff with

December Birthday's



Adult Day Healthcare

WOODBIDGE

ADHC Sweet treat Of The Month

The baking club will provide us with
Freshly Baked Holiday Inspired
Treats



December Legends

- Forest animals can speak and understand humans on Christmas Eve.
- If snow falls on Christmas Day, Easter will be green, warm, and sunny.
- For some, December 28th is the unluckiest day of the year.

Special Days in December

Hanukkah Begins December 14

Winter Solstice December 21

Christmas December 25

Boxing Day

December 26

Kwanzaa Begins

December 26

New Year's Eve December 31

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

December 1st	Swedish Meatballs, Whole Grain Pasta, Lima Beans w / Stewed Tomato
December 2nd	Chicken & Noodle, Peas & Onions, Kale, Cannellini Beans, Whole Grain Muffin, Fresh Apple
December 3rd	Cordon Bleu W/ Chicken Gravy, Carrots, Southwest Street Corn, Assorted Roll, Fruit Cocktail
December 4th	Pork Chop W/ Pork Gravy, Mashed Potatoes, Lima Beans, Stewed Tomatoes, Dinner Roll, Honey Dew Melon
December 5th	Jambalaya W/ Shrimp, Whole Grain Rice, Sweet Potatoes, Green Beans, Garlic Bread, Grapes
December 8th	Chicken Wings, Carrot & Celery Sticks W/ Ranch, Potato Wedges W/ Cheddar Cheese, Soft Pretzel, Fruit Sherbet
December 9th	Baked Lemon Cod Sandwich, Cannellini Beans, Spinach, Carrots, Roll, Grapes
December 10th	Cheeseburger w/ Lettuce, Tomato, Onion, Pickles, Baked Beans, Fresh Apple
December 11th	Spinach & Cheese Ravioli, Mixed Garden Vegetables, Roll, Pears
December 12th	Rosted Turkey, Gravy Stuffing, Sweet Potatoes, Green Beans, Broccoli, Roll, Cranberry Sauce, Apple Pie
December 15th	Vegetarian Lasagna, Brussel Sprouts, Cannellini Beans, Breadsticks, Mandarin Orange.
December 16th	Potato Cod Fillet, Dinner Roll, Hush Puppies, Mixed Vegetables, Peaches
December 17th	Meatloaf, Mashed Potato, Broccoli, Garlic Bread, Mouse Cake
December 18th	Baked Ham W/Pineapple, Candied Sweet Potatoes, Green Beans, Dinner Rolls, Pie
December 19th	Baked Chicken, Baked Beans, Carrots, Dinner Roll, Apple Pie
December 22nd	Chef's Special, Sweet Potato, Green Beans, Dinner Roll, Applesauce
December 23rd	Chili Dog/Beef, Whole Wheat Bun, Red Kidney Beans, Spinach, Potato, Fruit Cocktail



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

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

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 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 Holiday Decorating 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	2 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 2:15pm Noodle Ball 3:30pm Penny game 4:30pm Individual Pursuits 5:00pm Reminiscing/Music	3 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	4 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	5 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
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 1:00pm-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	9 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	10 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	11 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	12 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
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 1:00pm-1:15pm Relaxation 1:15pm Chair Yoga 1:45pm Table Talk/ Gems 2:15pm X-Mas Jeopardy 3:30pm This or That 4:00pm Old Time TV 5:00pm Jazz Cafe	16 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 Men & Women Group 1:00pm-1:15pm Relaxation 1:15pm Weights & ROM 1:45pm Reading Club 2:15pm Musical Ball X-Mas 3:30pm Junk Drawer 4:00pm Individual Pursuits 5:00pm Reminiscing Music	17 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	18 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	19 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 1:30pm Santa For Seniors 2:15pm Movie Matinee/ Gems 4:00pm Individual Pursuits 5:00pm Jazz Cafe
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 1:00pm-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	23 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 2:15pm Holiday Social 3:30pm Penny game 4:30pm Individual Pursuits 5:00pm Reminiscing/Music			



WINTER BREAK