

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

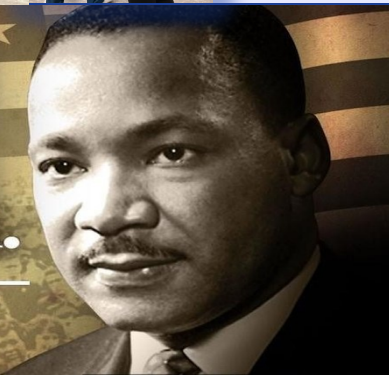
January 2026 Newsletter



The fun we had during the month of December Decking the Halls



MARTIN LUTHER KING JR. — DAY —



January 19th 2026

On November 2, 1983, President Ronald Reagan signed the King Holiday Bill into law, designating the third Monday in January a federal holiday in observance of civil rights leader
Dr. Martin Luther King, Jr.

Adult Day Healthcare

WOODBIDGE

January Birthstone– Garnet



The birthstone for the month of January is the garnet. It's also the gem that denotes the second wedding anniversary. The name garnet comes from the Latin word granatum, which means "pomegranate," since the stone resembles the color and form of this deep-red fruit. Garnets come in a variety of other colors, too, including green, clear, and even black. Green garnets are very rare and thus are the most highly prized. Select any color of this stone in January to celebrate your favorite

January birth or anniversary.

Did you know?

Fun Facts About January

January and February are typically the coldest months in the Northern Hemisphere, depending on location.

January typically has the second-highest average snowfall of any month in many parts of the Northern Hemisphere, following February.

January



Happy January Birthday to all participants and staff!



ACTIVITIES

LEARNING ACTIVITIES

Table Talk/Participant Social	M-F	1:45pm
Friends & Fellowship	Wednesdays	11am
Trivia	M-F	10:30am
The Daily Chronicle	M-F	9:45am
Gems Small Group/ Participant centered activity.	M-F	10:30am

FITNESS AND HEALTH ACTIVITIES

Exercise	M-F	10am
Weights & ROM	M-F	1:15pm

FUN ACTIVITIES

Movie Matinee	Fridays	2pm
Move to the Music/ Reminiscing through Music	M-F	5pm
Old Time Television	Various days	3:30pm
Bingo	M, F	11am
Arts & Crafts	Some Tuesday's	11am
Dancercise	M-F	10am
Rest & Relaxation	M-F	1:00pm-1:15pm
Chair Yoga	Monday/ Wednesday/ Friday	1:15pm

**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 2026

January 2nd	Chicken Tenders, Mixed Green Salad, Whole Wheat Roll, Cantaloup
January 5th	Baked Cod, Mixed Vegetables, Carrots, Whole Wheat Roll, Fresh Fruit Salad
January 6th	Sirloin Beef Tips, Whole Wheat Egg Noodles, Red Kidney Beans, Sauteed Spinach, Mashed Potatoes, Gravy, Fruit Cocktail
January 7th	Vegetable Lasagna, Mixed Salad, Yellow Squash, Garlic Bread, Tropical Fruit
January 8th	Asian Chicken, Rice, Vegetable Egg Roll, Mandarin Vegetable Blend, Fortune Cookies, Applesauce
January 9th	Open Face Tuna Wrap, Bean Salad, Beets Salad, Grapes
January 12th	Pork Chop, Mashed Potatoes, Lima Beans, Stewed Tomatoes, Whole Wheat Roll, Honey Dew Melon
January 13th	Chicken & Dumplings, Kale, Cannellini Beans, Honey Wheat Dinner Roll, Pears
January 14th	Swedish Meatballs, Whole Wheat Egg Noodles, Carrots, Asparagus
January 15th	Egg Salad w/ Croissant, Beet Salad, Potato Salad, Apricots
January 16th	Crab Cake, Rosemary Potato, Butternut Squash Soup, English Muffin
January 19th	Closed MLK Day
January 20th	Spinach Quiche, Cesar Salad, Baked Beans, Banana
January 21st	Beef Lasagna, Broccoli Cheese, Butternut Squash, Whole Wheat Roll, Peaches
January 22nd	Chicken Wings, Whole Wheat Roll, White bean & Tomato Salad, Carrots, Cantaloup
January 23rd	Herbed Tilapia, Sweet Potato, Mixed Vegetable, Roasted Mushroom, Dinner Roll, Applesauce
January 26th	Sweet & Sour Chicken Nuggets, Whole Grain Rice, Egg Roll, Baked Beans, Broccoli, Banana
January 27th	Stuffed Shells, (Cheese), Mixed Vegetables, Garlic Herb Breadstick, Apricots
January 28th	Manager's Choice
January 29th	Mushroom Swiss Burger, Sweet Potato Fries, Beets, Fresh Fruit Salad
January 30th	Potato Crusted Cod, Carrots, Spinach, Brown Rice & Quinoa Blend, 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 Glyer (703) 496-3400

Prince William Senior Center

13850 Church Hill Drive
Woodbridge, VA, 22191
2nd & 4th Tuesday 7:00 p.m.
Kate Tanner (703) 501-0749

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

Kathleen Wiley, Site Manager

Dawn Holton, Recreation Specialist

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

Thulile Oladimeji

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 2026 Program Closures

New Year's Day -January 1st

Martin Luther King Jr. Day -January 19th

Memorial Day -May 25th

Juneteenth -June 19th

Summer Break -June 29-July 5th

Independence Day -July 4th

Labor Day -September 7th

Veterans Day -November 11th

Thanksgiving -26th & 27th

Winter 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.

Mon



Tue

Wed



Thu

Fri

2



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

Happy New Year!

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Word Scramble
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bunco
1:15pm Weights & ROM
1:45pm Welcome Back
Open Discussion
2:15pm Movie Matinee
4:00pm Individual Pursuits
5:00pm Reminiscing/Music



5

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Categories Game
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bingo/Gems
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Balloon Volleyball
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Jazz Cafe

6

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am AMF Home Videos
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia/Spanish Club
11:00am Arts & Craft
1:15pm Weights & ROM
1:45pm Reading Club
2:15pm Chair Soccer
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Reminiscing Music

7

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Celebrity Spotlight
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00 Friends Fellowship
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Drama Club
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Move to the Music

8

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Word Scramble
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am War Card Game
1:15pm Weights & ROM
1:45pm Chicken Soup
2:15pm Sing A-Long
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Reminiscing Music

9

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Americas got Talent
10:00am Exercise Dancercise
10:30am Trivia
11:00am Bingo
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Movie Matinee
4:00pm Individual Pursuits
5:00pm Motown Music



12

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Categories Game
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bingo/Gems
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Match The Suits
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Jazz Cafe

13

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am American Idol
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Library Visit
1:15pm Weights & ROM
1:45pm Reading Club
2:15pm Musical Ball
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Reminiscing/Music

14

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Celebrity Spotlight
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00 Friends Fellowship
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Noodle Ball
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Move to the Music

15

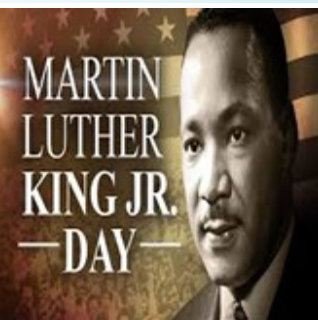
7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Word Scramble
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bunco
1:15pm Weights & ROM
1:45pm Chicken Soup
2:15pm Act It Out
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Reminiscing Music

16

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Soul Train Videos
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bingo/Gems
1:15pm Chair Yoga
1:45pm Table talk
2:15pm Movie Matinee
4:00pm Individual Pursuits
5:00pm Jazz Cafe



19



20

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Soul Train Videos
10:00am Exercise/Dancercise
10:30am Trivia/ Spanish Club
11:00am Small Groups
1:15pm Weights & ROM
1:45pm Reading Club
2:15pm Jeopardy Lab
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Reminiscing/Music

21

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Celebrity Spotlight
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Friends Fellowship
1:15pm Chair yoga
1:45pm Table Talk
2:15pm Drama Club
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Move to the Music

22

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Word Scramble
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Dominos
1:15pm Weights & ROM
1:45pm Jokes & Riddles
2:15pm Karaoke
3:30pm Old Time TV
4:00pm Individual Pursuits
5:00pm Reminiscing/Music

23

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Americas got Talent
10:00am Exercise Dancercise
10:30am Trivia
11:00am Bingo
1:15pm Chair yoga
1:45pm Table Talk
2:15pm Movie Matinee
4:00pm Individual Pursuits
5:00pm Motown Music



26

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Categories Game
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bingo/Gems
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Balloon Volleyball
3:30pm Spot the difference
4:00pm Old Time TV
5:00pm Jazz Cafe

27

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuit
9:15am AMF Home Videos
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia/Spa
11:00am Arts & Craft
1:15pm Weights & ROM
1:45pm Reading Club
2:15pm Chair Soccer
3:30pm Junk Drawer
4:00pm Individual Pursuits
5:00pm Reminiscing Music

28

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuit
9:15am Celebrity Spotlight
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00 Friends Fellowship
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Noodle Ball
3:30pm Penny Game
4:00pm Old Time TV
5:00pm Move to the Music

29

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuit
9:15am Word Scramble
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bunco
1:15pm Weights & ROM
1:45pm Chicken Soup
2:15pm Jeopardy Lab
3:30pm Finish The Phrase
4:00pm Individual Pursuits
5:00pm Reminiscing Music

30

7:00am –8:45am
Morning refreshments
8:45am-9:15am Individual Pursuit
9:15am Soul Train Videos
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bingo/Gems
1:15pm Chair Yoga
1:45pm Table talk
2:15pm Movie Matinee
4:00pm Group Table Games
5:00pm Jazz Cafe

