

## February 2026 Newsletter

### Safe & Sound

Footcare and safe shoes can prevent falls

Falls are the leading cause of injury for older adults (ages 65 and older) and can have serious consequences, like limited mobility and loss of independence.

Routine care for feet and proper supportive footwear can reduce the risk of falls.

### Flu and other Respiratory Illness Reminder

To ensure the health and safety of all participants and staff during this cold and flu season, we kindly ask that you keep your loved one home if they are showing any signs of illness.

#### **Our Current Health Policy:**

**Arrival Screening:** Participants presenting with symptoms of illness upon arrival will not be admitted into the program.

**Symptom Development:** If a participant begins to show symptoms during the day, family members will be notified immediately. For the safety of the group, we require pickup within 45 minutes of

notification.

**Care & Comfort:** While awaiting pickup, participants will rest in a quiet, designated space under the continuous supervision of our staff.

We appreciate your cooperation in maintaining a healthy environment for everyone. Please contact the program directly if you have any questions.



Adult Day Healthcare

## WOODBIDGE

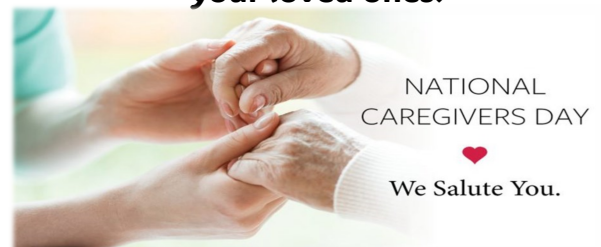
## Caregiver Corner

### *"Love is in the Details: February Chart Refresh"*

We're kicking off 2026 with a focus on excellence! To continue providing the high-quality, coordinated service your family relies on, the ADHC will be conducting a

### **"February Refresh"**

Please be on the lookout for a brief information update request. Your quick response ensures that our care remains as dynamic and responsive as the needs of your loved ones.



National Caregiver Day is more than just a date on the calendar; it's a day to recognize the tireless heroes who provide comfort and care every single day. We see your hard work, and we are so grateful for the trust you place in us.



### Join us for a Caregiver Appreciation Social

**When:** Friday February 19th from  
**From:** 1:30pm-3:30pm  
**Where:** ADHC

**RSVP:** Please let us know you're coming by February 13th so we can prepare a special treat for you.



# ACTIVITIES

## LEARNING ACTIVITIES

Table Talk	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	Various Times/as needed

## 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	3:30pm
Bingo	M, F	11am
Arts & Crafts	3rd Tuesday	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

February 2	Pulled Pork Sandwich, Whole Wheat Bun, Stewed Tomatoes, Baked Beans, Green Beans, Fresh Apple
February 3	Tilapia, Wild Rice, Carrots, Grapes
February 4	Chicken Wings, Toast, Broccoli, Baked Beans, Applesauce
February 5	Beef Chilli, Corn Bread, Tortilla Chips, Spinach, Banana
February 6	Asian Chicken w/ Chilli Garlic Sauce, Long Grain Rice, Vegetable Egg Roll, Mandarin, Vegetable Blend Fortune Cookie
February 9	Chicken & Dumplings, Kale, Corn, Honey Wheat Dinner Roll, Applesauce
February 10	Taco Salad, Ground Beef, Pinto Beans, Tortilla Chips, Mandarin Oranges, Sour Cream, Salsa
February 11	Pork Chops, Pork Gravy,, Mashed Potatoes, Lima Beans, Stewed Tomatoes, Whole Wheat Dinner Roll, Kiwi
February 12	Jambalaya W/Shrimp, Whole Grain Rice, Sweet Potato, Green Beans, Garlic Bread, Peaches
February 13	Baked Chicken, Potato Wedges, Peas, Whole Grain Dinner Roll, Apricots, Chocolate Mouse
February 16	Ham, Stuffing, Turkey Gravy, Baked Sweet Potato, Broccoli, Honey Wheat Dinner Roll, Fruit Cocktail
February 17	Spinach Quiche, Peas & Pearls, Cannellini Beans, Apricots
February 18	Butternut Squash Soup, White Beans, Green Beans, Whole Wheat Roll, Cantaloup
February 19	Beef Lasagna, Broccoli Florets, Garbanzo Beans, Whole Wheat Roll, Peaches
February 20	Fish Taco, Slaw, Spinach, Soft Tortilla, Fresh Fruit Salad
February 23	Beef Barbacoa, Whole Grain Rice, Baked Beans, Broccoli, Banana
February 23	Stuffed Shells( Cheese) Mixed Vegetables, Garlic & Herb Breadstick, Fresh Apple
February 24	<b>Manager's Choice</b>
February 25	Italian Breaded Chicken, Lentil Soup, Turnip Greens, Whole Wheat Biscuit, Pineapple
February 26	Scallops, Peas, Broccoli Slaw, Kidney Beans, Tarter Sauce, Whole Wheat Dinner Roll, Peaches



## 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](http://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

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.

Guidance will be provided to you for participant attendance and/or return to the program.



Mon

Tue

Wed

Thu

Fri

2



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

3

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 Small Group  
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

4

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 Jokes & Riddles**  
2:15pm Noodle Ball  
3:30pm Penny Game  
4:00pm Old Time TV  
5:00pm Move to the Music

5

7:00am –8:45am  
Morning refreshments  
8:45am-9:15am Individual Pursuit  
9:15am Soul Train  
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 Finish The Phrase  
4:00pm Individual Pursuits  
5:00pm Reminiscing Music

6

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 Bingo/Gems  
1:15pm Weights & ROM  
1:45pm Table Talk/Super Bowl  
2:15pm Movie Matinee  
4:00pm Individual Pursuits  
5:00pm Reminiscing/Music



9

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 Would You Rather  
4:00pm Individual Pursuits  
5:00pm Jazz Cafe

10

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 Library Visit  
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

11

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 Ski Ball**  
2:15pm Drama Club  
3:30pm Conversation Toss  
4:00pm Individual Pursuits  
5:00pm Move to the Music

12

7:00am –8:45am  
Morning refreshments  
8:45am-9:15am Individual Pursuits  
9:15am Americas Got Talent  
9:45am Daily Chronicle  
10:00am Exercise/Dancercise  
10:30am Trivia  
11:00am Team Building  
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

13 Valentine's Social

7:00am –8:45am  
Morning refreshments  
8:45am-9:15am Individual Pursuits  
9:15am Word Unscramble  
10:00am Exercise Dancercise  
10:30am Trivia  
11:00am Bingo/Gems  
1:15pm Chair Yoga  
**1:45pm Valentine's Cookie Decorating**  
2:15pm Movie Matinee  
4:00pm Individual Pursuits  
5:00pm Motown Music



## 16 Presidents Day

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 Act It Out  
3:30pm Spot the Difference  
4:00pm Individual Pursuits  
5:00pm Jazz Cafe

## 17 Chinese New Year

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 Arts & Crafts  
1:15pm Weights & ROM  
1:45pm **Armchair Travel (China)**  
2:15pm Musical Ball  
3:30pm Old Time TV  
4:00pm Individual Pursuits  
5:00pm Reminiscing/Music

## 18

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 Jokes & Riddles**  
2:15pm Noodle Ball  
3:30pm Afternoon Trivia  
4:00pm Individual Pursuits  
5:00pm Move to the Music

## 19 Caregiver Social

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  
**1:30pm Caregiver Social**  
3:30pm Old Time TV  
4:00pm Individual Pursuits  
5:00pm Reminiscing Music

## 20 National Caregiver Day

7:00am –8:45am  
Morning refreshments  
8:45am-9:15am Individual Pursuits  
9:15am Conversation Toss  
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



23

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

24

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

25

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 Knock Down The Cans**  
2:15pm Drama Club  
3:30pm Finish The Prase  
4:00pm Individual Pursuits  
5:00pm Move to the Music

26

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 Table Games  
1:15pm Weights & ROM  
1:45pm Jokes & Riddles  
2:15pm karaoke  
3:30pm Old Time TV  
4:00pm Individual Pursuits  
5:00pm Reminiscing/Music

27

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/Gems  
1:15pm Chair yoga  
1:45pm Table Talk  
2:15pm Movie Matinee  
4:00pm Individual Pursuits  
5:00pm Motown 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

