

[www.pwcgov.org/aging](http://www.pwcgov.org/aging)

(703)792-4990

## April 2026 Newsletter

### April is Jazz Appreciation month

Jazz has a way of lifting the mood, and moving people to tap their toes. Take some time this month to listen to some of the legendary Jazz musicians with your loved one.

- Duke Ellington
- John Coltrane
- Thelonious Monk
- Wynton Marsalis



HAPPY BIRTHDAY  
APRIL BORN



### You're Invited

**"The Golden Era" Classic Tv Show  
Theme Song Bingo!**



### Join Us

**Thursday April 23rd for an afternoon  
filled fun and refreshments.**

**Be on the lookout for an invite/RSVP  
coming your way soon!**

Adult Day Healthcare

## WOODBIDGE

## Caregiver Corner

**April is Stress Awareness Month .**

**Recognizing caregiver stress is half the battle  
in managing it.**

- **Emotional Exhaustion:** Frequent feelings of sadness, irritability, or anxiety.
  - **Social Withdrawal:** Losing interest in friends and hobbies once enjoyed.
  - **Physical Strain:** Chronic fatigue, sleeplessness, or new health problems.
- Stress Management tips**
- **Deal with What You Can Control:** Focus on your responses rather than factors outside your influence.
  - **Build a Support Network:** Reach out to a support group, friends, family to share experiences and feelings.
  - **Mind Your Health:** Ensure you are getting adequate rest, exercise, and proper nutrition.
  - **Clear Your Mind:** Practice meditation, yoga, or deep breathing for immediate relief



### As the Seasons/weather changes

**Layer Clothing-** Spring weather is unpredictable. Use easy-to-layer clothing (with zippers instead of buttons) to help your loved one manage fluctuating temperatures, as dementia can weaken the body's ability to self-regulate temperature.

**Stay Hydrated-** As temperatures rise, ensure both you and your loved one are drinking plenty of fluids, as dehydration can worsen confusion.

# 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	Various Times/as needed

## 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	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

<b>April 1st</b>	Spinach & Cheese Ravioli, Green Beans, Whole Wheat, Apricots
<b>April 2nd</b>	Chicken Cordon Bleu, Sweet Potato, Collard Green, Honey Wheat Dinner Roll, Fresh Fruit Salad
<b>April 3rd</b>	Tilapia, Brown Rice, With Gravy, Carrots, Zucchini, Grapes
<b>April 6th</b>	Veggie Cheese Pizza, Garbanzo Beans, Mixed Vegetables, Butternut Squash Soup, Apple Fresh
<b>April 7th</b>	Tuna Salad Plate, 3 Bean Salad, Pasta Salad, Whole Wheat Crackers, Honey Dew Melon
<b>April 8th</b>	Baked Chicken, Whole Wheat Roll, Kale, Sweet Potato, Grapes
<b>April 9th</b>	Pulled Pork Sandwich, Whole Wheat Bun, Stewed Tomatoes, Baked Beans, Green Bean, Strawberries
<b>April 10th</b>	Cod, Roasted Potatoes, Spinach, Hummus Pitta Chips, Fruit Cocktail
<b>April 13th</b>	Chicken Tenders, Macaroni & Cheese, Green Beans, Whole Wheat Breadstick, Banana
<b>April 14th</b>	Chili Dog, Whole Wheat Bun, Baked Beans, Spinach, Sweet Potato Fries, Honey Dew Melon
<b>April 15th</b>	Pork Chops, w/ Pork Gravy, Mashed Potatoes, Lima Beans, Whole Wheat Dinner Roll, Fresh Fruit Salad
<b>April 16th</b>	Fish Sandwich, Whole, Peas & Carrots, Kidney Beans, Apple
<b>April 17th</b>	Egg Salad, Whole Wheat Croissant, Beet Salad, Potato Salad, Apricots
<b>April 20th</b>	Beef Lasagna, Brussel Sprout, Carrots, Whole Wheat Roll, Cantaloup
<b>April 21st</b>	Spinach Quiche, Vegetable Normandy, Garbanzo Beans, Croutons, Apricots
<b>April 22nd</b>	White Chicken Chili, Cannellini Beans, Turnip Greens, Potato Wedges, Whole Wheat Roll, Pears
<b>April 23rd</b>	Eggplant Parmesan, Pasta Noodles, Cannellini Beans, Mixed Green Salad, Strawberries
<b>April 24th</b>	Baked Fish w/Lemon Sauce, Squash & Peppers, Whole Grain Rice, Spinach, Peaches
<b>April 27th</b>	Italian Breaded Chicken, Lentil Soup, Turnip Greens, Whole Wheat Biscuit, Pineapple
<b>April 28th</b>	Mushroom Swiss Burger, Sweet Potato Fries, Beets, Fruit Salad
<b>April 29th</b>	<b>Manager's Choice</b>
<b>April 30th</b>	Fish Soft Tacos, Cilantro Slaw, Refried Beans, Watermelon

## 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

#### 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



alzheimer's association®

### Questions Related to Medicare, Medicaid and other Health Insurance

Call Rosemari Walker, Medicare Counselor

(703) 792-4156



Prince William Adult Day Healthcare  
Prince William Area Agency on Aging

## 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

Staff Development June 26th

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**

### IMPORTANT REMINDER

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.

15941 Donald Curtis Dr, Woodbridge, Virginia, 22191  
Monday through Friday from 7:00 a.m. to 6:00 p.m.

Monday

Tuesday

Wednesday

Thursday

Friday

April Is Diversity Month

1 April Fools Day

2

3 Every Friday Is a Good one



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/Gems  
 11:00 Friends Fellowship  
 1:15pm Chair Yoga  
 1:45pm Table Talk  
 2:15pm Noodle Ball  
 3:30pm Penny Game  
 4:00pm Button Sorting Coloring  
 5:00pm Move to the Music

7:00am-8:45am  
Morning refreshments  
 8:45am-9:15am Individual Pursuit  
 9:15am Conversation Toss  
 9:45am Daily Chronicle  
 10:00am Exercise/Dancercise  
 10:30am Trivia/Gems  
 11:00am Grocery Game  
 1:15pm Weights & ROM  
 1:45pm Chicken Soup  
 2:15pm Musical Ball  
 3:30pm Finish The Phrase  
 4:00pm Word search/Puzzles  
 5:00pm Reminiscing Music

7:00am-8:45am  
Morning refreshments  
 8:45am-9:15am Individual Pursuits  
 9:15am Word Scramble  
 10:00am Exercise/Dancercise  
 10:30am Trivia/Gems  
 11:00am Bingo  
 1:15pm Chair Yoga  
 1:45pm Floor Bowling  
 2:15pm Movie Matinee  
 3:45pm Afternoon Dancing  
 4:00pm Flower Sorting/Cards  
 5:00pm Reminiscing/Music



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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/Gems  
 11:00am Bingo/Gems  
 1:15pm Chair Yoga  
 1:45pm Table Talk  
 2:15pm Balloon Volleyball  
 3:30pm Old Time TV  
 4:00pm Uno Color Matching  
 5:00pm Jazz Cafe

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 Groups  
 1:15pm Weights & ROM  
 1:45pm Reading Club  
 2:15pm Chair Soccer  
 3:30pm Finish The Phrase  
 4:00pm War Card Game  
 5:00pm Reminiscing Music

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/Gems  
 11:00 Friends Fellowship  
 1:15pm Chair Yoga  
 1:45pm Basket toss  
 2:15pm Drama Club  
 3:30pm Junk Drawer  
 4:00pm Puzzles  
 5:00pm Move to the Music

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/Gems  
 11:00am Team Building  
 1:15pm Weights & ROM  
 1:45pm Sing A- Long  
 2:15pm Cornhole  
 3:30pm Which One  
 4:00pm Checkers & Perfection  
 5:00pm Reminiscing Music

7:00am-8:45am  
Morning refreshments  
 8:45am-9:15am Individual Pursuits  
 9:15am Spill & Spell  
 10:00am Exercise Dancercise  
 10:30am Trivia/Gems  
 11:00am Bingo  
 1:15pm Chair Yoga  
 1:45pm Cornhole  
 2:15pm Movie Matinee  
 3:45pm Chair Dancing  
 4:00pm  
 5:00pm Motown Music



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15 Tax Day

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

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/Gems  
 11:00am **Library Visit**  
 1:15pm Weights & ROM  
 1:45pm Reading Club  
 2:15pm Parachute Game  
 3:30pm Conversation Cards  
 4:00pm Water Painting  
 5:00pm Reminiscing/Music

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/Gems  
 11:00 Friends Fellowship  
 1:15pm Chair Yoga  
 1:45pm Table Talk  
 2:15pm Music & Instruments  
 3:30pm Afternoon Trivia  
 4:00pm Adult Coloring  
 5:00pm Move to the Music

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/Gems  
 11:00am Jenga  
 1:15pm Weights & ROM  
 1:45pm Jokes & Riddles  
 2:15pm Garden Social  
 3:30pm Old Time TV  
 4:00pm Matching Game  
 5:00pm Reminiscing Music

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/Gems  
 11:00am Bingo/Gems  
 1:15pm Chair Yoga  
 1:45pm Knock Down the Cans  
 2:15pm Movie Matinee  
 3:45pm Simon Says Movement  
 4:00pm Word Search/Coloring  
 5:00pm Jazz Cafe



20

21

22 Earth Day

23 Bingo Social

24

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

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 Arts & Craft  
 1:15pm Weights & ROM  
 1:45pm Reading Club  
 2:15pm Nature Walk  
 3:30pm Junk Drawer  
 4:00pm Water Painting  
 5:00pm Reminiscing/Music

7:00am-8:45am  
Morning refreshments  
 8:45am-9:15am Individual Pursuits  
 9:15am Celebrity Spotlight  
 10:00am Exercise/Dancercise  
 10:30am Trivia/Gems  
 11:00am Friends Fellowship  
 1:15pm Chair yoga  
 1:45pm Ball Darts  
 2:15pm Drama Club  
 3:30pm Afternoon Trivia  
 4:00pm Adult Coloring  
 5:00pm Move to the Music

7:00am-8:45am  
Morning refreshments  
 8:45am-9:15am Individual Pursuits  
 9:15am Word Scramble  
 10:00am Exercise/Dancercise  
 10:30am Trivia/Gems  
 11:00am Table Games  
 1:15pm Weights & ROM  
 1:45pm Jokes & Riddles  
**2:00pm Music Bingo Social**  
 3:30pm Old Time Tv  
 4:00pm Matching Game  
 5:00pm Reminiscing/Music

7:00am-8:45am  
Morning refreshments  
 8:45am-9:15am Individual Pursuits  
 9:15am Americas got Talent  
 10:00am Exercise Dancercise  
 10:30am Trivia/Gems  
 11:00am Bingo  
 1:15pm Chair yoga  
 1:45pm Balloon Batting  
 2:15pm Movie Matinee  
 3:45pm Afternoon Movement  
 4:00pm Table Games  
 5:00pm Motown Music



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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/Gems  
 11:00am Bingo/Gems  
 1:15pm Chair Yoga  
 1:45pm Table Talk  
 2:15pm Balloon Volleyball  
 3:30pm Old Time TV  
 4:00pm Coloring  
 5:00pm Jazz Cafe

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/Gems  
 11:00am Small Groups  
 1:15pm Weights & ROM  
 1:45pm Reading Club  
 2:15pm Chair Soccer  
 3:30pm Junk Drawer  
 4:00pm Color By Number  
 5:00pm Reminiscing Music

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 Balloon Parachute  
 3:30pm Old Time Tv  
 4:00pm Puzzles  
 5:00pm Move to the Music

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 Garden Social  
 3:30pm Finish The Phrase  
 4:00pm Jenga  
 5:00pm Reminiscing 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