

www.pwcgov.org/aging

(703)792-4990

March 2026 Newsletter

Safe & Sound Spring Safety Checklist

Indoor Safety Refresh

Test Life-Saving Alarms: Replace batteries in all smoke and carbon monoxide detectors on March 8th (Daylight Saving Time).

Brighten the Path: Replace any dim or burnt-out bulbs. Add night-lights in hallways and bathrooms to reduce nighttime falls.

Clear the Clutter: Deep clean high-traffic areas by removing throw rugs and tucking away loose electrical cords.

Lock Up Cleaning Supplies: Ensure all spring cleaning chemicals (bleach, detergent pods) are stored in locked cabinets out of sight.

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.

Get Ready to Take the Stage!

Thursday March 19th at 2pm

We are excited to invite you to our upcoming Karaoke Social! Whether you're a shower-singer or a seasoned performer, come for the company and stay for the fun. We'll be spinning everything from Elvis to Tina Turner, so warm up your vocal cords and get ready to sing the afternoon away. An invite is headed your way!



Prince William Adult Day Healthcare
Prince William Area Agency on Aging

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

Adult Day Healthcare

WOODBIDGE

Caregiver Corner



Spring Forward

Preparing for Daylight Saving Time (March 8)
The one-hour shift can be tough on seniors and those with dementia.

To ease the transition:

Gradual Shift: Start moving bedtimes and mealtimes by 15 minutes earlier each day starting on Wednesday, March 4th.

Consistency is Key: Stick to your existing morning rituals even as the clock numbers change to provide a sense of security.



Keeping Minds Sharp in March

As a caregiver, supporting brain health can improve daily engagement and slow cognitive decline.

Brain-Boosting Activities to Try This Month

Cognitive Play: Engage in puzzles, crosswords, or brain-training games together. Even simple card games can stimulate memory and focus.

Social Connection: Try to schedule a "social hour" or a phone call with a loved one once a week.

New Learning: Try learning a small new skill together—like a simple craft or a few words in a new language—to build "cognitive reserve."



March Brain Booster

The Logic Riddle

"What has cities, but no houses; forests, but no trees; and water, but no fish?"

Memory Recall (The "Categories" Game)

Set a timer for 60 seconds. How many items can you name in these categories without stopping?

Fruits that are green

Instruments in an orchestra

The Visual Trick

Look around the room and find 5 things that are exactly the same color.

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

March 2nd	Sauerkraut & Pork, Mashed Potatoes, Black Eye Peas, Collard Greens, Corn Muffin, Applesauce
March 3rd	Baked Salmon w/ Lemon sauce Squash & Peppers, Whole Grain Rice, Spinach, Peaches
March 4th	Veggie Pizza, Lentil Soup, Mixed Green Salad, Fresh Fruit Salad
March 5th	Baked Chicken, Collard Greens, Corn Bread, Grapes
March 6th	Baked Lemon Herb Cod, Hush Puppies, Carrots, Mixed Vegetables, Peaches
March 9th	Stuffed Shells (Cheese), Mixed Beans, Garlic Breadsticks
March 10th	Chicken Parmesan, Cannellini Beans, Broccoli, Garlic Bread, Banana
March 11th	Beef Stroganoff, Whole Wheat Egg Noodles, Pease & Carrots, Green Garbanzo Beans, Honey Wheat Roll, Fruit Cup
March 12th	Pulled Pork Sandwich, Whole Wheat Bun, Baked Beans w/ Stewed Tomatoes, Green Beans, Fresh Apple
March 13th	Fish Soft Tacos, Cilantro Slaw, Guacamole, Refried Beans, Melon
March 16th	Chicken Piccata, Egg Noodle, Spinach, Carrots, Garlic Bread, Tropical Fruit
March 17th	Steak (Oriental Pepper) Whole Grain Rice, Egg Roll, Broccoli, Mandarin Orange
March 18th	Stuffed Cabbage, Roll w/ Beef, Whole Wheat Roll, Kale, Succotash, Cheddar Cheese Sauce, Pear
March 19th	Baked Cod, Corn Pepper & Onion, Peas, Whole Wheat Roll, Fresh Fruit Salad
March 20th	Shepard's Pie, Mashed Potatoes, Peas & Carrots, Pineapple Tidbits, Triple Chocolate Cake
March 23rd	Tuna Sandwich, Whole Wheat Bread, Lentil Soup, Collard Green, Fruit Cocktail,
March 24th	Open Face Roast Beef Sandwich w/ Beef Gravy, French Fries, Green Beans, Cantaloupe
March 25th	Manager's Choice
March 26th	Tomato Mushroom Rosemary Quiche, Green Snipped Beans, Cannellini Beans, Fresh Fruit Salad
March 27th	Herb Tilapia, Wild Rice, Green Lima Beans, Carrots, Whole Grain Dinner Roll, Grapes
March 30th	Meatball Sub (Turkey) , Whole Grain Roll, Red Kidney Beans, Broccoli, Apricots
March 31st	Chicken Sandwich, Whole Wheat Bun, Beets Collard Greens, Lentil Soup, Honeydew

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

1-800-272-3900



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.

A graphic with the words "DATES TO REMEMBER" in large, colorful, bubbly letters. The letters are in various colors like blue, green, yellow, and red, set against a black background.

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**

A graphic with the words "IMPORTANT REMINDER" in white, bold, capital letters on a red, distressed background that looks like a stamp.

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.

March 2026

Women's History Month/National Reading Month

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>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 Table Games 5:00pm Jazz Cafe</p>	<p>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 Chair Soccer 3:30pm Call to Mind 4:00pm Water Color Painting 5:00pm Reminiscing Music</p>	<p>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</p>	<p>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</p>	<p>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</p>
9	10	11	12	13
<p>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 Table Games 5:00pm Jazz Cafe</p>	<p>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 Finish The Phrase 4:00pm War Card Game 5:00pm Reminiscing Music</p>	<p>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</p>	<p>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 & Connect 4 5:00pm Reminiscing Music</p>	<p>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 Pling Plong 2:15pm Movie Matinee 3:45pm Chair Dancing 4:00pm Table Games 5:00pm Motown Music</p>
16	17 St. Patrick's Day	18	19	20
<p>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 Table Games 5:00pm Jazz Cafe</p>	<p>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 Arts & Crafts 1:15pm Weights & ROM 1:45pm Reading Club 2:15pm St. Patty Day Social 3:30pm Conversation Cards 4:00pm Water Painting 5:00pm Reminiscing/Music</p>	<p>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 2:00pm Music & Instruments 3:30pm Afternoon Trivia 4:00pm Adult Coloring 5:00pm Move to the Music</p>	<p>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 Dominos/Bunco 1:15pm Weights & ROM 1:45pm Jokes & Riddles 2:00pm Karaoke Social 3:30pm Old Time TV 4:00pm Matching Game 5:00pm Reminiscing Music</p>	<p>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 Scavenger Hunt 2:15pm Movie Matinee 3:45pm Simon Says Movement 4:00pm Table Games 5:00pm Jazz Cafe</p>
23	24	25	26	27
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30	31			
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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

Support & Events



LIVE WEBINAR

Embracing Their Reality

A Compassionate Approach to Dementia Care

Supporting someone living with Alzheimer's or dementia requires more than knowledge — it calls for empathy, flexibility, and a willingness to meet them where they are. In this informative and practical webinar, we'll explore what it truly means to **embrace the reality of a person living with dementia** and how this approach can reduce stress, improve communication, and deepen connection.

Join us as we discuss how shifting our perspective can lead to more meaningful interactions and better outcomes for both caregivers and professionals.

MAR 11
6PM - 7:30PM CST

Scan to register



Questions? Contact Jamie Floyd

214.901.2951 • jfloyd@anthemmemorycare.com

What You'll Learn:

- What “embracing their reality” means in dementia care
- Why correcting or redirecting can increase distress
- How validation and empathy improve communication
- Practical techniques to reduce agitation and frustration
- Tools caregivers and professionals can use immediately



Your Speaker
Rachael Wonderlin

Rachael Wonderlin is an internationally recognized dementia care expert and educator. She has a Master's in Gerontology and is a Johns Hopkins University Press three-time published author. Rachael is the owner of **Dementia By Day**, a senior living consulting firm and education company.

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