

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

May 2026 Newsletter

Adult Day Healthcare

WOODBIDGE

What's happening in May?



Caregiver Corner

Encourage Hydration: People with dementia often lose their sense of thirst. Offer fluids every 15–20 minutes when outdoors. Use brightly colored cups to draw attention to drinks or provide hydrating snacks like melon, popsicles, or cucumbers.



Manage Sunlight Exposure: Use natural morning sunlight to help regulate circadian rhythms and improve sleep. When outdoors, ensure your loved one wears a wide-brimmed hat and sunglasses to protect their eyes. And minimize irritation from



As the Seasons/weather changes

Please be reminded that all participants are required to have a season appropriate change of clothes on hand at the ADHC at all times.

We also encourage caregivers to send your loved one with a light Jacket daily. While we do our best to maintain temperatures above 70 in the program it may still feel cool to some.

People BORN IN
MAY
are
AMAYZING!

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

May 1st	Chicken Salad, Whole Wheat Croissant, Beets Salad, Potato Salad, Strawberries
May 4th	Chicken & Noodles, Peas & Onions, Kale, Cannellini Beans, Assorted Whole Grain Muffin, Apricot
May 5th	Fish Soft Tacos, Cilantro Slaw Cabbage, Diced Tomatoes, Guacamole, Refried Beans
May 6th	Veggie Pizza, Carrots, Lentil Soup, Applesauce
May 7th	Salisbury Steak, Red Kidney Beans, Sautéed Spinach, Mashed Potatoes, Honey Wheat Dinner Roll, Honey Dew
May 8th	Older Americans Month Event at Camp Snyder
May 11th	Chicken Alfredo, Broccoli, Carrots, Whole Wheat Breadstick, Pears
May 12th	Stuffed Bell Peppers, Mixed Veggies, Cannellini Beans, Whole Wheat Roll, Strawberries
May 13th	Ham w/Beans, Whole Grain Rice, White Beans, Collard Greens, Whole Wheat Roll, Orange
May 14th	Cheeseburger, Lettuce & Tomato, Sweet Potato Fries, Beets, Watermelon
May 15th	Baked Salmon, Brown Rice, Squash & Peppers, Dragon Fruit
May 18th	Chicken Cordon Bleu, Spinach, Honey Wheat Dinner Roll, Orange
May 19th	Stuffed Shells, Cannellini Beans, Mixed vegetables, Garlic Herb Breadsticks, Apricots
May 20th	Lemon Herb Cod Fillet, Baked Sweet Potato, Carrots, Mustard Greens, Dinner Roll, Peaches
May 21st	Roast Beef Sandwich, Whole Grain Bread, Lettuce & Tomato, Green Beans, Coleslaw, Watermelon
May 22nd	Mexican Chicken Salad Bowl, Lettuce, Tomato, Mexican Corn, Black Beans, Honey Dew, Churro
May 25th	Memorial Day
May 26th	Chicken Tender's Chopped Salad, Cucumber, Tomato, Olives, Whole Wheat Roll, Fruit Cup
May 27th	Manager's Choice
May 28th	Chili Dog, Whole Wheat Bun, Baked Beans, Spinach, Sweet Potato Fries, Fresh Fruit Salad, Ice Cream Bars
May 29th	Beef Stroganoff, Whole Wheat Egg Noodles, Broccoli, Red Kidney Beans, Honey Wheat Roll, Cantaloup



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



alzheimer's association®

Questions Related to Medicare, Medicaid and other Health Insurance

Call Rosemari 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,
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 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.

Monday

Tuesday

Wednesday

Thursday

Friday

Older American's Month

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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



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 Arranging/Cards
 5:00pm Reminiscing/Music



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5 **Cinco De Mayo**

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8 **Mother's Day Weekend**

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 Card Making
 1:15pm Weights & ROM
 1:45pm Reading Club
2:00pm Cinco De Mayo Garden Social
 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 Bunco
 1:15pm Weights & ROM
 1:45pm Cornhole
 2:15pm Movie Matinee
 3:30pm Afternoon Dancing
 4:00pm Checkers & Perfection
 5:00pm Reminiscing Music



OLDER AMERICAN'S MONTH CELEBRATION AT CAMP SNYDER

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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/Gems
 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 Spot the Difference
 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 Dominoes
 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



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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 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 Small Groups
 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 Team Building
 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 Charades
 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 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 Would you Rather
 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

7:00am –8:45am
Morning refreshments
 8:45am-9:15am Individual Pursuits
 9:15am Relaxing in the Garden
 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