

# PRINCE WILLIAM

Area Agency on Aging

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

(703)792-4990

June 2026 Newsletter

## First Day Of Summer is June 21st

As summer begins, we are focusing on keeping your loved ones cool, active, and engaged. Our team is monitoring hydration closely and adapting daily routines for comfort during the warmer days.

## You're Invited

Join us at the ADHC as we kick off the Summer of 2026.

Nothing says hello summer like an Ice cream social with lots of fun and laughter with friends.

Join us on Thursday June 25th at 2:15pm. Please be on the lookout for an invite to

R.S.V.P



Happy Birthday  
To Everyone  
Born in June!

Prince William Adult Day Healthcare  
Prince William Area Agency on Aging

Adult Day Healthcare

WOODBIDGE

## Caregiver Corner

### Beating the Summer Heat

- **Use high-contrast colors:**

Serve water in a brightly colored cup like solid red or blue. People with dementia often can't see water in a clear cup. If your loved one does not recognize what is inside an opaque cup, a transparent glass allows them to see the contents. You can also consider using water enhancers for added flavor and color.

- **Incorporate straws or lids:**

Offer adaptive cups with lids or colorful straws to make sipping less complicated and prevent spills on the go.

- **Serve water-rich foods:**

Offer watermelon, cucumbers, and popsicles to further increase fluid intake.



### 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 degrees in the program, it may still feel cool to some.

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

# 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
Rest & Relaxation	M-F	1pm-1:15pm
Chair Yoga	M, W, 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

June 1st	Sloppy Joes w/ Whole Wheat Bun Potato Wedges Kale w/ Vinegar w/ Hot Sauce Banana
June 2nd	Mushroom Ravioli w/ Alfredo Sauce, Pimento & Fresh Mushrooms w/ Mozzarella Cheese Mixed Garden Vegetables Kidney Beans Garlic Bread Apricot
June 3rd	Chicken Wings Whole Wheat Roll White Bean & Tomato Salad Carrots w/Margarine Cantaloup
June 4th	Meatball Sub Beef/Turkey/Chicken Meatballs on Whole Wheat Roll w/ Mozzarella Cheese w/ Marinara Sauce Broccoli Cannellini Beans Pineapple
June 5th	Crab Cakes Peas Broccoli Slaw Kidney Beans Tartar Sauce Whole Wheat Dinner Roll w/ Margarine Peaches
June 8th	Sweet & Sour Chicken Nuggets Whole Grain Rice Egg Roll Baked Beans Broccoli Pineapple
June 9th	Spinach Quiche W/egg, cheese Cesar Salad tomato, lettuce Garbanzo Beans Crotons w/ Dressing Apricots
June 10th	Beef Lasagna w/ Marinara Sauce & Cheese Parmesan Cheese Broccoli Florets Butternut Squash WW Roll Peaches
June 11th	Chicken Tenders Macaroni & Cheese Spinach w/ Margarine & Onion V8 Juice Whole Wheat Breadstick w/ Margarine Grapes Honey Mustard
June 12th	Baked Tilapia Mixed Vegetables Carrots WW Roll w/ Margarine Tartar Sauce Fresh Fruit Salad
June 15th	Sirloin Beef Tips Whole Wheat Egg Noodles Red Kidney Beans Sautéed Spinach Mashed Potato Gravy
June 16th	Crab Cake w/ Margarine w/ Old Bay Cole Slaw Sweet Potato Fries Garlic Bread w/ Margarine Tartar Sauce Cocktail Sauce Fresh Fruit Salad
June 17th	Egg Salad w/ Whole Wheat Croissant w/ Romaine Lettuce w/ Sliced Tomato w/ Swiss Cheese Beets Salad Green Garbanzo Beans Potato Salad Apricots
June 18th	Oven Fried Chicken Baked Beans Broccoli Whole Wheat Roll w/ Margarine w/ Honey Cantaloupe/ Honeydew
June 19th	<b>HAPPY JUNE TEENTH</b>
June 22nd	Tuna Salad Croissant w/ Romaine Lettuce w/ Sliced Tomato w/ Swiss Cheese 3 Bean Salad Pasta Salad
June 23rd	Italian Breaded Chicken Lentil Soup Turnup Greens Whole Wheat Biscuit w/Margarine Apricots
June 24th	<b>Manager's Choice</b>
June 25th	Cheeseburger on Roll Black Bean Flame Roasted Corn Potato Salad Pickel Wedge Peaches Ice Cream Sandwich
June 26th	<b>Staff Development</b>



## 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



## 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

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 call if you are 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
<p><b>1 Global Day Of Parents</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 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 4:30pm Afternoon Sing A-Long 5:00pm Jazz Cafe</p>	<p><b>2</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 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 &amp; ROM 1:45pm Reading Club 2:15pm Chair Soccer 3:30pm Call to Mind 4:00pm Water Color Painting 4:30pm Table Bowling 5:00pm Reminiscing Music</p>	<p><b>3</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 8:45am-9:15am Individual Pursuit 9:15am Celebrity Spotlight Discussion/ <u>Judy Garland</u> 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00 Friends Fellowship 1:15pm Chair Yoga 1:45pm Jokes &amp; Riddles 2:15pm Noodle Ball 3:30pm Penny Game 4:00pm Button Sorting 4:30pm Spot the Difference 5:00pm Move to the Music</p>	<p><b>4</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 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 &amp; ROM 1:45pm Reading Group 2:15pm Musical Ball 3:30pm Finish The Phrase 4:00pm Word search/Puzzles 4:30pm Conversation Cards 5:00pm Reminiscing Music</p>	<p><b>5</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 8:45am-9:15am Individual Pursuits 9:15am Word Scramble 9:45am Daily Chronicle 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 Movement with Scarfs 4:00pm Flower Arranging/Cards 4:30pm Balloon Batting 5:00pm Reminiscing/Music</p> 
<p><b>8 Best Friends Day</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 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 4:30pm Afternoon Sing A-Long 5:00pm Jazz Cafe</p>	<p><b>9</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 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/Gems 1:15pm Weights &amp; ROM 1:45pm Reading Club 2:15pm Knock Dow the Cans 3:30pm Finish The Phrase 4:00pm War Card Game 4:30pm Ski Ball 5:00pm Reminiscing Music</p>	<p><b>10</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 8:45am-9:15am Individual Pursuits 9:15am Celebrity Spotlight Discussion/ <u>Gene Wilder</u> 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/Gems 3:30pm Junk Drawer 4:00pm Puzzles 4:30pm Coloring 5:00pm Move to the Music</p>	<p><b>11</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 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 &amp; ROM 1:45pm Cornhole 2:15pm Karaoke 3:30pm Spot the Difference 4:00pm Flower Arranging 4:30pm Conversation Cards 5:00pm Reminiscing Music</p> 	<p><b>12</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 8:45am-9:15am Individual Pursuits 9:15am Flag Day Craft 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 4:30pm Table Bowling 5:00pm Jazz Cafe</p> 
<p><b>15 Flag Day</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 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/Patriotic Sing A-Long 2:15pm Musical Ball 3:30pm Old Time TV 4:00pm Domino Matching 4:30pm Virtual Birdwatching w/Discussion 5:00pm Jazz Cafe</p>	<p><b>16</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 8:45am-9:15am Individual Pursuits 9:15am American Idol 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00am Small Groups 1:15pm Weights &amp; ROM 1:45pm Reading Club 2:15pm Parachute Game 3:30pm Conversation Cards 4:00pm Water Painting 4:30pm Afternoon Sing A-Long 5:00pm Reminiscing/Music</p>	<p><b>17</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 8:45am-9:15am Individual Pursuits 9:15am Celebrity Spotlight Discussion/ <u>Paul McCartney</u> 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 &amp; Instruments 3:30pm Afternoon Trivia 4:00pm Adult Coloring 4:30pm Table Ball Roll 5:00pm Move to the Music</p>	<p><b>18</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 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 &amp; ROM 1:45pm Balloon Batting 2:15pm Movie Matinee 3:45pm Afternoon Movement 4:00pm Card Dice Game 4:30pm Coloring 5:00pm Reminiscing Music</p>	<p><b>19 Father's day Weekend</b></p> <p><b>HAPPY JUNE TEENTH</b></p>
<p><b>22 Summer is here!</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 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 4:30pm Virtual Aquarium w/Discussion 5:00pm Jazz Cafe</p>	<p><b>23</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 8:45am-9:15am Individual Pursuits 9:15am Soul Train Videos 10:00am Exercise/Dancercise 10:30am Trivia/ Spanish Club 11:00am Arts &amp; Craft 1:15pm Weights &amp; ROM 1:45pm Reading Club 2:15pm Nature Walk 3:30pm Junk Drawer 4:00pm Water Painting 4:30pm Table Bowling 5:00pm Reminiscing/Music</p>	<p><b>24</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 8:45am-9:15am Individual Pursuits 9:15am Celebrity Spotlight Discussion/ <u>Jimmy Walker</u> 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 4:30pm Number Sorting 5:00pm Move to the Music</p>	<p><b>25</b></p> <p>7:00am –8:45am <u>Morning refreshments</u> 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 &amp; ROM 1:45pm Jokes &amp; Riddles 2:15pm Ice Cream Social 3:30pm Old Time TV 4:00pm Matching Game 4:30pm Balloon Batting 5:00pm Reminiscing/Music</p>	<p><b>26</b></p> 



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