

www.pwcgov.org/aging

(703)792-4990

July 2026 Newsletter

Celebrate Cool Relief

As the summer weather continues to heat up

Take a moment this month to appreciate the technology behind the cold air keeping you cool this summer.

July 3rd is Air Conditioner Appreciation Day, the lead-in to Air Conditioning Appreciation Days, which last until August 15.



Exciting Updates to Our Daily Exercise Classes!

We will now offer two separate exercise class for each daily session. Allowing for a much more individualized enjoyable experience for all. The exercise classes will provide the specific needs of the participants based on their cognitive and physical capabilities as well preference.

Activity Spotlight: Legends Live

Take a leap back in time with our new virtual concert series! Participants will enjoy immersive performances from some of the greatest musicians of all time.

What to Expect:

- Nostalgic Concerts: High-quality virtual musical experiences.
- Familiar Tunes: Iconic hits from legendary artists.
- Social Connection: A lively, shared music experience with peers.



Update to closures

The ADHC will be closed July 29th for Professional Development

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.

Adult Day Healthcare

WOODBIDGE

Caregiver Corner

International self-care Day

Quick Caregiver Self-Care Break

You cannot pour from an empty cup! Celebrate International Self-Care Day (July 24th) with this 60-second reset:

- The "Box Breath": Inhale through your nose for 4 seconds, hold for 4, exhale through your mouth for 4, and hold empty for 4. Just one round can instantly lower your cortisol.

4th of July: Sparkle Sans the Stress

Big holiday celebrations can sometimes feel overwhelming for individuals with cognitive decline or sensory sensitivities.

- **Muffle the boom:** If local fireworks cause anxiety, close the windows and play familiar, soothing music or watch a favorite movie

Med Check & Sun Savvy

Did you know that some common medications can increase sun sensitivity or impair the body's ability to regulate temperature?

- Before heading out to enjoy the festivities review prescriptions. Ask your pharmacist if your loved one's medications carry a heat or UV warning.

Happy Birthday



July Babies!

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 1 & 2	M-F	10am
Exercise 1 & 2	M, T, T, F	1:15pm
Rest & Relaxation	M-F	1pm-1:15pm
Chair Yoga 1 & 2	W	1:15pm

FUN ACTIVITIES

Movie Matinee	Fridays	2:15pm
Move to the 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

July 6th	Chicken & Dumplings Kale Corn Honey Wheat Dinner Roll w/ Margarine Fruit Cup, Milk
July 7th	Meatloaf Mashed potato Broccoli Garlic Bread w/ Margarine Mandarin Orange 1% Milk
July 8th	Egg Salad w/ Whole Wheat Croissant w/ Romaine Lettuce w/ Sliced Tomato w/ Swiss Cheese Beets Salad Pinto Beans Tropical Fruit 1% Milk
July 9th	Chili Dog Whole Wheat Bun Baked Beans Spinach Sweet Potato Fries w/ Margarine w/ Diced Onion w/ Margarine Applesauce 1% Milk
July 10th	Crab Cake Rosemary Potato Butternut Squash Soup w/ Old Bay HW Roll w/ Margarine Tartar Sauce Cocktail Sauce Blueberries 1% Milk
July 13th	Italian Breaded Chicken Lentil Soup Spinach Whole Wheat Biscuit w/Margarine Pineapple 1% Milk
July 14th	Beef Lasagna w/ Marinara Sauce & Cheese Parmesan Cheese Broccoli Florets Butternut Squash WW Roll Cantaloupe 1% Milk
July 15th	Chicken Wings Whole Wheat Roll White Bean & Tomato Salad Carrots w/Margarine Fresh Fruit Salad 1% Milk
July 16th	Spinach Quiche W/egg, cheese Side Cesar Salad, tomato, lettuce, Crotons w/ Dressing Apricots 1% Milk
July 17th	Baked Cod Roasted Potatoes Spinach Hummus Pitta Chips w/ Margarine Fruit Cocktail 1% Milk
July 20th	White Chicken Chili Cannellini Beans Turnip Greens Potato Wedge WW Roll w/ Hot Sauce w/ Margarine Apricots 1% Milk
July 21st	Beef Stew WG Rice Broccoli Red Kidney Beans Honey Wheat Dinner Roll w/ Margarine Strawberries 1% Milk
July 22nd	Eggplant Parmesan w/ Marinara Sauce & Cheese Whole Wheat Pasta Cannellini Beans Mixed Green Salad w/ Margarine Reduced Calorie Italian Strawberries 1% Milk
July 23rd	Mushroom Swiss Burger w/ Whole Wheat Bun w/ Romaine Lettuce w/ Sliced Tomato Swiss Cheese Sweet Potato Fries Beets Ketchup, Mustard Fresh Fruit Salad 1% Milk
July 24th	Tuna Salad Boat w/ Ranch, Balsamic or Golden Italian Dressing Green Garbanzo Beans Sliced Tomatoes French Roll w/ Margarine Blueberries 1% Milk
July 27th	Chicken Tenders Cucumber, Tomato & Olives Whole Wheat Roll w/ Margarine (Low Fat Ranch -or- Reduced Calorie Italian Peaches 1% Milk
July 28th	Baked Tilapia w/ Whole Wheat Bun Sweet Potato Kale w/ Vinegar w/ Tartar Sauce Pinto Beans Cantaloupe 1% Milk
July 29th	Professional Development
July 30th	Broccoli Cheddar Soup Side Salad w/ Garbanzo Beans, Tomato, and Red Pepper w/ Ranch, Balsamic or Golden Italian Dressing Whole Wheat Crackers Fresh Fruit Salad 1% Milk
July 31st	Stuffed Shells w/ Marinara Sauce w/ Mozzarella Cheese Side Salad w/ Carrot and Tomato w/ Ranch, Balsamic and Italian Dressing Garlic Bread Tropical Fruit 1% Milk



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, Ivy Mitchell, Cathy Malone

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

Professional Development - July 29th

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.

IMPORTANT REMINDER

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3



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

6 Welcome Back Every-

7

8

9

10

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Spot the difference
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Bingo/Gems
1:15pm Exercise 1 & 2
1:45pm Table Talk
2:15pm Balloon Volleyball
3:30pm Old Time TV
4:00pm Guess the sounds
4:30pm Afternoon Sing A-Long
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 1 & 2
10:30am Trivia/Gems
11:00am Abstract summer art
1:15pm Exercise 1 & 2
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

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Celebrity Spotlight Discussion/Louis Armstrong
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00 Friends Fellowship
1:15pm Chair Yoga 1 & 2
1:45pm Basket Toss
2:15pm Drama Club/Gems
3:30pm Junk Drawer
4:00pm Seashell sorting
4:30pm Coloring
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 1 & 2
10:30am Trivia/Gems
11:00am Bunco
1:15pm Exercise 1 & 2
1:45pm Cornhole
2:15pm Karaoke
3:30pm Spot the Difference
4:00pm Flower Arranging
4:30pm Conversation Cards
5:00pm Reminiscing Music

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Double exposure
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Bingo/Gems
1:15pm Exercise 1 & 2
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

13

14

15 Hot Dog Day

16

17

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Can you picture it
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Bingo/Gems
1:15pm Exercise 1 & 2
1:45pm Table Talk
2:15pm Musical Ball
3:30pm Old Time TV
4:00pm Afternoon Reading
4:30pm Virtual Birdwatching w/Discussion
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 1 & 2
10:30am Trivia/Gems
11:00am Library Visit/Gems
1:15pm Exercise 1 & 2
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

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Celebrity Spotlight Discussion/Linda Ronstadt
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00 Friends Fellowship
1:15pm Chair Yoga 1 & 2
1:45pm Spot the Difference
2:15pm Music & Instruments
3:30pm Finish the Phrase
4:00pm Ski Ball
4:30pm Adult Coloring
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 1 & 2
10:30am Card Dice Game
1:15pm Exercise 1 & 2
1:45pm Reading Group
2:15pm Basket Toss
3:30pm Afternoon Sing A-Long
4:00pm Adult Coloring
4:30pm Relaxing in the Breezeway
5:00pm Reminiscing Music

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Spot the difference
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Bingo/Gems
1:15pm Exercise 1 & 2
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

20

21

22

23

24 International self care day

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Junk Drawer Detective
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Bingo/Gems
1:15pm Exercise 1 & 2
1:45pm Table Talk
2:15pm Balloon Volleyball
3:30pm Old Time TV
4:00pm Guess the sound
4:30pm Virtual Aquarium w/Discussion
5:00pm Jazz Cafe

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am America's Got Talent
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Small Groups
1:15pm Exercise 1 & 2
1:45pm Reading Club
2:15pm Cornhole
3:30pm Junk Drawer
4:00pm Water Painting
4:30pm Table Bowling
5:00pm Reminiscing/Music

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Celebrity Spotlight Discussion/Alex Trebek
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Friends Fellowship/Gems
1:15pm Chair yoga/1 & 2
1:45pm Ball Darts
2:15pm Legends Live (Elvis)
3:30pm Afternoon Trivia
4:00pm Short Stories
4:30pm Adult Coloring
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 1 & 2
10:30am Trivia/Gems
11:00am Summer Jeopardy
1:15pm Exercise 1 & 2
1:45pm Jokes & Riddles
2:15pm Chair Soccer
3:30pm Penny Game
4:00pm Balloon Batting
4:30pm Guess the nature sound
5:00pm Reminiscing/Music

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Hidden in plain sight
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Bingo
1:15pm Exercise 1 & 2
1:45pm Balloon Batting
2:15pm Movie Matinee
3:45pm Afternoon Movement
4:00pm Table Games
4:30pm Relaxing in the Breezeway
5:00pm Motown Music

27

28

29 Closed

30

31

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Double Exposure
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Bingo/Gems
1:15pm Exercise 1 & 2
1:45pm Table Talk
2:15pm Balloon Volleyball
3:30pm Old Time TV
4:00pm Adult Coloring
4:30pm Relaxing in the Breezeway
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 1 & 2
10:30am Trivia/Gems
11:00am Arts & Crafts
1:15pm Exercise 1 & 2
1:45pm Reading Club
2:15pm Chair Soccer
3:30pm Junk Drawer
4:00pm Button Sorting
4:30pm Afternoon Reading
5:00pm Reminiscing Music



7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuit
9:15am Word Scramble
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Team Building
1:15pm Exercise 1 & 2
1:45pm Chicken Soup
2:15pm Parachute Game
3:30pm Finish The Phrase
4:00pm Jenga/Stacking
4:30pm Relaxing in the Breezeway
5:00pm Reminiscing Music

7:00am-8:45am Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Flag Day Craft
9:45am Daily Chronicle
10:00am Exercise 1 & 2
10:30am Trivia/Gems
11:00am Bingo/Gems
1:15pm Exercise 1 & 2
1:45pm Knock Down the Cans
2:15pm Movie Matinee
3:45pm Afternoon Movement
4:00pm Table Bowling
4:30pm Afternoon Sing A-Long
5:00pm Jazz Cafe