

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

August 2026 Newsletter

Happy Senior Citizens Day!

Observing this day annually on August 21, by recognizing their wisdom, resilience, and achievements, we foster a more inclusive society that values every generation. Celebrating our seniors ensures they feel appreciated, supported, and integrated into the communities they helped build.



YOU'RE INVITED

Join us on August 21st at 2:15pm to celebrate our seniors on this important day. Be on the lookout for more information and R.S.V.P headed your way soon 😊

Activity Spotlight:

Legends Live for the month of August
Beach Boys



Adult Day Healthcare

WOODBIDGE

Caregiver Corner

Heat & Hydration Safety

Recognize hidden dehydration: Look for non-verbal behavioral cues like sudden fatigue, increased confusion, or localized dizziness.

Modified August Activities

Incorporate low-stress memory tasks: Sit together in a cool room to complete small, sensory-stimulating tasks like sorting through old summer photo albums, listening to familiar classic music, or folding light laundry

Pre-Autumn Planning & Routines

Lock in daily structure: Consistency offers an absolute sense of security for progressive cognitive decline. Use August to solidify fixed wake-up times, meal schedules, and bedtime rituals before seasonal sunlight hours change

Program and activity schedule

In efforts to increase hydration throughout the day we have scheduled water and rest breaks. In doing this some activities are shorter by 10 minutes to accommodate this change. In addition to increasing hydration, providing time to

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.

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.

ACTIVITIES

LEARNING ACTIVITIES

Table Talk/Participant Social	Mondays's	1:45pm
Friends & Fellowship	Wednesdays	11am
Trivia	M-F	10:40-11am
The Daily Chronicle	M-F	10:30 am
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/ Reminiscing through Music	M-F	5pm
Old Time Television	Various days	3:30pm
Bingo	M, F	11am
Arts & Crafts	1 Tuesday per month	11am
Rest & Relaxation	M-F	1:00pm-1:15pm
Chair Yoga	Wednesday's	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

August 3rd	Fish Soft Tacos w/ Cilantro Slaw (cabbage, sour cream, mayo, cilantro) Diced Tomato and Guacamole Refried Beans Apricot 1% Milk
August 4th	Spinach Quiche W/egg, cheese Cesar Salad, tomato, lettuce Croutons w/ Dressing Fruit Cup 1% Milk
August 5th	Chicken & Waffles w/ Margarine w/ Maple Syrup Beets Collard Greens w/ Vinegar w/ Hot Sauce 1% Milk
August 6th	Beef Stroganoff Whole Wheat Egg Noodles Green Bean Red Kidney Beans w/ Margarine w/ Old Bay Honey Wheat Roll w/ Margarine Watermelon 1% Milk
August 7th	Baked Lemon herb Cod Fillet Hush Puppies Carrots Mixed Vegetable w/ Margarine Melon 1% Milk
August 10th	Chicken Parmesan/Tomato Sauce/Cannellini Beans/Broccoli/Garlic Bread/Peaches/Milk
August 11th	Cheeseburger Potato Bun w/ Romaine Lettuce w/ Sliced Tomato w/ Sliced Onion W/Pickles Baked Beans w/ Margarine Fresh Apple 1% Milk
August 12th	Spinach & Cheese Ravioli w/ Alfredo Sauce, Spinach & Mozzarella Cheese Parmesan Cheese Green Beans WW Roll w/ Margarine Apricots 1% Milk
August 13th	Chicken Sandwich WW Roll Beets Pickle, Lettuce Collard Green w/ Margarine
August 14th	Veggie Cheese Pizza Side Salad Butternut Squash Soup Applesauce Fresh Fruit Salad Low Fat Ranch - or- Balsamic Dressing 1% Milk
August 17th	Egg Salad w/ Croissant/ lettuce/Sliced Tomato/ Swiss Cheese/Beet Salad/Potato Salad/Apricots/ Milk
August 18th	Stuffed Cabbage Roll w/beef Kale Whole Wheat Roll w/ Margarine Banana Raspberry Sherbet 1% Milk
August 19th	White Chicken Chili Cannellini Beans Turnip Greens Potato Wedge WW Roll w/ Hot Sauce w/ Margarine Strawberries 1% Milk
August 20th	Rock Fish Squash & Peppers Whole Wheat Dinner Roll w/ Margarine Tartar Sauce Applesauce 1% Milk
August 21st	Chicken Cordon Bleu Sweet Potato Green Beans Dinner Roll w/ Margarine Pears 1% Milk
August 24th	Herb Tilapia/Sweet Potato/Green Beans/Roasted Mushrooms/Whole Wheat Dinner Roll/Watermelon/ Milk
August 25th	Chili Dog Beef Whole Wheat Bun Red Kidney Beans Spinach Sweet Potato Fries w/ Margarine w/ Diced Onion w/ Margarine Fresh Fruit Salad 1% Milk
August 26th	Manager's Choice
August 27th	Pork Chop w/ Gravy Mashed Potatoes Lima Beans w/ Stewed Tomato Broccoli French Roll w/ Margarine Tropical Fruit Pineapple & cherry 1% Milk
August 28th	Baked Chicken Whole Wheat Roll Kale Sweet Potato w/ Margarine Grapes 1% Milk
August 31st	Tuna Salad Plate/Romaine Lettuce/Sliced Tomato/3 Bean Salad/Pasta Salad/Whole Wheat Crackers/ Mandarin Orange/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 Glyer (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 Rosemary 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,
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

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.

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

Monday

3

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Categories Game
9:45am Program Transition/Morning Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45am Bingo/Gems
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Table Talk/Sisters Day
2:15pm-2:45pm Balloon Volleyball
3:30pm Old Time TV
4:00pm Uno Color Matching
4:30pm Afternoon Sing A-Long
5:00pm Jazz Cafe

Tuesday

4

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am AMF Home Videos
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45 Purple Heart Craft
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Reading Club
2:15pm-2:45pm Chair Soccer
3:30pm Old Time Billiards
4:00pm Water Color Painting
4:30pm Garden Social
5:00pm Reminiscing Music

Wednesday

5

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuit
9:15am Celebrity Spotlight
Discussion/ **Tony Bennett**
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00-11:45 Friends Fellowship
1:15pm-1:35pm Chair Yoga 1& 2
1:35 pm Water Break
1:45pm Jokes & Riddles
2:15pm-2:45pm Noodle Ball
3:30pm Would You Rather?
4:00pm Adult Coloring/ Magazines
4:30pm Afternoon Reading
5:00pm Move to the Music

Thursday

6

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuit
9:15am Morning Reading Group
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45 Small Groups/Gems
1:15pm-1:35 pm Exercise 1&2
1:35 pm Water Break
1:45pm Conversation Toss/Gems
2:15pm-2:45pm Musical Ball
3:30pm Finish The Phrase
4:00pm Word search/Puzzles
4:30pm Conversation Cards
5:00pm Reminiscing Music

Friday

7

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Junk Drawer Detective
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00-11:45 Friends Fellowship
1:15pm-1:35pm Chair Yoga 1& 2
1:35 pm Water Break
1:45pm Basket Toss
2:15pm Movie Matinee
3:45pm Afternoon Movement
4:00pm Afternoon Sing A-Long
4:30pm Balloon Bating
5:00pm Jazz Cafe



Purple Heart Day

10 Happy Lazy Day!

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Spot the difference
9:45am Program Transition/Morning Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45am Bingo/Gems
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Table Talk
2:15pm-2:45pm Balloon Volleyball
3:30pm Old Time TV
4:00pm Afternoon Reading
4:30pm Breezeway relaxing
5:00pm Jazz Cafe

11

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am AMF Home Videos
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45 Purple Heart Craft
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Reading Club
2:15pm-2:45pm Knock Down the Cans
3:30pm Finish The Phrase
4:00pm Afternoon Coloring
4:30pm Balloon Bating
5:00pm Reminiscing Music

12

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Celebrity Spotlight
Discussion/**Walter Williams**
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00-11:45 Friends Fellowship
1:15pm-1:35pm Chair Yoga 1& 2
1:35 pm Water Break
1:45pm Basket Toss
2:15pm-2:45pm Garden Social
3:30pm Afternoon Billiards
4:00pm Seashell sorting
4:30pm Afternoon Sing A-Long
5:00pm Move to the Music

13

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Junk Drawer Detective
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45 Bunco /Gems
1:15pm-1:35 pm Exercise 1&2
1:35 pm Water Break
1:45pm Cornhole
2:15pm-2:45pm Karaoke
3:30pm Spot the Difference
4:00pm Flower Arranging
4:30pm Breezeway Relaxing
5:00pm Reminiscing Music

14

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Double exposure
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00-11:45 Friends Fellowship
1:15pm-1:35pm Chair Yoga 1& 2
1:35 pm Water Break
2:15pm Movie Matinee
3:45pm Simon Says Movement
4:00pm Word Search/Coloring
4:30pm Afternoon Sing A-Long
5:00pm Jazz Cafe



17

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Spot the difference
9:45am Program Transition/Morning Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45am Bingo/Gems
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Table Talk
2:15pm-2:45pm Musical Ball
3:30pm Old Time TV
4:00pm Afternoon Reading
4:30pm Virtual Birdwatching
w/Discussion
5:00pm Jazz Cafe

18

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am American Idol
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45 Purple Heart Craft
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Reading Club
2:15pm-2:45pm Parachute Game
3:30pm Conversation Cards
4:00pm Water Painting
4:30pm Afternoon Sing A-Long
5:00pm Reminiscing/Music

19

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Celebrity Spotlight
Discussion/ **Kenny Rogers**
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45 Purple Heart Craft
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Spot the Difference
2:15pm-2:45pm Music & Instruments
3:30pm Finish the Phrase
4:00pm Ski Ball
4:30pm Adult Coloring
5:00pm Move to the Music

20

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Word Scramble
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45pm Small Groups
1:15pm-1:35 pm Exercise 1&2
1:35 pm Water Break
1:45pm Basket Toss
2:15pm Movie Matinee
3:30pm Afternoon Movement
4:00pm Adult Coloring
4:30pm Relaxing in the Breezeway
5:00pm Reminiscing Music



21

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Spot the difference
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00-11:45 Friends Fellowship
1:15pm-1:35pm Chair Yoga 1& 2
1:35 pm Water Break
1:45pm Knock Down the Cans
2:15pm **Senior Citizens Day Social**
3:45pm Simon Says Movement
4:00pm Table Bowling
4:30pm Word Search/Coloring
5:00pm Jazz Cafe



23

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Junk Drawer Detective
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45am Bingo/Gems
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Table Talk
2:15pm-2:45pm Balloon Volleyball
3:30pm Old Time TV
4:00pm Guess the sound
4:30pm Virtual Aquarium
w/Discussion
5:00pm Jazz Cafe

24

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am America's Got Talent
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45 Small Groups
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Reading Club
2:15pm-2:45pm Cornhole
3:30pm Junk Drawer
4:00pm Water Painting
4:30pm Table Bowling
5:00pm Reminiscing/Music

25

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Celebrity Spotlight
Discussion/ **Shania Twain**
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45 Purple Heart Craft
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Ball Darts
2:15pm **Legends Live (Beach Boys)**
3:30pm Afternoon Trivia
4:00pm Short Stories
4:30pm Adult Coloring
5:00pm Move to the Music

26

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Word Scramble
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45 Purple Heart Craft
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Daily Chronicle
2:15pm Jokes & Riddles
2:15pm-2:45pm Chair Soccer
3:30pm Penny Game
4:00pm Balloon Bating
4:30pm Guess the nature sound
5:00pm Reminiscing/Music

27

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Hidden in plain sight
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00-11:45 Friends Fellowship
1:15pm-1:35pm Chair Yoga 1& 2
1:35 pm Water Break
1:45pm Balloon Bating
2:15pm Movie Matinee
3:45pm Afternoon Movement
4:00pm Table Games
4:30pm Relaxing in the Breezeway
5:00pm Motown Music



30 Happy Beach Day!

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Double Exposure
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45am Bingo/Gems
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Table Talk
2:15pm-2:45pm Balloon Volleyball
3:30pm Old Time TV
4:00pm Adult Coloring
4:30pm Relaxing in the Breezeway
5:00pm Jazz Cafe

31

7:00am-8:45am
Morning refreshments
8:45am-9:15am Individual Pursuit
9:15am AMF Home Videos
9:45am Program Transition/Break
10:00am **Exercise 1&2**
10:20am Water Break
10:30am Daily Chronicle
10:40am Trivia/Gems
11:00am-11:45 Small Groups
1:15pm **Exercise 1&2**
1:35 pm Water Break
1:45pm Reading Club
2:15pm-2:45pm Chair Soccer
3:30pm Junk Drawer
4:00pm Button Sorting
4:30pm Afternoon Reading
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