

www.pwcgov.org/aging

(703)792-4990

September 2026 Newsletter

Happy National Grandparents Day!

September 13th 2026

Grandparents are the keepers of a family's story. They hold the memories, traditions, and cultural heritage that shape who we are. Celebrating this day is an acknowledgment of our roots. It gives younger generations a chance to understand where they come from and learn from the lived experiences, hardships, and triumphs of their elders. A grandparent may not always be biological but The bond with a non-biological grandparent is built entirely on mutual affection and choice. These individuals look at a child or a younger family and say, *"I want to invest my time, energy, and heart into your life."* Because this relationship is entirely voluntary, it carries a deep sense of validation for both the youth and the elder.

Activity Spotlight:

Throughout this month, we are hosting a relaxing spa experience for our male and female participants.

What we are providing:

- For ladies: Light nail filing and painting.
- For everyone: lightly scented hand cream and nail filing

Action required:

- Please be on the lookout for a permission slip.
- Sign and return it so your loved one can participate



HAPPY BIRTHDAY
September
BABIES!

Adult Day Healthcare

WOODBIDGE

Caregiver Corner

Enjoy Crisp Outdoor Air: Take advantage of the mild September weather before winter sets in. Short, structured walks in a secure backyard or park can significantly reduce restlessness and improve nighttime sleep quality.

Consider starting a my life Journal: Dedicate a rainy September afternoon to updating a notebook with your loved one's favorite music, comforting phrases, and past triggers. This helps substitute caregivers step in seamlessly if you need a break as well as keep the ADHC informed so that we can continue in providing the best care for your loved one.

Join a Support Group: World Alzheimer's Month brings a surge of free virtual and in-person caregiver workshops. Connect with organizations like the Alzheimer's Association or local community boards to find peer support if you haven't already.

Walking Club

As the temperatures began to cool off and we approach fall, We will began taking short walks outside to take in all of the beautiful colors and to get some fresh air for those that are able to do so. Please be on the lookout for more information.



As the Seasons/weather changes

The ADHC will go through all participant cubbies to insure that they have appropriate clothing for the changing weather. We will reach out to you if there is anything needed

We continue to 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.

ACTIVITIES

LEARNING ACTIVITIES

Table Talk/Participant Social	Mondays	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	Friday's	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
Active Games	Various days	2:15-2:45pm

**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

September 1st	Eggplant Parmesan w/ Marinara Sauce & Cheese Whole Wheat Pasta Cannellini Beans Mixed Green Salad Reduced Calorie Italian Strawberries 1% Milk
September 2nd	Chicken Alfredo Egg Noodle Broccoli HW Garlic Bread w/ Margarine Pineapple Tidbits 1% Milk
September 3rd	Swedish Meatballs Egg Noodles Carrots Roasted Asparagus Lingonberry Sauce Blackberry Cobbler 1 % Milk
September 4th	Crab Cake Rosemary Potato Butternut Squash Soup w/ Old Bay HW Roll w/ Margarine Tartar Sauce, Cocktail Sauc Peaches 1% Milk
September 7th	Happy Labor Day! Program Closed
September 8th	Chicken & Dumplings Kale Corn Honey Wheat Dinner Roll w/ Margarine Pears 1% Milk
September 9th	Taco Salad Ground Beef w/ Salsa w/ Diced Onion w/ Romaine Lettuce w/ Cheddar Cheese w/ Diced Tomato Pinto Beans Tortilla Chips Orange Sour Cream, Salsa 1% Milk
September 10th	Jambalaya (W/ Shrimp Whole Grain Rice Sweet Potato Green Beans HW Garlic Bread w/ Margarine Peaches 1% Milk
September 11th	Vegetable Lasagna Cesar Salad, tomato, lettuce Croutons w/ Margarine Parmesan Cheese Blueberries 1% Milk
September 14th	Beef Lasagna w/ Marinara Sauce, Parmesan Cheese, Broccoli Florets, Butternut Squash, WW Roll, Peaches
September 15th	Spinach Quiche W/egg, cheese Cesar Salad tomato, lettuce Croutons w/ Dressing Apricots 1% Milk
September 16th	Hot Dogs/w toppings Whole Wheat Bun (Cheese, Diced Onion, Pickle Relish, Sauerkraut, Chili, Ketchup, Mustard, Mayo) Potato Chips Cole slaw Beans Watermelon Ice Cream Cup or Bar 1% Milk
September 17th	Chicken Wings Whole Wheat Roll White Bean & Tomato Salad Carrots w/Margarine Cantaloup 1% Milk
September 18th	Tilapia Roasted Potatoes Spinach Hummus Pitta Chips w/ Margarine Fruit Cocktail 1% Milk
September 21th	Sweet & Sour Chicken Nuggets, Whole Grain Rice, Egg Roll, Baked Beans, Broccoli, Banana, 1% Milk
September 22nd	Mushroom Swiss Burger w/ WW Hamburger Bun w/ Romaine Lettuce w/ Sliced Tomato Swiss Cheese Sweet Potato Fries Beets Ketchup, Mustard Watermelon 1% Milk
September 23rd	Fish Sandwich Rockfish on Whole Wheat Bun w/ Cheddar Cheese Green Beans Potato Wedges Ketchup, Tartar Sauce Bread & Butter Pickles Applesauce 1% Milk
September 24th	Stuffed Shells Cheese Stuffed Pasta Shells w/ Marinara Sauce w/ Mozzarella Cheese Mixed Vegetables Garlic & Herb Breadstick Apricots 1% Milk
September 25th	Egg Salad Sandwich on Croissant w/ Lettuce, Tomato & Swiss Pickled Beets 3 Bean Salad Strawberries 1% Milk
September 28th	Cod Fish Sandwich, w/ Whole Wheat Bun, Sweet Potato, Broccoli, Pinto Beans, Tropical Fruit Salad, 1% milk
September 29th	Sloppy Joe Beef Whole Grain Bread w/ Romaine Lettuce w/ Sliced Tomato Green Beans Coleslaw Mayonnaise, Pickles Watermelon 1% Milk
September 30th	Manager's Choice

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 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,
Gifty Appiah

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

Tuesday

Wednesday

Thursday

Friday

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

1

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 Sunflower At dusk
craft
1:15pm Exercise 1&2
1:35 pm Water Break
1:45pm Reading Club
2:15pm-2:45pm Chair Soccer
3:30pm Afternoon Billiards
4:00pm Water Color Painting
4:30pm Garden Social
5:00pm Reminiscing Music

2

7:00am -8:45am
Morning refreshments
8:45am-9:15am Individual Pursuit
9:15am Celebrity Spotlight
Discussion/
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 Exercise 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

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
2:15pm-2:45pm 70's Day Social
3:30pm Finish The Phrase
4:00pm Word search/Puzzles
4:30pm Conversation Cards
5:00pm Reminiscing Music

Happy 70's Day!

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 Bingo
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 Batting
5:00pm Jazz Cafe



7



8

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-11:45pm Library Visit
1:15pm Exercise 1&2
1:35 pm Water Break
1:45pm Reading Club
2:15pm -2:45pm Knock Down Cans
3:30pm Finish The Phrase
4:00pm Afternoon Coloring
4:30pm Balloon Batting
5:00pm Reminiscing Music

9

7:00am -8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Garden Social
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 Exercise 1& 2
1:35 pm Water Break
1:45pm The 70's Collage Detective
2:15pm-2:45pm Chair Soccer
3:30pm Afternoon Billiards
4:00pm Seashell sorting
4:30pm Afternoon Sing A-Long
5:00pm Move to the Music

10

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 Nature Walk/ Table
Games
3:30pm Spot the Difference
4:00pm Flower Arranging
4:30pm Breezeway Relaxing
5:00pm Reminiscing Music

11

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 Bingo
1:15pm-1:35pm Chair Yoga 1& 2
1:35 pm Water Break
1:45pm Floor Bowling
2:15pm Movie Matinee
3:45pm Simon Says Movement
4:00pm Word Search/Coloring
4:30pm Afternoon Sing A-Long
5:00pm Jazz Cafe



14

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-Grand Parents Day Social
3:30pm Old Time TV
4:00pm Afternoon Reading
4:30pm Adult Coloring
5:00pm Jazz Cafe

15

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 Small Groups/
Manicures
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

16

7:00am -8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Celebrity Spotlight
Discussion/Ray Charles
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 Friends Fellowship
1:15pm Exercise 1&2
1:35 pm Water Break
1:45pm What Am I
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

17

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/Gems
1:15pm -1:35 pm Exercise 1&2
1:35 pm Water Break
1:45pm EZ Does It Category Trivia
2:15pm Whole Lot of Hoop la
3:30pm Afternoon Movement
4:00pm Adult Coloring
4:30pm Relaxing in the Breezeway
5:00pm Reminiscing Music

18

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 Bingo
1:15pm-1:35pm Chair Yoga 1& 2
1:35 pm Water Break
1:45pm Virtual Reading
2:15pm Movie Matinee
3:45pm Spot the Difference
4:00pm Word Search/Coloring
4:30pm Afternoon Reading
5:00pm Jazz Cafe



21 First Day of Fall

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 Nature walk/Table
Games
3:30pm Old Time TV
4:00pm Afternoon Reading
4:30pm Adult Coloring
5:00pm Jazz Cafe

22

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 Breezeway Relaxing
5:00pm Reminiscing/Music

23

7:00am -8:45am
Morning refreshments
8:45am-9:15am Individual Pursuits
9:15am Garden Social
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 Friends Fellowship
1:15pm Exercise 1&2
1:35 pm Water Break
1:45pm Jokes & Riddles
2:15pm Chair soccer
3:30pm Short Stories
4:00pm Vintage Soda Cap Sorting
4:30pm Adult Coloring
5:00pm Move to the Music

24

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 Team Building
1:15pm Exercise 1&2
1:35 pm Water Break
1:45pm Daily Chronicle
1:45pm Jokes & Riddles
2:15pm-2:45pm Legends Live (Dolly Parton)
3:30pm Penny Game
4:00pm Balloon Batting
4:30pm Guess the nature sound
5:00pm Reminiscing/Music

25

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 Bingo
1:15pm-1:35pm Chair Yoga 1& 2
1:35 pm Water Break
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



28

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

29

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/
Manicure
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 Afternoon Manicures
4:30pm Afternoon Reading

30

7:00am -8:45am
Morning refreshments
8:45am-9:15am Individual Pursuit
9:15am Celebrity Spotlight (Larry Hagman)
9:45am Program Transition/Break
10:00am Exercise 1& 2
10:20am Water Break
10:30am Daily Chronicle
10:40 am Trivia/Gems
11:00 Friends Fellowship
1:15pm Chair yoga/1& 2
1:35 pm Water Break
1:45pm Would you Rather
2:15pm Balloon Parachute
3:30pm Old Time TV
4:00pm Puzzles
4:30pm Live Puppy Cam
5:00pm Move to the Music

