

October 2026 Newsletter

A Thrilling October Afternoon: Relive the Magic of the King of Pop!



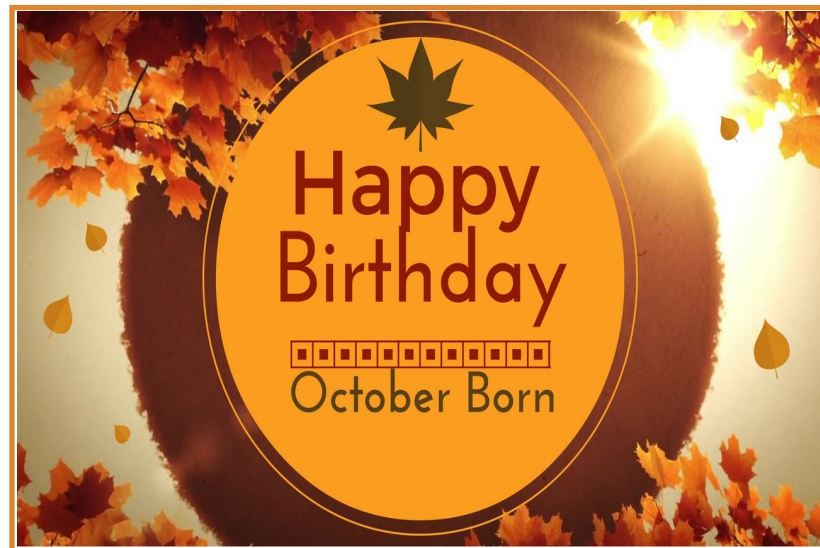
Dust off your dancing shoes and get ready to moonwalk down memory lane! This October 22nd, at 2:15pm. We will have an unforgettable tribute celebrating the legendary artistry of Michael Jackson. you'll hear all your favorite chart-topping hits—from the soulful days of the Jackson 5 right through to the timeless beats of Billie Jean and Thriller. Don't miss this afternoon of incredible music, great company, and pure nostalgia.



Activity Spotlight:

**Halloween Social Friday October 30th
at 2pm**

Games and Fun with some Tasty Treats



Adult Day Healthcare

WOODBIDGE

Caregiver Corner

Wardrobe Adjustments & Fall Safety

Check footwear: Ensure your loved one's shoes have strong rubber grips, which is especially important on damp autumn mornings.

Clear walking paths: Wet autumn leaves on sidewalks and driveways can be incredibly slick. Keep walkways clear to help prevent slips and falls.

Managing Shorter Days & "Sundowning"

Turn lights on early: Flip on bright indoor lights around 3:00 PM or 4:00 PM before dusk sets in. This minimizes shadows, which can cause confusion or optical illusions.

Dementia-Friendly Autumn & Halloween

Simplify Trick-or-Treat night: If the constant doorbell ringing or costumed strangers cause agitation, try placing a bowl of candy outside with a sign saying "Please take one." You can then turn off your front porch light and spend a quiet evening together in a back room

Fall Harvest Social: Wednesday, Oct 14th at 2:00 PM

Join us for a beautiful afternoon celebrating autumn traditions! We'll start with a gentle stroll through the garden to pick pumpkins, followed by a fun, friendly apple "bobbing" activity using large scoops. An afternoon filled with fun with friends

The Baking club will make fresh

Apple Pies on Thursday October 15th at 11am



Flu and other Respiratory Illness Reminder

To ensure the health and safety of all participants and staff during this cold and flu season, we kindly ask that you keep your loved one home if they are showing any signs of illness.

Arrival Screening: Participants presenting with symptoms of illness upon arrival will not be admitted into the program.

Symptom Development: If a participant begins to show symptoms during the day, family members will be notified immediately. For the safety of the group, we require pickup within 45 minutes of notification.

Care & Comfort: While awaiting pickup, participants will rest in a quiet, designated space under the continuous supervision of our staff.

We appreciate your cooperation. Please contact the program directly if you have any questions.

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 W/ROLL

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

October 1	Baked Cod, Fried Cabbage, Coleslaw Peas, Garlic Bread w/ Margarine Tartar Sauce, Pears,
October 2	Chicken Pot Pie Mixed Greens Side Salad w/ Carrots and Garbanzo Beans w/ Oil & Vinegar, Ranch, Balsamic or Italian Dressing Garlic Breadstick w/ Margarine Cantaloupe
October 5	Chicken Tenders, Cucumber Salad, Whole Wheat Roll, Cantaloup
October 6	Fish Taco Soft Tacos w/ Cilantro Slaw (cabbage, sour cream, mayo, cilantro) Diced Tomato and Guacamole Refried Beans Watermelon
October 7	Stuffed Cabbage Whole Wheat Roll Kale Succotash w/ Margarine Grapes
October 8	Vegetarian Lasagna, Mixed Greens Side Salad, Garlic & Herb Breadstick, Tropical Fruit
October 9	Polish Sausage W/Roll, Sauerkraut, Potato Salad, Kidney Beans, Cold Pickle Beats, Pretzel's, Peaches
October 12	Waffle W/Sausage, Salad, Rosemary Potatoes, Applesauce
October 13	Tuna Salad, Whole Wheat Bread, Butternut Squash Soup, Watermelon
October 14	Chicken & Noodle/ Peas & Onions, Kale, Cannellini Beans, Assorted Whole Grain Muffin, Pineapple
October 15	Beef Stroganoff/ Whole Wheat Egg Noodles, Green Beans, Red Kidney Beans, Honey Wheat Roll, Apricots
October 16	Shrimp Po 'Boy on a sub, 3 Bean Salad, Butternut Squash Soup, Bread & Butter Pickles, Blueberries
October 19	Chicken Parmesan, Tomato Sauce, Cannellini Beans, Broccoli, Garlic Bread, Grapes
October 20	Spinach & Cheese Ravioli, Carrots, Apricots
October 21	Mushroom Swiss Burger, Sweet Potato Fries, Beets, Fresh Apple
October 22	Baked Chicken, Whole Wheat Roll, Kale, Sweet Potato, Melon
October 23	Baked Lemon Herb Cod fillet, Whole Wheat Bun Sweet Potato, Broccoli, Mandarin Oranges, Cheesecake w/Cherry or Blueberry Topping
October 26	Macaroni & Cheeses, Cannellini Beans, Stewed Tomato, Broccoli, Bran Muffin, Honeydew Melon
October 27	Cod Fish Sandwich, Sweet Potato, Green Beans, Pinto Beans, Tropical Fruit Salad
October 28	Staff Development
October 29	Spicy Bat Wings, Zombie Baked Beans, Ghoulish Long Green Beans, Mummy Apple Slices, Creepy Whole wheat Bun, Fruit Cup
October 30	Chicken Lasagna, Cucumber Salad, Breadstick, Pears,

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



ADHC PROGRAM

Adult Day Healthcare Staff

Nakia Speller, Acting Site Manager

Dawn Holton, Recreation Specialist

Health Aides : Lul Alasso, Sirina Alhassan,
Christina Sutton, Ivy Mitchell, Cathy Malone,
Gifty A

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

Staff Development- **October 28th**

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.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				
5	6	7	8	9
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	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 Fall Craft 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	7:00am – 8:45am Morning refreshments 8:45am-9:15am Individual Pursuits 9:15am Table Games 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 Junk Drawer 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	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	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
12	13	14	15	16
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-Floor bowling 3:30pm Old Time TV 4:00pm Afternoon Reading 4:30pm Adult Coloring 5:00pm Jazz Cafe	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 Library Visit 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	7:00am – 8:45am Morning refreshments 8:45am-9:15am Individual Pursuits 9:15am Celebrity Spotlight 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 2:00pm Fall Harvest Social 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 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/Baking 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 Penny Game 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 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 Afternoon Movement 4:00pm Word Search/Coloring 4:30pm Afternoon Reading 5:00pm Jazz Cafe
19	20	21	22	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 Basket Toss 3:30pm Old Time TV 4:00pm Afternoon Reading 4:30pm Adult Coloring 5:00pm Jazz Cafe	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 Fall Craft 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	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 11:00am-11:45 Friends Fellowship 1:15pm Exercise 1&2 1:35 pm Water Break 1:45pm Short Stories 2:15pm Chair Soccer 3:30pm Call to Mind 4:00pm Vintage Soda Cap Sorting 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 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 Ball Darts 2:15pm Legends Live Michael Jackson 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 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
26	27	28	29	30
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	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 Afternoon Manicures 4:30pm Afternoon Reading 5:00pm Reminiscing Music	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 Movie Matinee 3:30pm Spot the Difference 4:00pm Flower Arranging 4:30pm Breezeway Relaxing 5:00pm Reminiscing Music	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 2:00pm Halloween Social 3:45pm Simon Says Movement 4:00pm Word Search/Coloring 4:30pm Afternoon Sing A-Long 5:00pm Jazz Cafe	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 2:00pm Halloween Social 3:45pm Simon Says Movement 4:00pm Word Search/Coloring 4:30pm Afternoon Sing A-Long 5:00pm Jazz Cafe

