

www.pwcgov.org/aging

(703)792-4990

November 2026 Newsletter

National Family Caregivers Month

November marks National Family Caregivers Month, a vital time to recognize the dedication, resilience, and compassion of those who care for loved ones with health conditions, disabilities, or age-related needs. Family caregivers represent an invaluable workforce, balancing immense responsibilities with unwavering commitment.

This month, we extend our deepest gratitude to the caregivers within our community. Your efforts do not go unnoticed. Here at the Adult Day Program, we are profoundly committed to supporting you in this journey. Our mission is to provide your loved one with exceptional, compassionate care, giving you the vital respite you need to recharge.

Beyond daily care, we are here to walk alongside you by connecting you with the professional resources, advanced care options, and support networks you deserve. Thank you for your partnership and for trusting us to be a part of your family's care team.

Activity Spotlight:

Our Activity Spotlight this November is Autumn Decoupage Vases, a relaxing and failure-free craft session designed to promote purposeful engagement. Participants will layer beautiful autumn napkins, faux leaves, and festive patterns onto glass vases using Mod Podge. This activity provides a wonderful creative outlet that gently exercises fine motor skills while stimulating nostalgic memories of autumn traditions. Every crafter will create a beautiful textured seasonal keepsake ready to display.

TO ALL THOSE BORN IN
NOVEMBER
Happy Birthday

Adult Day Healthcare

WOODBIDGE

Caregiver Corner

Prioritize Self-Care & Prevent Burnout

Maintain your own health: Don't skip your own medical appointments. Keep a balanced diet, get adequate sleep, and take short daily walks to protect your physical well-being.

Plan a Dementia-Friendly Thanksgiving

Adapt traditions for inclusion: Focus on what your loved one *can* do. Invite them to help with simple, safe tasks like setting the table, folding napkins, or mixing ingredients for a dish.

Delegate Tasks to Willing Helpers

Streamline the holiday workload: Let relatives bring potluck dishes, help put up seasonal decorations, or handle the post-meal cleanup so you can focus on caregiving without added stress.



Thanksgiving Social

Participants will enjoy delicious autumn treats while creating a special holiday craft designed to reflect on everything we are thankful for this year. This is a wonderful opportunity to share memories, celebrate the season, and embrace the spirit of gratitude together.

Date: Tuesday November 24th 2026 at 1:45pm

Highlights: Autumn themed refreshments & a keepsake gratitude craft



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

November 2

Chicken & Dumplings Kale Corn Honey Wheat Dinner Roll
w/ Margarine Fresh Fruit Salad 1% Milk

November 3

Baked Cod Brown Rice Carrots & Tomatoes stew Zucchini
Blueberries Tropical Fruit 1 % Milk

November 4

Pulled Pork Sandwich Whole Wheat Bun Stewed
Tomatoes Baked Beans Green Beans Hot Sauce Honey
Dew Melon 1% Milk

November 5

Vegetarian Lasagna w/ Marinara Sauce Cucumber Salad
Lentil Soup WG Breadstick w/ Margarine Mandarin
Orange 1% Milk

November 6

Swedish Meatballs Whole Wheat Egg Noodles Turnip
Greens Roasted Asparagus Lingonberry Sauce
Blackberry Peaches 1 % Milk

November 9

Veggie Pizza, Garbanzo Beans, Mixed Vegetables,
Butternut Squash Soup, Fresh Orange

November 10

Chicken Tenders Cucumber, Tomato & Olives Whole
Wheat Roll w/ Margarine Low Fat Ranch -or Reduced
Calorie Italian Cantaloup 1% Milk

November 11

**Veterans Day
Center Closed**

November 12

Pork Chop w/ Pork Gravy Mashed Potatoes Lima Beans w/
Stewed Tomatoes Whole Wheat Dinner Roll w/
Margarine Fresh Apple 1% Milk

November 13

*Jambalaya (W/ Shrimp Whole Grain Rice Sweet Potato
Green Beans HW Garlic Bread w/ Margarine Pears 1% Milk

November 16

Tilapia, Roasted Potatoes, Spinach, Hummus Pita Chips,
Fruit Cocktail 1% Milk

November 17

Spinach Quiche, Cesar Salad, Garbanzo Beans, Croutons,
Apricots

November 18

Beef Lasagna w/ Marinara Sauce & Cheese Parmesan
Cheese Broccoli Florets Butternut Squash WW Roll
Cantaloup 1% Milk

November 19

Chicken Wings Whole Wheat Roll White Bean & Tomato
Salad Carrots w/Margarine Cinnamon Apple 1% Milk

November 20

Roast Turkey w/ Gravy Sweet Potatoes w/ Brown Sugar and
Pecans Cornbread Stuffing California Blend Veg. Cranberry
Sauce Honey Wheat Roll w/ Margarine Pumpkin or Sweet
Potato Pie 1% Milk

November 23

Italian Breaded Chicken, Lentil Soup, Turnip Greens Whole
Wheat Biscuit, Pineapple, 1 % Milk

November 24

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

November 25

Manager's Choice

November 26

November 27

November 30

Chicken or Fish Sandwich, Cucumbers, Tomato & Olives, Whole Wheat
Roll, Cantaloup, 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



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

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

2

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 Basket Toss
3:30pm Old Time TV
4:00pm Afternoon Reading
4:30pm Adult Coloring
5:00pm Jazz Cafe

Tuesday

3

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 Small Group
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

Wednesday

4

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 Finish The Lyric
4:00pm Adult Coloring
4:30pm Table Games
5:00pm Move to the Music

Thursday

5

7:00am -8:45am
Morning refreshments
8:45am-9:15am Individual
Pursuits
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 Joke & Riddles
2:15pm Karaoke/ Sing A -Long
3:30pm Finish The Phrase
4:00pm Word search/Puzzles
4:30pm Conversation Cards
5:00pm Reminiscing Music

Friday

6

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 Virtual Reading
2:15pm Movie Matinee
3:45pm Afternoon Movement
4:00pm Afternoon Sing A-Long
4:30pm Balloon Batting
5:00pm Jazz Cafe



9

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

10

7:00am -8:45am
Morning refreshments
8:45am-9:15am Individual
Pursuits
9:15am Funny News
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 Word Games
2:15pm-2:45pm Noodle Ball
3:30pm Junk Drawer
4:00pm Water Painting
4:30pm Breezeway Relaxing
5:00pm Reminiscing/Music

11



12

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 Afternoon Trivia
2:15pm Music & Instruments
3:30pm Penny Game
4:00pm Adult Coloring
4:30pm Relaxing in the Breezeway
5:00pm Reminiscing Music

13

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



16

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

17

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 Corn-hole
3:30pm Junk Drawer
4:00pm Water Painting
4:30pm Breezeway Relaxing
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
11:00am-11:45 Friends Fellowship
1:15pm Exercise 1&2
1:35 pm Water Break
1:45pm Short Stories
2:15pm Chair Soccer
3:30pm Finish The Lyric
4:00pm Adult Coloring
4:30pm Table Games
5:00pm Move to the Music

19

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 Pondering Prompts
2:15pm Ball Darts
3:30pm Penny Game
4:00pm Puzzles/ Table Games
4:30pm Guess the nature sound
5:00pm Reminiscing/Music

20

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
11:00-11:45am 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



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

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 Thanksgiving Social
3:30pm Junk Drawer
4:00pm Water Painting
4:30pm Breezeway Relaxing
5:00pm Reminiscing/Music

25

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 Table Games
4:30pm Adult Coloring
5:00pm Move to the Music

26



27

30

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 Musical Ball
3:30pm Old Time TV
4:00pm Afternoon Reading
4:30pm Adult Coloring
5:00pm Jazz Cafe

