

PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

May 2025 Newsletter

Adult Day Healthcare

WOODBIDGE

ADHC Cookie Of The Month

The baking club will provide us with
freshly baked Sugar Cookies



What so great about May

May is a great one for food lovers, as it's the month to celebrate a variety of culinary delights. Not only is it the month of barbecue, hamburgers, and salad but May 13th is Apple Pie Day. Even better: May 6 is No Diet Day

Special Days in May

- **May Day** May 1st
- **Cinco de Mayo** May 5th
- **Mother's Day** May 11th
- **Armed Forces Day** May 17th
- **Memorial Day** May 26th



Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. In May remember to say thank you to an Older American in your life.

May Birthstone—



Emeralds have long been a favorite of royalty; Cleopatra had them mined extensively in Egypt during her reign. Shah Jahan, builder of the Taj Mahal, wore an emerald talisman for luck and protection. Emeralds can grow very large, and giant ones have been found at Kagem, one of the world's largest emerald mines, in Zambia. A 5,655-carat emerald was unearthed there in October 2018. The Kagem emeralds are believed to have formed over 450 million years ago.

Looking Back on The Fun



*Birthdays
of the Month*

Valada. B May 5th

Robert. M May 24th

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 GUIDE

LEARNING ACTIVITIES

Table Talk/Participant Social	M-W-F	1:45pm
Friends & Fellowship	Wednesdays	11am
Trivia	M-F	10:30am
The Daily Chronicle	M-F	9am
Gems Small Group/ Participant centered activity.	M-F	10:30am

FITNESS AND HEALTH ACTIVITIES

Exercise	M-F	10am
Weights & ROM	M-F	1:15pm

FUN ACTIVITIES

Movie Matinee	Fridays	2:15pm
Move to the Music/ Reminiscing through Music	M-F	5pm
Old Time Television	Various days	4:00pm
Bingo	M, F	11am
Creative Arts	Tuesday	11am
Dancercise	M-F	10am
Chair Yoga	Monday/ Wednesday/ Friday	1pm

Alternate lunch items are available daily upon request. Additional entrée option are *PB&J, grilled cheese, and tuna salad*

Subject to change based on availability



If you have any questions regarding the Adult Day Healthcare at Woodbridge please contact site manager Lorraine Eckhardt at 703-792-4991 or Leckhardt@pwcgov.org

DAILY LUNCH MENU

May 1st 2025	Pork Chops, Mashed Potatoes, Lima Beans w Stewed tomatoes, Dinner Roll.
May 2nd 2025	Fish Soft Taco, Refried Beans, Zucchini, Churro,
May 5th 2025	Chicken Wings, White Beans & Tomato Salad, Carrots.
May 6th 2025	Beef Lasagna, Broccoli Florets, Butternut Squash, Whole Wheat Roll
May 7th 2025	Manager's Choice
May 8th 2025	Mexican Chicken Salad, Mexican Corn, Black Beans, Tortilla Chips.
May 9 2025	Older Americans Month Event
May 12th 2025	Sweet & Sour Chicken Nuggets, Rice, Eggroll, Baked Beans, Broccoli.
May 13th 2025	Center Closed Staff Development
May 14th 2025	Baked Lemon Herb Cod Fillet, Hush Puppies, Carrots, Kidney Beans, Mixed Vegetables
May 15th 2025	Mushroom Swiss Burger, Sweet Potato Fries, Beets,
May 16th 2025	Chicken Alfredo, Broccoli, Carrots, Whole Wheat Breadstick
May 19th 2025	Roast Beef Sandwich, Green Beans, Coleslaw.
May 20th 2025	Veggie & Cheese Pizza, Carrots, Butternut Squash Soup, Applesauce
May 21st 2025	Ham W/ Beans, Rice, White Beans, Collard Greens, Whole Wheat Roll
May 22nd 2025	Chicken Tenders, Cucumber Salad, Whole Wheat Roll.
May 23rd 2025	Chii Dog, Red Kidney Beans, Spinach, Sweet Potato Fries,
May 26th 2025	Happy Memorial Day
May 27th 2025	Shrimp Po' Boy, Broccoli Slaw, Kidney Beans, Whole Wheat Dinner Roll.
May 28th 2025	Manager's Choice
May 29th 2025	Chicken & Noodle, Peas & Onions, Kale, Cannellini Beans, Whole Grain Muffin
May 30th 2025	Beef Stroganoff, Green Beans, Red Kidney Beans, Honey Wheat Roll.

SPRING
showers
BRING MAY
FLOWERS

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

Virtual Meeting

Lilly Adams
Every 2nd & 4th Tuesday at 7:00 p.m.
lilly.adams1@gmail.com

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 Rosemari Walker, Medicare Counselor
(703) 792-4156



ADHC PROGRAM

Adult Day Healthcare Staff

Lorraine Eckhardt, Site Manager

Dawn Holton, Recreation Specialist

Health Aides : Lul Alasso, Liza Banin, Sirina Alhassan, Christina Sutton, Violette Turner, Thulile Oladimeji

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 2025 Program Closures

Staff Development **May 13th**

Memorial Day - **May 26th**

Juneteenth - **June 19th**

Independence Day - **July 4th**

Labor Day - **September 1st**

Veterans Day - **November 11th**

Thanksgiving - **28th & 29th**

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.

Mon	Tue	Wed	Thu	Fri
			1	2 

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



8:00am-9:15am Small Group
9:15am Word Scramble
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bunco
1:15pm Weights & ROM
1:45pm Jokes & Riddles
2:15pm Chair Soccer
3:30pm Conversation Cards
4:00pm Afternoon Coloring
5:00pm Reminiscing/Music

8:00am-9:15am Small Group
9:15am Americas got Talent
9:45am Daily Chronicle
10:00am Exercise Dancercise
10:30am Trivia
11:00am Bingo
1:15pm Chair yoga
1:45pm Table Talk
2:15pm Movie Matinee
4:00pm Group Table Games
5:00pm Motown Music

5 	6	7 	8	9 
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8:00am-9:15am Small Group/ Virtual Reality
9:15am Weekly Weather/ Categories Game
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bingo/Gems
1:15pm Chair Yoga
1:45pm Table Talk/
2:15pm Cinco De Mayo Social
3:30pm Penny Game
4:00pm Old Time TV
5:00pm Jazz Cafe

8:00am-9:15am Small Group
9:15am AMF Home Videos
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia/
11:00am Arts & Crafts w/ Fellowship W/Liza Thulile
1:15pm Weights & ROM
1:45pm Poetry Reading
2:15pm Chair Soccer
3:30pm Spot the difference
4:30pm Table Games
5:00pm Reminiscing Music

8:00am-9:15am Small Group
9:15am Funny News
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00 Friends Fellowship
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Drama Club
3:30pm Conversation Toss
4:00pm Old Time TV
5:00pm Move to the Music

8:00am-9:15am Small Group/ Virtual Reality
9:15am Word Unscramble
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Team Building
1:15pm Weights & ROM
1:45pm Chicken Soup
2:15pm Movie Matinee
3:30pm Finish The Phrase
4:15pm Afternoon Trivia
5:00pm Reminiscing Music

OAM CELEBRATION
Off- Site Event

12 	13	14 	15	16 
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8:00am-9:15am Small Group Virtual Reality
9:15am Weekly Weather/ Categories Game
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bingo/Gems
1:15pm Chair Yoga
1:45pm Table Talk
Happy Mother's Day
2:15pm Bowling Tournament
3:30pm Penny Game
4:00pm Old Time TV
5:00pm Jazz Cafe

Center Closed Staff Development Day

8:00am-9:15am Small Group
9:15am Celebrity Spotlight
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00 Friends Fellowship
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Drama Club
3:30pm Afternoon Trivia
4:00pm Old Time TV
5:00pm Move to the Music

8:00am-9:15am Small Group
9:15am Guess The Person
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bunco
1:15pm Weights & ROM
1:45pm Reading Club
2:15pm Chair Soccer
3:30pm Finish The Phrase
4:15pm Word Search
5:00pm Reminiscing Music

8:00am-9:15am Small Group
9:15am Soul Train Videos
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bingo/Gems
1:15pm Chair Yoga
1:45pm Table talk
2:15pm Movie Matinee
4:00pm Group Table Games
5:00pm Jazz Cafe

19 	20	21 	22	23 
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8:00am-9:15am Small Group Virtual Reality
9:15am Weekly Weather/ Categories Game
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Bingo/Gems
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Pling Plong
3:30pm Penny Game
4:00pm Old Time TV
5:00pm Jazz Cafe

8:00am-9:15am Small Group
9:15am Soul Train Videos
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia/
11:00am Arts & Crafts W/ Fellowship W/ Liza Sirina
1:15pm Weights & ROM
1:45pm Poetry reading
2:15pm Jenga Tournament
3:30pm Suits Card Game
4:15pm Table Games
5:00pm Reminiscing/Music

8:00am-9:15am Small Group
9:15am Funny News
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia/ Baking Club
11:00am Friends Fellowship
1:15pm Chair yoga
1:45pm Table Talk
2:15pm Drama Club
3:30pm Would you Rather
4:00pm Old Time TV
5:00pm Move to the Music

8:00am-9:15am Small Group
9:15am Spill & Spell
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Team Building
1:15pm Weights & ROM
1:45pm Jokes & Riddles
2:15pm karaoke
3:30pm Conversation Cards
4:00pm Afternoon Coloring
5:00pm Reminiscing/Music

8:00am-9:15am Small Group
9:15am Americas got Talent
9:45am Daily Chronicle
10:00am Exercise Dancercise
10:30am Trivia
11:00am Bingo
1:15pm Chair yoga
1:45pm Table Talk/
Memorial Day
2:15pm Movie Matinee
4:00pm Group Table Games
5:00pm Motown Music

26 	27	28 	29	30 
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8:00am-9:15am Small Group
9:15am AMF Home Videos
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia/Spanish Fellowship W/Liza
11:00am Arts & Crafts
1:15pm Weights & ROM
1:45pm Poetry Reading
2:15pm Sing A-Long
3:30pm Junk Drawer
4:00pm Table Games
5:00pm Reminiscing Music

8:00am-9:15am Small Group
9:15am Funny News
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00 Friends Fellowship
1:15pm Chair Yoga
1:45pm Table Talk
2:15pm Drama Club
3:30pm Suits Card Game
4:15pm Old Time TV
5:00pm Move to the Music

8:00am-9:15am Small Group/ Virtual Reality
9:15am Word Scramble
9:45am Daily Chronicle
10:00am Exercise/Dancercise
10:30am Trivia
11:00am Team Building
1:15pm Weights & ROM
1:45pm Chicken Soup
2:15pm Noodle Ball
3:30pm Finish The Phrase
4:15pm Afternoon Trivia
5:00pm Reminiscing Music

8:00am-9:15am Small Group
9:15am Funny News
9:45am Daily Chronicle
10:00am Exercise Dancercise
10:30am Trivia
11:00am Bingo
1:15pm Chair yoga
1:45pm Table Talk
2:15pm Movie Matinee
4:00pm Group Table Games
5:00pm Motown Music