

# PRINCE WILLIAM

Area Agency on Aging

www.pwcgov.org/aging

(703)792-4990

## July 2025 Newsletter

# HELLO JULY



### July Entertainment!

**We are so excited!  
Ms. Cheryl Conway,  
Music Therapist will  
visit the ADHC in the  
month of July for  
some fun and  
engagement through  
music.**



Adult Day Healthcare

## WOODBIDGE

### ADHC Sweet treat Of The Month

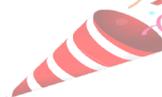
**The baking club will provide us with  
Freshly Baked Sugar Cookies**



### Time To Get Excited!

The ADHC is planning an afternoon filled with fun laughter games and tasty snacks.

Please be on the lookout for more information on our friends and family day event.



### What's Happening in July!

Canada Day July 1st

Halfway Point of 2025

Independence Day July 4th

World Chocolate Day July 7th

World Jump Day July 20th

Cousins Day July 24th

International Tiger Day July 29th

*Birthdays  
of the  
Month*

Willie J. Lloyd- July 2<sup>nd</sup>



# ACTIVITIES GUIDE

## LEARNING ACTIVITES

|  |            |               |
|--|------------|---------------|
| Table Talk/Participant Social                          | M-W-F      | 1:45pm        |
| Friends & Fellowship                                   | Wednesdays | 11am          |
| Multi Cultural Fellowship                              | Tuesdays   | 10:30am       |
| Trivia   | M-F        | 10:30am       |
| The Daily Chronicle                                    | M-F        | 9:45am        |
| Gems Small Group/<br>Participant centered<br>activity. | M-F        | Various Times |

## 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/<br>Reminiscing through Music | M-F                             | 5pm    |
| Old Time Television                             | Various days                    | 4:00pm |
| Bingo   | M, F                            | 11am   |
| Arts & Crafts                                   | Tuesday                         | 11am   |
| Morning Movement                                | M-F                             | 10am   |
| Chair Yoga                                      | Monday/<br>Wednesday/<br>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](mailto:Leckhardt@pwcgov.org)**

# DAILY LUNCH MENU



|                |   |
|----------------|---|
| July 7th 2025  | Chicken & Dumplings, Kale, Corn Honey Wheat Dinner Roll, Blueberries.                     |
| July 8th 2025  | Meatloaf, Mashed Potatoes, Broccoli, Garlic, Mandarin Orange, Cake.                       |
| July 9th 2025  | Chili Dog, Whole Wheat Bun, Baked Beans, Spinach, Sweet Potato Fries, Fresh Fruit Salad.  |
| July 10th 2025 | Egg Salad, Whole Wheat Croissant, Beets Salad, Pinto Beans, Cinnamon Apple.               |
| July 11th 2025 | Crab Cake, Rosemary Potato, Butternut Squash Soup, Honey Wheat Roll, Peaches.             |
| July 14th 2025 | Beef Stew, Rice, Broccoli, Red Kidney Beans, Honey Wheat Roll, Strawberries.              |
| July 15th 2025 | Spinach Quiche, Cesar Salad, Apricots.  |
| July 16th 2025 | Chicken Wings, Whole Wheat Roll, White Bean & Tomato Salad, Carrots, Fresh Fruit Salad    |
| July 17th 2025 | Beef Lasagna, Broccoli Florets, Butternut Squash, Whole Wheat Roll, Cantaloupe.           |
| July 18th 2025 | Baked Cod, Roasted Potatoes, Spinach, Hummus Pitta Chips, Fruit Cocktail.                 |
| July 21st 2025 | Eggplant Parmesan, Whole Wheat Pasta, Cannellini Beans, Mixed Green Salad,, Strawberries. |
| July 22nd 2025 | Italian Breaded Chicken, Lentil Soup, Turnip Greens, Whole Wheat, Biscuit, Pineapple      |
| July 23rd 2025 | White Chicken Chili, Cannellini Beans, Turnip Greens, Potato Wedges, Apricots             |
| July 24th 2025 | Mushroom Swiss Burger, Potato Fries, Beets, Fresh Fruit Salad.                            |
| July 25th 2025 | Tuna Salad Plate, 3 Bean Salad, Pasta Salad, Whole Wheat Crackers, Blueberries.           |
| July 28th 2025 | Chicken Tenders, Cucumber Tomato & Olives, Whole Wheat Roll, Italian Peaches.             |
| July 29th 2025 | Baked Tilapia, Sweet Potato, Kale, Pinto Beans, Cantaloupe                                |
| July 30th 2025 | <b>Manager's Choice</b>   |
| July 31st 2025 | Baked Ham, Sweet Potato, Green Bean Casserole, Pineapple w/Cherries                       |

hello



## 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](mailto: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](http://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, 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

Summer Break – June 30th–July 4th

Labor Day –September 1st

Veterans Day– November 11th

Thanksgiving November 28th & 29th

Christmas 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   | 3   | 4   |



|                         |   |   |                      |    |
|-------------------------|---|---|----------------------|----|
| 7 Welcome Back Everyone | 8 | 9 | 10 Music with Cheryl | 11 |
|-------------------------|---|---|----------------------|----|

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|---|---|--|---|--|
| <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Weekly Weather/ Categories Game<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>11:00am Bingo/Gems<br/>1:15pm Chair Yoga<br/>1:45pm Table Talk /<br/>2:15pm Volley Ball/Gems<br/>3:30pm Penny Game<br/>4:00pm Old Time TV<br/>5:00pm Jazz Cafe</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am AMF Home Videos<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>Multi Cultural Fellowship<br/>11:00am Library Visit/Gems<br/>1:15pm Weights &amp; ROM<br/>1:45pm Reading Group<br/>2:15pm Chair Soccer/Gems<br/>3:30pm Spot the difference<br/>4:00pm Individual Pursuits<br/>5:00pm Reminiscing Music</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Funny News<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>11:00 Friends Fellowship<br/>1:15pm Chair Yoga<br/>1:45pm Table Talk<br/>2:15pm Drama Club/Gems<br/>3:30pm Conversation Toss<br/>4:00pm Old Time TV<br/>5:00pm Move to the Music</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Word Unscramble<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>11:00am Team Building/Gems<br/>1:15pm Weights &amp; ROM<br/>1:45pm Reading Club<br/>2:15pm Music With Cheryl<br/>3:30pm Finish The Phrase<br/>4:00pm Afternoon Coloring<br/>5:00pm Reminiscing Music</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Conversation Toss<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia<br/>11:00am Bingo/Gems<br/>1:15pm Chair yoga<br/>1:45pm Table Talk/Gems<br/>2:15pm Movie Matinee/Gems<br/>4:00pm Individual Pursuits<br/>5:00pm Motown Music</p> |
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| 14 | 15 | 16 | 17 | 18 |
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| <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Weekly Weather/ Categories Game<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>11:00am Virtual Games<br/>1:15pm Chair Yoga<br/>1:45pm Table Talk/Gems<br/>2:15pm Bowling Tournament<br/>Gems<br/>3:30pm This or That<br/>4:00pm Old Time TV<br/>5:00pm Jazz Cafe</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am AMF Home Videos<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>Multi Cultural Fellowship<br/>11:00am Arts &amp; Crafts/Gems<br/>1:15pm Weights &amp; ROM<br/>1:45pm Reading Club<br/>2:15pm Sing A-Long<br/>3:30pm Junk Drawer<br/>4:00pm Individual Pursuits<br/>5:00pm Reminiscing Music</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Celebrity Spotlight<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>11:00 Friends Fellowship<br/>1:15pm Chair Yoga<br/>1:45pm Table Talk/Gems<br/>2:15pm Family Feud<br/>3:30pm Afternoon Trivia<br/>4:00pm Old Time TV<br/>5:00pm Move to the Music</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Word Scramble<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia<br/>11:00am Bunco/Gems<br/>1:15pm Weights &amp; ROM<br/>1:45pm Jokes &amp; Riddles<br/>2:15pm Chair Soccer/Gems<br/>3:30pm Conversation Cards<br/>4:00pm Afternoon Coloring<br/>5:00pm Reminiscing/Music</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Call to Mind<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>11:00am Bingo/Gems<br/>1:15pm Chair Yoga<br/>1:45pm Table talk/Gems<br/>2:15pm Movie Matinee/Gems<br/>4:00pm Individual Pursuits<br/>5:00pm Jazz Cafe</p> |
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| 21 | 22 Friends & Family Day | 23 | 24 | 25 |
|----|-------------------------|----|----|----|

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| 28 | 29 | 30 | 31 |  |
|----|----|----|----|--|

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|--|---|---|---|--|
| <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Weekly Weather/ Categories Game<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>11:00am Bingo/Gems<br/>1:15pm Chair Yoga<br/>1:45pm Table Talk/Gems<br/>2:15pm Bowling Tournament<br/>3:30pm Call to mind<br/>4:00pm Old Time TV<br/>5:00pm Jazz Cafe</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Soul Train Videos<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>Multi Cultural Fellowship<br/>11:00am Arts &amp; Crafts/Gems<br/>1:15pm Weights &amp; ROM<br/>1:45pm Reading Club<br/>2:15pm Jenga Tournament<br/>3:30pm Suits Card Game<br/>4:00pm Individual Pursuits<br/>5:00pm Reminiscing/Music</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Funny News<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>11:00 Friends Fellowship<br/>1:15pm Chair Yoga<br/>1:45pm Table Talk<br/>2:15pm Jeopardy/Gems<br/>3:30pm Picture Scramble<br/>4:00pm Old Time TV<br/>5:00pm Move to the Music</p> | <p>7:00am-8:45am Morning Refreshments<br/>8:45-9:15 Individual Pursuits<br/>9:15am Word Scramble<br/>9:45am Daily Chronicle<br/>10:00am Morning Movement<br/>10:30am Trivia/Gems<br/>11:00am Bunco/Gems<br/>1:15pm Weights &amp; ROM<br/>1:45pm Jokes &amp; Riddles<br/>2:15pm Chair Soccer/Gems<br/>3:30pm Conversation Cards<br/>4:00pm Afternoon Coloring<br/>5:00pm Reminiscing/Music</p> | <p><b>Please note</b><br/>the schedule is subject to change.<br/>Any change on the calendar will be noted on the daily schedule.<br/>Alternate programs are readily available when participants have different interest than what is scheduled</p> |
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