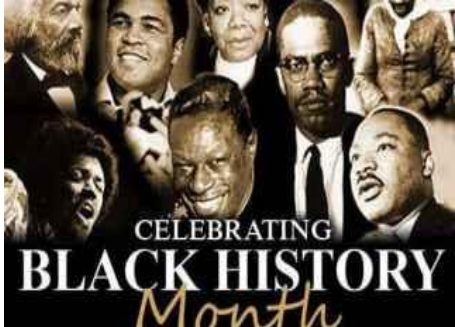







Alexandria Adult Day Services Center
 1108 Jefferson St
 Alexandria, VA 22314
 (703) 746-5676

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>February is Black History Month</p>  <p>CELEBRATING BLACK HISTORY Month</p>	 <p>Happy Valentine's Day!</p>	 <p>FEBRUARY 2nd GROUNDHOG DAY</p>	<p>1 9:30 Conversation Starters 10:15 Motown Moves 11:00 Music Hour w/ Bob Clark 1:00 "Unwind Time" 1:30 Chuck Pro Throw 2:15 TV Trivia 3:30 Table Talk 4:00 Individual Pursuits</p>	<p>2 Groundhog Day 9:30 Conversation Starters 10:15 Let's Get Physical 11:00 Breakfast Trivia 1:00 "Unwind Time" 1:30 Ping Pong Pal w/ Laurie 2:15 Groundhog Facts or Fiction 3:30 Table Games 4:30 Individual Pursuits</p>
<p>5 9:30 Conversation Starters 10:30 Cooking w/ Chef Philippe 11:30 What Would You Do? 1:00 "Unwind Time" 1:30 Expressive Art w/ Carol 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>6 9:30 Conversation Starters 10:15 Mind Body and Soul 11:00 African American Inventors 1:00 "Unwind Time" 1:30 Yoga w/ Donna 2:15 Name that Love Song 3:30 Table Games 4:30 Individual Pursuits</p>	<p>7 9:30 Conversation Starters 10-12 Morning Matinee 1:00 "Unwind Time" 1:30 Robust Exercise w/ Luley 2:15 The Alphabet Challenge 3:30 Table Games 4:30 Individual Pursuits</p>	<p>8 9:30 Conversation Starters 10:30 Arthritis Exercise w/ Monique 11:30 Categories 1:00 "Unwind Time" 1:30 Horseshoes 2:15 Fun Blackjack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>9 9:30 Conversation Starters 10:15 Friday Morning Fitness 11:00 Music Hour w/ Bob Clark 1:00 "Unwind Time" 1:30 Hand Golf 2:15 Valentine's Cards 3:30 Table Games 4:30 Individual Pursuits</p>

<p>12 Make a Friend Day 9:30 Conversation Starters 10:30 Music Hour w/ Lalo 11:30 Manicure Session 1:00 “Unwind Time” 1:30 Dart Ball 2:15 Tribute to Friends 3:30 Table Games 4:30 Individual Pursuits</p>	<p>13 9:30 Conversation Starters 10:15 Healthful Stretches 11:00 Valentine Motown Experience w/ Chyp Davis 1:00 “Unwind Time” 1:30 Manicure Session 2:15 Match the Couple Game 3:30 Table Games 4:30 Individual Pursuits</p>	<p>14 Valentine’s Day 9:30 Sweethearts Breakfast 10-12 Senior Valentine’s Dance Exhibit Hall 1:00 “Unwind Time” 1:30 Robust Exercise w/Loley 2:15 Devotions w/ First Baptist Church 3:30 Table Games 4:30 Individual Pursuits</p>	<p>15 9:30 Conversation Starters 10:30 Yoga w/ Donna 11:30 Thinkler Word Game 1:00 “Unwind Time” 1:30 Ping Pong Pals w/ Laurie 3:00 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>16 9:30 Conversation Starters 10:15 Let’s Get Moving 11:00 Music & Memories w/ Cheryl 1:00 “Unwind Time” 1:30 Pianist Henry /Valentine’s Sing- a- long 3:30 Table Games 4:30 Individual Pursuits</p>
<p>19</p>  <p><i>Center Closed</i></p>	<p>20 9:30 Conversation Starters 10:30 Daughter History of William by Cordelia 11:30 Musical Chairs 1:00 “Unwind Time” 1:30 Balloon Volleyball 2:15 African Historical Trivia 3:30 Table Games 4:30 Individual Pursuits</p>	<p>21 9:30 Conversation Starters 10-12 Morning Matinee 1:00 “Unwind Time” 1:30 Robust Exercise w/ Luley 2:15 Afternoon Chat 3:30 Table Games 4:30 Individual Pursuits</p>	<p>22 9:30 Conversation Starters 10:30 Arthritis Exercise w/ Monique 11:30 Dear Mr. President 1:00 “Unwind Time” 1:30 Arts/Crafts w/ Cheri & Sharon 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>23 9:30 Conversation Starters 10:15 Head to Toe 11:00 Fire Dept Presentation 1:00 “Unwind Time” 1:30 Balloon Taps 2:00 David Smith Guitar Songs 3:30 Table Games 4:30 Individual Pursuits</p>
<p>26 9:30 Conversation Starters 10:15 Circulation of Scarves 11:00 Healing Hearts w/ Melanie 1:00 “Unwind Time” 1:30 Music & Memories w/ Cheryl 3:30 Table Games 4:30 Individual Pursuits</p>	<p>27 9:30 Conversation Starters 10:15 Tuesday Morning workout 11:00 African American History 1:00 “Unwind Time” 1:30 Art for the Aging 2:45 Snack 3:30 Table Games 4:30 Individual Pursuits</p>	<p>28 9:30 Conversation Starters 10-12 Morning Matinee 1:00 “Unwind Time” 1:30 Robust Exercise w/ Luley 2:00 Art for the Aging 3:30 Table Games 4:30 Individual Pursuits</p>	<p>29 Center Trip 9:30 Conversation Starters 10:15 Center Trip (Black H.M) 11:00 Black History Museum 1:00 “Unwind Time” 1:30 Balloon POP 2:15 Gestures 3:30 Table Games 4:30 Individual Pursuits</p>	<p><i>All activities and field trips are subject to change. Alternative independent activities such as books, magazines, puzzles, music and crafts are available upon request. For questions regarding trips and programs contact the Activity Staff@ 703-746-5676</i></p>

