





Alexandria Adult Day Services Center

1108 Jefferson St
Alexandria, VA 22314

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 9:30 Center Trip Bowie Baysocks Baseball Game 3:30 Table Games 4:30 Individual Pursuits</p>	<p>2 9:30 Morning Topics 10:15 Bend and Stretch 11:00 Music Hour with Bob Clark 1:00 "Unwind Time" 1:30 AFTA with Nephelie 2:15 Word Ladder 3:30 Table Games 4:30 Individual Pursuits</p>	<p>3 Cinco De Mayo 9:30 Morning Topics 10:30 AFTA with Nephelie Pictures by DCHS Ahmed 11:00 Passport Club Pictures 1:00 "Unwind Time" 1:30 Boccie Ball 2:15 What Would You Do? 3:30 Table Games 4:30 Individual Pursuits</p>
<p>6 9:30 Morning Topics 10:15 Dash Bus Ride to Potomac Yards 1:00 "Unwind Time" 1:30 Hand Golf 2:15 Complete the Proverbs 3:30 Table Games 4:30 Individual Pursuits</p>	<p>7 9:30 Morning Topics 10:15 Silver Sneaker Club 11:00 Fred's Song Musical Art 1:00 "Unwind Time" 1:30 Dart Ball 2:15 Who Am I? 3:30 Table Games 4:30 Individual Pursuits</p>	<p>8 9:30 Morning Topics 10-12 Movie of the Week 1:00 "Unwind Time" 1:30 Robust Exercise w/Luley 2:15 FBC Team Visit 3:30 Table Games 4:30 Individual Pursuits</p>	<p>9 9:30 Conversation Starters 10:30 Music & Memories With Cheryl 1:00 "Unwind Time" 1:30 Ping Pong Laurie 2:15 Fill in the Blanks 3:30 Table Games 4:30 Individual Pursuits</p>	<p>10 9:30 Morning Topics 10:30 Washington Performing Arts Program 1:00 "Unwind Time" 1:30 Showtime Favorites 3:30 Tables Games 4:30 Individual Pursuits</p>

<p>13 9:30 Morning Topics 10:15 Physical Fitness/ Nu-Step Bike 11:00 Music Time w/ Lalo 1:00 “Unwind Time” 1:30 Horseshoes 2:15 Crosswords 3:30 Table Games 4:30 Individual Pursuits</p>	<p>14 9:30 Morning Topics 10:15 Silver Sneaker Club 11:00 Healing Heart with - Melaine 1:00 “Unwind Time” 1:30 Ring Toss 2:15 Words within a Word 3:30 Table Games 4:30 Individual Pursuits</p>	<p>15 9:30 Morning Topics 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 UNO Card Game 3:30 Table Games 4:30 Individual Pursuits</p>	<p>16 9:30 Morning Topics 10:30 Monique Arthritis Exercise 11:00 Gestures 1:00 “Unwind Time” 1:30 Music & Memories With Cheryl 3:30 Table Games 4:30 Individual Pursuits</p>	<p>17 9:30 Morning Topics 10:15 Yoga with Donna 11:00 Words that start with letter M 1:00 “Unwind Time” 1:30 Ping Pong with Laurie 2:15 Food for Thought 3:30 Table Games 4:30 Individual Pursuits</p>
<p>20 9:30 Morning Topics 10:30 Passport Club– Japan 1:00 “Unwind Time” 1:30 Music Hour with Bob Clark 3:30 Table Games 4:30 Individual Pursuits</p>	<p>21 9:30 Morning Topics 10:15 Trip/ St. Martins American Says Game Competition 1:00 “Unwind Time” 2:00 David Andrew Songs 2:15 Balloon Volleyball 3:30 Table Games 4:30 Individual Pursuits</p>	<p>22 9:30 Morning Topics 10-12 Movie of the Week 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Wordle 3:30 Table Games 4:30 Individual Pursuits</p>	<p>23 9:30 Morning Topics 10:30 Coral Reef Presentation 11:00 Remember When? 1:00 “Unwind Time” 1:30 Arts & Craft Session with Cheri & Sharon 2:15 A Short Story 3:30 Table Games 4:30 Individual Pursuits</p>	<p>24 9:30 Morning Topics 10:15 Step 2 the Beat/ Nu-Step Bike 11:00 Jerome Ford Nature Center Turtle Presentation 1:00 “Unwind Time” 1:30 Hand Pool 2:15 Gestures 3:30 Table Games 4:30 Individual Pursuits</p>
<p>27 Center Closed</p> 	<p>28 9:30 Morning Topics 10:15 Trip/ St. Martins American Says Game Competition 1:00 “Unwind Time” 1:30 Corn Hole 2:15 Thinkler 3:30 Table Games 4:30 Individual Pursuits</p>	<p>29 9:30 Morning Topics 10-12 IHOP Senior Brunch 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 You Be the Judge 3:30 Table Games 4:30 Individual Pursuits</p>	<p>30 9:30 Morning Topics 10:30 Monique Arthritis Exercise 1130 Center Walk 1:00 “Unwind Time” 1:30 Blair & Dave Baking Cookies with Paino Sing-along 2:15 Categories 3:30 Table Games 4:30 Individual Pursuits</p>	<p>31 9:30 Morning Topics 10:30 1970’s Musical Workout Nu-Step Bike 11:00 Family Feud 1:00 “Unwind Time” 1:30 Music & Memories with Cheryl 2:15 Hand Pool 3:30 Table Games 4:30 Individual Pursuits</p>

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 call the Activity Staff@703.746.5676