




Alexandria Adult Day Services Center
1108 Jefferson St
Alexandria, VA 22314
Phone 703.746.5676

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Morning Topics 10:30 Balloon Tennis/ Nu-Step Bike 11:00 Music w/Guitarist Lalo 1:00 “Unwind Time” 1:30 Boccie Ball 2:15 African American Inventors 3:30 Table Talk 4:30 Individual Pursuits	4 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Spelling Word Contest 1:00 “Unwind Time” 1:30 Dart Ball 2:15 Black History Spotlight Presenting William 3:30 Table Talk 4:30 Individual Pursuits	5 9:30 Morning Topics 10-12 Morning Movie 1:00 “Unwind Time” 1:30 Robust Exercise w/Luley 2:15 Black History Spotlight Presenting Frances 3:30 Table Talk 4:30 Individual Pursuits	6 9:30 Morning Topics 10:30 Bowling/ Nu- Step 11:00 AFTA Opera w/ Cesar 1:00 Unwind Time 1:30 Arthritis Exercise w/ Marsha Pies 2:15 You Be the Judge 3:30 Table Talk 4:30 Individual Pursuits	7 9:30 Morning Topics 10:30 Kauffman Auditorium 11:00 Maryland Ballet Theater Performance 1:00 “Unwind Time” 1:30 Jackpot Beanbag 2:15 Black History Spotlight Presenting Izora 3:30 Table Talk 4:00 Individual Pursuits
10 9:30 Morning Topics 10:30 Jewish Tradition w/ Janet Barnett 11:30 Gestures 1:00 “Unwind Time” 1:30 Hand Golf/ Nu-Step Bike 2:15 UNO Card Game 3:30 Table Talk 4:00 Individual Pursuits	11 9:30 Morning Topics 10:30 Black History Spotlight Chris Moore Director Division of Aging 11:00 Bob Clark Music Hour 1:00 “Unwind Time” 1:30 Yoga w/ Donna 2:15 Global Nursing Students Presentation 3:30 Table Talk 4:00 Individual Pursuits	12 9:30 Morning Topics 10-12 Morning Movie 1:00 Robust Exercise w/Luley 2:15 FBC Visit Inspiration & Devotions 3:30 Table Talk 4:00 Individual Pursuits	13 9:30 Morning Topics 10:30 Patrice w/ Nature Center 1:00 “Unwind Time” 1:30 Ping Pong Pals w/ Laurie 2:15 David Andrew Songs 3:30 Table Talk 4:00 Individual Pursuits	14 9:30 Morning Topics 10:30 Valentine’s Seniors Dance 1:00 “Unwind Time” 1:30 Chuck-Pro / Nu-Step Bike 2:15 Global Nursing Student Presentations 3:30 Table Talk 4:00 Individual Pursuits

<p>17 CENTER CLOSED</p> 	<p>18 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Name That Tune 1:00 “Unwind Time” 1:30 Baking w/ Blair & Pianist Dave / Seniors Sing-a Long 3:30 Table Talk 4:00 Individual Pursuits</p>	<p>19 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 Creative Painting w/ Jacks 3:30 Table Talk 4:00 Individual Pursuits</p>	<p>20 9:30 Morning Topics 10:30 Head 2 Toe Exercises 11:00 AFTA Opera w/Cesar 1:00 “Unwind Time” 1:30 Yoga w/ Donna 2:15 Romita Mental Health Discussion 3:30 Table Talk 4:00 Individual Pursuits</p>	<p>21 9:30 Morning Topics 10:30 Walking Group/ Nu-Step 11:00 Global Nursing Student Presentations 1:00 “Unwind Time” 1:30 Horseshoes 2:00 David Andrew Songs 3:30 Table Talk 4:00 Individual Pursuits</p>
<p>24 9:30 Morning Topics 10:30 Armchair Exercises/ Nu-Step Bike 11:15 Wheel of Fortune 1:00 “Unwind Time” 1:30 Bob Clark Music Time 2:15 Black History Spotlight Alexandria Entrepreneur Presenting Maria Kagbo 3:30 Table Talk 4:00 Individual Pursuits</p>	<p>25 9:30 Morning Topics 10:30 Match Game 11:00 Motown Best w/ Chyp 1:00 “Unwind Time” 1:30 Melanie w/ Helping Hearts 2:15 African American Inventors 3:30 Table Talk 4:00 Individual Pursuits</p>	<p>26 9:30 Morning Topics 10-12 Morning Movie 1:00 Robust Exercise w/Luley 2:15 Using Your 5 Senses 3:30 Table Talk 4:00 Individual Pursuits</p>	<p>27 9:30 Morning Topics 10:30 Black History Spotlight Presenting Jacqueline 11:00 AFTA Opera w/ Cesar 1:00 “Unwind Time” 1:30 Arthritis Exercise w/Marsha Pies 2:15 Healthy Tips w/ Dora 3:30 Table Talk 4:00 Individual Pursuits</p>	<p>28 9:30 Morning Topics 10:30 Black History Spotlight Presenting Catherine 11:00 AFTA Opera w/ Cesar 1:00 “Unwind Time” 1:30 Hand Billiards/ Nu Step Bike 2:15 Pianist Henry Nalker 3:30 Table Talk 4:00 Individual Pursuits</p>
