



Alexandria Adult Day Services Center  
1108 Jefferson St  
Alexandria, VA 22314  
Phone 703.746.5676  
**March 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:30 Current Events 10:30 Nu-Step Bike/ Chair Exercise 11:00 <b>Music w/ Guitarist Lalo</b> 1:00 Unwind Time 1:30 Koosh Ball 2:15 <b>Black History Spotlight w/ Frances</b> 3:30 Table Talk 4:30 Individual Pursuits	<b>4</b> 9:30 Current Events 10:30 <b>Tai Chi w/ Rhonda</b> 11:30 Gestures 1:00 Unwind Time 1:30 Boccie Ball 2:00 <b>David Andrew Songs</b> 3:30 Table Talk 4:30 Individual Pursuits	<b>5</b> 9:30 Current Events 10-12 Morning Movie 1:00 Unwind Time 1:30 <b>Robust Exercise w/Luley</b> 2:15 <b>Peruvian Snack w/ Jacks</b> 3:30 Table Talk 4:30 Individual Pursuits	<b>6</b> 9:30 Current Events 10:30 Dart Ball / Nu- Step Bike 11:00 <b>Laura w/ AFTA</b> 1:00 Unwind Time 1:30 <b>Arthritis Exercise w/ Marsha</b> 2:15 Trivia 3:30 Table Talk 4:30 Individual Pursuits	<b>7</b> 9:30 Current Events 10:30 Nu-Step Bike/ Water Weights 11:00 <b>Bob Clarke Music Hour</b> 1:00 “Unwind Time” 1:30 Shamrock Ring Toss 2:15 Let’s Make a Deal 3:30 Table Games 4:00 Individual Pursuits
<b>10 Center Trip</b> 9:30 Current Events 10:15 <b>Irish Lunch @ Murphy’s</b> 1:00 “Unwind Time” 1:30 Afternoon Matinee 3:30 Table Games 4:00 Individual Pursuits	<b>11 Center Trip</b> 9:30 Current Events 10:30 <b>St. Martin’s Bingocize</b> 1:00 “Unwind Time” 1:30 <b>Melanie with Helping Hearts</b> 2:15 <b>Global Nurse Students Presentation</b> 3:30 Table Games 4:00 Individual Pursuits	<b>12</b> 9:30 Current Events 10-12 Morning Movie 1:30 Robust <b>Exercise w/Luley</b> 2:15 FBC <b>Devotional &amp; Inspirations</b> 3:30 Table Games 4:00 Individual Pursuits	<b>13</b> 9:30 Current Events 10:30 <b>Patrice at Nature Center</b> 1:00 “Unwind Time” 1:30 <b>Ping Pong Pals with Laurie</b> 2:15 <b>Global Nurse Students Presentation</b> 3:30 Table Games 4:00 Individual Pursuits	<b>14</b> 9:30 Current Events 10:30 Rock & Roll Workout 11:00 <b>Laura w/ AFTA</b> 1:00 “Unwind Time” 1:30 <b>Boyle School Irish Step Dancers</b> 2:15 <b>Passport Club (Indonesia, Turkey, Cambodia, India, South Africa)</b> 3:15 Table Games 4:00 Individual Pursuits

<b>17</b> <b>9:30 Current Events</b> <b>10:30 Nu-Step Bike/ Lightweight Stretches</b> <b>11:00 Bingocize</b> <b>1:00 “Unwind Time”</b> <b>1:30 Music Therapy w/ Cheryl</b> <b>2:15 Stick Ball</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>	<b>18</b> <b>9:30 Current Events</b> <b>10:30 Participant Gymn Walking Exercise</b> <b>11:00 Words that begin with C</b> <b>1:00 “Unwind Time”</b> <b>1:30 Yoga w/ Donna</b> <b>2:00 David Andrew Songs</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>	<b>19</b> <b>9:30 Current Events</b> <b>10-12 Morning Movie</b> <b>1:00 Robust Exercise w/Luley</b> <b>2:15 Taste Test Challenge</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>	<b>20</b> <b>9:30 Current Events</b> <b>10:30 Tai Chi w/ Rhonda</b> <b>11:30 St. Patrick Day History</b> <b>1:00 “Unwind Time”</b> <b>1:30 Chuck Pro</b> <b>2:15 Bingocize</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>	<b>21</b> <b>9:30 Current Events</b> <b>10:30 Definition of Your Name</b> <b>11:00 Ed Schafer Musical Guest/ Senior’s Recognition Party</b> <b>1:00 “Unwind Time”</b> <b>1:30 Arthritis Exercise w/Marsha</b> <b>2:30 Who Am I?</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>
<b>24</b> <b>9:30 Current Events</b> <b>10:30 Garden Craft</b> <b>11:00 Bob Clark Music Hour</b> <b>1:00 “Unwind Time”</b> <b>1:30 Ping Pong Pals w/ Laurie</b> <b>2:15 Who Done It?</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>	<b>25</b> <b>9:30 Current Events</b> <b>10:30 Lt. Ignacio &amp; Sgt. Sean Casey presentation SCAMS</b> <b>11:00 Questions &amp; Answers</b> <b>1:00 “Unwind Time”</b> <b>1:30 Horseshoes</b> <b>2:00 T.V. Theme Songs Trivia</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>	<b>26</b> <b>9:30 Current Events</b> <b>10-12 Morning Movie</b> <b>1:00 Robust Exercise w/Luley</b> <b>2:15 Pet Therapy Visit</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>	<b>27</b> <b>9:30 Current Events</b> <b>10:30 Sittercise</b> <b>11:00 Social Worker Romita</b> <b>1:00 “Unwind Time”</b> <b>1:30 Shuffleboard</b> <b>2:00 Blackjack</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>	<b>28</b> <b>9:30 Current Events</b> <b>10:30 St. Martin’s Volleyball</b> <b>11:30 Presentation Awards</b> <b>1:00 “Unwind Time”</b> <b>1:30 Opera with Peter &amp; Carlos</b> <b>2:15 Rhyming Words Challenge</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>
<b>31</b> <b>9:30 Current Events</b> <b>10:30 Senior Walking Group</b> <b>11:00 Remember When?</b> <b>1:00 “Unwind Time”</b> <b>1:30 Yoga w/ Donna</b> <b>3:30 Table Games</b> <b>4:00 Individual Pursuits</b>	<b>Alternative independent activities such as books, magazines, puzzles, music and crafts are available upon request. Ask the Activity Staff for assistance</b>			