



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

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTER CLOSED 	2 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Price Is Right 1:00 “Unwind Time” 1:30 Patrice w/ Nature Center 2:15 Parotic Sing -a -Long 3:30 Table Games 4:00 Individual Pursuits	3 9:30 Morning Topics 10:00-12 Morning Movies 1:00 “Unwind Time” 1:30 Stretch & Flex Exercise 2:15 Musical Art Session 3:30 Table Games 4:00 Individual Pursuits	4 9:30 Morning Topics 10:15 Robust Exercise w/Luley 11:00 Jason w/AFTA Layers of Life Art Project 1:30 Music and Memories w/Cheryl 2:15 Historical Facts 3:30 Table Talk 4:30 Individual Pursuits	5 Center Trip 9:30 Morning Topics 10:15 AARP Presents Home Fitness at Burke Library 1:00 “Unwind Time” 1:30 Hand Golf 2:15 Picture Detectives 3:30 Table Games 4:00 Individual Pursuits
8 9:30 Morning Topics 10:15 BINGOCIZE 11:15 Group Blackjack 1:00 “Unwind Time” 1:30 Billard’s Competition 2:00 Global Nurses Fall Prevention Presentation (Paula and Giselle) 3:30 Table Games 4:00 Individual Pursuits	9 9:30 Morning Topics 10:15 Ring Toss 11:00 Bob Clark Music Hour 1:00 “Unwind Time” 1:30 Melanie Music Therapy 2:15 Gestures 3:30 Table Games 4:00 Individual Pursuits	10 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 Pup Visit 3:30 Table Games 4:00 Individual Pursuits	11 Caregiver Support Group Meeting w/ Romita 3 pm 9:30 Morning Topics 10:30 BINGOCIZE 11:00 Nature Coloring 1:00 “Unwind Time” 1:30 82nd Airborne Visit and Presentation 2:15 Golden Proverbs 3:30 Table Games 4:00 Individual Pursuits	12 9:30 Morning Topics 10:15 Jackpot Bean Bag 11:00 Cliches 1:00 “Unwind Time” 1:30 Hit the Target 2:15 Which Is Witch Words 3:30 Table Games 4:00 Individual Pursuits

15 9:30 Morning Topics 10:30 Chef Philippe Healthy Diet 1:00 “Unwind Time” 1:30 Ping Pong w/ Laurie 2:15 Global Health Nurses Presentations 3:30 Table Games 4:00 Individual Pursuits	16 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Army, Navy, Air Force, or Marines Questions 1:00 “Unwind Time” 1:30 Bean Bag Toss 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	17 9:30 Morning Topics 10-12 Morning Movie 1:30 FBC Devotional & Inspirations 2:15 Global Health Nurses Presentations 3:30 Table Games 4:00 Individual Pursuits	18 9:30 Morning Topics 10:15 Robust Exercise w/ Luley 11:00 Jason w/ AFTA Layers of Life Art Project 1:00 “Unwind Time” 1:30 Marsha Pies Arthritis Exercise 2:15 History Facts 3:30 Table Games 4:00 Individual Pursuits	19 Center Trip 9:30 African American Rodeo Show Place Arena Upper Marlboro Maryland 1:00 “Unwind Time” 2:00 Friday Movie Matinee 3:30 Table Games 4:00 Individual Pursuits
22 9:30 Morning Topics 10:15 Tin Can Alley/NuStep Bike 11:00 Bob Clark Music Hour 1:00 “Unwind Time” 1:30 Martha Pies Arthritis Exercise Class 2:15 Global Nurses Presentations 3:30 Table Games 4:00 Individual Pursuits	23 Center Trip 9:30 Morning Topics 10:30 Jones Point Park Fishing Trip 1:00 “Unwind Time” 2:15 Facts or Fiction Game 3:30 Table Games 4:00 Individual Pursuits	24 9:30 Morning Topics 10-12 Morning Movie 1:30 Line Dancing Workout 2:15 You Be the Judge 3:30 Table Games 4:00 Individual Pursuits	25 9:30 Morning Topics 10:15 Robust Exercise w/ Luley 11:00 Participant Support Group w/ Romita 1:00 “Unwind Time” 1:30 Ping Pong w/ Laurie 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	26 9:30 Morning Topics 10:15 Shuffleboard 11:00 Music and Memories w/ Cheryl 1:00 “Unwind Time” 1:30 Chuck Pro 2:00 Global Health Nurses Presentations 3:30 Table Games 4:00 Individual Pursuits
29 Center Trip 9:30 Morning Topics 10:15 TJ Maxx & IHOP Luncheon 1:00 “Unwind Time” 3:30 Table Games 4:00 Individual Pursuits	30 9:30 Morning Topics 10:30 Healthy Hearts Dance Practice 11:30 Healthy Tips w/Nurse 1:00 “Unwind Time” 1:30 Yoga w/Donna 2:15 Life Stories 3:30 Table Games 4:00 Individual Pursuits			

