








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

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2 Two things you do well and will continue to do.</p> <p>1 One person you want to improve your relationship with.</p> <p>6 Six things you will do this year to step outside your comfort zone.</p>			1 CENTER CLOSED 	2 9:30 Morning Topics 10:15 Lightweight exercises 11:00 Music w/ Lalo 1:00 “Unwind Time” 1:30 Horseshoes 2:15 Scattergories 3:30 Table Games 4:00 Individual Pursuits
5 9:30 Morning Topics 10:30 Hand Golf 11:15 Thinkler Word Game 1:00 “Unwind Time” 1:30 Arthritis Exercise w/ Kimberly 2:15 Famous Duos 3:30 Table Games 4:00 Individual Pursuits	6 9:30 Morning Topics 10:15 Bingocize w/ Aida 11:00 Friendly Feud 1:00 “Unwind Time” 1:30 Chuck Pro 2:00 Global Health Nursing Students’ Presentations 3:30 Table Games 4:00 Individual Pursuits	7 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 Gestures 3:30 Table Games 4:00 Individual Pursuits	8 9:30 Morning Topics 10:15 Finding Your Rhythm w/ Erika 1:00 “Unwind Time” 1:30 Ping Pong Pals w/ Laurie 2:15 Wordle 3:30 Table Games 4:00 Individual Pursuits	9 9:30 Morning Topics 10:15 Bingocize w/ Aida 11:00 New Year’s Trivia 1:00 “Unwind Time” 1:30 Hit the Target 2:15 Remember When? 3:30 Table Games 4:00 Individual Pursuits

12 9:30 Morning Topics 10:15 Stepping 2 the Beat 11:00 Match Game 1:00 “Unwind Time” 1:30 Ping Pong Pals w/ Laurie 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	13 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 1:00 “Unwind Time” 1:30 Music Therapy w/ Melanie 2:15 Jackpot Bean Bag 3:30 Table Games 4:00 Individual Pursuits	14 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 FBC Inspirational Session 3:30 Table Games 4:00 Individual Pursuits	15 9:30 Morning Topics 10:30 Patrice w/ Nature Center 11:00 Wheel of Fortune 1:00 “Unwind Time” 1:30 Bingocize w/ Aida 2:15 50 Words or less 3:30 Table Games 4:00 Individual Pursuits	16 9:30 Morning Topics 10:15 Bingocize w/ Aida 11:00 Guestures 1:00 “Unwind Time” 1:30 Arthritis Exercise w/ Kimberly 2:15 Historical Events 3:30 Table Games 4:00 Individual Pursuits
19 CENTER CLOSED 	20 9:30 Morning Topics 10:15 Bingocize w/ Aida 11:00 Martin Luther King Jr. Facts 1:00 “Unwind Time” 1:30 Yoga w/ Donna 2:15 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	21 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 Dreidel 3:30 Table Games 4:00 Individual Pursuits	22 9:30 Morning Topics 10:30 Basketball Competition 11:00 True or False Questions 1:00 “Unwind Time” 1:30 Tin Can Alley 2:15 Scramble Board Words 3:30 Table Games 4:00 Individual Pursuits	23 9:30 Morning Topics 10:15 Bingocize w/ Aida 11:00 The Price Is Right 1:00 “Unwind Time” 1:30 Music Therapy w/ Cheryl 2:15 Travelogue 3:30 Table Games 4:00 Individual Pursuits
26 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:00 Chair Exercise/ Nu Step Bike 1:00 “Unwind Time” 1:30 Music w/ Bob Clark 2:15 Beat the Clock 3:30 Table Games 4:00 Individual Pursuits	27 9:30 Morning Topics 10:15 Bingocize w/ Aida 11:00 What am I? 1:00 “Unwind Time” 1:30 Improv w/ Wes Gurney 2:15 Show and Tell 3:30 Table Games 4:00 Individual Pursuits	28 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 Pet Therapy w/ Demetrius from AWL 3:30 Table Games 4:00 Individual Pursuits	29 9:30 Morning Topics 10:30 Finding Your Rhythm w/ Erika 1:00 “Unwind Time” 1:30 Macarena Workout 2:15 Find the Missing Letter 3:30 Table Games 4:00 Individual Pursuits	30 9:30 Morning Topics 10:15 Bingocize w /Aida 11:00 You Be the Judge 1:00 “Unwind Time” 1:30 Sip & Paint w/ Arianna 3:30 Table Games 4:00 Individual Pursuits

*** All activities and field trips are subject to change. Alternative independent activities such as books, magazines, puzzles, music and crafts are available upon request. Ask the staff for assistance. For questions regarding trips and programs contact the Activity Staff @703-746-5676 ***