



Alexandria Adult Day Services Center

1108 Jefferson St

Alexandria, VA 22314

Phone 703.746.5676

**January 2026**

Monday

Tuesday

Wednesday

Thursday

Friday

 <p>Some NEW YEAR'S Resolutions <small>THINK about</small> <small>@</small> <small>alexadultcenter</small></p> <p><b>2</b> Two things you do well and will continue to do.</p> <p><b>6</b> Something you want to <b>STOP</b> doing.</p> <p><b>1</b> One person you want to improve your relationship with.</p> <p><b>6</b> Six things you will do this year <b>to step outside your comfort zone.</b></p>			<p><b>1</b> CENTER CLOSED</p> <p><b>HAPPY NEW YEAR</b></p>	<p><b>2</b></p> <p>9:30 Morning Topics 10:15 Lightweight exercises 11:00 <b>Music w/ Lalo</b> 1:00 "Unwind Time" 1:30 Horseshoes 2:15 Scattergories 3:30 Table Games 4:00 Individual Pursuits</p>
<p><b>5</b></p> <p>9:30 Morning Topics 10:30 Hand Golf 11:15 Thinkler Word Game 1:00 "Unwind Time" 1:30 <b>Arthritis Exercise w/ Kimberly</b> 2:15 Famous Duos 3:30 Table Games 4:00 Individual Pursuits</p>	<p><b>6</b></p> <p>9:30 Morning Topics 10:15 <b>Bingocize w/ Aida</b> 11:00 Friendly Feud 1:00 "Unwind Time" 1:30 Chuck Pro 2:00 <b>Global Health Nursing Students' Presentations</b> 3:30 Table Games 4:00 Individual Pursuits</p>	<p><b>7</b></p> <p>9:30 Morning Topics 10-12 Morning Movie 1:30 <b>Robust Exercise w/ Luley</b> 2:15 Gestures 3:30 Table Games 4:00 Individual Pursuits</p>	<p><b>8</b></p> <p>9:30 Morning Topics 10:15 <b>Finding Your Rhythm w/ Erika</b> 1:00 "Unwind Time" 1:30 <b>Ping Pong Pals w/ Laurie</b> 2:15 Wordle 3:30 Table Games 4:00 Individual Pursuits</p>	<p><b>9</b></p> <p>9:30 Morning Topics 10:15 <b>Bingocize w/ Aida</b> 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</p>

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