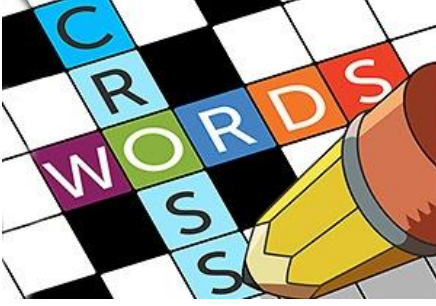




Alexandria Adult Day Services Center
1108 Jefferson St
Alexandria, VA 22314
Phone 703.746.5676

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Morning Topics 10:30 Arthritis Tai Chi 11:30 Thinkler 1:00 “Unwind Time” 1:30 Music w/ Melanie 2:30 Pick-a-Pair 3:30 Table Games 4:00 Individual Pursuits	4 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Finish the Phrase 1:00 “Unwind Time” 1:30 Yoga w/ Donna 2:15 Family Feud 3:30 Table Games 4:00 Individual Pursuits	5 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 American Made Products 3:30 Table Games 4:00 Individual Pursuits	6 9:30 Morning Topics 10:30 Annetta w/ AFTA 1:00 “Unwind Time” 1:30 Ping Pong Pals w/ Laurie 2:15 Past, Present & Future Inventions 3:30 Table Games 4:00 Individual Pursuits	7 9:30 Morning Topics 10:30 Flexing Muscles 11:15 You Be the Judge 1:00 “Unwind Time” 1:30 ADSC Participant Recognition w/ Saxy Entertainment 3:30 Table Games 4:00 Individual Pursuits
10 9:30 Morning Topics 10:30 Art w/ Karen 1:00 “Unwind Time” 1:30 Tin Can Alley 2:30 Mystery Word 3:30 Table Games 4:00 Individual Pursuits	11 9:30 Morning Topics 10:30 Dietician Ali Presentation 1:00 “Unwind Time” 1:30 Jackpot Beanbag 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	12 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 FBC Devotional & Inspirations 3:30 Table Games 4:00 Individual Pursuits	13 9:30 Morning Topics 10:30 Basketball Toss 11:00 Music w/ Bob Clark 1:00 “Unwind Time” 1:30 On Target 2:15 World Guinness Book 3:30 Table Games 4:00 Individual Pursuits	14 9:30 Morning Topics 10:15 Instrumental Workout 11:00 Intergenerational Tye Dye Session w/ Briana & Kids 1:00 “Unwind Time” 1:30 Arthritis Exercise w/ Kimberly 2:15 Charades 3:30 Table Games 4:00 Individual Pursuits

17 9:30 Morning Topics 10:15 50 words or Less 11:30 Ping Pong Pal w/ Laurie 1:00 “Unwind Time” 1:30 Arthritis Tai Chi 2:30 My Favorite Vacation 3:30 Table Games 4:00 Individual Pursuits	18 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Gestures 1:00 “Unwind Time” 1:30 Ukelele Group 2:15 Word Connection 3:30 Table Games 4:00 Individual Pursuits	19 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w Luley 2:15 Riddles & Jokes 3:30 Table Games 4:00 Individual Pursuits	20 9:30 Morning Topics 10:30 Annetta w/ AFTA 11:30 What If...? 1:00 “Unwind Time” 1:30 Jackpot Beanbag 2:15 Crossword Puzzles 3:30 Table Games 4:00 Individual Pursuits	21 9:30 Morning Topics 10:30 Stretch Band Workout 11:15 Who Am I? 1:00 “Unwind Time” 1:30 Ring Toss 2:00 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits
24 9:30 Morning Topics 10:15 Hand Billiards Competition 11:15 Blackjack 1:00 “Unwind Time” 1:30 Arthritis Tai Chi 2:30 Famous Duos 3:30 Table Games 4:00 Individual Pursuits	25 9:30 Morning Topics 10:30 Music w/ Bob Clark 11:30 Family Memories 1:00 “Unwind Time” 1:30 Dart Ball 2:15 Finish the Phrase 3:30 Table Games 4:00 Individual Pursuits	26 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 AWL Pet Therapy 3:30 Table Games 4:00 Individual Pursuits	27 9:30 Morning Topics 10:30 Chair Steps & Kicks 11:15 Senior Expression w/ Romita 1:00 “Unwind Time” 1:30 Yoga w/ Donna 2:15 Famous States Foods 3:30 Table Games 4:00 Individual Pursuits	28 9:30 Morning Topics 10:30 Indoor Golf Game 11:15 You Be the Judge 1:00 “Unwind Time” 1:30 Arthritis Exercise w/ Kimberly 2:15 Friendly Feud 3:30 Table Games 4:00 Individual Pursuits
31 9:30 Morning Topics 10:30 Kickball 11:15 Facts or Fiction Trivia 1:00 “Unwind Time” 1:30 Arthritis Tai Chi 2:30 Tongue Twisters Fun 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 ***