



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

September 2026

Monday

Tuesday

Wednesday

Thursday

Friday

	1 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Riddles & Jokes 1:00 “Unwind Time” 1:30 Shuffleboard 2:15 50 Words or More 3:30 Table Games 4:00 Individual Pursuits	2 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/ Luley 2:15 FBC Inspiration & Devotion 3:30 Table Games 4:00 Individual Pursuits	3 9:30 Morning Topics 10:30 Moving w/ the World w/ Annetta from AFTA 1:00 “Unwind Time” 1:30 Hit the Target 2:15 What’s My Line 3:30 Table Games 4:00 Individual Pursuits	4 9:30 Morning Topics 10:30 UP UP & Away! Parachute Exercise 11:15 Word Search 1:00 “Unwind Time” 1:30 Saxy Jazzy Songs w/ Antonio 3:30 Table Games 4:00 Individual Pursuits
7 CENTER CLOSED LABOR DAY 	8 9:30 Morning Topics 10:30 Shuffleboard 11:15 Who’s Who? 1:00 “Unwind Time” 1:30 Pianist Frank Plumer w/ National Theatre of Art 3:30 Table Games 4:00 Individual Pursuits	9 9:30 Morning Topics 10:30 Juggling w/ Peffley 1:30 Robust Exercise w/ Luley 2:15 Bingo 3:30 Table Games 4:00 Individual Pursuits	10 9:30 Morning Topics 10:30 Nature’s Song w/ Yaya from AFTA 1:00 “Unwind Time” 1:30 Yoga w/ Donna 2:15 Blackjack 3:30 Table Games 4:00 Individual Pursuits	11 9:30 Morning Topics 10:15 Bowling w/ St. Martins Senior Center 1:00 “Unwind Time” 1:30 Arthritis Exercise w/ Kimberly 2:30 Name That Tune 3:30 Table Games 4:00 Individual Pursuits

14 Center Trip 9:30 Morning Topics 10:30 Family Feud Competition @ St. Martins 1:00 “Unwind Time” 1:30 Arthritis Tai Chi 2:30 Word Ladder 3:30 Table Games 4:00 Individual Pursuits	15 9:30 Morning Topics 10:30 Tai Chi w/ Rhonda 11:30 Spelling Bee Quiz 1:00 “Unwind Time” 1:30 Hit the Target 2:00 Music w/ David Andrew Smith 3:30 Table Games 4:00 Individual Pursuits	16 9:30 Morning Topics 10-12 Center Movie 1:30 Robust Exercise w/ Luley 2:15 Melba Moore Book Club 3:30 Table Games 4:00 Individual Pursuits	17 9:30 Morning Topics 10:30 Juggling w/ Peffley 11:30 Mystery Guess 1:00 “Unwind Time” 1:30 Ping Pong w/ Laurie 2:15 School Dazes Memories 3:30 Table Games 4:00 Individual Pursuits	18 9:30 Morning Topics 10:30 Dart Ball 11:00 50 Words or Less 1:00 “Unwind Time” 1:30 Arthritis Exercise w/ Kimberly 2:30 Chair Travelogue 3:30 Table Games 4:00 Individual Pursuits
21 9:30 Morning Topics 10:30 Healthy Cooking w/ Philip 1:00 “Unwind Time” 1:30 Ping Pong Pals w/ Laurie 2:15 Wheel of Fortune 3:30 Table Games 4:00 Individual Pursuits	22 9:30 Morning Topics 10:30 Yoga w/ Donna 11:30 Scattagories 1:00 “Unwind Time” 1:30 Parachute Workout 2:15 Word Dice Game 3:30 Table Games 4:00 Individual Pursuits	23 9:30 Morning Topics 10-12 Center Movie 1:30 Robust Exercise w/ Luley 2:15 AWL Pet Therapy 3:30 Table Games 4:00 Individual Pursuits	24 9:30 Morning Topics 10:30 Juggling w/ Peffley 1:00 “Unwind Time” 1:30 Nature’s Song w/ Yaya from AFTA 3:30 Table Games 4:00 Individual Pursuits	25 9:30 Morning Topics 10:30 Bowling w/ St. Martins Senior Center 1:00 “Unwind Time” 1:30 Kickball 2:00 Music w /Dave Andrew Smith 3:30 Table Games 4:00 Individual Pursuits
28 Center Trip 9:30 Morning Topics 10:30 Family Feud Competition @ St. Martins 1:00 “Unwind Time” 1:30 Music w/ Bob Clark 3:30 Table Games 4:00 Individual Pursuits	29 9:30 Morning Topics 10:30 Lightweights Workout 11:00 Singing w/ Guitarist Lalo 1:00 “Unwind Time” 1:30 Tin Can Alley 2:15 Testing Your Tastebuds 3:30 Table Games 4:00 Individual Pursuits	30 9:30 Morning Topics 10-12 Center Movie 1:30 Robust Exercise w/ Luley 2:15 Improv w/ Wes 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 ***