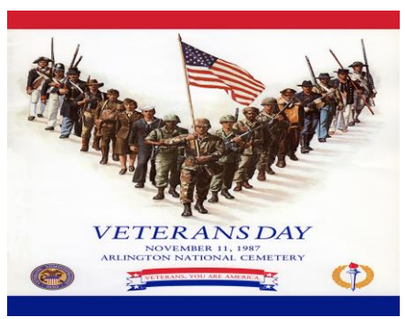
Alexandria Adult Day Services Center
1108 Jefferson St
Alexandria, VA 22314
Phone 703.746.5676

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Morning Topics 10:30 Music Time w/Lalo 1:00 "Unwind Time" 1:30 Arthritis Tai Chi w/Rhonda 2:15 Word Game/Snack 3:30 Table Games 4:00 Individual Pursuits	**3** 9:30 Morning Topics 10:30 Tai Chi w/Rhonda 11:30 Laughter is the Best Medicine 1:00 "Unwind Time" 1:30 Kick Ball 2:15 America Says/Snack 3:30 Table Games 4:00 Individual Pursuits	**4** 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 Bingo/Snack 3:30 Table Games 4:00 Individual Pursuits	**5** 9:30 Morning Topics 10:30 Chair Exercises 11:00 Fire Truck Visit w/AFD 1:00 "Unwind Time" 1:30 Yoga w/Donna 2:15 The Year of 1950/Snack 3:30 Table Games 4:00 Individual Pursuits	**6** 9:30 Morning Topics 10:30 Collaborative Workshop w/Nephelie from AFTA 1:00 "Unwind Time" 1:30 Lute Music w/Betsy 2:15 Fill in the Blank/Snack 3:30 Table Games 4:00 Individual Pursuits
9 9:30 Morning Topics 10:30 Hand Pool/ Nu-Step Bikers 11:00 Jazz Time w/Antonio 1:00 "Unwind Time" 1:30 Ping Pong Pals w/Laurie 2:15 Blackjack/ Snack 3:30 Table Games 4:00 Individual Pursuits	**10** 9:30 Morning Topics 11:00 Art w/Arianna from Nature Center 1:00 "Unwind Time" 1:30 Arthritis Exercise w/Marcia 2:15 Trivia/ Snack 3:30 Table Games 4:00 Individual Pursuits	**11 CENTER CLOSED** 	**12** 9:30 Morning Topics 10:30 Veterans Day Presentation w/Mr. Curtis 11:00 Arthritis Tai Chi w/Rhonda 1:00 "Unwind Time" 1:30 Tin Can Alley 2:15 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits	**13** 9:30 Morning Topics 10:30 Collaborative Workshop w/Nephelie from AFTA 1:00 "Unwind Time" 1:30 Bob Clark Music Hour 2:15 Who Am I/Snack 3:30 Table Games 4:00 Individual Pursuits

16 9:30 Morning Topics 10:30 Beat the Clock 11:00 Arts & Craft 1:00 "Unwind Time" 1:30 Arthritis Tai Chi w/Rhonda 2:15 Trivia/Snack 3:30 Table Games 4:00 Individual Pursuits	**17** 9:30 Morning Topics 10:30 Tai Chi w/Rhonda 11:30 Wordle 1:00 "Unwind Time" 1:30 Storytelling w/Noa Baum from National Theatre 2:15 Global Health Nursing Students' Presentations 3:30 Table Games 4:00 Individual Pursuits	**18** 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 Gestures/Snack 3:30 Table Games 4:00 Individual Pursuits	**19** 9:30 Morning Topics 10:15 Who am I? 11:00 Yoga w/Donna 1:00 "Unwind Time" 1:30 Ping Pong Pals w/Laurie 2:15 Global Health Nursing Students' Presentations 3:30 Table Games 4:00 Individual Pursuits	**20** 9:30 Morning Topics 10:15 Alexandria Country Day School Visit 1:00 "Unwind Time" 1:30 Guess Who? 2:15 David Andrew Smith Songs 3:30 Table Games 4:00 Individual Pursuits
23 9:30 Morning Topics 10:15 Parachute Arm Lifts 11:30 Switch-a-Roo 1:00 "Unwind Time" 1:30 Arthritis Tai Chi w/ Rhonda 2:15 Thinkler/Snack Time 3:30 Table Games 4:00 Individual Pursuits	**24** 9:30 Morning Topics 10:15 Gratitudes 11:00 Bowling 1:00 "Unwind Time" 1:30 Arthritis Exercise w/Marcia 2:15 Guess Who?/Snack 3:30 Table Games 4:00 Individual Pursuits	**25** 9:30 Morning Topics 10-12 Morning Movie 1:30 Robust Exercise w/Luley 2:15 AWL visit/Snack 3:30 Table Games 4:00 Individual Pursuits	**26 CENTER CLOSED** 	**27 CENTER CLOSED** 
30 9:30 Morning Topics 10:30 Music w/Bob Clark 1:00 "Unwind Time" 1:30 Arthritis Tai Chi w/ Rhonda 2:15 Name That Tune/Snack 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 ***