

www.pwcgov.org/aging

(703)792-4990

July 2024 Newsletter



In Astrology, July holds Both Cancer and Leo

Cancer July 1st to July 22nd

Cancers are said to be nurturing and loyal, Cancers are also protective of their loved ones. They stand firm on strength and aren't afraid to act when they feel its necessary.

Leo July 23rd to July 31st

Leo's are said to be leaders who love to be in the spotlight. They are generous and warm hearted individuals who enjoy spending time with their loved ones



Have some family fun this July 4th

- ◆ Attend a parade or community event
- ◆ Watch a local firework show or safely create your own
- ◆ Have a backyard barbecue
- ◆ Don't forget to wear your patriotic colors

Adult Day Healthcare

WOODBIDGE



Sun Safety Tips

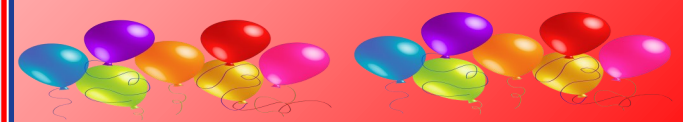
- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wear clothing to cover skin exposed to the sun, such as long-sleeved shirts, pants, sunglasses, and broad-brimmed hats.
- Use broad-spectrum, water-resistant SPF30+ sunscreen.
- Wear a hat which is broad-brimmed or legionnaire-style to protect your face, head, neck and ears.
- Seek some shade.



ADHC Participants

Willie J. L July 2nd

Belisa. A July 28th



ACTIVITIES

LEARNING ACTIVITIES

Table Talk/Participant Social	M-F	1:30 pm
Friends & Fellowship	Wednesdays	11am
Trivia	M-F	10:30am
The Daily Chronicle	M-F	9am
Gems Small Group/ Participant centered activity.	M-F	10:30am

FITNESS AND HEALTH ACTIVITIES

Exercise	M-F	10am
Weights & ROM	M-F	1pm

FUN ACTIVITIES

Movie Matinee	Fridays	2pm
Move to the Music/ Reminiscing through Music	M-F	5pm
Old Time Television	Various days	3:30pm
Bingo	M, F	11am
Creative Arts	Tuesday	11am
<u>Dancercise</u>	M-F	10am
<u>Chair Yoga</u>	Monday/ Wednesday/ Friday	1pm

Alternate lunch items are available daily in replace of the main entrée meal. Options include but are not subject to PB&J, grilled cheese, chef salad, and tuna salad*

If you have any questions regarding the Adult Day Healthcare at Woodbridge please contact site manager Lorraine Eckhardt at 703-792-4991 or Leckhardt@pwccgov.org

DAILY LUNCH MENU



- July 8th 2024** Eggplant Parmesan, Whole wheat pasta, Cannellini Beans, Mixed Green Salad, Strawberries
- July 9th 2024** Chicken Alfredo, Fettuccini noodles, Broccoli, Carrots, Whole Wheat Breadsticks, Dragon Fruit
- July 10th 2024** BLT, Turkey Bacon, Whole Wheat croissant, Coleslaw, Potato Salad, Fresh fruit Salad.
- July 11th 2024** Sirloin Beef Tips, Whole Wheat Egg Noodles, Red Kidney Beans, Sauteed Spinach, Mashed Potatoes, Fruit Cocktail
- July 12th 2024** Crab Cake, Rosemary potato, Butternut squash soup, Roll, Peaches
- July 15th 2024** Tuna Salad Plate, 3Bean Salad, Pasta Salad, Whole Wheat Crackers, Strawberries, Ice Cream
- July 16th 2024** Chicken -Italian, Egg Noodle, Broccoli, Whole Wheat Garlic Bread, Pineapple Tidbits.
- July 17th 2024** Pulled Pork Sandwich, Whole Wheat Bun, Baked Beans, Green Apples, Ice cream
- July 18th 2024** Swedish Meatballs, Whole wheat egg noodles, Carrots, Roasted Asparagus, Blackberries
- July 19th 2024** Red Snapper, Hush Puppy, Carrots, Red kidney beans, Blueberries
- July 22nd 2024** Chicken & Dumplings, Kale, Corn, Honey wheat dinner roll, Pears
- July 23rd 2024** Spinach Quiche, Cesar Salad, Apricots, Cheesecakes
- July 24th 2024** Pork Chop, Mashed potatoes, Lima Beans, Whole Wheat dinner rolls, Honey Dew Melon
- July 25th 2024** Egg Salad, Whole Wheat Croissant, Beets Salad, Pinto Beans, Fresh fruit salad
- July 26th 2024** Shepard's Pie/ Ground Beef, Potato, Broccoli, Roll, Orange, Apple Pie
- July 29th 2024** Veggie Lasagna, Cucumber Salad, Lentil Soup, Breadstick, Apricots..
- July 30th 2024** Trout Lemon Herb, Roasted Potatoes, Spinach, Hummus, Pitta Chips, Fruit Cocktail

July 31st 2024

Manager's Choice



COMMUNITY EVENTS & NEWS

Alzheimer's Association Support Groups in Northern Virginia

Alzheimer's Association support groups provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained leaders and are ongoing, free and open to the community.

Westminster at Lake Ridge

12191 Clipper Drive
Lake Ridge, VA, 22192

Fridays 11:00 a.m.

Elizabeth Glycer (703) 496-3400

Prince William Senior Center

13850 Church Hill Drive
Woodbridge, VA, 22191

2nd & 4th Tuesday 7:00 p.m.

Kate Tanner (703) 501-0749

First Mount Zion Baptist Church

16622 Dumfries Road. Dumfries, VA 22025

Call Stephanie Craddock at (703) 670-0184

For more information about sessions dates and times.

Alzheimer's Association www.alz.org

1-800-272-3900



Questions Related to Medicare, Medicaid and other Health Insurance

Call Rosemari Walker, Medicare Counselor

(703) 792-4156



ADHC PROGRAM

Adult Day Healthcare Staff

Lorraine Eckhardt, Site Manager

Dawn Holton, Recreation Specialist

Health Aides : Lul Alasso, Liza Banin,
Sandra Wilson, Sirina Alhassan, and
Christina Sutton, Violette Turner

Friendly Caregiver reminder

Please contact the ADHC mainline (703) 792-4990, no later than 9am, if your loved one will not attend or will be in later than usual. Staff must know the number of participants attending each day to plan activities and have an accurate lunch delivery count.



ADHC 2024 Program Closures

Independence Day, July 1-5th

Labor Day September 2nd.

September-13th ADHC Closed

(All Staff Meeting)

Veterans Day, November 11th

Thanksgiving, November 28th & 29th

Christmas Break, December 24th-January 1st

***Please take a moment to note these closure dates on your calendar ***

In addition, the site manager will contact you in a timely manner if the ADHC has to close for any unforeseen Agency concerns or mandated training for staff

Please contact the ADHC prior to coming if your loved one is experiencing symptoms or has been exposed to illness.

Guidance will be provided to you for participant attendance and/or return to the program.



1 2 3 4 5

8
 9:00am The Daily Chronicle
 9:15am Category Games
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups
 11:00am Bingo/Gems small Groups
 1:00pm Chair Yoga
 1:30pm Table Talk/ National Freezer pop Day
 2:00pm Floor Hockey
 3:30pm Old Time TV
 4:00pm Penny Game
 5:00pm Jazz Cafe

9
 9:00am The Daily Chronicle
 9:15am AMF Home Videos
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups
 11:00am Outreach library Visit/mobile library
 1:00pm Weights & ROM
 1:30pm Poetry Reading
 2:00pm Chair Soccer
 3:30pm Junk Drawer Detective
 4:30pm Crossword Puzzles/ Table Games
 5:00pm Reminiscing Music

10
 9:00am The Daily Chronicle
 9:15am Celebrity Spotlight
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups
 11:00 Friends Fellowship
 1:00pm Chair Yoga
 1:30pm Table Talk/ National Kitten Day
 2:00pm Baking Club/ Balloon Volleyball
 3:30pm Drama Club
 4:00pm Old Time TV
 5:00pm Move to the Music

11
 9:00am The Daily Chronicle
 9:15am White Board Word Scramble
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups
 11:00am Bunco w/ Liza Small Groups
 1:00pm Weights & ROM
 1:30pm Chicken Soup
 2:00pm Parachute Game/ Musical Ball (30 min each)
 3:30pm Shape Matching/Lul
 4:15pm Afternoon Trivia
 5:00pm Reminiscing Music

13
 9:00am The Daily Chronicle
 9:15am Americas got Talent
 10:00am Exercise Dancercise
 10:30am Trivia/Gems Small Groups
 11:00am Bingo
 1:00pm Chair Yoga
 1:30pm Table Talk/ National Delaware Day
 2:00pm Movie Matinee
 4:00pm Group Table Games
 5:00pm Motown Music

17
 9:00am The Daily Chronicle
 9:15am Categories Game
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems Small Groups
 11:00am Bingo/Gems Small Groups
 1:00pm Chair Yoga
 1:30pm Table Talk/National Hot Dog Day
 2:00pm Floor Hockey
 3:30pm Old Time TV
 4:00pm Table Games/ Puzzles
 5:00pm Jazz Cafe

18
 9:00am The Daily Chronicle
 9:15am American Idol
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups
 11:00am Crafting w/ Sandra
 1:00pm Weights & ROM
 1:30pm Jokes & Riddles
 2:00pm Musical Ball
 3:30pm Afternoon Trivia
 4:30pm Table Games
 5:00pm Reminiscing/Music

19
 9:00am The Daily Chronicle
 9:15am Celebrity Spotlight
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups
 11:00 Friends Fellowship
 1:00pm Chair Yoga
 1:30pm Table Talk/National Pennsylvania Day
 2:00pm Parachute Game
 3:30pm Drama Club
 4:00pm Old Time TV
 5:00pm Move to the Music

20
 9:00am The Daily Chronicle
 9:15am Act It Out
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups
 11:00am Group Game w/ Christina / Small Group
 1:00pm Weights & Rom
 1:30pm Sing-A-Long
 2:00pm Group Table tennis
 3:30pm Spot the Difference
 4:00pm Conversation Toss
 5:00pm Reminiscing/Music

21
 9:00am The Daily Chronicle
 9:15am Soul Train Videos
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups
 11:00am Bingo/Gems small Groups
 1:00pm Chair Yoga
 1:30pm Table talk/National Ice Cream Day
 2:00pm Movie Matinee
 4:00pm Group Table Games
 5:00pm Jazz Cafe

24
 9:00am The Daily Chronicle
 9:15am Categories Game
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems Small Groups
 11:00am Bingo/Gems Small Groups
 1:00pm Chair Yoga
 1:30pm Table Talk/National Amelia Earhart Day
 2:00pm Bowling/B-Ball
 3:30pm Old Time TV
 4:00pm Penny Game
 5:00pm Jazz Cafe

25
 9:00am The Daily Chronicle
 9:15am Soul Train Videos
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems Small Group
 11:00am Arts & Crafts w/V
 1:00pm Weights & ROM
 1:30pm Poetry reading
 2:00pm Parachute Game
 3:30pm Therapeutic Coloring
 4:30pm Table Games
 5:00pm Reminiscing/Music

26
 9:00am The Daily Chronicle
 9:15am Celebrity Spotlight
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems Small Groups
 11:00am Friends Fellowship
 1:00pm Chair yoga
 1:30pm Table Talk/ National All or Nothing Day
 2:00pm Baking Club/Recipe Floor Hockey
 3:00pm Drama Club
 4:00pm Old Time TV
 5:00pm Move to the Music

27
 9:00am The Daily Chronicle
 9:15am White Board Word Scramble
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups
 11:00am Bunco w/ Liza
 1:00pm Weights & ROM
 1:30pm Karaoke W/Dawn
 2:00pm Ski Ball/ Egg Roll Game
 3:30pm Junk Drawer Detective
 4:00pm Conversation Toss
 5:00pm Reminiscing/Music

28
 9:00am The Daily Chronicle
 9:15am Americas got Talent
 10:00am Exercise Dancercise
 10:30am Trivia/Gems Small Groups
 11:00am Bingo
 1:00pm Chair Yoga
 1:30pm Table Talk/ Buffalo Soldiers Day
 2:00pm Movie Matinee
 4:00pm Group Table Games
 5:00pm Motown Music

29
 9:00am The Daily Chronicle
 9:15am Categories Game
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems Small Groups
 11:00am Bingo/Gems Small Groups
 1:00pm Chair Yoga
 1:30pm Table Talk/ National Lip Stick Day
 2:00pm Floor Hockey
 3:30pm Old Time TV
 4:00pm Table Games/ Puzzles
 5:00pm Jazz Cafe

30
 9:00am The Daily Chronicle
 9:15am American Idol
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups/
 11:00am Arts & Crafts W/ Sirina
 1:00pm Weights & ROM
 1:30pm Jokes & Riddles
 2:00pm Bowling/ Darts
 3:30pm Afternoon Trivia
 4:30pm Table Games
 5:00pm Reminiscing/Music

31
 9:00am The Daily Chronicle
 9:15am Celebrity Spotlight
 10:00am Exercise/Dancercise
 10:30am Trivia/Gems small Groups
 11:00 Friends Fellowship
 1:00pm Chair Yoga
 1:30pm Table Talk/National Avocado Day
 2:00pm Baking Club/ Balloon Volleyball
 3:30pm Drama Club
 4:00pm Old Time TV
 5:00pm Move to the Music



Please note the schedule is subject to change. Any change on the calendar will be noted on the daily schedule. Alternate programs are readily available when participants have different interest than what is scheduled