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(703)792-4990

October 2024 Newsletter



In Astrology October holds both

Libra October 1st-22nd and Scorpio October 23rd-31st

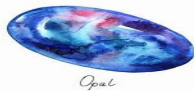
Libra's are said to be natural peacemakers and diplomats who are known for their ability to see all sides of an argument.

Scorpio's are said to be loyal and devoted to their loved ones. Scorpio's are also known for their sharp and intuitive minds and hold the ability to read people and situations well.



Birthstone

October's birthstone is the beautiful opal. Opals are primarily found in Australia, Eastern Europe, and South America. Because opals diffract light, they come in almost every color imaginable, and they appear milky or opaque.



WORLD SMILE DAY



Celebrate World Smile Day!
Friday, October 4th

Put your best smile forward for the world to see.

Adult Day Healthcare

WOODBIDGE

Tree of the month – Maple

Maples thrive in temperature climates around the world, including the United States and Canada. The tree is so important to Canadian culture that the maple leaf is on the Canadian flag and the country's coat of arms. These gorgeous trees are a popular choice for many backyards.



Thursday, October 17th, the ADHC will

celebrate Fall and all the beauty it offers. We will have our very own fall garden festival. Top ladies of distinction will be our special guest for this lovely event. We will enjoy some delicious fall treats and fun games along with apple picking.



Edith. C October 3rd



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
Dancercise	M-F	10am
Chair Yoga	Monday/ Wednesday/ Friday	1pm
Fall Festival	Oct 17th	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 Lorraine Eckhardt, site manager at 703-792-4991 or leckhardt@pwcgov.org

DAILY LUNCH MENU

October 1st 2024	Stuffed Pepper, Kidney Beans, w/ Carrots & Tomatoes, Breadsticks, Pears
October 2nd 2024	Chicken Sandwich, White Bean & Tomato Salad, Broccoli, Fresh Fruit Salad
October 3rd 2024	Polish Sausage, SauerKraut, Potato Salad, Pickled Beets, Apple Pie, pretzels, Root Beer
October 4th 2024	Beef Lasagna, Spinach, Butternut Squash, Roll, Peaches
October 7th 2024	Red Chili, Spinach, Sweet Potatoes, Fries, Fresh Fruit Salad
October 8th 2024	Stuffed Cabbage Roll, Kale, Succotash, Grapes
October 9th 2024	White Chicken Chili, Collard, Cornbread, Applesauce
October 10th 2024	Italian Breaded Chicken, Lentil Soup, Turnip Greens, Biscuit, Fresh Fruit Salad
October 11th 2024	Stuffed Shells, Mixed Vegetables, Breadsticks, Apricots
October 14th 2024	Roast Beef Sandwich, Green Beans, Coleslaw, Watermelon
October 15th 2024	Chicken Tenders, Cucumber, Tomato & Olives, Cantaloup
October 16th 2024	Ham w/ Beans, Rice, Kidney Beans, Collard Greens, Roll, Peaches
October 17th 2024	Spinach Quiche, Cesar Salad , Tomato, Croutons, Apricots
October 18th 2024	Baked Tilapia, Sweet Potato, Broccoli, Pinto Beans, Tropical Fruit Salad
October 21st 2024	Veggie Cheese Pizza, Kale, Butternut Squash Soup, Applesauce, Pineapple upside-Down Cake
October 22rd 2024	BLT, Turkey Bacon, Three Bean Salad, Potato Salad, Honey Dew
October 23rd 2024	Baked Tilapia , Peas Onions, Carrots, Cannellini Beans, Muffin, Orange
October 24th 2024	Beef Stroganoff, Green Beans, Red Kidney Beans, Roll,
October 25th 2024	Chicken Cordon Bleu,, Sweet Potato, Green Beans, Roll, Watermelon
October 28th 2024	Cheeseburger, Baked Beans, Lettuce , Tomato, Onion, Pickles, Apple
October 29th 2024	Spinach & Cheese Ravioli, Grean Beans, Roll, Apricots,
October 30th 2024	Manager's Choice
October 31st 2024	Spicy Bat Wings, Coleslaw, Baked Beans, Ghoulish Greens, Muffin, Dirt Pudding w Gummy Worms, Fruit Cup



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 or email at rwalker@pwcgov.org



ADHC PROGRAM

Adult Day Healthcare Staff

Lorraine Eckhardt, Site Manager

Dawn Holton, Recreation Specialist

Health Aides : Lul Alasso, Liza Banin, Sirina Alhassan, Christina Sutton, Violette Turner, Thulile Oladimeji

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

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.

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
<p>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</p>				
	8:00am-9:15am Small Group 9:15am Soul Train Videos 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00am Arts & Crafts Beading w/Lul 1:00pm Weights & ROM 1:30pm Poetry reading 2:00pm Parachute/ Trivia Game 3:30pm Afternoon Trivia 4:30pm Table Games 5:00pm Reminiscing/Music	8:00am-9:15am Small Group 9:15am Celebrity Spotlight 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00 Friends Fellowship 1:00pm Chair Yoga 1:30pm Table Talk/National Walk to school Day 2:00pm Family Feud 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music	8:00am-9:15am Small Group 9:15am Act It Out 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00am Group Game w/ Christina / Small Group 1:00pm Weights & Rom 1:30pm Sing-A-Long 2:00pm Group Balloon tennis 3:30pm Spot the Difference 4:00pm Conversation Toss 5:00pm Reminiscing/Music	8:00am-9:15am Small Group 9:15am Soul Train Videos 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00am Bingo/Gems 1:00pm Chair Yoga 1:30pm Table talk/ National World Smile Day 2:00pm Movie Matinee 4:00pm Group Table Games 5:00pm Jazz Cafe



7	8	9	10	11
8:00am-9:15am Small Group 9:15am Category Games 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:00pm Chair Yoga 1:30pm Table Talk/National Inner Beauty Day 2:00pm Floor Hockey 3:30pm Old Time TV 4:00pm Penny Game 5:00pm Jazz Cafe	8:00am-9:15am Small Group 9:15am AMF Home Videos 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Outreach library Visit/mobile library 1:00pm Weights & ROM 1:30pm Poetry Reading 2:00pm Price is Right 3:30pm Junk Drawer Detective 4:30pm Crossword Puzzles/ Table Games 5:00pm Reminiscing Music	8:00am-9:15am Small Group 9:15am Celebrity Spotlight 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00 Friends Fellowship 1:00pm Chair Yoga 1:30pm Table Talk/National Moldy Cheese Day 2:00pm Baking Club/ Balloon Volleyball 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music	8:00am-9:15am Small Group 9:15am Word Scramble 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bunco w/ Thulile Small Groups 1:00pm Weights & ROM 1:30pm Chicken Soup 2:00pm Parachute Game/ Musical Ball (30 min each) 3:30pm Finish The Phrase 4:15pm Afternoon Trivia 5:00pm Reminiscing Music	8:00am-9:15am Small Group 9:15am Americas got Talent 10:00am Exercise Dancercise 10:30am Trivia 11:00am Bingo 1:00pm Chair Yoga 1:30pm Table Talk/National Day of Girl Child 2:00pm Movie Matinee 4:00pm Group Table Games 5:00pm Motown Music



14	15	16	17	18
8:00am-9:15am Small Group 9:15am Categories Game 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:00pm Chair Yoga 1:30pm Table Talk/ National Kick Butt Day/ Columbus Day 2:00pm Floor Hockey 3:30pm Old Time TV 4:00pm Table Games 5:00pm Jazz Cafe	8:00am-9:15am Small Group 9:15am American Idol 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Arts & Crafts W/ V 1:00pm Weights & ROM 1:30pm Jokes & Riddles 2:00pm Musical Ball 3:30pm Afternoon Trivia 4:30pm Table Games 5:00pm Reminiscing/Music	8:00am-9:15am Small Group 9:15am Celebrity Spotlight 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00 Friends Fellowship 1:00pm Chair Yoga 1:30pm Table Talk/ National Sports Day 2:00pm Price Is Right 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music	8:00am-9:15am Small Group 9:15am Act It Out 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Group Game Christina / Small Group 1:00pm Fall Festival TLOD 2:00pm Balloon Tennis 3:30pm Billiards/ Air Hockey 4:00pm Conversation Toss 5:00pm Reminiscing/Music	8:00am-9:15am Small Group 9:15am Soul Train Videos 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:00pm Chair Yoga 1:30pm Table talk/National Legging Day 2:00pm Movie Matinee 4:00pm Group Table Games 5:00pm Jazz Cafe



21	22	23	24	25
8:00am-9:15am Small Group 9:15am Categories Game 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:00pm Chair Yoga 1:30pm Table Talk/National Apple Day 2:00pm Bowling/B-Ball 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe	8:00am-9:15am Small Group 9:15am Soul Train Videos 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Arts & Crafts W/ Thulile 1:00pm Weights & ROM 1:30pm Poetry reading 2:00pm Parachute/ Trivia Game 3:30pm Billiards/ Air Hockey 4:30pm Table Games 5:00pm Reminiscing/Music	8:00am-9:15am Small Group 9:15am Celebrity Spotlight 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Friends Fellowship 1:00pm Chair yoga 1:30pm Table Talk/ National Tv Talk Show Host Day 2:00pm Walking Club/ Bowling 3:00pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music	8:00am-9:15am Small Group 9:15am Word Scramble 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bunco w/ Thulile 1:00pm Weights & ROM 1:30pm Karaoke W/Dawn 2:00pm Chair Soccer 3:30pm Conversation Cards 4:00pm Afternoon Coloring 5:00pm Reminiscing/Music	8:00am-9:15am Small Group 9:15am Americas got Talent 10:00am Exercise Dancercise 10:30am Trivia 11:00am Bingo 1:00pm Chair Yoga 1:30pm Table Talk/National Frankenstein Friday 2:00pm Movie Matinee 4:00pm Group Table Games 5:00pm Motown Music



28	29	30	31
8:00am-9:15am Small Group 9:15am Categories Game 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:00pm Chair Yoga 1:30pm Table Talk/National Chocolate Day 2:00pm Floor Hockey 3:30pm Old Time TV 4:00pm Table Games 5:00pm Jazz Cafe	8:00am-9:15am Small Group 9:15am Soul Train Videos 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00am Arts & Crafts Beading w/Lul 1:00pm Weights & ROM 1:30pm Poetry reading 2:00pm Fall Nature walk Fall Scavenger hunt 3:30pm Afternoon Trivia 4:30pm Table Games 5:00pm Reminiscing/Music	8:00am-9:15am Small Group 9:15am Celebrity Spotlight 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00 Friends Fellowship 1:00pm Chair Yoga 1:30pm Table Talk/National Candy Corn Day 2:00pm Family Feud 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music	8:00am-9:15am Small Group 9:15am Act It Out 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Gems 11:00am Group Game w/ Christina / Small Group 1:00pm Weights & Rom 1:30pm Halloween Social 3:30pm Spot the Difference 4:00pm Conversation Toss 5:00pm Reminiscing/Music

