

www.pwcgov.org/aging

(703)792-4990

November 2024 Newsletter



November Zodiacs

Scorpio– November 1st-21st

Sagittarius– November 22nd-30th

November Birthstone-Topaz



What's Lucky in November

Lucky Color– Teal

Lucky Animal– Panther

Lucky Letters– T and B

Lucky Day– Friday

Lucky Plant– Aster

Observed November 11th



A day for remembrance and gratitude

Thank you for your service.



Observed on Thursday November 28th

Adult Day Healthcare

WOODBIDGE

National Cake Day

On November 26th, National Cake Day delivers a scrumptious treat for everyone to enjoy! Slide over pie, this day cake takes center stage as the dessert of choice. On this day you can get a head start on your Thanksgiving preparation and bake a cake or two. Whether it's Chocolate, Lemon, or Marble cake its sure to put smile on everyone's face.



TOP LADIES OF DISTINCTION

The top ladies will join us on November 19th to honor and remember our Veterans. We will enjoy fellowship and some tasty treats.



MONTCLAIR GARDEN CLUB

The ladies of the Montclair garden club will join us on November 22nd for a fun Thanksgiving craft and Participant social. We will enjoy some wonderful fall treats and fellowship.



TO ALL THOSE BORN IN
NOVEMBER
Happy Birthday

Margret. S- November 7th

Oliva. G-November 8th

Albert. E- November 14th

Eugenia. G-November 15th

Mary. S - November 16th



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	11 am
Creative Arts	Tuesday	11 am
Dancercise	M-F	10am
Chair Yoga	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

November 1st 2024	<u>Chicken Parmesan</u> , Cannellini Beans, Broccoli, Garlic bread, Lemon Cake
November 4th 2024	<u>Egg Salad</u> w/ Croissant, Beat Salad, Cucumber, Apricots
November 5th 2024	<u>Stuffed Cabbage Roll w/ Beef</u> , Whole Wheat Roll, Kale, Succotash, Grapes
November 6th 2024	<u>Meatloaf</u> , Mashed potato, Broccoli, Garlic Bread, Mandarin Orange
November 7th 2024	<u>White Chicken Chili</u> , Cannellini Beans, Turnip Greens, Whole Wheat Roll, Fresh Fruit Salad
November 8th 2024	<u>Pulled Pork BBQ</u> , Whole wheat Roll, Coleslaw, Baked Beans, Potato Chips, Fruit Cup
November 11th 2024	<u>Veteran's Day</u> <u>Closed</u>
November 12th 2024	<u>Chicken Salad</u> on a Croissant, Lettuce, Tomato, Pickled beets, 3 bean Salad, Peaches
November 13th 2024	<u>Salisbury Steak</u> , Mexican Corn, Honey Wheat Roll, Yogurt, Fresh Fruit Salad
November 14th 2024	<u>Hot Dog</u> , Whole Wheat Bun, Baked Beans, Coleslaw, Pound Cake w/Fruit
November 15th 2024	<u>Herb Tilapia</u> , Sweet Potato, Green Beans, Whole Wheat Dinner Roll, Fresh Pear
November 18th 2024	<u>Eggplant Parmesan</u> , Whole Wheat Pasta, Cannellini Beans, Mixed Green Salad, Strawberries
November 19th 2024	<u>Tuna Salad Plate</u> , Three Bean Salad, Pasta Salad, Whole Wheat Crackers, Fresh Fruit
November 20th 2024	<u>Chicken Alfredo</u> , Broccoli, Carrots, Whole Wheat Breadsticks, Dragon Fruit
November 21st 2024	<u>Roast Turkey W/Gravy</u> , Sweet Potatoes, Cornbread Stuffing, California Blend, Cranberry Sauce, Pumpkin Pie
November 22nd 2024	<u>Crab Cake</u> , Rosemary Potato, Butternut Squash Soup, Peaches
November 25th 2024	<u>Chicken Piccata</u> , Egg Noodles, Broccoli, Garlic Bread, Pineapple tidbits
November 26th 2024	<u>Cod</u> , Red Kidney Beans, Carrots, Zucchini, Honey Wheat Roll, Grapes
November 27th 2024	<u>Manager's Choice</u> 
November 28th 2024	 <u>Center Closed</u>
November 29th 2024	<u>Center Closed</u> 



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, 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

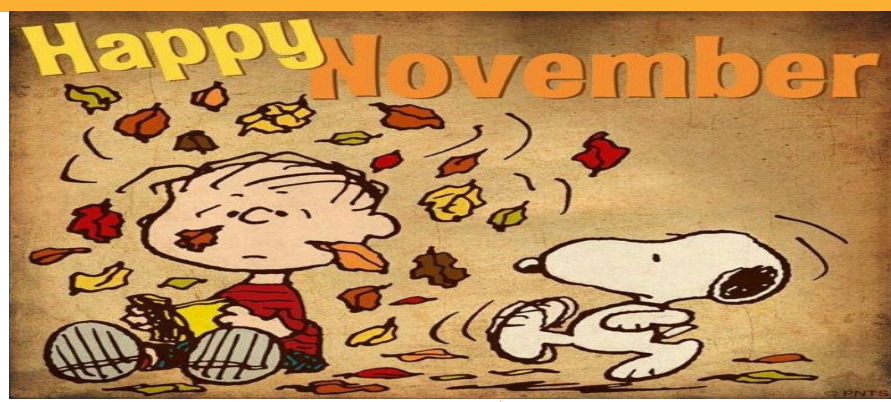
***Please take a moment to note these closure dates on your calendar ***

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.

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



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 Cinnamon Day
 4:00pm Group Table Games
 5:00pm Jazz Cafe

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8:00am-9:15am Small Group/ Virtual Reality
 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 Candy Day
 2:00pm Balloon Volleyball
 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/ Spanish Bible Study
 11:00am Arts & Craft W/ Sirina
 1:00pm Weights & ROM
 1:30pm Poetry Reading
 2:00pm Bocce Ball
 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 Nachos Day
 2:00pm Baking Club/Noodle Ball
 3:00pm Nacho's w/ Dawn
 3:30pm Drama Club
 4:00pm Old Time TV
 5:00pm Move to the Music

8:00am-9:15am Small Group/ Virtual Reality
 9:15am Word Scramble
 9:45am Daily Chronicle
 10:00am Exercise/Dancercise
 10:30am Trivia
 11:00am Bunco
 Small Groups
 1:00pm Weights & ROM
 1:30pm Chicken Soup Stories
 2:00pm Chair Soccer
 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 Parents as Teachers Day
 2:00pm Movie Matinee
 4:00pm Group Table Games
 4:30pm Virtual Reality
 5:00pm Motown Music

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8:00am-9:15am Small Group
 9:15am American Idol
 9:45am Daily Chronicle
 10:00am Exercise/Dancercise
 10:30am Trivia
 11:00am Outreach library Visit/mobile library
 1:00pm Weights & ROM
 1:30pm Veterans Day Table Talk
 2:00pm Musical Ball
 3:30pm Afternoon Trivia
 4:30pm Table Games/ Virtual reality
 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/World Kindness 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 Participant Social
 11:30am Thanksgiving Lunch
 1:30pm Weights & ROM
 2:00pm Dominos Game
 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/America Recycles Day
 2:00pm Movie Matinee
 4:00pm Group Table Games
 5:00pm Jazz Cafe

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8:00am-9:15am Small Group Virtual Reality
 9:15am Categories Game
 10:00am Exercise/Dancercise
 10:30am Trivia
 11:00am Bingo/Gems
 1:00pm Chair Yoga
 1:30pm Table Talk/Mickey Mouse Birthday
 2:00pm Travelogue
 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/ Spanish Bible Study
 11:00am Arts & Crafts W/ Thulie
 1:00pm Weights & ROM
 1:30pm Poetry reading
 2:00pm TLOD Veterans Celebration
 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 Child's Day
 2:00pm Bocce Ball w/Lul
 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
 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 Garden Club Fall Craft
 2:00pm Movie Matinee
 4:00pm Group Table Games
 5:00pm Motown Music

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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/Shopping Reminder Day
 2:00pm Balloon Volleyball
 3:30pm Old Time TV
 4:00pm Table Games/ Virtual Reality
 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 w/V
 1:00pm Weights & ROM
 1:30pm Poetry reading
 2:00pm Noodle 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/Gems
 11:00 Friends Fellowship
 1:00pm Chair Yoga
 1:30pm Table Talk/National Jukebox Day
 2:00pm Movie Matinee
 3:30pm Drama Club
 4:00pm Old Time TV
 5:00pm Move to the Music

