

www.pwcgov.org/aging

(703)792-4990

December 2024 Newsletter



December Zodiacs

Sagittarius (The Archer) December 1-21

Capricorn (The Sea Goat) December 22-31

December Birthstone

Turquoise 

What's Lucky in December

Lucky Color: Green

Lucky Animal: Coyote

Lucky Letters: L and M

Lucky Day: Wednesday



MONTCLAIR GARDEN CLUB

The ladies of the Montclair garden club will join us on **December 9th 2024 at 1:30pm**

The ladies will decorate the secret garden for the holidays. We will come together for some caroling to get us into the holiday spirit followed by a holiday social with tasty treats.



SANTA CLAUSE IS COMING TO TOWN




Mr. & Mrs. Clause will make a special appearance to spread some holiday cheer with gifts and holiday photos on December 9th



Adult Day Healthcare

WOODBIDGE

December Flower- Holly

 December's flower is the hearty, vibrant holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, and particularly Christmas. Holly also symbolizes truth, protection, fertility, and eternal life. In fact, some holly trees live up to 400 years. Holly grows in temperate and subtropical climates. Its berries are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea.

Woodbridge Senior Center Dancers



Betty. H December 10th

Dorothy. J December 24th

Ceola. C December 25th



ACTIVITIES

LEARNING ACTIVITIES

Table Talk/Participant Social	M-F	1:30 pm
Friends & Fellowship	Wednesdays	11 am
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

December 2nd 2024 	<u>Turkey Meatball Sub</u> , Red Kidney Beans, Broccoli, Apricots
December 3rd 2024 	<u>Chicken & Waffles</u> , Collard Greens, Beets Strawberries
December 4th 2024 	<u>Chicken Cordon Bleu w/Gravy</u> , Southwest Street Corn, Roll, Mixed Fruit
December 5th 2024 	<u>Pork Chops W/ Gravy</u> , Mashed Potatoes, Lima Beans, Stewed Tomatoes, Dinner Roll, Honey Dew Melon
December 6th 2024 	<u>Jambalaya w/Shrimp</u> , Whole Grain Rice, Sweet Potato, Green Beans, Garlic Bread, Grapes
December 9th 2024 	<u>Sirloin Beef Tips</u> , Egg Noodles, Red Kidney Beans, Sauteed Spinach, Mashed Potato w/ Gravy, Banana
December 10th 2024 	<u>Fish Sticks</u> , Stewed Tomatoes, Coleslaw, Hush Puppies, Cherry Pie
December 11th 2024 	<u>Baked Ham w/ Brown Gravy</u> , Mashed Potatoes, Buttered Peas,
December 12th 2024 	Closed In-Service
December 13th 2024 	<u>Turkey</u> Sweet Potatoes Cornbread Stuffing Gravy Rolls w/ Green Beans w/Almonds Cranberry Sauce Pie
December 16th 2024 	<u>BLT Sandwich</u> (Turkey Bacon) Three Bean Salad, Honey Dew
December 17th 2024 	<u>Stuffed Shells (Cheese)</u> , Garbanzo Beans, Garlic & Herb Breadsticks, Apricots
December 18th 2024 	<u>Oven Fried Chicken</u> , Broccoli, Cauliflower, Carrots, Baked Beans, Roll,
December 19th 2024 	<u>Mushroom Swiss Burger</u> , Sweet Potato Fries, Beets, Fresh Fruit Salad
December 20th 2024 	<u>Baked Salmon</u> , Kale, Peas & Carrots, French Roll, Grapes
December 23rd 2024	<u>Manager's Choice</u>
December 24th 2024	~Closed~
December 25th 2024	~Closed~
December 26th 2024	~Closed~
December 27th 2024	~Closed~
December 30th 2024	~Closed~
December 31st 2024	~Closed~

happy new year

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, Vialette 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

Staff Development in-service, December 12th
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

HAPPY HOLIDAYS

2 3 4 5 6

<p>8:00am-9:15am Small Group/ Virtual Reality 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/Cyber Monday 2:00pm Balloon Volleyball 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	<p>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 W/Liza 11:00am Arts & Craft W/ Sirina 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</p>	<p>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 Sock Day 2:00pm Baking Club/Noodle Ball 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music</p>	<p>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 Jeopardy 3:30pm Finish The Phrase 4:15pm Afternoon Trivia 5:00pm Reminiscing Music</p>	<p>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/Saint Nicholas Day 2:00pm Movie Matinee 4:00pm Group Table Games 4:30pm Afternoon Coloring 5:00pm Motown Music</p>
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<p>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 Garden Club Holiday Social 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	<p>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 Chicken soup Stories 2:00pm Christmas Musical Ball 3:30pm Afternoon Trivia 4:30pm Table Games/ 5:00pm Reminiscing/Music</p>	<p>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 Stretching Day 2:00pm Afternoon Craft w/ Thulile 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music</p>	<p>Closed In-Service</p>	<p>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 Guard Birthday 2:00pm Movie Matinee 4:00pm Group Table Games 5:00pm Jazz Cafe</p>
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<p>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/National Chocolate Covered Anything Day 2:00pm Noodle Ball 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	<p>8:00am-9:15am Small Group 9:15am Soul Train Videos 10:00am Exercise/Dancercise 10:30am Trivia/ Spanish Bible Study W/ Thulile 11:00am Arts & Crafts W/ v 1:00pm Weights & ROM 1:30pm Poetry reading 2:00pm Jenga Tournament 3:30pm Spot the Difference 4:30pm Table Games 5:00pm Reminiscing/Music</p>	<p>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 Twin Day 2:00pm Christmas Karaoke 3:00pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music</p>	<p>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 Lumi Stick Music w/ Lul 2:00pm Chair Soccer 3:30pm Conversation Cards 4:00pm Afternoon Coloring 5:00pm Reminiscing/Music</p>	<p>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 Ugly Christmas Sweater Day 2:00pm Movie Matinee 4:00pm Group Table Games 5:00pm Motown Music</p>
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23

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 Roots Day
2:00pm Balloon Volleyball
3:30pm Table Games
4:00pm Old Time TV
5:00pm Christmas Music Cafe



Thanksgiving Social

