

www.pwcgov.org/aging

(703)792-4990

January 2025 Newsletter



January Zodiacs

Capricorn (The Sea Goat) January 1-19

Aquarius (The Water Bearer) January 20-31

What's Lucky in January

Lucky Color: Pink

Lucky Animal: Porcupine

Lucky Letter: S

Lucky Day: Tuesday

Lucky Plant: Pine

Adult Day Healthcare

WOODBIDGE

January Birthstone- Garnet


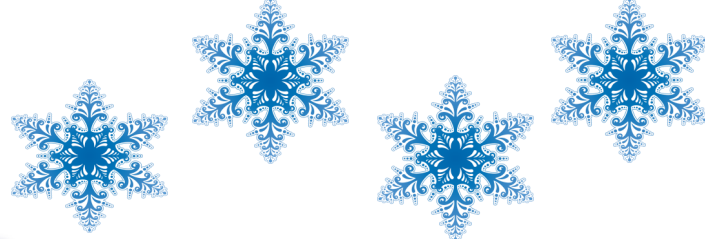


The birthstone for the month of January is the garnet. It's also the gem that denotes the second wedding anniversary. The name garnet comes from the Latin word granatum, which means "pomegranate," since the stone resembles the color and form of this deep-red fruit. Garnets come in a variety of other colors, too, including green, clear, and even black. Green garnets are very rare and thus are the most highly prized. Select any color of this stone in January to celebrate your favorite

January birth or anniversary.

Wolf Moon

January's full moon, known as the wolf moon, is on January 13 this year. Legend tells that this moon was named after the wolf packs howling hungrily outside early Indigenous Americans villages on cold January nights.



Martin Luther King Jr. Day

January 20th 2025

On November 2, 1983, President Ronald Reagan signed the King Holiday Bill into law, designating the third Monday in January a federal holiday in observance of civil rights leader Dr. Martin Luther King, Jr.



F. Oliva January 25th

D. Carter January 13th



ACTIVITIES

LEARNING ACTIVITIES

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

FITNESS AND HEALTH ACTIVITIES

Exercise	M-F	10 a.m.
Weights & ROM	M-F	1p.m.

FUN ACTIVITIES

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

*Alternate lunch items are available daily in replace of the main entrée meal. Options include, peanut butter & jelly, 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@pwcgov.org

DAILY LUNCH MENU

January 2nd 2025	<u>Beef Stroganoff</u> , Green Beans, Red Kidney Bean, Honey Wheat Roll, Apricot
January 3rd 2025	<u>Chicken & Noodles</u> , Peas & Onions, Kale, Cannellini Beans, Muffin, Peaches
January 6th 2025	<u>Cheese Pizza</u> , Carrots, Butternut Squash Soup, Pineapple Upside-Down Cake
January 7th 2025	<u>Baked Tilapia</u> , Sweet Potato, Broccoli, Pinto Beans, Fresh Fruit Salad
January 8th 2025	<u>Roast Beef Sandwich</u> , Green Beans, Coleslaw, Applesauce.
January 9th 2025	<u>Ham & Beans</u> , Kidney Beans, Collard Greens, Whole Grain Rice, Roll, Orange Slices
January 10th 2025	<u>Chicken Tenders</u> , Cucumber Salad, Roll, Fruit Cocktail
January 13th 2025	<u>Spinach & Cheese Ravioli</u> , Green Beans Roll, Apricots
January 14th 2025	<u>Baked Chicken</u> , Kale, Sweet Potato, Garbanzo Beans, Grapes
January 15th 2025	<u>Shrimp Po Boy</u> , Potato Wedges, Broccoli & Cauliflower, Tropical Fruit Salad
January 16th 2025	<u>Cheeseburger</u> , Lettuce , Tomato, Onion, Baked Beans, Fresh Apple
January 17th 2025	<u>Baked Cod</u> , Squash & Peppers, Pasta Salad, Dinner Roll, Pears
January 20th 2025	
January 21st 2025	<u>White Chicken Chili</u> , Cannellini Beans, Turnip Greens, Potato Wedges, Roll, Apricots
January 22nd 2025	<u>Meatloaf</u> , Mashed Potatoes, Broccoli, Garlic Bread, Mandarin Oranges
January 23rd 2025	<u>Chicken Cordon Bleu</u> , Sweet Potato, Red Kidney Beans, Green Beans, Dinner Roll, Fresh Pear
January 24th 2025	<u>Fish Tacos</u> , Guacamole, Refried Beans, Banana
January 27th 2025	<u>Stuffed Cabbage</u> Roll W/ Beef, Kale, Succotash, Grapes
January 28th 2025	<u>Chicken Sandwich</u> , Lentil Soup, Collard Greens, Fruit Cocktail
January 29th 2025	Manager's Choice
January 30th 2025	<u>Macaroni & Cheese</u> , Cannellini Beans, Stewed Tomatoes, Broccoli, Muffin, Honeydew
January 31st 2025	<u>Herb Tilapia</u> , Sweet Potato, Mixed Vegetables, Dinner Roll, Applesauce

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 2025 Program Closures

New Year's Day -January 1st

Martin Luther King Jr, Day -January 20th

Memorial Day -May 26th

Juneteenth -June 19th

Independence Day -July 4th

Labor Day -September 1st

Veterans Day- November 11th

Thanksgiving -November 28th & 29th

Winter 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 New Year!

8:00am-9:15am Small Group
 9:15am Word Scramble
 10:00am Exercise/Dancercise
 10:30am Trivia
 11:00am Bunco
 1:15pm Weights & ROM
 1:45pm Welcome Back Open Discussion
 2:15pm 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
 1:15pm Chair yoga
 1:45pm Table Talk
 2:15pm Movie Matinee
 4:00pm Group Table Games
 5:00pm Motown Music

 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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Balloon Volleyball 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe	7 8:00am-9:15am Small Group 9:15am AMF Home Videos 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/ Spanish Fellowship W/Liza 11:00am Arts & Craft 1:15pm Weights & ROM 1:45pm Poetry Reading 2:15pm Chair Soccer 3:30pm Junk Drawer 4:30pm Table Games 5:00pm Reminiscing Music	8  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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Baking Club/ Noodle Ball 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music	9 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 Team Building 1:15pm Weights & ROM 1:45pm Chicken Soup 2:15pm Jeopardy 3:30pm Finish The Phrase 4:15pm Afternoon Trivia 5:00pm Reminiscing Music	10  8:00am-9:15am Small Group 9:15am Americas got Talent 10:00am Exercise Dancercise 10:30am Trivia 11:00am Bingo 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Movie Matinee 4:00pm Group Table Games 4:30pm Afternoon Coloring 5:00pm Motown Music
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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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Match The Suits 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe	14 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 1:15pm Weights & ROM 1:45pm Chicken soup Stories 2:15pm Musical Ball 3:30pm Afternoon Trivia 4:30pm Table Games 5:00pm Reminiscing/Music	15  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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Grocery Bingo 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music	16 8:00am-9:15am Small Group 9:15am Word Scramble 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bunco Small Groups 1:15pm Weights & ROM 1:45pm Chicken Soup Stories 2:00pm TLOD MLK Celebration 3:30pm Finish The Phrase 4:15pm Afternoon Trivia 5:00pm Reminiscing Music	17  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 1:15pm Chair Yoga 1:45pm Table talk 2:15pm Movie Matinee 4:00pm Group Table Games 5:00pm Jazz Cafe
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 <h2>Happy MLK Day!</h2> <h3>Center Closed</h3>	21 8:00am-9:15am Small Group 9:15am Soul Train Videos 10:00am Exercise/Dancercise 10:30am Trivia/ Spanish Fellowship W/ Thulile 11:00am Arts & Crafts W/V 1:15pm Weights & ROM 1:45pm Poetry reading 2:15pm Jenga Tournament 3:30pm Golden Girls Trivia 4:30pm Table Games 5:00pm Reminiscing/Music	22  8:00am-9:15am Small Group 9:15am Celebrity Spotlight 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Friends Fellowship 1:15pm Chair yoga 1:45pm Table Talk 2:15pm Noodle Ball 3:00pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music	23 8:00am-9:15am Small Group 9:15am Word Scramble 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Team Building 1:15pm Weights & ROM 1:45pm Jokes & Riddles 2:15pm karaoke 3:30pm Conversation Cards 4:00pm Afternoon Coloring 5:00pm Reminiscing/Music	24  8:00am-9:15am Small Group 9:15am Americas got Talent 10:00am Exercise Dancercise 10:30am Trivia 11:00am Bingo 1:15pm Chair yoga 1:45pm Table Talk 2:15pm Movie Matinee 4:00pm Group Table Games 5:00pm Motown Music
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Holiday Social



2024



Happy Memories

