

www.pwcgov.org/aging

(703)792-4990

February 2025 Newsletter



February Zodiacs

Aquarius (The Water Bearer) February 1–18

Pisces (The Fish) February 19–28

What's Lucky in February?

Lucky Color: Yellow

Lucky Animal: Cheetah

Lucky Letters: C and M

Lucky Day: Tuesday

Lucky Plant: Rose



Honor Black History Month

February is Black History Month, a time to celebrate Black Americans and learn more about their accomplishments. From historical abolitionists Frederick Douglass, Sojourner Truth, and Harriet Tubman to modern greats Langston Hughes, Oprah Winfrey, and Jean-Michel Basquiat, take time to read a biography of some of the great Black Americans who have made our country great.

★ ★ ★ HAPPY ★ ★ ★ PRESIDENTS' DAY

Monday, February 17th 2025

Adult Day Healthcare

WOODBIDGE

February Birthstone– Amethyst



Amethyst is a purple variety of quartz that ranges in color from pale to deep hues of purple. According to legend, amethyst received its enchanting purple hue from Dionysus, the Greek god of wine.

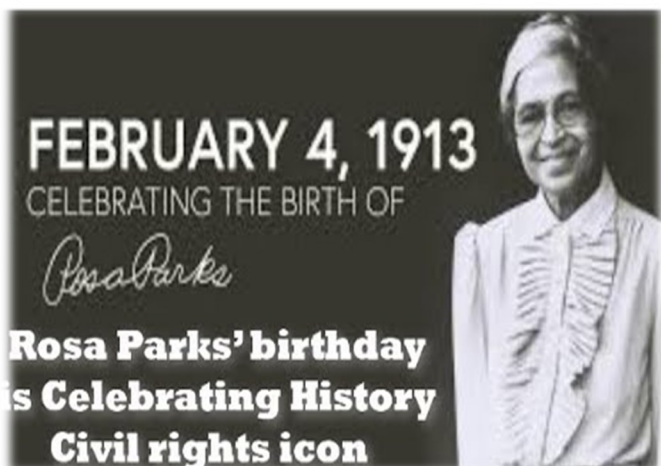


♥ HAPPY
Valentine's
DAY ♥

Celebrated Friday, February 14th, 2025



Will Punxsutawney Phil see his Shadow?



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	1:15pm

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	1 pm

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@pwcgov.org

DAILY LUNCH MENU

February 3rd 2025	<u>Eggplant Parmesan</u> , Whole Wheat Pasta, Cannellini Beans, Mixed Greens Salad, Applesauce
February 4th 2025	<u>Baked Cod</u> , Mixed Vegetables, Carrots, Whole Wheat Roll, Fresh Fruit Salad
February 5th 2025	<u>Sirloin Beef Tips</u> , Whole Wheat Egg Noodles, Red Kidney Beans, Sautéed Spinach, Mashed Potatoes, Fruit Cocktail
February 6th 2025	<u>Chicken Wings</u> , Carrots and Celery sticks, Ranch Dip, Potato Skins, Fruit Sherbert
February 7th 2025	<u>Asian Chicken w Garlic Sauce</u> , Rice, Vegetable Egg roll, Mandarin Vegetable Blend, Fortune Cookie, Applesauce
February 10th 2025	<u>Pulled Pork Sandwich</u> , Whole Wheat Bun, Stewed Tomatoes, Baked Beans, Green Apples
February 11th 2025	<u>Chicken & Noodles</u> , Peas & Onions, Kale, Cannellini Beans, Assorted
February 12th 2025	<u>Swedish Meatballs</u> , Whole Wheat Egg Noodles, Carrots, Roasted Asparagus, Lingonberry Sauce, Fruit Cup
February 13th 2025	<u>Crab Cake</u> , Rosemary Potatoes, Butternut Squash Soup, Roll,, Pears
February 14th 2025	<u>Cordon Bleu</u> , Hush Puppies, Garbanzo Beans, Carrots, Zucchini, Strawberries
February 17th 2025	<u>Chicken & Dumplings</u> , Kale, Corn, Honey Wheat Dinner Roll, Pears
February 18th 2025	<u>Jambalaya W/ Shrimp</u> , Whole Grain Rice, Sweet Potatoes, Green Beans, Garlic Bread, Peaches
February 19th 2025	<u>Oven Fried Chicken</u> , Baked Beans, Broccoli, Whole Wheat Roll, Peaches
February 20th 2025	<u>Taco Salad (Beef) Salsa</u> , Diced Onions, Romaine Lettuce, Cheddar Cheese, Diced Tomatoes, Pinto Beans, Tortilla Chips, Oranges
February 21st 2025	<u>Herb Tilapia</u> , Sweet Potatoes, Mixed Vegetables, Roasted Mushrooms, Dinner Roll, Grapes
February 24th 2025	<u>Spinach Quiche</u> , Ceasar Salad, Baked Beans, Apricots
February 25th 2025	<u>Beef Lasagna</u> , Broccoli Florets, Butternut Squash Dinner Roll, Peaches
February 26th 2025	~Manager's Choice~
February 27th 2025	<u>Macaroni & Cheese</u> , Cannellini Beans, Stewed Tomatoes, Broccoli, Bran Muffin, Honeydew Melon
February 28th 2025	~Closed~



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.

A graphic with the words "DATES TO REMEMBER" in large, colorful, block letters. The letters are in various colors (blue, green, yellow, red, orange) and have a slight shadow effect.

ADHC 2025 Program Closures

Staff Development - February 28th

Memorial Day - May 26th

Juneteenth - June 19th

Independence Day - July 4th

Labor Day - September 1st

Veterans Day - November 11th

Thanksgiving - 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**

A graphic with the words "IMPORTANT REMINDER" in white, bold, capital letters on a dark red, textured background that looks like a stamp or a sign.

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.

February 2025

<p>3 </p> <p>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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Balloon Volleyball 3:30pm Word Search/Coloring 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	<p>4</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 Fellowship W/Liza 11:00am Art W/ Sirina 1:15pm Weights & ROM 1:45pm Chicken Soup 2:15pm Jeopardy 3:30pm Junk Drawer 4:00pm Table Games 5:00pm Reminiscing Music</p>	<p>5 </p> <p>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</p>	<p>6</p> <p>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 Poetry 2:15pm Instruments & Music 3:30pm Conversation Cards 4:00pm Afternoon Coloring 5:00pm Reminiscing/Music</p>	<p>7 </p> <p>8:00am-9:15am Small Group 9:15am Americas got Talent 10:00am Exercise Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:15pm Weights & ROM 1:45pm Chair yoga 2:15pm Movie Matinee / Gems 4:00pm Adult Coloring 5:00pm Motown Music</p>
<p>10 </p> <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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Bowling 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	<p>11</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 Fellowship W/Liza 11:00am Outreach Library 1:15pm Weights & ROM 1:45pm Poetry Reading 2:15pm Singing W/Liza 3:30pm Junk Drawer 4:30pm Table Games 5:00pm Reminiscing Music</p>	<p>12 </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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Baking Club/ Participant Discussion 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music</p>	<p>13</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 Team Building 1:15pm Weights & ROM 1:45pm Valentine Day Story 3:30pm Finish The Phrase 4:15pm Afternoon Trivia 5:00pm Reminiscing Music</p>	<p>14 </p> <p>8:00am-9:15am Small Group 9:15am Americas got Talent 9:45am Daily Chronicle 10:00am Exercise Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:15pm Chair Yoga 1:45pm Table Talk/ Happy Valentines Day 2:15pm Movie Matinee/ Gems 4:00pm Group Table Games 5:00pm Motown Music</p>
<p>17 </p> <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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Tin Can Alley 3:30pm Penny Game 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	<p>18</p> <p>8:00am-9:15am Small Group 9:15am American Idol 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/Spanish Fellowship W/Liza 11:00am Arts W/ Thulile 1:15pm Weights & ROM 1:45pm Chicken soup 2:15pm Black History Bingo 3:30pm Afternoon Trivia 4:30pm Table Games 5:00pm Reminiscing/Music</p>	<p>19 </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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Musical Ball 3:30pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music</p>	<p>20</p> <p>8:00am-9:15am Small Group 9:15am Word Scramble 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bunco 1:15pm Weights & ROM 1:45pm Chicken Soup Stories 2:15 TLOD Black History Tribute 3:30pm Finish The Phrase 4:15pm Afternoon Trivia 5:00pm Reminiscing Music</p>	<p>21 </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 1:15pm Chair Yoga 1:45pm Table talk 2:15pm Movie Matinee/ Gems 4:00pm Adult Coloring 5:00pm Jazz Cafe</p>
<p>24 </p> <p>8:00am-9:15am Small Group 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 Balloon Volleyball 3:30pm Word Search/Coloring 4:00pm Old Time TV 5:00pm Jazz Cafe</p>	<p>25</p> <p>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 Junk Drawer 4:30pm Table Games 5:00pm Reminiscing/Music</p>	<p>26 </p> <p>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/Baking Club 2:15pm Noodle Ball 3:00pm Drama Club 4:00pm Old Time TV 5:00pm Move to the Music</p>	<p>27</p> <p>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 Singing W/Liza 3:30pm Conversation Cards 4:00pm Afternoon Coloring 5:00pm Reminiscing/Music</p>	<p>28 </p> <p>8:00am-9:15am Small Group 9:15am Americas got Talent 10:00am Exercise Dancercise 10:30am Trivia 11:00am Bingo/Gems 1:15pm Chair yoga 1:45pm Table Talk 2:15pm Movie Matinee/ Gems 4:00pm Group Table Games 5:00pm Motown Music</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 based

