

# PRINCE WILLIAM

Area Agency on Aging

[www.pwcgov.org/aging](http://www.pwcgov.org/aging)

(703)792-4990

## March 2025 Newsletter



### March Zodiacs

**Pisces (The Fish) March 1-20**

**Aries (The Ram) March 21-31**

### What's Lucky in March?

**Lucky Color: Green**

**Lucky Animal: Rabbit**

**Lucky Letters: Z and E**

**Lucky Day: Saturday**

**Lucky Plant: Fuchsia**



### March Birthstone-

**Aquamarine-** As its name might suggest, March's stunning blue birthstone is inherently associated with water. Aquamarine comes from the Latin words for "sea" and "water,"

It's calming, light-blue shades remind us of the cool, refreshing, melodic waters of the ocean.



Prince William Adult Day Healthcare  
Prince William Area Agency on Aging

Adult Day Healthcare

## WOODBIDGE

**Celebrate The Arrival Of Spring!**

**Thursday March 20th, 2025**

Spring is the perfect time to turn over a new leaf!



### A Little Springtime Funny

**Q: How do you tell someone winter is over?**

**A: You spring it on them!**

**Q: What does a florist say on a busy day?**

**A: Business is blooming!**



**St. Patrick's Day**

Monday March 17th, 2025.



### Spring Forward!

Daylight savings time begins

Sunday March 9th, 2025.

Don't Forget to change your clock before bed on Saturday night.

*Birthdays of the Month*



**H. McCane March 19th**



**F. Wright March 31st**



15941 Donald Curtis Dr, Woodbridge, Virginia, 22191  
Monday through Friday from 7:00 a.m. to 6:00 p.m.

# ACTIVITIES GUIDE

## LEARNING ACTIVITIES

Table Talk/Participant Social	M-W-F	1:45pm
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	1:15pm

## FUN ACTIVITIES

Movie Matinee	Fridays	2:15pm
Move to the Music/ Reminiscing through Music	M-F	5pm
Old Time Television	Various days	4:00pm
Bingo	M, F	11am
Creative Arts	Tuesday	11am
Dancercise	M-F	10am
Chair Yoga	Monday/ Wednesday/ Friday	1pm

**Alternate lunch items are available daily upon request. Additional entrée options are \*PB&J, grilled cheese, and tuna salad\***

**Subject to change based on availability**



**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](mailto:Leckhardt@pwcgov.org)**

# DAILY LUNCH MENU

March 3rd 2025	Sweet & Sour chicken Nuggets, Whole Grain Rice, Egg Roll, Baked Beans, Broccoli, Banana
March 4th 2025	Stuffed Shells, Mixed Vegetables, Garlic & Herb Breadsticks, Apricots
March 5th 2025	Mushroom Swiss Burgers, Sweet Potato Fries, Beets, Fruit Cup
March 6th 2025	Italian Breaded Chicken, Lentil Soup, Turnip Greens, Whole Wheat Biscuit, Pineapple
March 7th 2025	Shrimp Po' Boy, whole Wheat Dinner Roll, Broccoli Slaw, Kidney Beans, Fresh Fruit Salad
March 10th 2025	Roast Beef Sandwich, Green Beans, Coleslaw, Fruit Cocktail
March 11th 2025	Baked Salmon, Whole Grain Rice, Squash & Peppers, Broccoli, Fresh Fruit Salad
March 12th 2025	Ham W/ Beans, Whole Grain Rice, Kidney Beans, Collard Greens, Whole Wheat Roll, Orange
March 13th 2025	Beef Hot Dogs, Broccoli, Sweet Potato Fries, Fresh Fruit Salad
March 14th 2025	Shepherd's Pie, Mashed Potato, Peas & Carrots, Pineapple Tidbits, Triple Chocolate Cake
March 17th 2025	Irish Beef Stew, Potatoes and Carrots, Buttered Spinach, Rye Bread, Irish Apple Cake
March 18th 2025	Veggie Cheese Pizza, Carrots, Butternut Squash Soup, Applesauce, Pineapple Upside-Down Cake
March 19th 2025	Chicken Noodle Soup, Pease & Onions, Kale, Cannellini Beans, Muffin, Peaches
March 20th 2025	Beef Stroganoff, Green Beans, Red Kidney Beans, Roll, Apricots
March 21st 2025	Baked Lemon Herb Cod Fillet, Hush Puppies, Carrots, Mixed Vegetables, Peaches
March 24th 2025	Chicken Parmesan, Cannellini Beans, Broccoli, Garlic Bread, Melon
March 25th 2025	Spinach & Cheese Ravioli, w/ Alfredo Sauce, Green Beans, Roll Apricots
March 26th 2025	<b><u>Manager's Choice</u></b>
March 27th 2025	Cheeseburger, Lettuce, Tomato, Onion, Baked Beans, Fresh Apple,
March 28th 2025	Fish Tacos, Cilantro Slaw, Refried Beans, Fresh Fruit Salad
March 31st 2025	Chicken Cordon Bleu, Sweet Potato, Green Beans, Dinner Roll, Grapes

## 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 Glyer (703) 496-3400

#### Virtual Meeting

Lilly Adams  
Every 2nd & 4th Tuesday at 7:00 p.m.  
[lilly.adams1@gmail.com](mailto:lilly.adams1@gmail.com)

#### 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](http://www.alz.org)  
1-800-272-3900



#### Questions Related to Medicare, Medicaid and other Health Insurance

Call Rosemari Walker, Medicare Counselor  
(703) 792-4156



Prince William Adult Day Healthcare  
Prince William Area Agency on Aging

## 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

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**



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.

15941 Donald Curtis Dr, Woodbridge, Virginia, 22191  
Monday through Friday from 7:00 a.m. to 5:00 p.m.



Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
8:00am-9:15am Small Group Virtual Reality 9:15am Weekly Weather/ 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 2:00pm Mardi Gras Masks 3:30pm Word Search/Coloring 4:00pm Old Time TV 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 Fellowship W/Liza 11:00am Arts & Crafts/ W/ Sirina 1:15pm Weights & ROM 1:45pm Poetry Reading 2:15pm Mardi Gras Travel History 3:30pm Junk Drawer 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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Pling Plong 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 1:15pm Weights & ROM 1:45pm Jokes & Riddles 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 9:45am Daily Chronicle 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
10	11	12	13	14
8:00am-9:15am Small Group/ Virtual Reality 9:15am Weekly Weather/ 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	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 Chair Soccer 3:30pm Spot the difference 4:30pm Table Games 5:00pm Reminiscing Music	8:00am-9:15am Small Group 9:15am Funny News 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 Group Discussion 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 Team Building 1:15pm Weights & ROM 1:45pm Chicken Soup 2:15pm Travelogue 3:30pm Finish The Phrase Discussion 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 1:15pm Chair Yoga 1:45pm Table Talk 2:15pm Movie Matinee 4:00pm Group Table Games 4:30pm Afternoon Coloring 5:00pm Motown Music
17	18	19	20	21
8:00am-9:15am Small Group Virtual Reality 9:15am Weekly Weather/ 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 St. Patick's Day Social 3:30pm Penny Game 4:00pm Old Time TV 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/ Spanish Fellowship W/Liza 11:00am Arts & Crafts Vase Decorating 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	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 Act It Out 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/ Spring 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia 11:00am Bunco 1:15pm Weights & ROM 1:45pm Reading Club 2:15pm Chair Soccer 3:30pm Finish The Phrase Discussion 4:15pm Spring Word Search /Coloring 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 1:15pm Chair Yoga 1:45pm Table talk 2:15pm Movie Matinee 4:00pm Group Table Games 5:00pm Jazz Cafe
24	25	26	27	28
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30	31			
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