

WILLIAM
Agency on Aging
vcgov.org/aging

(3)792-4990

25 Newsletter



What's Lucky in April?

Lucky Colors: Teal and Pink

Lucky Animal: Snake

Lucky Letters: H and J

Lucky Day: Thursday

Lucky Plant: Tulip

Birthstone—

World's hardest naturally occurring purest of all gemstones, as they are made from crystallized carbon. Derived from the Greek word adamas, which means "unconquerable."



Birthdays Month

Johnson

April 25th



Adult Day Healthcare
Agency on Aging

Adult Day Health

WOODBRI

ADHC Cookie

Oatme

The baking club

fresh

Oatmeal R



Montclair

The Ladies of the Mo

return in the month

Spring cleanup and

Of the ADHC



Top Ladies C

The Ladies of Distin

at the ADHC in the

some fun and excitin

welcome the warm



Remember to be

April 22



April 22

15941 Donald Curtis Dr, Woodbridge
Monday through Friday from 9:00 am to 12:00 pm

S GUIDE

ACTIVITIES

	1:45pm
ys	11am
	10:30am
	9am
	10:30am

TH ACTIVITIES

	10am
	1:15pm

ITIES

	2:15pm
	5pm
ys	4:00pm
	11am
	11am
	10am
//	1pm

are available daily
 l entrée option are
and tuna salad*

ed on availability



s regarding the Adult
 ridge please contact
 ne Eckhardt at
ardt@pwcgov.org

DAILY LUNC

April 1st 2025	Jambalaya Shrimp Gree
April 2nd 2025	Meatloaf, Mashe
April 3rd 2025	Chicken Sal
April 4th 2025	Potato Crusted Co Dinner
April 7th 2025	Macaroni & Cheese, Br
April 8th 2025	Chili Dog, Red Kidne
April 9th 2025	Stuffed Cabb
April 10th 2025	Chicken w/B
April 11th 2025	Herb Tilapia, Sw Mus
April 14th 2025	Eggplant Parmesan,
April 15th 2025	Chicken Alfred
April 16th 2025	BLT (Turkey B
April 17th 2025	Sirloin Bee Sauteed S
April 18th 2025	Shrimp Po' Bo
April 21st 2025	Chicken Parn
April 22nd 2025	Tuna Salad Plate, 3 Be
April 23rd 2025	Pulled Pork Sandwi
April 24th 2025	Swedish Meatballs R
April 25th 2025	Man
April 28th 2025	Chicken Soup, Ka
April 29th 2025	Taco Salad (Be
April 30th 2025	M

EVENTS & NEWS

Support Groups in Virginia

Support groups provide information with Alzheimer's, their members, and/or friends to education, caregiving tips and the Alzheimer's journey. They are led by trained leaders and are open to the community.

Meeting at Lake Ridge

Upper Drive
Lake Ridge, VA, 22192
11:00 a.m.
(703) 496-3400

Meeting

Adams
Tuesday at 7:00 p.m.
adams@gmail.com

Meeting at Baptist Church

1101 N. Dumfries, VA 22025
Call at (703) 670-0184
for more about sessions dates and times.

For more information www.alz.org

Call at (703) 72-3900



Medicare, Medicaid and Health Insurance

For more information, contact a Medicare Counselor at (703) 92-4156



Adult Day Healthcare
Area Agency on Aging

ADHC PROGRAMS

Adult Day Healthcare

Lorraine Eckhardt

Dawn Holton, Recreation

Health Aides : Lul Alas

Alhassan, Christina Su

Thulile O

Friendly Caregiver

Please contact the program at (703) 792-4990, no later than 10:00 a.m. You will not attend or will be informed if you must know the number of people to plan activities and delivery.



ADHC 2025 Programs

Memorial Day

Juneteenth -

Independence Day

Labor Day -Se

Veterans Day- N

Thanksgiving -

Winter Break -Decemb

***Please take a moment to note the calendar *In addition, the site will be updated in a timely manner if the ADHC has any unforeseen Agency concerns or changes.**



Please contact the ADHC prior to attending if you are experiencing symptoms or have any questions.

Guidance will be provided to you if you are unable to attend or return to the program.

15941 Donald Curtis Dr, Woodbridge, VA
Monday through Friday from 9:00 a.m. to 3:00 p.m.

	Wed	Thu
	2 	3
8am-9:15am Small Group 9am AMF Home Videos 9am Daily Chronicle 9am Exercise/Dancercise 9am Trivia/ Spanish Fellowship W/Liza 9am Arts & Crafts/ W/ Sirina 9am Weights & ROM 9am Poetry Reading 9am Dominoes 9am Junk Drawer 9am Table Games 9am 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 Drama Club 3:30pm Would You Rather 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
	9 	10
8am-9:15am Small Group 9am AMF Home Videos 9am Daily Chronicle 9am Exercise/Dancercise 9am Trivia/ Spanish Fellowship W/Liza 9am Outreach library 9am Weights & ROM 9am Reading Club 9am Chair Soccer 9am Spot the difference 9am Table Games 9am 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/Baking Group 2:15pm Drama Club 3:30pm Junk Drawer 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 4:15pm Afternoon Trivia 5:00pm Reminiscing Music
	16 	17
8am-9:15am Small Group 9am American Idol 9am Daily Chronicle 9am Exercise/Dancercise 9am Trivia/ Spanish Fellowship W/Liza 9am Arts & Crafts Vase Decorating 9pm Weights & ROM 9pm Chicken soup Stories 9pm Musical Ball 9pm Afternoon Trivia 9pm Conversation Toss 9pm 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 Drama Club 3:30pm Would You Rather 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 4:00pm Spring Word Search 5:00pm Reminiscing Music
	23 	24
8am-9:15am Small Group 9am Soul Train Videos 9am Daily Chronicle 9am Exercise/Dancercise 9am Trivia/ Spanish Fellowship W/ Liza 9am Arts & Crafts W/V 9pm Weights & ROM 9pm Poetry reading 9pm Jenga Tournament 9pm Brain Games 9pm Afternoon Coloring 9pm Reminiscing/Music	8:00am-9:15am Small Group 9:15am Funny News 9:45am Daily Chronicle 10:00am Exercise/Dancercise 10:30am Trivia/ Baking Club 11:00am Friends Fellowship 1:15pm Chair yoga 1:45pm Table Talk/Baking Group 2:15pm Drama Club 3:00pm Junk Drawer 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 Team Building 1:15pm Weights & ROM 1:45pm Jokes & Riddles 2:15pm Garden Social 3:30pm Conversation Cards 4:00pm Afternoon Coloring 5:00pm Reminiscing/Music
	30 	
8am-9:15am Small Group 9am AMF Home Videos 9am Daily Chronicle 9am Exercise/Dancercise 9am Trivia/Spanish Fellowship W/Liza 9am Arts & Craft W/ Thulile 9pm Weights & ROM 9pm Poetry Reading 9pm Sing A-Long 9pm Junk Drawer 9pm Conversation Toss 9pm 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 Drama Club 3:30pm Would You Rather 4:00pm Old Time TV 5:00pm Move to the Music	