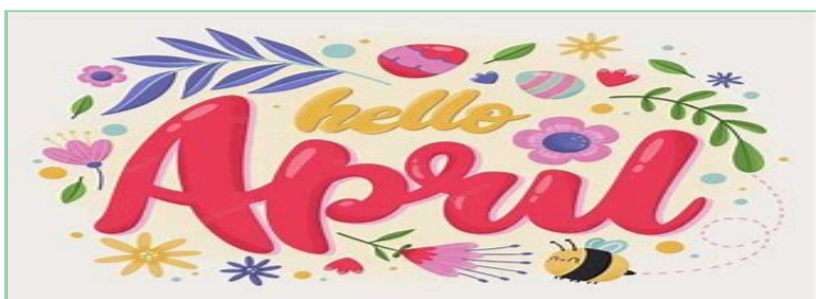


**April 2025 Newsletter**



**April Riddle**  
 What can be easily found in the middle of March and April that can't ever be seen in the middle of any other month of the year?  
**Answer:**  
 The letter R

**What's Lucky in April?**  
**Lucky Colors:** Teal and Pink  
**Lucky Animal:** Snake  
**Lucky Letters:** H and J  
**Lucky Day:** Thursday  
**Lucky Plant:** Tulip

**April Birthstone—**  
 The diamond is the world's hardest naturally occurring substance and the purest of all gemstones, as it is composed completely from crystallized carbon. Its name comes from the Greek word adamas, which means "unconquerable."  


**Birthdays of the Month**  
**Alice Johnson**  
 **April 25th** 

Adult Day Healthcare

**WOODBIDGE**

**ADHC Cookie Of The Month**  
**Oatmeal Raisin**  
 The baking club will provide us with freshly baked Oatmeal Raisin cookies  


**Montclair Garden Club**  
 The Ladies of the Montclair Garden Club will return in the month of April to begin their Spring cleanup and seasonal restoration Of the ADHC secret garden.  


**Top Ladies Of Distinction**  
 The Ladies of Distinction will join us here at the ADHC in the month of April for some fun and exciting activities to help us welcome the warm spring weather ahead.  


**HAPPY EARTH DAY**  
 Remember to be kind to our planet  
**April 22nd 2025**

**HAPPY EASTER**  
**April 20th 2025**

# 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

April 1st 2025	Jambalaya Shrimp, Whole grain Rice, Sweet Potatoes, Green Beans, Garlic Bread
April 2nd 2025	Meatloaf, Mashed Potatoes, Broccoli, Garlic Bread
April 3rd 2025	Chicken Salad w/ Croissant, Peas, Beets
April 4th 2025	Potato Crusted Cod, Squash & Peppers, Whole Wheat Dinner Roll, Cannellini Beans
April 7th 2025	Macaroni & Cheese, Cannellini Beans, Stewed Tomatoes, Broccoli, Bran Muffin
April 8th 2025	Chili Dog, Red Kidney Beans, Spinach, Sweet Potato Fries.
April 9th 2025	Stuffed Cabbage Roll w/ Beef, Kale, Carrots,
April 10th 2025	Chicken w/Biscuit, Collard Greens, Pease
April 11th 2025	Herb Tilapia, Sweet Potato, Green Beans, Roasted Mushrooms Dinner Roll.
April 14th 2025	Eggplant Parmesan, Cannellini Beans, Mixed Green Salad
April 15th 2025	Chicken Alfredo, Broccoli, Carrots, Breadstick
April 16th 2025	BLT (Turkey Bacon) Coleslaw, Potato Salad, Croissant
April 17th 2025	Sirloin Beef Tips, Red Kidney Beans, Sauteed Spinach, Mashed Potatoes
April 18th 2025	Shrimp Po' Boy, Broccoli Slaw, Kidney Beans
April 21st 2025	Chicken Parmesan, Broccoli, Egg Noodles, Garlic Bread
April 22nd 2025	Tuna Salad Plate, 3 Bean Salad, Pasta Salad, Whole Wheat Crackers
April 23rd 2025	Pulled Pork Sandwich, Stewed Tomatoes, Baked Beans, Green Beans
April 24th 2025	Swedish Meatballs, Whole Wheat Egg Noodles, Pease, Roasted Asparagus
April 25th 2025	<b>Manager's Choice</b>
April 28th 2025	Chicken Soup, Kale, Corn, Honey Wheat Dinner Roll
April 29th 2025	Taco Salad (Beef) Pinto Beans, Tortilla Chips
April 30th 2025	Manager's Choice

## 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**

### **IMPORTANT REMINDER**

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
☀️	1	2	☀️	3
<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 when participants have different interest than what is scheduled</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 Arts & Crafts/ W/ Sirina 1:15pm Weights & ROM 1:45pm Poetry Reading 2:15pm Dominoes 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 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	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
7	☀️	8	9	☀️
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 Reading Club 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/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	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 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 Garden 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 4:00pm Conversation Toss 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 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	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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