

Adult Care Center of the Northern Shenandoah Valley, Inc.



Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Peanut Butter and Jelly Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Find a Rainbow Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Walking Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Burrito Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Caramel Popcorn Day
10:00-10:45	Music & Spirituality/ Puzzle & Word Find	Tea Party/Expressive Art	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/Penny Ante	Breakout Exercise & Wellness Group	Life Stories/ Headbandz	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45	Breakout Exercise & Wellness Groups	Chimes Group/ Bingo Game	Breakout Exercise & Wellness Groups	Expressive Art/ Outdoor Cornhole Club	Jeopardy/ Puzzles & Word Find
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Karaoke/ Art Appreciation	Name That Landscape/ UNO/Bean Bag Toss	Midweek Matinee	Trivia/ Origami/Target Toss	Friday Frolic
4:20	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Personal Workshop/ Relaxing Conversation	Friday Frolic
	9	10	11	12	13
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Cherish and Antique Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Siblings Day	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword National Pet Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Grilled Cheese Sandwich Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Peach Cobbler Day
10:00-10:45	Music & Spirituality/ Puzzle & Word Find	Tea Party/ Expressive Art	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Penny Ante	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz	Exercise Group/ Chair Yoga with Dana	Breakout Exercise & Wellness Groups
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45	Breakout Exercise & Wellness Group	Chimes/ Bingo	Sewing/ Breakout Exercise & Wellness Group	Music Appreciation with Ice Cream Social	Manicures/ Head & Hand Massage
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Karaoke/ iPad Bowling Game	Hangman/ 100 or Bust	Midweek Matinee	Trivia/ Origami/ Corn Hole	Friday Frolic
4:20	Art Appreciation/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Personal Workshop/ Relaxing Conversation	Friday Frolic

	16	17	18	19	20
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Wear Your Pajamas to Work Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Bat Appreciation Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Garlic Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Headbandz	Breakout Exercise & Wellness Groups	Life Stories/ Hangman	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45	Breakout Exercise & Wellness Group	Chimes/Bingo	Sewing Group/ Penny Ante/ Name That Tune	Rock & Relax Outside/ Expressive Art	Music Talent Show & Concert
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Karaoke/ Art Appreciation	Name That Person/ Bean Bag Toss	Midweek Matinee	Trivia/Origami/ 100 or Bust	Friday Frolic
4:20	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek matinee	Personal Workshop/ Relaxing Conversation	Friday Frolic
	23	24	25	26	27
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Picnic Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Hug a Plumber Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Help a House Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Babe Ruth Day
10:00-10:45	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Puzzles & Word Find	Price is Right!	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Hangman	Breakout Exercise & Wellness Groups	Life Stories/ Music Ball	Exercise Group/ Chair Yoga with Dana	Breakout Exercise & Wellness Groups
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45	Breakout Exercise & Wellness Group	Chimes/Bingo	Breakout Exercise & Wellness Group	Expressive Art/ Rock & Relax Outside	Drum Circle/ Puzzles & Word Find
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Karaoke/ Art Appreciation	Name that Tune/ UNO/ iPad Bowling	Midweek Matinee	Trivia/Origami/ Q-Chord	Friday Frolic
4:20	Conversation Cards/ Personal Workshop	Personal Workshop/ Relaxing Conversation	Midweek Matinee	Personal Workshop/ Relaxing Conversation	Friday Frolic
	30				
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Bubble Tea Day				
10:00-10:45	Music & Spirituality/ Puzzle & Word Find				
11:00-11:45	Crossword Puzzle/ Headbandz				

12:00-1:45	Lunch & Breakout Group/Relaxation				
2:00-2:45	Breakout Exercise & Wellness Group				
3:00	Refreshments				
3:30-4:15	Karaoke/ Art Appreciation				
4:20	Conversation Ball/ Personal Workshop				

April is....

- English Language Month
- National Month of Hope
- National Canine Fitness Month
- National Internship Awareness Month
- Distracted Driving Awareness Month
- National Donate Life Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Autism Awareness Month
- National Couple Appreciation Month



Happy Spring!!

<p><u>Participants Choice</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Hand Massage</p> <p>Reminisce</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Nail Care</p> <p>Music & Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants on a daily basis*</p> <p>Core Focus: Body Blades</p> <p>Kinect Group: Selected games focus on eye-hand coordination & static/dynamic balance</p> <p>Upper Body: Weight lifting Medicine Balls Thera band Hand Grippers</p> <p>Wellness (Mind & Body): Tai Chi Lower Extremity: Virtual Cycling Club</p> <p>Active ROM: Parachute Fun band Armchair Exercise</p>
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