

Adult Care Center of the Northern Shenandoah Valley, Inc.



Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>	<b>2</b>
9:00				Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Groundhog Day</b>
10:00				Old Time Music/ Puzzles & Word Find	Intergenerational/ Note Cards
11:00				Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00- 1:45				Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00				Expressive Art/ Crossword Puzzle	Pictionary/ UNO Game
3:00				Refreshments	Refreshments
3:30				Trivia/ Connect 4/ Target Toss	Art Appreciation/ Friday Frolic
4:30				Piano Appreciation/ Relaxing Conversation	Friday Frolic
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword <b>National Send a Card to a Friend Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Boy Scouts Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Bagel Day</b>
10:00	Music & Spirituality	Expressive Art/ Tea Party	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00	Crossword Puzzle/ Headbandz	Breakout Exercise & Wellness Groups	Pictionary/ Penny Ante	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	Breakout Exercise & Wellness Group	Chimes/ Bingo	Sewing/ Breakout Exercise & Wellness Group	Expressive Art/ Crossword Puzzle	Love arrow making workshop/ Puzzle Time
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Karaoke/ Tic-Tac-Toe Toss	Hangman/ Life Stories	Art Appreciation/ Midweek Matinee	Trivia/ Music A-Z	Art Appreciation /Friday Frolic
4:30	Conversation Ball/ Music Appreciation	Corn Hole/ Music Appreciation/ Relaxing Conversation	Midweek Matinee	100 or Bust/ Relaxing Conversation	Friday Frolic

	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword <b>Valentine's Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Almond Day</b>
10:00	Music & Spirituality	Tea Party/ Expressive Art/ Puzzles & Word Find	Valentine's Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00	Crossword Puzzle/ Valentine Hangman	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	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	Breakout Exercise & Wellness Group	Chimes/Bingo	Sewing Circle/ Valentines Ice Cream Social	Karaoke/ Headbandz	Name That Tune/ Manicures
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Watercolor Valentine Card Workshop	Pictionary/ Penny Ante	Art Appreciation/ Midweek Matinee	Trivia/ Connect 4	Art Appreciation/ Friday Frolic
4:30	100 or Bust/ Piano Appreciation/ Relaxing Conversation	Target Toss/ Piano Appreciation/ Relaxing Conversation	Midweek matinee	Corn Hole/ Piano Appreciation/ Relaxing Conversation	Friday Frolic
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>President's Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Love Your Pet Day</b> <b>Happy Birthday Suzy!</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday Rudy!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Margarita Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Banana Bread Day</b>
10:00	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Puzzles & Word Find	Price is Right! / Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00	Crossword Puzzle/ Headbandz	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups	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	Breakout Exercise & Wellness Group	Chimes/Bingo	Sewing Circle/ Birthday Drum Circle	Beaded Snowflakes/ Crossword Puzzle	Win your prize in Jeopardy!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Name that President/ Aim the Love	Pictionary/ Connect 4	Art Appreciation/ Midweek Matinee	Trivia/ Music Ball	Art Appreciation/ Friday Frolic
4:30	Piano Appreciation/ Relaxing Conversation	iPad Bowling/ Relaxing Conversation	Midweek Matinee	Target Toss/ Relaxing Conversation	Friday Frolic
	<b>26</b>	<b>27</b>	<b>28</b>		
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Pistachio Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Polar Bear Day</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword <b>National Floral Design Day</b>		
10:00	Music & Spirituality/ Puzzle & Word Find	Tea Party/ Expressive Art/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find		
11:00	Crossword Puzzle/ Hangman	Breakout Exercise & Wellness Group	Headbandz/Connect 4		
12:00 -1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation		
2:00	Breakout Exercise & Wellness Group	Chimes/ Bingo	Sewing Circle/ Breakout Exercise & Wellness Group		
3:00	Refreshments	Refreshments	Refreshments		

3:30	Name That Landscape/Music Performance	Bean Bag Toss/ UNO	Art Appreciation/ Midweek Matinee		
4:30	Conversation Ball/ Ring Toss	Q-Chord/ Relaxing Conversation	Midweek Matinee		

February is....

- National African-American History Month
- AMD/Low Vision Awareness Month
- American Heart Month
- American History Month
- Chocolate Lover's Month
- Deaf History Month
- National Weddings Month
- Spiritual Wellness Month



~ Suzy – 20<sup>th</sup>

~ Rudy – 21<sup>st</sup>

<p><b><u>Participants Choice</u></b></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 &amp; Memory</p> <p><b>**Offered throughout the day to ensure person centered care**</b></p>	<p><b><u>Exercise &amp; Wellness Groups:</u></b></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 &amp; static/dynamic balance</p> <p>Upper Body: Weight lifting Medicine Balls Thera band Hand Grippers</p> <p>Wellness (Mind &amp; Body): Tai Chi Lower Extremity: Virtual Cycling Club</p> <p>Active ROM: Parachute Fun band Armchair Exercise</p>
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