

Adult Care Center of the Northern Shenandoah Valley, Inc.



Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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9:00-9:45					Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45					Intergenerational/ Puzzles & Word Find
11:00-11:45					Breakout Exercise & Wellness Group
12:00-1:45					Lunch & Breakout Group/Relaxation
2:00-2:45					Karaoke/ Puzzles & Word Find
3:00					Refreshments
3:30-4:15					Friday Frolic
4:30					Friday Frolic
	4	5	6	7	8
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Cheese Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Moonshine Day	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday June!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Louise!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Best Friends 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/ UNO Game	Breakout Exercise & Wellness Groups	Life Stories / Headbandz /Conversation Cards	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	Bingo/Chimes group	Breakout Exercise & Wellness Group	Corn Hole Toss/ Expressive Art/ Crossword Puzzle	Name That Tune/ Target Toss
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Karaoke/ Sunroom talk	Music Ball/ Hangman	Midweek Matinee	Trivia/ Pictionary/ Card Talk	Friday Frolic
4:30	Personal Workshop: Coloring, Origami, Word search, Read books, puzzles	Personal Workshop/Piano Appreciation	Midweek Matinee	Personal Workshop/Relaxing Conversation	Friday Frolic

	11	12	13	14	15
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National making life beautiful day Happy Birthday Violet!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Jerky Day Happy Birthday Janice!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Flag Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Smile Power Day
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/ Hangman/Conversation Ball	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz/ Q-Chord	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	Breakout Exercise & Wellness Group	Outdoor Corn hole club/ Expressive Art	Manicure & Nail Polish/ Head Massage
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Karaoke/ Art Appreciation	Name That Landscape/ 100 or Bust	Midweek Matinee	Trivia/ Penny Ante/ Card Talk	Friday Frolic
4:30	Personal Workshop	Personal Workshop/Piano Appreciation	Midweek matinee	Personal Workshop/ Relaxing Conversation	Friday Frolic
	18	19	20	21	22
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Go Fishing Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Garfield the Cat Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National American Eagle Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword First Day of Summer	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Onion Rings Day
10:00-10:45	Music & Spirituality/ Puzzles & 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/ Hangman/UNO	Breakout Exercise & Wellness Groups	Life Stories/Headbandz/Conversation Ball	Exercise Group/ Chair Yoga with Mary & 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 (Origami)/Rock & Relax Outside/Crossword Puzzle	Summer Party: Karaoke
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Music Ball/ Tic Tac Toe	Pictionary/ 100 or Bust/ Q-Chord	Midweek Matinee	Trivia/ Name That Tune/ Card Talk	Friday Frolic
4:30	Conversation Cards/ Personal Workshop	Personal Workshop/ Relaxing Conversation	Midweek Matinee	Personal Workshop/ Relaxing Conversation	Friday Frolic
	25	26	27	28	29
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday Arnold!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday Arnold!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Sunglasses Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Handshake Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday Betty E!
10:00-10:45	Music & Spirituality/ Puzzles & Word find	Tea Party/ Expressive Art	Price is Right/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Penny Ante/ Ring Toss	Breakout Exercise & Wellness Group	Life Stories/ Headbandz/ Conversation Ball	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group
12:00	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation

-1:45					
2:00-2:45	Breakout Exercise & Wellness Group	Chimes/ Bingo	Breakout Exercise & Wellness Group	Outdoor Corn Hole Club/ Expressive Art	Birthday celebration for June birthdays
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Karaoke/ Puzzles & Word find	Name That Person/ Music Ball	Midweek Matinee	Trivia/ Target Toss/ UNO Game	Friday Frolic
4:30	Personal Workshop	Personal workshop/ iPad bowling	Midweek Matinee	Personal Workshop/ Piano Appreciation	Friday Frolic

June is.....

- Aquarium Month
- Candy Month
- Dairy Month
- Fight the Filthy Fly Month
- Rose Month
- Turkey Lovers Month
- National Adopt a Cat Month
- National Fresh Fruit & Veggies Month

<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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