

Adult Care Center of the Northern Shenandoah Valley, Inc.

MARCH

Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
9:00				Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Peanut Butter Lover's Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Dress in Blue Day: Wear your blue!! & Employee Appreciation Day
10:00				Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
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	Rock and Roll Karaoke
3:00				Refreshments	Refreshments
3:30				Trivia/ Target Toss	Art Appreciation/ Friday Frolic
4:30				Piano Appreciation/ Relaxing Conversation	Friday Frolic
	5	6	7	8	9
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Oreo Cookie Day	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword National Crown of Roast Pork Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword International Women's Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Crabmeat Day
10:00	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	Crossword Puzzle/ Hangman	Breakout Exercise & Wellness Groups	Penny Ante/ 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	Breakout Exercise & Wellness Group	Chimes/ Bingo	Sewing/ Breakout Exercise & Wellness Group	Expressive Art/ Crossword Puzzle	Life Stories/ Connect 4
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Karaoke/ Conversation Ball	Pictionary/ Target Toss	Art Appreciation/ Midweek Matinee	Trivia/ Corn Hole	Art Appreciation /Friday Frolic
4:30	100 or Bust/ Music Appreciation	Music Appreciation/ Relaxing Conversation	Midweek Matinee	Q-Chord Music Appreciation/ Relaxing Conversation	Friday Frolic
	12	13	14	15	16

9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Napping Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Good Samaritan Day	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword National Learn about Butterflies Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Shoe the World Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Panda Day
10:00	Music & Spirituality/ Puzzles & Word Find	Life Stories/ Expressive Art/ Puzzles & Word Find	Drum Circle/ 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	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 Group/ Penny Ante/ Name That Tune	Crossword Puzzle/ Garden Time	Manicures and Hand Massage/ Head Massage
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Karaoke/ Tic-Tac-Toe Toss	Name That Person/ Corn Hole	Art Appreciation/ Midweek Matinee	Trivia/ 100 or Bust	Art Appreciation/ Friday Frolic
4:30	Piano Appreciation/ Relaxing Conversation	Piano Appreciation/ Relaxing Conversation	Midweek matinee	Piano Appreciation/ Relaxing Conversation	Friday Frolic
	19	20	21	22	23
9:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Certified Nurses Day/ National Let's Laugh Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword FIRST DAY OF SPRING!! 	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Moira and Kay!! National Fragrance Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National West Virginia Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Puppy Day
10:00	Music & Spirituality/ Puzzles & Word Find	Flower Origami/ Expressive Art/ Puzzles & Word Find	Drum Circle/ 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 Group/ Mary Kay Party	Easter Bunny Card/ Crossword Puzzle	Karaoke/ Puzzles & Word Find
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Pictionary/ 100 or Bust	Name That Landscape/ Bean Bag Toss	Art Appreciation/ Midweek Matinee	Trivia/ Music Ball	Art Appreciation/ Friday Frolic
4:30	Piano Appreciation/ Relaxing Conversation	iPad Bowling/ Relaxing Conversation	Midweek Matinee	Tic-Tac-Toe Toss/ Relaxing Conversation	Friday Frolic
	26	27	28	29	30
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 Manatee Appreciation Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Nevada Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Pencil Day
10:00	Music & Spirituality/ Puzzle & Word Find	Jeopardy/ 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/ Connect 4	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group
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	Chimes/ Bingo	Sewing/ Drum Circle	Easter Suncatcher/ Crossword	Spring Fashion Show

	Group				
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30	Karaoke/ Ring Toss	Jelly Bean Prayer/ Q-Chord	Art Appreciation/ Midweek Matinee	Trivia/ Corn Hole	Art Appreciation/ Friday Frolic
4:30	Conversation Ball/ Piano Appreciation	Target Toss/ Relaxing Conversation	Midweek Matinee	Piano Appreciation/ Relaxing Conversation	Friday Frolic

February is....

- Irish American Month
- Music in Our Schools Month
- National Craft Month
- National Frozen Food Month
- National Nutrition Month
- National Peanut Month
- National Women's History Month
- Red Cross Month
- Social Workers Month



~ Moira – 21st

~ Kay – 21st

<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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