


# Adult Care Center of the Northern Shenandoah Valley, Inc.



## Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
9:00-9:45		Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday Mike!</b>	<b>Closed</b> <b>Apple Blossom</b> 
10:00-10:45		Tea Party/Expressive Art	Drum Circle/ Puzzles & Word Find	Music Ball/ Puzzles & Word Find	
11:00-11:45		Breakout Exercise & Wellness Group	Life Stories/ Headbandz/Conversation Cards	Breakout Exercise & Chair Yoga	
12:00-1:45		Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	
2:00-2:45		Name That Tune	Breakout Exercise & Wellness Groups	Carnation making for Mother's Day/Crossword Puzzle	
3:00		Refreshments	Refreshments	Refreshments	
3:30-4:15		Bingo	Midweek Matinee	Trivia/Cornhole	
4:30		Trivia with Denny/ Personal Workshop	Midweek Matinee	Personal Workshop/Conversation Ball	
	7	8	9	10	11
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>May Birthday Celebration</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Teacher Appreciation Day</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword <b>National Third Shift Workers Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Lipid Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Mother's Day (5/13)!</b>
10:00-10:45	Music & Spirituality/ Puzzle & Word Find	Tea Party/ Expressive Art	Drum Circle/ Puzzles & Word Find	Name That Tune/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Penny Ante	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	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art	Mother's Day Hangman
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Karaoke	Music Ball	Midweek Matinee	Trivia/Pictionary	Friday Frolic
4:30	Personal Workshop/ Conversation Ball	Trivia/ Personal Workshop	Midweek Matinee	Personal Workshop/Relaxing Conversation	Friday Frolic

	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Dance Like a Chicken Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Nylon Stocking Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Cherry Cobbler Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Pizza Party Day</b>
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/Q-Chord	Breakout Exercise & Wellness Groups	Life Stories/ Hangman/UNO	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 Person/ Bean Bag Toss	Midweek Matinee	Trivia/Movie 4pm	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek matinee	Personal Workshop/ Relaxing Conversation	Friday Frolic
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Strawberries &amp; Cream Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Vanilla Pudding Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Escargot Day</b>
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/Q-Chord	Breakout Exercise & Wellness Groups	Life Stories/Headbandz/Penny Ante	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)/Outdoor activity (Rock & Relax)	Karaoke/Art Appreciation
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Sing along /Target Toss	Name that landscape/100 or Bust	Midweek Matinee	Trivia/ Bean Bag Toss	Friday Frolic
4:30	Conversation Cards/ Personal Workshop	Personal Workshop/ Relaxing Conversation	Midweek Matinee	Personal Workshop/ Relaxing Conversation	Friday Frolic
	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
9:00-9:45	<b>Closed Memorial Day</b> 	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Senior Health and Fitness Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	
10:00-10:45		Tea Party/ Expressive Art	Price is Right/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	

11:00-11:45	Breakout Exercise & Wellness Group	Life Stories/ Headbandz/ UNO	Breakout Exercise & Wellness Group
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45	Chimes/ Bingo	Breakout Exercise & Wellness Group	Expressive Art/Crossword Puzzle
3:00	Refreshments	Refreshments	Refreshments
3:30-4:15	Music Ball/ Corn Hole	Midweek Matinee	Trivia/ Target Toss
4:30			

<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>**Offered throughout the day to ensure person centered care**</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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