

Adult Care Center of the Northern Shenandoah Valley, Inc.



Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
9:00-9:45			Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Elettra!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Coloring Book Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Watermelon Day
10:00-10:45			Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45			Life Stories/ Headbandz/ Sing Along	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group
12:00-1:45			Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45			Breakout Exercise & Wellness Group	Expressive Art/ Crossword Puzzle/ Rock & Relax Outside	Karaoke/ Art Appreciation
3:00			Refreshments	Refreshments	Refreshments
3:30-4:15			Midweek Matinee	Trivia/ Penny Ante	Friday Frolic
4:30			Midweek Matinee	Choir rehearsal/ Relaxing Conversation	Friday Frolic
	6	7	8	9	10
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Root Beer Float Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Lighthouse Day	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword National Happiness Happens Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
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/ Headbandz/ Music Ball	Breakout Exercise & Wellness Groups	Life Stories/ Conversation Ball/ Q-Chord	Breakout Exercise & Wellness Group	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	Crossword Puzzle/ Expressive Art/ Rock & Relax Outside	Friday Frolic
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Personal Workshop	Choir rehearsal/ Relaxing Conversation	Midweek Matinee	Choir rehearsal/ Relaxing Conversation	Friday Frolic
4:30	Monday Matinee	Choir Rehearsal/ Relaxing Conversation	Personal Workshop	Choir Rehearsal/ Relaxing Conversation	Friday Frolic

	13	14	15	16	17
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Left – Hander’s Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Creamsicle Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Gladys! National Relaxation Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	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/ Penny Ante/ Q-Chord	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz/ Sing Along	Cycling Group & Chair Yoga	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	Crossword Puzzle/ Expressive Art/ Rock & Relax Outside	Name That Tune!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Music Ball/ Pictionary	Birthday Karaoke for August birthdays!	Midweek Matinee	Trivia/ UNO/ Hangman	Friday Frolic
4:30	Choir rehearsal/ Personal workshop	Conversation Ball/ Relaxing Conversation	Midweek matinee	Choir rehearsal/ Relaxing Conversation	Friday Frolic
	20	21	22	23	24
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Radio Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Betty S.!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Carnival Day!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Adela!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Bennie! Happy Birthday, Red! (8/25) National Peach Pie Day
10:00-10:45	Rock Monday: Karaoke	Tea Party/ Expressive Art	Outdoor Carnival (if you arrive after 10:00, please bring your loved one to the green space up the street on the Our Health lawn)	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Hangman	Breakout Exercise & Wellness Groups	Outdoor Carnival	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
2:00-2:45	Music & Spirituality/ Puzzles & Word Find	Chimes/Bingo	Happy Bingo time!!!	Crossword/ Expressive Art/ Rock & Relax Outside	Manicures & Hand/ Head Massage/ Trivia
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Breakout Exercise & Wellness Group	Name That Person/ Bean Bag Toss	Midweek Matinee	Trivia/ Penny Ante/ Target Toss	Friday Frolic
4:30	Piano Appreciation/ Personal Workshop	Choir Rehearsal/ Relaxing Conversation	Midweek Matinee	Choir Rehearsal/Relaxing Conversation	Friday Frolic
	27	28	29	30	31
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Bow Tie Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines
10:00-10:45	Rock Monday: Karaoke	Tea Party/ Expressive Art	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-	Crossword Puzzle/ Penny Ante/ Q-	Breakout Exercise & Wellness Group	Life Stories/ Headbandz/ Music Ball	Cycling Group & Chair Yoga	Breakout Exercise & Wellness Group

11:45	Chord				
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	Music & Spirituality/ Puzzles & Word Find	Chimes/ Bingo	Breakout Exercise & Wellness Group	Expressive Art/ Rock & Relax Outside/ Crossword Puzzle	Price is Right!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Breakout Exercise & Wellness Group	Pictionary/ 100 or Bust	Midweek Matinee	Trivia/ UNO/ Bean Bag Toss	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Choir Rehearsal/ Relaxing Conversation	Midweek Matinee	Choir Rehearsal/ Relaxing Conversation	Friday Frolic

August is...

- National Crayon Collection Month
- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- National Peach Month
- National Water Quality Month
- Romance Awareness Month
- Happiness Happens Month
- National Sandwich Month
- National Brownies at Brunch Month
- Get ready for Kindergarten Month

Participants Choice

Jigsaw Puzzles

Crossword/Word Search

Hand Massage

Reminisce

Indoor/Outdoor Walks (depending on temperature)

Nail Care

Music & Memory

Offered throughout the day to ensure person centered care

Exercise & Wellness Groups:

2 choices are offered to participants on a daily basis

Core Focus: Body Blades

Kinect Group: Selected games focus on eye-hand coordination & static/ dynamic balance

Upper Body: Weight lifting
Medicine Balls
Thera band
Hand Grippers

Wellness (Mind & Body):
Tai Chi
Lower Extremity:
Virtual Cycling Club

Active ROM: Parachute
Fun band
Armchair Exercise