

Adult Care Center of the Northern Shenandoah Valley, Inc.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
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	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Bingo/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Sharps Club: UNO	Name That Tune A to Z/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Headbandz	Breakout Exercise & Wellness Group	Life Stories/ Hangman/ Conversation Ball	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 Finds	Chimes/ Word Chart	Midweek Matinee	Crossword Puzzle/ Water Color/ Penny Ante	Friday Frolic
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Exercise & Wellness Group	Story Writing/ Pictionary	Midweek Matinee	Trivia / 100 or Bust	Friday Frolic
4:30	Group Trivia/ Personal Workshop	Connect 4/ Personal Workshop	Exercise & Wellness Group	Exercise Hopscotch/ Personal Workshop	Target Toss/ Personal Workshop
	10	11	12	13	14
9:00-9:45	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	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Karaoke Monday/ Puzzles & Word Find	Tea Party/Expressive Art/ Card Sharps Club: Old Maid	Jeopardy/ Puzzles & Word Find	Old Time Music/ Big Words or Small Words	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Farkle Game/ Bean Bag Toss	Breakout Exercise & Wellness Groups	Life Stories/ Word Chart/ Music Lounge	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	Music & Spirituality/ Puzzles & Word Find	Chimes/Bingo	Drum Circle/ Puzzles & Word Find	Crossword/ Expressive Art/ Kitchen Demo: cookie decorating	Manicures
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Breakout Exercise & Wellness Group	Aromatherapy: Hand Massage	Midweek Matinee	Trivia / Spelling Bee/ Pictionary	Friday Frolic
4:30	Piano Appreciation/ Personal Workshop	Relaxing singing with piano/ Personal Workshop	Midweek Matinee/ Personal Workshop	Conversation Ball/ Personal Workshop	Friday Frolic/ Personal Workshop

	17	18	19	20	21
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	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Margaret (22nd) Happy Birthday Ada (23rd)
10:00-10:45	Musical Story/ Puzzles & Word Find	Tea Party/Expressive Art/ Card Sharps Club: Crazy Eights	Chimes/ Big or small words	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword/ Dominos/ Headbandz	Breakout Exercise & Wellness Groups	Life Stories/ Hangman/ Music Lounge	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	Music & Spirituality/ Puzzles & Word Finds	Ornament Decoration	Salt Dough Ornament	Drum Circle/ Puzzles & Word Find	Expressive Art/ Bingo
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Breakout Exercise & Wellness Group	Story Writing/ Pictionary	Midweek Matinee	Trivia/ Connect 4	Friday Frolic
4:30	Music Appreciation/ Personal Workshop	Conversation Ball/ Personal Workshop	Relaxing Exercise/ Personal Workshop	Card Talk/ Personal Workshop	Friday Frolic/Personal Workshop
	24	25	26	27	28
9:00-9:45	CLOSED 	CLOSED 	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 Happy Birthday John H (29th)
10:00-10:45			Price is Right!	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45			Life Stories/ Headbandz/ 100 or Bust	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	Crossword Puzzle/ Expressive Art/ Manicures	Friday Frolic
3:00			Refreshments	Refreshments	Refreshments
3:30-4:15			Midweek Matinee	Trivia/ Story Writing	Friday Frolic
4:30			Midweek Matinee/ Personal Workshop	Connect 4/ Personal Workshop	Personal Workshop
	31	Jan 1			
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy New Year's Eve!	CLOSED Happy New Year! 			
10:00-10:45	Music & Spirituality/ Puzzles & Word Finds				
11:00-11:45	Crossword Puzzle/ UNO/ Headbandz				
12:00	Lunch & Breakout Group/Relaxation				

-1:45				
2:00-2:45	Breakout Exercise & Wellness Group			
3:00	Refreshments			
3:30 - 4:15	Bean Bag Toss/ Name that Tune			
4:30	Conversation Ball/ Personal Workshop			

December is...

- National Pear Month
- Bingo's Birthday Month
- National Human Rights Month
- National Tie Month
- Root Vegetables and Exotic Fruits Month
- Worldwide Food Service Safety Month
- Operation Santa Paws
- Safe Toys and Gifts Month
- Spiritual Legacy Month

Personal Workshop

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

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