

Adult Care Center of the Northern Shenandoah Valley, Inc.



2019

Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
9:00-9:45					Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Groundhog Day (2/2)
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					Penny Ante/Hand Massages/Nail Care
3:00					Refreshments
3:30-4:15					Friday Frolic
4:30					Friday Frolic/ Personal Workshop
	4	5	6	7	8
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Homemade Soup Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Chinese New Year	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 National Boy Scouts Day
10:00-10:45	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Sharps Club: UNO	Jeopardy/Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/Penny Ante	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	Breakout Exercise & Wellness Group	Drum Circle/ Chinese Tradition Presentation	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Soap Making	Chimes/ Bingo
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Bean Bag Toss/ Origami Work Shop	Story Writing/ 100 or Bust	Midweek Matinee	Trivia/ Connect 4	Friday Frolic
4:30	Pictionary/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	Conversation Ball/ Personal Workshop	Friday Frolic/ Personal Workshop

	11	12	13	14	15
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Inventors' Day	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 Valentine's Day! Bring a heart with you!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Sharps Club: Crazy Eights	Breakout Exercise & Wellness Groups	Crossword Puzzle/ Expressive Art	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword/ Farkle/ 100 or Bust	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz/ Music Lounge	Cycling/ 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 Groups	Drum Circle/ Puzzles & Word Find	Chimes/ Bingo	Valentines Social Dance/ Puzzles & Word Find	Hand Massages/ Nail Care
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Love Poetry/Target Toss	Love Story Writing/ Valentines Hangman	Midweek Matinee	Trivia/ Valentine's A-Z	Friday Frolic
4:30	Connect 4/ Personal Workshop	Relaxing with the Piano Music/ Personal Workshop	Midweek Matinee	Conversation Ball/ Personal Workshop	Friday Frolic/Personal Workshop
	18	19	20	21	22
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword President's Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Love Your Pet Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Rudy!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Sharps Club: Old Maid	Karaoke Wednesday/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword/ Headbandz	Breakout Wellness & Exercise Groups	Life Stories/ Big-Small Words/ Tic Tac Toss	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	Breakout Wellness & Exercise Groups	Drum Circle/Puzzles & Word Find	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Penny Ante	Chimes/Bingo
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Bean Bag Toss/ Connect 4	Story Writing/ Name that Person	Midweek Matinee	Trivia/100 or Bust	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	Pictionary/Personal Workshop	Friday Frolic/ Personal Workshop
	25	26	27	28	1
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Len!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Tell A Fairy Tale Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Birthday Party!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Music & Spirituality/ Puzzles & Word Finds	Tea Party/ Expressive Art/ Card Sharps Club: Old Maid	Price Is Right!/ Puzzles & Word Find	Crossword Puzzle/Expressive Art	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Headbandz/ Bean Bag Toss	Breakout Exercise & Wellness Group	Life Stories/ Hangman/ Fortune Music	Cycling/ Chair Yoga	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	Breakout Exercise & Wellness Group	Drum Circle/Puzzles & Word Find	Midweek Matinee	Trivia/ Story Writing	Friday Frolic
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Music Performance with Sing Along	Hand Massage/ Nail Care	Midweek Matinee	Trivia/ Story Writing	Friday Frolic
4:30	Pictionary/Personal Workshop	Relaxing with Music	Midweek Matinee	Connect 4/ Personal Workshop	Friday Frolic/ Personal Workshop

February is...

- National Self Check Month
- American Heart Month
- Black History Month
- Canned Food Month
- Great American Pies Month
- National Bird Feeding Month
- National Cherry Month
- National Children's Dental Health Month
- National Grapefruit Month
- National Heart Month
- National Hot Breakfast Month
- National Weddings Month
- National Snack Food Month
- National Library Lover's 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
Theraband
Hand Grippers

Wellness (Mind & Body):

Lower Extremity:
Virtual Cycling Club
Active ROM: Parachute
Fun band
Armchair Exercise