

Adult Care Center of the Northern Shenandoah Valley, Inc.



2020

Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
9:00-9:45	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword National Old Stuff Day	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword Caregiver Appreciation 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 Birthday Linda Shimer!
10:00-10:45	Music & Devotions ^{Sen,R} /Men's Discussion Group ^{Sen,R,C}	Card Sharks: Old Maid ^{S,C} /Expressive Art ^{C,S}	A.C.C. Bowling League ^{P,S}	Breakout Exercise & Wellness Group ^{P,S}	Intergenerational ^{S,Pr} / Personal Workshop
11:00-11:45	Crossword Puzzle ^C /100 or Bust ^{S,Pr}	Book Club with Linda ^{S,C,R} /Best 10 ^C	Life Stories ^{S,C,R} /Word Scramble ^C	Name That Song ^{S,C} /Bean Bag Toss ^{P,S,Pr}	Breakout Exercise & Wellness Group ^{P,S}
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 ^{P,S}	Cycling ^{P,N} & Chair Yoga ^P	Breakout Exercise & Wellness Group ^{P,S}	Expressive Art ^{C,S} /Crossword Puzzle ^C /Penny Ante ^{S,C,R}	Bingo! ^{S,Pr}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Name That Old Thing ^{S,Pr,R,C}	Baseball Toss ^P	Midweek Movie Matinee	Trivia with Denny! ^{S,C}	Friday Frolic
4:30	Conversation Ball ^{S,P,C} /Personal Workshop	Story Writing ^{C,Pr,R} /Personal Workshop	Midweek Movie Matinee	Connect 4 ^{S,C,Pr} /Personal Workshop	Friday Frolic
	9	10	11	12	13
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword International Women's Day (Sunday)	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword Johnny Appleseed Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Pi(e) Day (March 14)
10:00-10:45	Music & Devotions ^{Sen,R} /Men's Discussion Group ^{Sen,R,C}	Card Shark: UNO ^{S,C} /Expressive Art ^{C,S}	Breakout Exercise & Wellness Group ^{P,S}	The Price Is Right! ^{S,C,Pr} /Personal Workshop	Intergenerational ^{S,Pr} / Personal Workshop
11:00-11:45	Crossword Puzzle ^C /Word Scrambles ^C	Book Club with Linda ^{S,C,R} /Target Toss ^{P,S}	Life Stories ^{S,C,R} /Word Chart ^{C,R}	Cycling Group/ Chair Yoga ^{P,S}	Breakout Exercise & Wellness Group ^{P,S}
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 ^{P,S}	Art Appreciation ^{R,C,S} /Headbenz ^C	Hand Massage with Crystal ^{Se} /Giant Jenga ^{C,S}	Crossword Puzzle ^C / Expressive Art ^{C,S} / Discussion Group ^{S,R,C}	Chimes ^{S,Pr} / Bingo ^S
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Spot the Difference ^{C,S}	Basketball Hangman ^{C,S}	Midweek Matinee/Scrabble ^{C,S}	Trivia with Denny! ^{S,C}	Friday Frolic
4:30	Big Words Small Words ^{C,S} / Personal Workshop	Easy Listening Music ^R	Midweek Matinee	Baseball Toss ^{P,PR} /Minute to Win It Games ^{S,Pr}	Friday Frolic

	16	17	18	19	20
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword St. Patrick's 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 First Day of Spring! Happy Birthday Moira (21st)!
10:00-10:45	Music & Devotions ^{Sen,R} /Men's Discussion Group ^{Sen,R,C}	Expressive Art ^{C,S} / Card Sharks Club: Crazy Eights ^{S,C}	Drum Circle ^{Pr,Se} /Personal Workshop	Musical Jeopardy ^{S,C} /Personal Workshop	Intergenerational ^{S,Pr} / Personal Workshop
11:00-11:45	Crossword ^C /100 or Bust ^{P,S,C}	Book Club with Linda ^{S,C,R} /Potato Bowling ^{P,S}	Life Stories ^{S,C,R} /Best 10 ^{C,S} /Headbenz ^{C,S}	Breakout Exercise & Wellness Group ^{P,S}	Breakout Exercise & Wellness Group ^{P,S}
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 ^{P,S}	Breakout Exercise & Wellness Group ^{P,S}	Breakout Exercise & Wellness Group ^{P,S}	Crossword Puzzle ^C / Expressive Art ^{C,S} / Roundtable Talk ^{S,R,C}	Karaoke Dance Party ^S
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	March Madness Basketball ^{P,S}	St. Patrick's Day A-Z ^{C,R} /Shamrock Shake ^{P,S,Se}	Midweek Matinee/Board Games ^{S,C}	Trivia with Denny! ^{S,C}	Friday Frolic
4:30	Minute To Win It ^{S,Pr} / Personal Workshop	Old Time Music ^R	Midweek Matinee	Conversation Ball ^{S,C} / Personal Workshop	Friday Frolic
	23	24	25	26	27
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 Baseball Opening Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Birthday Party!
10:00-10:45	Music & Devotions ^{Sen,R} /Men's Discussion Group ^{Sen,R,C}	Expressive Art ^{C,S} / Card Sharks Club: Old Maid ^{S,C}	Breakout Exercise & Wellness Group ^{P,S}	Price Is Right! ^{Pr,S,C} /Personal Workshop	Intergenerational ^{S,Pr} / Personal Workshop
11:00-11:45	Crossword Puzzle ^C /Word Chart ^C	Book Club with Linda ^{S,C,R} /Bean Bag Toss ^{P,S}	Life Stories ^{S,C,R} /Headbenz ^{C,S} / Tic Tac Toss ^{P,S}	Breakout Exercise & Wellness Group ^{P,S}	Breakout Exercise & Wellness Group ^{P,S}
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 ^{P,S}	Breakout Exercise & Wellness Group ^{P,S}	Bingo ^S /Manicures ^{Se}	Crossword Puzzle ^C / Expressive Art ^{C,S} / Penny Ante ^{S,C,R}	Birthday Karaoke ^S / Personal Workshop
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Bean Bag Toss ^P / Big Words-Small Words ^C	Spring Hangman ^C / Origami Workshop ^{Pr}	Midweek Matinee/ Scrabble ^{C,S}	Baseball Trivia with Denny! ^{S,C} /	Friday Frolic
4:30	Conversation Ball ^S / Personal Workshop	Piano Appreciation ^R / Personal Workshop	Midweek Matinee/ Personal Workshop	Baseball Toss ^P / Personal Workshop	Friday Frolic
	30	31			
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword			
10:00-10:45	Music & Devotions ^{Sen,R} /Men's Discussion Group ^{Sen,R,C}	Expressive Art ^{C,S} / Card Sharks Club: Go Fish ^{S,C}			
11:00-11:45	Crossword Puzzle ^C /Word Scrambles	Book Club with Linda ^{S,C,R} Penny Ante. ^{S,C,R}			
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation			

2:00-2:45	Breakout Exercise & Wellness Group ^{P,S}	Breakout Exercise & Wellness Group ^{P,S}			
3:00	Refreshments	Refreshments			
3:30 - 4:15	Baseball Toss	Music Performance ^R			
4:30	Conversation Ball/ Personal Workshop	Relaxing with Music ^R / Personal Workshop			

March is...

- Irish-American Heritage Month
- National Caffeine Awareness Month
- National Celery Month
- National Flour Month
- National Kidney Month
- National Peanut Month
- National Social Work Month
- National Frozen Food Month
- National Craft Month
- National Noodle Month
- National Nutrition Month
- National Sauce Month
- National Umbrella Month
- National Women's History 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 daily

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

Activity Guidelines Key:

P-Physical

S-Social

C-Cognitive, Intellectual, Creative

Pr.-Productive

Sen.-Sensory

R-Reflective, Contemplative

O-Outdoor

N-Nature, Natural World