



Adult Care Center of the Northern Shenandoah Valley, Inc.

2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>	<b>2</b>
9:00-9:30	<ul style="list-style-type: none"> <li>Music Room- Red</li> <li>Nature Room- Blue</li> </ul>			Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword
10:00-10:30	<ul style="list-style-type: none"> <li>Frist Room- Brown</li> <li>Outdoor- Green</li> </ul>			Drum Circle <sup>P.S.C.</sup> - <b>Whitney</b> Big Words Small Words <sup>C.S.</sup> - <b>Katie</b> Conversation: Shake a Memory <sup>C.S.</sup> - <b>Staff</b>	Word Scrambles <sup>C.S.</sup> - <b>Katie</b> Chimes <sup>Pr.S.</sup> - <b>Whitney</b> One on one projects <sup>Pr.</sup>
11:00-11:30	<ul style="list-style-type: none"> <li>Living Room- Orange</li> <li>Big Area-purple</li> </ul>			Crossword Puzzle <sup>C.S.Pr.</sup> - <b>Katie</b> Who Sing this song <sup>C.S.</sup> - <b>Whitney</b> 100 Or Bust <sup>C.S.</sup> - <b>Staff</b>	Regular Exercise <sup>P.S.</sup> - <b>Whitney</b> Cycling <sup>P.S.</sup> - <b>Katie</b> Exercise <sup>P.S.</sup> - <b>Staff</b>
12:00-1:50	<ul style="list-style-type: none"> <li>The maximum number of each activity is 6 people</li> </ul>			Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> / One on one projects <sup>Pr.</sup>
2:00-2:30				Regular Exercise <sup>P.S.</sup> - <b>Katie</b> Cycling <sup>P.S.</sup> - <b>Linda S.</b> Exercise <sup>P.S.</sup> - <b>Whitney</b>	Bingo Groups <sup>S.Pr.</sup> - <b>Whitney &amp; Katie</b> One on one projects <sup>Pr.</sup>
3:00				Refreshments	Refreshments
3:30-4:00				Trivia <sup>S.C.</sup> - <b>Linda S.</b> Conversation Ball <sup>C.S.</sup> - <b>Katie</b> Connect 4- <b>Whitney</b>	Friday Frolic <sup>R.</sup> - <b>Katie &amp; Whitney</b>
4:15-4:30				A- Z <sup>C.Pr.</sup> - <b>Katie</b> Conversation Group <sup>S.C.</sup> - <b>Whitney</b>	Friday Frolic <sup>R.</sup> - <b>Katie &amp; Whitney</b>
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday, Jane!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Eat Fruit At Work Day</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword <b>National Walk To School Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday, Dana A.!</b>
10:00-10:30	Music Hangman <sup>Sen.R.</sup> - <b>Whitney</b> Headbenz <sup>S.C.</sup> - <b>Staff</b> Newspaper Group <sup>R.S.</sup> - <b>Katie</b>	Word Chart <sup>C.S.</sup> - <b>Katie</b> Expressive Art <sup>C.S.</sup> - <b>Whitney</b> Conversation Group <sup>S.C.</sup> - <b>Staff</b>	Coloring Group <sup>C.S.</sup> - <b>Whitney</b> Big Word Small Word <sup>C.S.</sup> - <b>Katie</b> Conversation Group <sup>C.S.</sup> - <b>Staff</b>	Drum Circle <sup>P.S.C.</sup> - <b>Whitney</b> Jeopardy <sup>C.S.</sup> - <b>Katie</b>	Word Scrambles <sup>C.S.</sup> - <b>Katie</b> Chimes <sup>Pr.S.</sup> - <b>Whitney</b> Conversation Group <sup>C.S.</sup> - <b>Staff</b>
11:00-11:30	Crossword Puzzle <sup>C.</sup> - <b>Katie</b> Match That Thing <sup>C.</sup> - <b>Whitney</b>	Regular Exercise <sup>P.S.</sup> <b>Katie</b> Cycling <sup>P.S.</sup> - <b>Whitney</b> Exercise <sup>P.S.</sup> - <b>Staff</b>	Sewing Group <sup>Sen.C.</sup> - <b>Diane</b> Connect 4 <sup>S.C.</sup> - <b>Katie</b> Pictionary <sup>C.S.</sup> - <b>Whitney</b>	Regular Exercise <sup>P.S.</sup> - <b>Whitney</b> Cycling <sup>P.S.</sup> - <b>Katie</b> Chair Yoga <sup>P.S.</sup> - <b>Dana A.</b>	Regular Exercise <sup>P.S.</sup> - <b>Whitney</b> Cycling <sup>P.S.</sup> - <b>Katie</b> Exercise <sup>P.S.</sup> - <b>Staff</b>
12:00-1:50	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr.</sup>
2:00-2:30	Regular Exercise <sup>P.S.</sup> - <b>Katie</b> Cycling <sup>P.S.</sup> - <b>Whitney</b> Exercise <sup>P.S.</sup> - <b>Staff</b>	Rocking Chair <sup>Sen.</sup> - <b>Whitney (3)</b> Crossword Puzzle <sup>C.S.Pr.</sup> - <b>Linda S.</b> Headbandz <sup>C.</sup> - <b>Katie</b>	Regular Exercise <sup>P.S.</sup> - <b>Whitney</b> Cycling <sup>P.S.</sup> - <b>Katie</b> Chair Yoga <sup>P.S.</sup> - <b>Dana A.</b>	Crossword Puzzle <sup>C.</sup> - <b>Linda S.</b> Rocking Chair <sup>Sen.</sup> - <b>Katie (3)</b> Conversation Group <sup>C.S.</sup> - <b>Whitney</b>	100 or Bust <sup>C.S.</sup> - <b>Katie</b> Wheels of Fortune <sup>C.S.</sup> - <b>Staff</b> Music Listening <sup>R.</sup> - <b>Whitney</b>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	A-Z Group <sup>C.</sup> - <b>Whitney</b> Best 10 <sup>C.</sup> - <b>Katie</b> Conversation Group <sup>S.C.</sup> - <b>Staff</b>	Hangman <sup>C.S.</sup> - <b>Whitney</b> Trivia <sup>C.S.</sup> - <b>Linda S.</b> 100 Or Bust <sup>C.S.</sup> - <b>Katie</b>	Midweek Movie Matinee <sup>R.</sup> - <b>Katie &amp; Whitney</b> One on one projects <sup>Pr.</sup>	Trivia <sup>C.S.</sup> - <b>Linda S.</b> Bingo Groups <sup>S.Pr.</sup> - <b>Katie &amp; Whitney</b>	Friday Frolic <sup>R.</sup> - <b>Katie &amp; Whitney</b> One on one projects <sup>Pr.</sup>

4:15-4:30	Relaxing Conversation <sup>C/</sup> One on one projects <sup>Pr.</sup>	Music Ball <sup>C,R.</sup> - <b>Whitney</b> Shake a Memory <sup>C,S.</sup> - <b>Katie</b>	Midweek Movie Matinee <sup>R.</sup> - <b>Katie &amp; Whitney</b>	Conversation Ball <sup>S,C.</sup> - <b>Katie &amp; Whitney</b>	Friday Frolic <sup>R.</sup> - <b>Katie &amp; Whitney</b>
	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word <b>Columbus Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Navy Birthday</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National I Love Lucy Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:30	Music Appreciation <sup>Sen,R.</sup> - <b>Whitney</b> Hangmen <sup>S,C.</sup> - <b>Staff</b> Newspaper Group <sup>R,S.</sup> - <b>Katie</b>	Coloring Group <sup>C,S.</sup> - <b>Whitney</b> Conversation Group <sup>S,C.</sup> - <b>Staff</b> Devotions <sup>S,C,R.</sup> - <b>Katie</b>	Jeopardy <sup>C,S.</sup> - <b>Katie</b> Headbenz <sup>C,S.</sup> - <b>Staff</b> Drum Circle <sup>P,S,C.</sup> - <b>Whitney</b>	Word Scrambles <sup>C,S.</sup> - <b>Katie</b> Conversation Group <sup>C,S.</sup> - <b>Staff</b> Rise up hand <sup>C,S.</sup> - <b>Whitney</b>	Chimes <sup>Pr,S.</sup> - <b>Whitney</b> Big Words Small Words <sup>C,S.</sup> - <b>Katie</b>
11:00-11:30	Crossword Puzzle <sup>C.</sup> - <b>Katie</b> Name That Person <sup>C.</sup> - <b>Whitney</b> One on one projects <sup>Pr.</sup>	Regular Exercise <sup>P,S.</sup> - <b>Whitney</b> Cyclings <sup>P,S.</sup> - <b>Katie</b> Exercise <sup>P,S.</sup> - <b>Staff</b>	Word Chart <sup>C,S.</sup> - <b>Katie</b> Connect 4 <sup>C.</sup> - <b>Whitney</b> Sewing Group <sup>Sen,C.</sup> - <b>Diane</b>	Regular Exercise <sup>P,S.</sup> - <b>Whitney</b> Cycling <sup>P,S.</sup> - <b>Katie</b> Exercise <sup>P,S.</sup> - <b>Staff</b>	Regular Exercise <sup>P,S.</sup> - <b>Whitney</b> Cycling <sup>P,S.</sup> - <b>Katie</b> Exercise <sup>P,S.</sup> - <b>Staff</b>
12:00-1:50	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr.</sup>
2:00-2:30	Regular Exercise <sup>P,S.</sup> - <b>Katie</b> Cycling <sup>P,S.</sup> - <b>Whitney</b> Exercise <sup>P,S.</sup> - <b>Staff</b>	Crossword Puzzle <sup>C,S,Pr.</sup> - <b>Linda S.</b> Rocking Chair <sup>Sen.</sup> - <b>Whitney (3)</b> Rise up hand <sup>C,S.</sup> <b>Katie</b>	Regular Exercise <sup>P,S.</sup> - <b>Whitney</b> Cycling <sup>P,S.</sup> - <b>Katie</b> Chair Yoga <sup>P,S.</sup> - <b>Dana A.</b>	Trivia <sup>S,C.</sup> - <b>Katie</b> Crossword Puzzle <sup>C.</sup> - <b>Linda S.</b> Rocking Chair <sup>Sen.</sup> - <b>Whitney (3)</b>	Word Chart <sup>C.</sup> - <b>Katie</b> Music Listening <sup>R.</sup> - <b>Whitney</b> Conversation Group <sup>C,S.</sup> - <b>Staff</b>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	A-Z Group <sup>C.</sup> - <b>Whitney</b> Best 10 <sup>C.</sup> - <b>Katie</b> Conversation Group <sup>S,C.</sup> - <b>Staff</b>	Trivia/conversation <sup>C,S.</sup> - <b>Linda S.</b> 100 or Bust <sup>P,S,C.</sup> - <b>Katie</b> Pictionary <sup>C,S.</sup> - <b>Whitney</b>	Midweek Movie Matinee <sup>R.</sup> - <b>Katie &amp; Whitney</b> One on one projects <sup>Pr.</sup>	Expressive Art <sup>C,S.</sup> - <b>Whitney</b> Bingo Groups <sup>S,Pr.</sup> - <b>Linda S. &amp; Katie</b> One on one projects <sup>Pr.</sup>	Friday Frolic: Movies <sup>R.</sup> - <b>Katie &amp; Whitney</b> One on one projects <sup>Pr.</sup>
4:15-4:30	Conversation Ball <sup>C/</sup> One on one projects <sup>Pr.</sup>	Piano Appreciation <sup>R.</sup> - <b>Whitney</b> Relaxing and Chatting <sup>S.</sup> - <b>Katie</b>	Midweek Movie Matinee <sup>R.</sup> - <b>Katie &amp; Whitney</b> One on one projects <sup>Pr.</sup>	Roundtable Talk <sup>S,R,C.</sup> - <b>Katie &amp; Whitney</b>	Friday Frolic: Movies <sup>R.</sup> - <b>Katie &amp; Whitney</b> One on one projects <sup>Pr.</sup>
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
9:00-9:30	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 Pumpkin Cheesecake Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday, June B.!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:30	Music A to Z <sup>S,C.</sup> - <b>Whitney</b> Newspaper Group <sup>R,S.</sup> - <b>Katie</b> One on one projects <sup>Pr.</sup>	Big Words & Small Words <sup>C,S.</sup> - <b>Katie</b> Expressive Art <sup>C,S.</sup> - <b>Whitney</b> Conversation Group: <sup>S,C.</sup> - <b>Staff</b>	Chimes <sup>Pr,S.</sup> - <b>Whitney</b> Coloring Group <sup>C,S.</sup> - <b>Katie</b> Conversation Group <sup>C,S.</sup> - <b>Staff</b>	Drum Circle <sup>P,S,C.</sup> - <b>Whitney</b> Conversation Group <sup>C,S.</sup> - <b>Staff</b> Jeopardy <sup>C,S.</sup> - <b>Katie</b>	Headbenz <sup>C,S.</sup> - <b>Staff</b> Word Scrambles <sup>C,S.</sup> - <b>Katie</b> Name That Place <sup>C,S.</sup> - <b>Whitney</b>
11:00-11:30	Crossword Puzzle <sup>C.</sup> - <b>Katie</b> Headbenz <sup>C,S.</sup> - <b>Whitney</b>	Regular Exercise <sup>P,S.</sup> - <b>Katie</b> Cycling <sup>P,S.</sup> - <b>Whitney</b> Exercise <sup>P,S.</sup> - <b>Staff</b>	Connect 4 <sup>S,C.</sup> - <b>Whitney</b> Wheels of Fortune <sup>C,S.</sup> - <b>Katie</b> Sewing Group <sup>Sen,C.</sup> - <b>Diane</b>	Best 10 <sup>C,S.</sup> - <b>Katie</b> Expressive Art <sup>C,S.</sup> - <b>Whitney</b> Rise up hand <sup>C,S.</sup> - <b>Staff</b>	Regular Exercise <sup>P,S.</sup> - <b>Whitney</b> Cycling <sup>P,S.</sup> - <b>Katie</b> Exercise <sup>P,S.</sup> - <b>Staff</b>
12:00-1:50	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr.</sup>
2:00-2:30	Regular Exercise <sup>P,S.</sup> - <b>Whitney</b> Cycling <sup>P,S.</sup> - <b>Katie</b> Exercise <sup>P,S.</sup> - <b>Staff</b>	Crossword Puzzle <sup>C,S,Pr.</sup> - <b>Linda S.</b> Hangman <sup>C.</sup> - <b>Katie</b> Shake a Memory <sup>C.</sup> - <b>Whitney</b>	Regular Exercise <sup>P,S.</sup> - <b>Whitney</b> Cycling <sup>P,S.</sup> - <b>Katie</b> Chair Yoga <sup>P,S.</sup> - <b>Dana A.</b>	Regular Exercise <sup>P,S.</sup> - <b>Katie</b> Cycling <sup>P,S.</sup> - <b>Linda S.</b> Exercise <sup>P,S.</sup> - <b>Whitney</b>	Bingo Groups <sup>S,Pr.</sup> - <b>Whitney &amp; Katie</b> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Story Writing <sup>C,R.</sup> - <b>Katie</b> Pictionary <sup>C.</sup> - <b>Whitney</b>	100 Or Bust <sup>P,C.</sup> - <b>Katie</b> Conversation <sup>C.</sup> - <b>Linda S.</b> Music Appreciation <sup>R.</sup> - <b>Whitney</b>	Midweek Movie Matinee <sup>R.</sup> - <b>Katie &amp; Whitney</b> One on one projects <sup>Pr.</sup>	Trivia <sup>S,C.</sup> - <b>Katie</b> Crossword Puzzle <sup>C,S,Pr.</sup> - <b>Linda S.</b> Word Chart <sup>C,S.</sup> - <b>Whitney</b>	Friday Frolic <sup>R.</sup> - <b>Katie &amp; Whitney</b> One on one projects <sup>Pr.</sup>
4:15-4:30	Conversation Ball <sup>S,C/</sup> One on one projects <sup>Pr.</sup>	Relaxing and Chatting <sup>S.</sup> / One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R.</sup> - <b>Katie &amp; Whitney</b>	Conversation Group <sup>S,C.</sup> - <b>Katie &amp; Whitney</b>	Friday Frolic <sup>R.</sup> - <b>Katie &amp; Whitney</b> One on one projects <sup>Pr.</sup>

	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Pumpkin Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Chocolate Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Cat Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Halloween!</b>
10:00-10:30	Music Hangman <sup>C, Sen, R</sup> - <b>Whitney</b> Newspaper Group <sup>S, C</sup> - <b>Katie</b> Conversation Group <sup>C</sup> - <b>Staff</b>	Word Chart <sup>C,S</sup> - <b>Katie</b> Expressive Art <sup>C,S</sup> - <b>Whitney</b> Conversation Group <sup>C,S</sup> - <b>Staff</b>	Jeopardy <sup>C,S</sup> - <b>Katie</b> Coloring Group <sup>C</sup> - <b>Whitney</b> One on one projects <sup>Pr</sup>	Drum Circle <sup>P,S,C</sup> - <b>Whitney</b> Conversation Group <sup>C,S</sup> - <b>Staff</b> Big Words & Small Words <sup>C,S</sup> - <b>Katie</b>	Conversation Group <sup>C,S</sup> – <b>Staff</b> Chimes <sup>Pr,S</sup> - <b>Whitney</b> Word Scrambles <sup>C,S</sup> - <b>Katie</b>
11:00-11:30	Crossword Puzzle <sup>C</sup> - <b>Katie</b> Headbenz <sup>C,S</sup> - <b>Whitney</b> Best 10 <sup>C</sup> - <b>Staff</b>	Regular Exercise <sup>P,S</sup> - <b>Katie</b> Cycling <sup>P,S</sup> - <b>Whitney</b> Exercise <sup>P,S</sup> - <b>Staff</b>	Connect 4 <sup>S,C</sup> - <b>Whitney</b> Devotions <sup>S,C,R</sup> - <b>Katie</b> Sewing Group <sup>Sen,C</sup> - <b>Diane</b>	Regular Exercise <sup>P,S</sup> - <b>Katie</b> Cycling <sup>P,S</sup> - <b>Whitney</b> Exercise <sup>P,S</sup> - <b>Staff</b>	Regular Exercise <sup>P,S</sup> - <b>Whitney</b> Cycling <sup>P,S</sup> - <b>Katie</b> Exercise <sup>P,S</sup> - <b>Staff</b>
12:00-1:50	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr</sup>	Lunch & Relaxation/ <b>Music and Memory</b> <sup>Sen</sup> One on one projects <sup>Pr</sup>
2:00-2:30	Regular Exercise <sup>P,S</sup> - <b>Katie</b> Cycling <sup>P,S</sup> - <b>Whitney</b> Exercise <sup>P,S</sup> - <b>Staff</b>	Crossword Puzzle <sup>C,S,Pr</sup> - <b>Linda S.</b> Hangman <sup>C</sup> - <b>Katie</b> Pictionary <sup>C,S</sup> - <b>Whitney</b>	Regular Exercise <sup>P,S</sup> - <b>Whitney</b> Cycling <sup>P,S</sup> - <b>Katie</b> Exercise <sup>P,S</sup> - <b>Staff</b>	Wheels of Fortune <sup>C,S</sup> - <b>Linda S.</b> Expressive Art <sup>C,S</sup> - <b>Whitney</b> Shake a memory <sup>C,S</sup> - <b>Katie</b>	Bingo Groups <sup>S,Pr</sup> - <b>Whitney &amp; Katie</b> One on one projects <sup>Pr</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	A to Z <sup>C,S</sup> -- <b>Katie</b> 100 Or Bust <sup>C,S</sup> - <b>Staff</b> Music Listening <sup>C,R</sup> - <b>Whitney</b>	Bingo Groups <sup>S,Pr</sup> - <b>Katie &amp; Linda S.</b> One on one projects <sup>Pr</sup>	Midweek Movie Matinee <sup>R</sup> - <b>Katie &amp; Whitney</b> One on one projects <sup>Pr</sup>	Trivia <sup>S,C</sup> - <b>Katie</b> Crossword Puzzle <sup>C,S,Pr</sup> - <b>Linda S.</b> Rocking Chair <sup>Sen</sup> - <b>Whitney (3)</b>	Friday Frolic <sup>R</sup> : Halloween Movie- <b>Katie &amp; Whitney</b> One on one projects <sup>Pr</sup>
4:15-4:30	Conversation Group <sup>S</sup> / One on one projects <sup>Pr</sup>	Music listening and relaxing <sup>R</sup> / One on one projects <sup>Pr</sup>	Midweek Movie Matinee <sup>R</sup> - <b>Katie &amp; Whitney</b>	Relaxing Conversation <sup>S,C</sup> - <b>Katie &amp; Whitney</b>	Friday Frolic <sup>R</sup> : Halloween Movie- <b>Katie &amp; Whitney</b>

October is...

- Halloween Safety Month
- Global Diversity Awareness Month
- International Walk to School Month
- American Chesses Month
- Breast Cancer Awareness Month
- Eat Better, Eat Together Month

**Personal Workshop**

Jigsaw Puzzles  
Crossword/Word Search  
Reminisce  
Coloring  
Indoor/Outdoor Walks (depending on temperature)  
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

