



Adult Care Center of the Northern Shenandoah Valley, Inc.
2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
9:00-9:30	Music Room- Red Nature Room- Blue Living Room- Orange Big Area-purple		Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword National U.S. Postage Stamp Day	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword Independence Day (4th)
10:00-10:30	Outdoor- Green The maximum number of each		Coloring Group ^{C,S} - Whitney Newspaper Group ^{C,S} - Katie	Jeopardy ^{C,S} - Katie Song Discussion ^{C,S,Sen.} - Whitney	Bingo ^{S,Pr} - Katie Chimes ^{Pr,S} - Whitney
11:00-11:30	activity is 9 people		Headbands ^C - Whitney Word Scramble ^C - Katie	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie
12:00-1:50			Lunch & Relaxation/ Music and Memory ^{Sen./} Nature Walk ^N	Lunch & Relaxation/ Music and Memory ^{Sen./} Rock & Relax Outside ^N	Lunch & Relaxation/ Music and Memory ^{Sen./} One on one projects ^{Pr.}
2:00-2:30			Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie	Crossword Puzzle ^{C,S,Pr.} - Katie Expressive Art ^{C,S,Pr.} - Whitney	Bingo ^{S,Pr} - Whitney Best 10 ^{C,S} - Katie
3:00			Refreshments	Refreshments	Refreshments
3:30-4:00			Midweek Movie Matinee- Katie & Whitney	Trivia ^{S,C} - Katie Piano Appreciation ^{Sen.} - Whitney	Friday Frolic- Katie & Whitney
4:15-4:30			Midweek Movie Matinee- Katie & Whitney	A- Z ^{C,Pr.} - Katie Conversation Group ^{S,C} - Whitney	Friday Frolic- Katie & Whitney
	6	7	8	9	10
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Strawberry Sundae Day	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 Kitten Day
10:00-10:30	Music & Spirituality ^{Sen,R} - Whitney Newspaper Group ^{R,S} - Katie	Word Scrambles ^{C,S} - Katie Expressive Art ^{C,S} - Whitney	Coloring Group ^{C,S} - Whitney Big Word Small Word ^{C,S} - Katie	Book Club ^{S,C,R} - Katie Drum Circle ^{P,S,C} - Whitney	Bingo ^{S,Pr} - Katie Chimes ^{Pr,S} - Whitney
11:00-11:30	Crossword Puzzle ^C - Katie Pictionary ^{C,S} - Whitney	Regular Exercise ^{P,S} Katie Cycling ^{P,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}
2:00-2:30	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.	Rock & Relax Outside with guitar music ^N - Whitney (5 participants) Story Writing ^C - Katie	Jeopardy ^{C,S} - Katie Name That Tun ^{C,S,e} - Whitney	Crossword Puzzle ^C - Katie Expressive Art ^{C,S} - Whitney	Bingo ^{S,Pr} - Whitney A-Z ^{C,S} - Katie
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Spot the Difference ^{C,S} - Katie Wheels of Fortune ^{C,S} - Whitney	Fruit Hangman ^{C,S} / Nature Walk ^N	Midweek Movie Matinee- Katie & Whitney	Rock & Relax Outside ^N - Katie (5) Pictionary ^{C,S} - Whitney	Friday Frolic- Katie & Whitney
4:15-4:30	Trivia ^{C,S} - Katie & Whitney	Piano Appreciation ^R - Whitney Best 10 ^{C,S} - Katie (9)	Midweek Movie Matinee- Katie & Whitney	Trivia ^{S,C} - Katie Conversation Group ^{S,C} Whitney	Friday Frolic- Katie & Whitney

	13	14	15	16	17
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National French Fry and Beans ‘N’ Franks Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National I Love Horses Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:30	Music & Spirituality ^{Sen,R-} Whitney Conversation Group ^{S, C-} Katie	Hangmen ^{C,S-} Katie Expressive Art ^{C,S-} Whitney	Bingo ^{S,Pr-} Katie Coloring Group ^{C,S-} Whitney (6)	Musical Jeopardy ^{S,C-} Katie Name That Tune ^{C-} Whitney	Drum Circle ^{P,S,C-} Whitney Story Writing ^{C,S-} Katie
11:00-11:30	Crossword Puzzle ^{C-} Katie 100 or Bust ^{P,S,C-} Whitney	Devotions ^{S,C,R-} Katie Pictionary ^{C,S-} Whitney	Best 10 ^{C,S-} Katie Headbenz ^{C,S-} Whitney	Regular Exercise ^{P,S-} Katie Cycling ^{P,S-} Whitney	Regular Exercise ^{P,S-} Whitney Cycling ^{P,S-} Katie
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr-}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr-}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr-}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr-}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr-}
2:00-2:30	Regular Exercise ^{P,S-} Katie Cycling ^{P,S-} Whitney Chair Yoga ^{P,S-} Dana A.	Regular Exercise ^{P,S-} Katie Cycling ^{P,S-} Whitney	Regular Exercise ^{P,S-} Whitney Cycling ^{P,S-} Katie	Expressive Art ^{C,S-} Whitney Roundtable Talk ^{S,R,C-} Katie	Crossword Puzzle ^{C-} Katie Chimes ^{Pr,S-} Whitney
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Spot the Difference ^{C,S-} Katie Music A-Z ^{C-} Whitney	Best 10 ^{C,S-} Katie Wheels of Fortune ^{C,S-} Whitney	Midweek Movie Matinee- Katie & Whitney	Trivia ^{S,C-} Katie Rise up hand ^{C,S-} Whitney	Friday Frolic- Katie & Whitney
4:15-4:30	Go Discovery ^{C/} One on one projects ^{Pr-}	Piano Appreciation ^{R/} One on one projects ^{Pr-}	Midweek Movie Matinee- Katie & Whitney	Conversation Group ^{S, C-} Katie & Whitney	Friday Frolic- Katie & Whitney
	20	21	22	23	24
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Moon Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Hot Dog Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Gorgeous Grandma Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Cousins Day
10:00-10:30	Music & Spirituality ^{Sen,R-} Whitney Newspaper Group ^{C,S-} Katie	Word Chart ^{C,S-} Katie Expressive Art ^{C,S-} Whitney	Chimes ^{Pr,S-} Whitney Coloring Group ^{C,S-} Katie (6)	Drum Circle ^{P,S,C-} Whitney Bingo ^{S,Pr-} Katie	How old are they ^{S,C-} Whitney Headbenz ^{C,S-} Katie
11:00-11:30	Crossword Puzzle ^{C-} Katie Headbenz ^{C,S-} Whitney	Book Club ^{S,C,R-} Katie Hangman ^{C-} Whitney	Word Scrambles ^{C,S-} Katie 100 or Bust ^{P,S,C-} Whitney	Regular Exercise ^{P,S-} Katie Cycling ^{P,S-} Whitney	Regular Exercise ^{P,S-} Whitney Cycling ^{P,S-} Katie
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr-}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr-}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr-}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr-s}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr-}
2:00-2:30	Regular Exercise ^{P,S-} Whitney Cycling ^{P,S-} Katie Chair Yoga ^{P,S-} Dana A.	Regular Exercise ^{P,S-} Katie Cycling ^{P,S-} Whitney	Regular Exercise ^{P,S-} Whitney Cycling ^{P,S-} Katie	Crossword Puzzle ^{C-} Katie Expressive Art ^{C,S-} Whitney	Rock & Relax Outside with guitar music ^{N-} – Whitney (5) Story Writing ^{C-} Katie
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Who Sang this Song ^{C-} Whitney Big Words-Small Words ^{C-} Katie	Rock & Relax Outside ^{N-} – Katie (5) Pictionary ^{C,S-} Whitney	Midweek Movie Matinee- Katie & Whitney	Trivia ^{S,C-} Katie Rise up hand ^{C,S-} Whitney	Friday Frolic- Katie & Whitney
4:15-4:30	Conversation Group ^{S, C} One on one projects ^{Pr-}	Piano Appreciation ^{R/} One on one projects ^{Pr-}	Midweek Movie Matinee- Katie & Whitney	Conversation Group ^{S, C-} Katie & Whitney	Friday Frolic- Katie & Whitney
	27	28	29	30	31
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Love Is Kind 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 National Whistleblower Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:30	Music & Spirituality ^{Sen,R-} Whitney Conversation Group ^{S, C-} Katie	Hangmen- Katie Expressive Art ^{C,S-} Whitney	A-Z ^{C-} Katie Music Appreciation ^{R-} Whitney	Big Words Small Words ^{C-} Katie Name That Tune ^{C-} Whitney	Bingo ^{S,Pr-} Katie Chimes ^{Pr,S-} Whitney
11:00-	Crossword Puzzle ^{C-} Katie	Devotions ^{S,C,R-} Katie	Headbenz ^{C,S-} Katie	Regular Exercise ^{P,S-} Katie	Regular Exercise ^{P,S-} Whitney

11:30	Rise up hand ^{C,S} - Whitney	Drum Circle ^{P,S,C} - Whitney	Life Story conversation ^{C,S} - Whitney	Cycling ^{P,S} - Whitney	Cycling ^{P,S} - Katie
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}
2:00-2:30	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Chair Yoga ^{P,S} - Dana A.	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie	Crossword Puzzle ^C - Katie Expressive Art ^{C,S} - Whitney	Bingo ^{S,Pr} - Whitney Best 10 ^{C,S} - Katie
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Word Chart ^C - Katie Rock & Relax Outside with guitar music ^N – Whitney (5)	Go Traveling ^C / Wheels of Fortune ^{C,S}	Midweek Movie Matinee- Katie & Whitney	Trivia ^{S,C} - Katie Rise up hand ^{C,S} - Whitney	Friday Frolic- Katie & Whitney
4:15-4:30	Conversation Group ^S / One on one projects ^{Pr.}	Piano Appreciation ^R / One on one projects ^{Pr.}	Midweek Movie Matinee- Katie & Whitney	Conversation Group ^S - Katie & Whitney	Friday Frolic- Katie & Whitney

- July is...
- World Watercolor Month
 - National Baked Bean Month
 - National Hot Dog Month
 - National Ice Cream Month
 - National July Belongs to Blueberries Month
 - National Picnic Month
 - National Peach Month

<p><u>Personal Workshop</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Reminisce</p> <p>Coloring</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Music & Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants daily*</p> <p>Core Focus: Body Blades</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind & Body): Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
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