

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



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:00-9:45	<b>CLOSED LABOR DAY</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Newspaper Carrier Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Cheese Pizza Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Read a Book Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Beer Lover's Day</b>
10:00-10:45		Tea Party/ Expressive Art/ Card Shark Club: UNO	Happy Bingo Time	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45		Breakout Exercise & Wellness Group	Life Stories/ Headbandz/ Chimes	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
2:00-2:45		Drum Circle/ Puzzles & Word Finds	Midweek Matinee	Crossword Puzzle/ Expressive Art/ Rock & Relax Outside/ Penny Ante	Karaoke with Root Beer Rock
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15		Pictionary/ Bean Bag Toss/ Origami	Midweek Matinee	Trivia (2 groups)/ Target Toss	Friday Frolic
4:30		Conversation Ball	Breakout Exercise & Wellness Group	Choir rehearsal/ Relaxing Conversation	Friday Frolic
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National TV Dinner Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Day of Service and Remembrance</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword <b>National Day of Encouragement</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Uncle Sam Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Virginia Day</b>
10:00-10:45	Music Ball/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Shark Club: Crazy Eights	Dancing & Singing Karaoke	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Hangman/Ring Toss	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz/ Sing Along	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	Music & Spirituality/ Puzzles & Word Find	Drum Circle/ Puzzles & Word Find	Chimes/ Bingo	Crossword Puzzle/ Expressive Art/ Rock & Relax Outside/ Penny Ante	Friday Frolic
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Breakout Exercise & Wellness Group	Midweek Matinee	Breakout Exercise & Wellness Group	Trivia/ Tic-Tac-Toe	Friday Frolic
4:30	Bean Bag Toss/ Personal Workshop	Midweek Matinee	Conversation Ball	Choir Rehearsal/ Relaxing Conversation	Friday Frolic

	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Constitution Day and Citizenship Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Cheeseburger Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday Phyllis C! National Punch Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Pecan Cookie Day</b>
10:00-10:45	Karaoke takes the Monday blues away	Tea Party/ Expressive Art/ Card Shark Club: Blackjack	Movement Group	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Headbandz/ Music Appreciation	Breakout Exercise & Wellness Groups	Life Stories/ Hangman/ Sing Along	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 Find	Drum Circle/ Puzzles & Word Find	Manicures/ Head-Hand Massage and a movie	Crossword Puzzle/Expressive Art/Rock & Relax Outside/ Penny Ante	Chimes/ Bingo
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Breakout Exercise & Wellness Group	Name That Tune/ Bean Bag Toss	Midweek Matinee	Trivia/ Target Toss	Friday Frolic
4:30	Piano Appreciation/ Personal Workshop	Conversation Ball	Midweek Matinee/ Piano Appreciation	Choir Rehearsal/ Relaxing Conversation	Friday Frolic
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday Glenda! National Lobster Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Johnny Appleseed Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Chocolate Milk Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Good Neighbor Day</b>
10:00-10:45	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Shark Club: Old Maid	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Penny Ante/ Q- Chord	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz/ Music Ball	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	Chimes/ Bingo	Breakout Exercise & Wellness Group	Crossword/ Expressive Art/ Rock & Relax Outside	Price is Right!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Music Appreciation	Karaoke Tuesday with Glenda	Midweek Matinee	Trivia/ UNO game/ Bean Bag Toss	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	100 or Bust	Midweek Matinee	Choir Rehearsal/Relaxing Conversation	Friday Frolic

September is...

- Baby Safety Month
- Classical Music Month
- College Savings Month
- Fall Hat Month
- Bake Month
- Happy Cat Month
- Hunger Action Month
- Intergeneration Month
- International Square Dancing Month
- National Cheese Month
- National Chicken Month
- National Fruit and Veggies Month

**Participants Choice**

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