

Adult Care Center of the Northern Shenandoah Valley, Inc.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>	<b>2</b>
9:00-9:45				Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday, Marilyn!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday, Vivian (3<sup>rd</sup>) Art on the Brain Event!</b>
10:00-10:45				Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45				Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group
12:00-1:45				Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45				Crossword Puzzle/ Rock & Relax Outside/ Expressive Art/ UNO	Drum Circle/ Puzzles & Word Find
3:00				Refreshments	Refreshments
3:30-4:15				Trivia groups/ Spelling Bee/ Connect 4	Friday Frolic
4:30				Choir Rehearsal/ Personal Workshop	Friday Frolic/ Personal Workshop
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Doughnut Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Saxophone Day</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Cappuccino Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Name that Tune A-Z/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Sharp Club: UNO	Music Ball/ Puzzles & Word Find	Old Time Music/ Word Chart	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword/ Conversation Ball/ Penny Ante	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz/ 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	Music & Spirituality/ Puzzles & Word Finds	Chimes/ Bingo	Breakout Exercise & Wellness Group	Crossword Puzzle/ Water Color/ Dominos	Drum Circle/ Puzzles & Word Finds
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Breakout Exercise & Wellness Group	Story Writing/ Origami Group	Midweek Matinee	Trivia/ Pictionary	Friday Frolic
4:30	Group Trivia/ Personal Workshop	Conversation Ball/ Personal	Midweek Matinee/ Personal	Connect 4/ Personal Workshop	Friday Frolic/ Personal Workshop

		Workshop	Workshop		
	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Chicken Soup for the Soul Day</b>	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 Clean out your Refrigerator Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Karaoke Monday/ Puzzles & Word Finds	Tea Party/ Expressive Art/ Card Sharps Club: Crazy Eights	Jeopardy Time/ Puzzles & Word Finds	Old Time Music/ Big words or small words	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword/ Farkle/ 100 or Bust	Breakout Exercise & Wellness Groups	Life Stories/ Hangman/ 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	Music & Spirituality/ Puzzles & Word Finds	Chimes/ Bingo	Midweek Matinee	Crossword/ Expressive Art/ Soap Making	Drum Circle/ Puzzles & Word Finds
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Breakout Exercise & Wellness Group	Word Chart/ Origami Group	Midweek Matinee	Trivia/ Spelling Bee/ Pictionary	Friday Frolic
4:30	Target Toss/ Puzzles & Word Finds	Relaxing singing with the piano/ Personal Workshop	Group Trivia/ Personal Workshop	Conversation Ball/ Personal Workshop	Friday Frolic/Personal Workshop
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday, Cynthia! National Play Monopoly Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Thanksgiving Celebration!</b>	<b>CLOSED HAPPY THANKSGIVING!</b> 	<b>CLOSED</b>
10:00-10:45	Music Ball/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Shark Club: Old Maid	Chimes/Bingo	<b>Happy Birthday, Sarah!</b>	<b>Happy Birthday, Mauretta!</b>
11:00-11:45	Crossword Puzzle/ Connect 4/ Q-Chord	Breakout Exercise & Wellness Groups	Life Stories/ Hangman/ Music Ball		<b>Happy Birthday, Betsy (24<sup>th</sup>)</b>
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation		
2:00-2:45	Breakout Exercise & Wellness Group	Jeopardy	Breakout Exercise & Wellness Group		
3:00	Refreshments	Refreshments	Refreshments		
3:30 - 4:15	Breakout Exercise & Wellness Group	Dominos/ Pictionary	Midweek Matinee		
4:30	Conversation Ball/ Personal Workshop	Choir Rehearsal/ Personal Workshop	Midweek Matinee/ Personal Workshop		
	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Birthday Party!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Birthday Party!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National French Toast Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Big words small words/ Puzzles & Word Finds	Tea Party/ Expressive Art/ Card Sharps Club: Fan-tan	Price is Right! / Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-	Crossword/ Headbandz	Breakout Exercise & Wellness	Life Stories/ Hangman	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group

11:45		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	Birthday Celebration with Drum Circle	Breakout Exercise & Wellness Group	Crossword/ Expressive Art/ Kitchen Demo: Lemon Custard Pie	Friday Frolic
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Breakout Exercise & Wellness Group	Win the Bingo Prize!	Midweek Matinee	Trivia/ Bean Bag Toss/ Story Writing	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	Connect 4/ Personal Workshop	Personal Workshop

November is...

- Aviation History Month
- International Drum Month
- National Caregivers Appreciation Month
- National Model Railroad Month
- National Novel Writing Month
- Native American Heritage Month
- Peanut Butter Lovers Month
- Real Jewelry Month
- National Sleep Comfort Month
- National Diabetes Awareness Month
- National Epilepsy Month
- National Adoption Awareness 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