

Adult Care Center of the Northern Shenandoah Valley, Inc.



Activity Calendar 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Homemade Cookies Day!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Name your Car Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Boyfriend Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Denny! National Golf Lover's Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Jane! National Do Something Nice Day
10:00-10:45	Music Ball/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Shark Club: UNO	Fall A to Z/ Name That Tune/ Puzzles & Word Find	Old Time Music/ Kitchen Delight: Cinnamon Apples	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Big words or small words/ Target Toss	Breakout Exercise & Wellness Group	Life Stories/ Headbandz/ Music Lounge	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	Lunch & Breakout Group/Relaxation
2:00-2:45	Music & Spirituality/ Puzzles & Word Find	Chimes/Bingo	Breakout Exercise & Wellness Group	Crossword Puzzle/ Rock & Relax Outside/ Birthday Card Making/ Penny Ante	Drum Circle/ Puzzles & Word Find
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Breakout Exercise & Wellness Group	Story Writing/ Origami Group	Midweek Matinee	Trivia / Pictionary/ Scrabble	Friday Frolic
4:30	Trivia/Personal Workshop	Conversation Ball/ Personal Workshop	Midweek Matinee/Personal Workshop	Choir Rehearsal/ Personal Workshop	Friday Frolic/ Personal Workshop
	8	9	10	11	12
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Columbus Day Birthday Party!!!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Naoko!	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Don and Dana! National Cake Decorating Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Sausage Pizza Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Vicki! National Farmer's Day
10:00-10:45	Music Ball/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Shark Club: Crazy Eights	Jeopardy Time/ Puzzles & Word Find	Old Time Music/ Big words or small words	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Farkle/ Bean Bag Toss	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	Birthday Celebration: Karaoke	Music & Spirituality/ Puzzles & Word Find	Chimes/Bingo	Crossword Puzzle/ Expressive Art/ Rock & Relax Outside/ Penny Ante	Drum Circle/ Puzzles & Word Finds
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Breakout Exercise & Wellness Group	Midweek Matinee	Breakout Exercise & Wellness Group	Trivia/ Spelling Bee/ Pictionary	Friday Frolic
4:30	100 or Bust/ Personal Workshop	Midweek Matinee/Personal	Choir Rehearsal/Personal Workshop	Conversation Ball/ Personal	Friday Frolic/ Personal Workshop

		Workshop		Workshop	
	15	16	17	18	19
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Cheese Curd Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Dictionary Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Copeland! National Pasta Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Kathy! National Chocolate Cupcake Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Seafood Bisque Day
10:00-10:45	Sing a song on Monday morning	Tea Party/ Expressive Art/ Card Sharks Club: Black Jack	Chimes/ Bingo	Old Time Music/ Health Food Hangman	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzles/ Dominos/ Music Fantan	Breakout Exercise & Wellness Groups	Life Stories/ Connect 4/ 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 Find	Drum Circle/ Puzzles & Word Find	Breakout Exercise & Wellness Group	Crossword Puzzle/ Soap Making/ Rock & Relax Outside/ Penny Ante	Manicures & Hand Massages/ Head Massage and Trivia
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Breakout Exercise & Wellness Group	Art Appreciation/ Headbandz	Midweek Matinee	Trivia/ Target Toss/Origami	Friday Frolic
4:30	Music Appreciation/ Personal Workshop	Conversation Ball/ Personal Workshop	Midweek Matinee/ Personal Workshop	Choir Rehearsal/ Personal Workshop	Friday Frolic/Personal Workshop
	22	23	24	25	26
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Nut 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	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday Kevin and Lois (on the 27th)
10:00-10:45	Music Ball/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Shark Club: Old Maid	Chimes/Bingo	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Connect 4/ Q-Chord	Breakout Exercise & Wellness Groups	Life Stories/ Hangman/ 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	Jeopardy	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Rock & Relax Outside/ UNO	Drum Circle/ Puzzles & Word Find
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Breakout Exercise & Wellness Group	Dominos/ Pictionary	Midweek Matinee	Trivia/ Bean Bag Toss/ Spelling Bee	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Choir Rehearsal/ Personal Workshop	Midweek Matinee/ Personal Workshop	100 or Bust/ Personal Workshop	Friday Frolic/Personal Workshop
	29	30	31		
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 Happy Halloween!! Wear your special outfit		
10:00-10:45	Music Ball/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Sharks Club: Old Maid	Price is Right! / Puzzles & Word Find		
11:00-	Crossword Puzzle/ Penny Ante/ Q-	Breakout Exercise & Wellness	Life Stories/ Halloween Hangman/		

11:45	Chord	Groups	Music Ball		
12:00 -1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation		
2:00-2:45	Music & Spirituality/ Puzzles & Word Find	Chimes/ Bingo	Halloween Fashion Show Party!		
3:00	Refreshments	Refreshments	Refreshments		
3:30 - 4:15	Breakout Exercise & Wellness Group	Music Concert	Midweek Matinee: Hocus Pocus		
4:30	Trivia/ Conversation Ball/ Personal Workshop	Bean Bag Toss/ Personal Workshop	Midweek Matinee: Hocus Pocus/ Personal Workshop		

October is...

- All American Breakfast Month
- Computer Learning Month
- Cook Book Month
- Country Music Month
- Diversity Awareness Month
- Emergency Care Month
- Family History Month
- Hunger Awareness Month
- National Apple Month
- National Dessert Month
- National Popcorn Poppin' Month
- National Courtesy 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