

Adult Care Center of the Northern Shenandoah Valley, Inc.



Activity Calendar 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
9:00-9:45		<b>CLOSED</b> <i>Happy New Year!</i>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday, Paul!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45			Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45			Life Stories/ New Year Hangman/ Name That Tune	Breakout Exercise & Wellness Group	Breakout Exercise & Wellness Group
12:00-1:45			Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45			Breakout Exercise & Wellness Group	Expressive Art/ Crossword Puzzle/ Round Table Reminiscing	Hand Massages/Nail Care
3:00			Refreshments	Refreshments	Refreshments
3:30-4:15			Midweek Matinee	Trivia Groups/Connect 4	Friday Frolic
4:30			Midweek Matinee/ Personal Workshop	Exercise Hopscotch/Personal Workshop	Friday Frolic/ Personal Workshop
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday, Whitney!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	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 <b>Happy Birthday, Dawn! (13<sup>th</sup>)</b>
10:00-10:45	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Sharps Club: UNOO	Drum Circle/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword Puzzle/ Penny Ante/ Headbandz	Breakout Exercise & Wellness Groups	Life Stories/ Hangman/ 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	Breakout Exercise & Wellness Group	Chimes/Bingo	Breakout Exercise & Wellness Group	Crossword/ Expressive Art/ Big Words-Small Words	Jeopardy
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Group Trivia/ Connect 4	Story Writing/ Bean Bag Toss	Midweek Matinee	Trivia groups/ 100 or Bust	Friday Frolic
4:30	Bean Bag Toss/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	Conversation Ball/ Personal Workshop	Friday Frolic/ Personal Workshop

	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Sharps Club: Crazy Eights	Drum Circle/ Puzzles & Word Find	Old Time Music/ Big Words- 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	Breakout Exercise & Wellness Groups	Chimes/ Big Words -Small Words	Midweek Matinee with Ice Cream Social	Crossword Puzzle/ Expressive Art/ Soap Making	Hand Massages/ Nail Care
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Bingo	Hand Massages	Midweek Matinee	Trivia/ Spelling Bee	Friday Frolic
4:30	Pictionary/ Personal Workshop	Relaxing with the Piano Music/ Personal Workshop	Trivia/ Card Talk	Conversation Ball/ Personal Workshop	Friday Frolic/Personal Workshop
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
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 <b>Happy Birthday, Polly!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Birthday Party!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Music & Spirituality/ Puzzles & Word Find	Tea Party/ Expressive Art/ Card Sharps Club: Fan-tan	Karaoke for Birthday Party!	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword/ Hangman/ Target Toss	Breakout Wellness & Exercise Groups	Life Stories/ Headbandz/ 100 or Bust	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	Breakout Wellness & Exercise Groups	Drum Circle/Puzzles & Word Find	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Penny Ante	Chimes/Bingo
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Music Performance/ Story Writing	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	Trivia groups/ Connect 4	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	Big words -Small words/ Personal Workshop	Friday Frolic/ Personal Workshop
	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</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, Alice!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday, John K!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Music & Spirituality/ Puzzles & Word Finds	Tea Party/ Expressive Art/ Card Sharps Club: Old Maid	Price Is Right!/ Puzzles & Word Find	Old Time Music/ Puzzles & Word Find	Intergenerational/ Puzzles & Word Find
11:00-11:45	Crossword/ Farkle/ Hangman	Breakout Exercise & Wellness Group	Life Stories/ Headbandz	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-	Breakout Exercise & Wellness	Chimes/Bingo	Breakout Exercise & Wellness Group	Crossword/ Expressive Art/	Friday Frolic

2:45	Group			Conversation Group	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Winter Poetry/ Animal A-Z	Target Toss/ Name that Tune	Midweek Matinee	Trivia/ Story Writing	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	Connect 4/ Personal Workshop	Friday Frolic/ Personal Workshop

January is...

- Adopt a rescued bird month
- Bath safety month
- Be kind to food servers month
- Black diamond month
- Book blitz month
- Clap 4 health month
- Get organized month
- International creativity month
- Learn to ski and snowboard month
- National braille literacy month
- National hot tea month
- National mentoring month

**Personal Workshop**

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