

Adult Care Center of the Northern Shenandoah Valley, Inc.



2019

Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
9:00-9:45					Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Old Stuff Day (3/2)
10:00-10:45					Intergenerational/ Personal Workshop
11:00-11:45					Breakout Exercise & Wellness Group
12:00-1:45					Lunch & Breakout Group/Relaxation
2:00-2:45					Bingo/ Chimes
3:00					Refreshments
3:30-4:15					Friday Frolic
4:30					Friday Frolic
	4	5	6	7	8
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Pancake Tuesday/ Mardi Gras	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Barbara J!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword International Women's Day
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: UNO	Jeopardy/ Personal Workshop	Drum Circle / Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/Head Bandz/ Bean Bag Toss	Breakout Exercise & Wellness Groups	Life Stories/ Hangman/ Music Lounge	Cycling Group/ 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 Group	Social Dance: Zydeco Dance & more	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Penny Ante	Chimes/ Bingo
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	100 or Bust/ Manicures	Pancake Toss Game/ Conversation Ball	Midweek Matinee/ Scrabble	Trivia/ Connect 4	Friday Frolic
4:30	Big Words-Small Words/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Sing along/ Virtual Bowling League	Friday Frolic
	11	12	13	14	15
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word	Morning News Hour/ Participants Choice: Puzzles, Word	Morning News Hour/ Participants Choice: Puzzles, Word	Morning News Hour/ Participants Choice: Puzzles, Word	Morning News Hour/ Participants Choice: Puzzles, Word

	Find/Crossword	Find/Crossword National Plant a Flower Day	Find/Crossword	Find/Crossword National Pi Day	Find/Crossword National Dress in Blue Day, wear something blue!
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Crazy Eights	Breakout Exercise & Wellness Groups	Crossword Puzzle/ Expressive Art	Intergenerational/ Personal Workshop
11:00-11:45	Crossword/ Farkle/ 100 or Bust	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	Breakout Exercise & Wellness Groups	Old Time Music/ Personal Workshop	Bingo/ Kitchen demo: Pie making for Pi Day!	Crossword Puzzle/ Expressive Art/ Roundtable Talk	Karaoke Dance Party
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Scrabble/ Target Toss	Flower A-Z/ Bean Bag Toss	Midweek Matinee	Trivia Groups/ Chimes	Friday Frolic
4:30	Connect 4/ Personal Workshop	Relaxing singing with piano/ Personal Workshop	Midweek Matinee	Conversation Ball/ Personal Workshop	Friday Frolic
	18	19	20	21	22
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword St. Patrick's Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Certified Nurses Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword First Day of Spring	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Kay & Moira!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Birthday Party!
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Old Maid	Breakout Exercise & Wellness Group	Drum Circle/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Headbandz/ Virtual Bowling League	Breakout Wellness & Exercise Groups	Life Stories/ Word Charts/ Tic Tac Toss	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	Old Time Music/ Personal Workshop	Bingo/ Manicures & Hand Massages	Crossword Puzzle/ Expressive Art/ Penny Ante	Birthday Karaoke/ Personal Workshop
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Bean Bag Toss/ Big Words-Small Words	Spring Hangman/ Origami Workshop	Midweek Matinee/ Scrabble	Trivia/ Connect 4	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	100 or Bust/ Personal Workshop	Friday Frolic
	25	26	27	28	29
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 Baseball Opening Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Rummy	Price Is Right!/ Personal Workshop	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Penny Ante/ Virtual Bowling League	Breakout Exercise & Wellness Group	Life Stories/ Headbandz/ Fortune Music	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 Exercise & Wellness Group	Drum Circle/ Personal Workshop	Midweek Matinee	Trivia/ Baseball Toss	Friday Frolic
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Hangman/ Free to Draw & Pictionary	Music Performance	Midweek Matinee	Trivia Groups/ Baseball Toss	Friday Frolic

4:30	Conversation Ball/ Personal Workshop	Relaxing with Music/ Personal Workshop	Midweek Matinee	Connect 4/ Personal Workshop	Friday Frolic
------	--------------------------------------	--	-----------------	------------------------------	---------------

March is...

- Irish-American Heritage Month
- National Caffeine Awareness Month
- National Celery Month
- National Flour Month
- National Kidney Month
- National Peanut Month
- National Social Work Month
- National Frozen Food Month
- National Craft Month
- National Noodle Month
- National Nutrition Month
- National Sauce Month
- National Umbrella Month
- National Women’s History Month

<p><u>Personal Workshop</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Hand Massage</p> <p>Reminisce</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Nail Care</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>
---	---