



Adult Care Center of the Northern Shenandoah Valley, Inc.
Activity Calendar
 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
9:00-9:45			Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Day of Prayer	CLOSED HAPPY APPLE BLOSSOM
10:00-10:45			Music Ball/ Personal Workshop	Old Time Memory/ Personal Workshop	
11:00-11:45			Life Stories/ 100 or Bus/ Hangman	Cycling Group/ Chair Yoga	Happy Birthday, Mike! (4th)
12:00-1:45			Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	
2:00-2:45			Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Round Table Talk	
3:00			Refreshments	Refreshments	
3:30-4:15			Midweek Matinee/ Small Word Group	Trivia/ Story Writing	
4:30			Midweek Matinee	Connect 4/ Personal Workshop	
	6	7	8	9	10
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Teacher Appreciation Day	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Mother's Day (12th)
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Crazy Eights	Jeopardy/ Personal Workshop	Drum Circle/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ 100 or Bust/ UNO Game	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz/ Music A-Z	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	Chimes/ Bingo	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Roundtable Talk/ Nail Care	Mother's Day Karaoke
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Name That Person/ Target Toss	Pressed Flower Bookmark Making for Mother's Day	Midweek Matinee/ Scrabble	Trivia Groups/ Connect 4	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Bean Bag Toss/ Personal Workshop	Midweek Matinee	Name That Tune/ Personal Workshop	Friday Frolic
	13	14	15	16	17
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 National Apple Pie Day	Find/Crossword National Dance Like a Chicken Day	Find/Crossword	Find/Crossword National Love a Tree Day	Find/Crossword National Pizza Party Day/ Nascar Day
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Old Maid	Indoor Garden/ Bingo	Drum Circle/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Headbandz/ Best 10	Breakout Exercise & Wellness Groups	Life Stories/ Big Words or Small Words/ Music A-Z	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	Social Dance Club	Breakout Exercise & Wellness Group	Crossword Puzzle/ Corsage Making/ Roundtable Talk	Penny Ante/ Chimes/ Target Toss
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Origami Workshop/ Story Writing	Animal Hangman/Bean Bag Toss	Midweek Matinee/ Personal Workshop	Trivia Groups/ Shuffle Board	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Bowling Game/ Personal Workshop	Friday Frolic
	20	21	22	23	24
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Memo Day Birthday Party	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Buy a Musical Instrument Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Prom Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, Donald! (26th)
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: UNO	Breakout Exercise & Wellness Group	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Penny Ante/ Ring Toss	Breakout Wellness & Exercise Groups	Life Stories/ Headbandz/ 100 or Bust	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 Wellness & Exercise Groups	Chimes/ Bingo	Hand Massage along with Piano Appreciation	Prom Dance Party	Drum Circle/ Personal Workshop
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Ping Pong Golf/ Connect 4	Trivia Group/ Bean Bag Toss	Midweek Matinee	Noodle Volleyball/ Crossword Puzzle	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	Music Performance/ Personal Workshop	Friday Frolic
	27	28	29	30	31
9:00-9:45	CLOSED MEMORIAL DAY	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, John C! National Smile Day
10:00-10:45		Tea Party/ Expressive Art/ Card Sharps Club: Crazy Eight	Price is Right!/ Personal Workshop	Old Time Music/ Big Words/Small Words	Intergenerational/ Personal Workshop
11:00-11:45		Breakout Exercise & Wellness Group	Life Stories/ Best 10/ Music A-Z	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
2:00-2:45		Drum Circle/ Personal Workshop	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Roundtable Talk	Art Appreciation/ Personal Workshop
3:00		Refreshments	Refreshments	Refreshments	Refreshments

3:30 - 4:15		Music Performance	Midweek Matinee	Trivia Groups/ Ring Toss	Friday Frolic
4:30		Bowling Game/ Personal Workshop	Midweek Matinee	Music Ball/ Personal Workshop	Friday Frolic

May is...

- Correct Your Posture Month
- National Asparagus Month
- International Drum Month
- National Military Appreciation Month
- National Motorcycle Awareness Month
- National Wild Fire Awareness Month
- Date Your Mate Month
- National Barbecue Month
- National Bike Month
- Older Americans Month
- National Photography Month
- National Salad Month
- National Salsa Month
- National Strawberry Month
- National Water Safety Month
- National Moving 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>
---	---