



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



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>Happy Birthday, June!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Old Maids Day</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Drive in Movie Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Chocolate Ice Cream Day Happy Birthday, Louise!</b>
10:00-10:45	Music & Spirituality/ Men's Group/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Old Maid	Music Ball/ Personal Workshop	Old Time Memory/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Arrow Target/ Penny Ante	Breakout Exercise & Wellness Groups	Life Stories/ 100 or Bus/ Headbandz	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/ Fork Dandelions Card/ Rock & Relax Outside	Social Dance Club
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Connect 4/ Target Toss	Bean Bag Toss	Midweek Matinee/ Word Chart	Trivia Groups/ Lawn Darts	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Playing/ Personal Workshop	Midweek Matinee	Music Hangman/ Personal Workshop	Friday Frolic
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>Call your Doctor Day Happy Birthday, Violet!</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Peanut Butter Cookie Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Weed Your Garden Day Happy Birthday, Tonya!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>Father's Day (16<sup>th</sup>)</b>
10:00-10:45	Music & Spirituality/ Men's Group/ 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/ Q-Chord	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	Father's Day Karaoke
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Aromatherapy: Mint Ice Tea/ Target Toss	Name That Person/ Best 10	Midweek Matinee	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

	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Go Fishing Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Vanilla Milkshake Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>First Day of Summer</b>
10:00-10:45	Music & Spirituality/ Men's Group/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Go Fish	Name That Tune/ Personal Workshop	Drum Circle/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Headbandz/ Best 10	Breakout Exercise & Wellness Groups	Life Stories/ Word Chart/ Target Toss	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/ Bingo	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Rock & Relax Outside	Art Appreciation
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Music Performance	Aromatherapy: Lavender Soap/ Big Words Small Words	Midweek Matinee	Trivia Groups/ Shuffleboard	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Bowling Game/ Personal Workshop	Friday Frolic
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:00-9:45	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 <b>Happy Birthday, Arnold!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>Birthday Party!</b>
10:00-10:45	Music & Spirituality/ Men's Group/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: UNO	Price is Right!	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Pictionary/ Ring Toss	Breakout Wellness & Exercise Groups	Life Stories/ Breakout Exercise & Wellness Group	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 with Life Music	Rock & Relax Outside/ Crossword Puzzle/ Expressive Art	Birthday Karaoke!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Best 10/ Headbandz	Bean Bag Toss	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	Lawn Darts/ Personal Workshop	Friday Frolic

June is...

- National Give a Bunch of Balloons Month
- National Zoo and Aquarium Month
- Men's Health Month
- National Adopt a Cat Month
- National Fresh Fruit and Vegetables Month
- National Candy Month
- National Camping Month
- National Country Cooking Month
- National Dairy Month
- National Great Outdoors Month
- National Homeownership Month
- National Iced Tea Month
- National Papaya Month
- National Safety Month
- National Soul Food Month
- Rose 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 daily\*

Core Focus: Body Blades

Upper Body: Weight lifting  
Medicine Balls  
Theraband  
Hand Grippers

Wellness (Mind & Body):

Lower Extremity:  
Virtual Cycling Club  
Active ROM: Parachute  
Fun band  
Armchair Exercise