



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
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 Coloring Book Day
10:00-10:45				Old Time Music/Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45				Cycling Group/ Chair Yoga	Breakout Exercise & Wellness Groups
12:00-1:45				Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45				Round Table Talk/ Crossword Puzzle/ Expressive Art	Art Appreciation
3:00				Refreshments	Refreshments
3:30-4:15				Trivia Groups	Friday Frolic
4:30				Headbandz/ Personal Workshop	Friday Frolic
	5	6	7	8	9
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Oyster Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Root Beer Float Day	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Lighthouse Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Dollar Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Book Lovers Day
10:00-10:45	Music & Spirituality/ Men's Group	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/ Bean Bag Toss/Best 10	Breakout Exercise & Wellness Groups	Life Stories/100 or Bust/ Conversation Ball	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/ Penny Ante	Art Appreciation/ Nail Care
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Hangman	Name That Person	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Pictionary/ Personal Workshop	Piano Appreciation/Personal Workshop	Midweek Matinee	Q-Chord/ Personal Workshop	Friday Frolic

	12	13	14	15	16
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Middle Child Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Left-Handers Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Peach Ice Cream Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Gladys!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Tell A Joke Day
10:00-10:45	Music & Spirituality/ Men's Group	Tea Party/ Expressive Art/ Card Sharps Club: Go Fish	Name That Tune/ Personal Workshop	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Ring Toss/ Penny Ante	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	Bowling Game	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Roundtable Talk	Chimes/ Bingo
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Hangman/ Big words small words	Connect 4/ Shuffle Board	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Headbandz/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Conversation Ball/ Personal Workshop	Friday Frolic
	19	20	21	22	23
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 Radio Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Senior Citizens Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Bao Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, Adela!
10:00-10:45	Music & Spirituality/ Men's Group	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/ Connect 4/ Arrow 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 with Life Music	Nail Care/ Crossword Puzzle/ Expressive Art	Birthday Karaoke!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Best 10/ Story Writing	Hangman/ Word Chart	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Big words small words/ Personal Workshop	Friday Frolic
	26	27	28	29	30
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Dog Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Bow Tie Day- Wear your bow tie!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Toasted Marshmallow Day
10:00-10:45	Music & Spirituality/ Men's Group	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/ Penny Ante/Bean Bag Toss	Breakout Wellness & Exercise Groups	Life Stories/ A – Z Theme/ Tic-Tac Toss	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	Breakout Exercise & Wellness Group	Round Table Talk/ Crossword Puzzle/ Expressive Art	Art Appreciation
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Name that Person/ Dog Picture Show & Tell	Hangman	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Music Performance	Friday Frolic

August is...

- National Eye Exam Month
- National Golf Month
- National Peach Month
- National Goat Cheese Month
- Happiness Happens Month
- National Sandwich Month
- National Panini Month
- Get ready for Kindergarten Month
- International Peace Month
- Motorsports Awareness Month
- National Back to School Month
- National Immunization Awareness Month
- Children's Eye Health and Safety Month
- National Wellness 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