




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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	CLOSED	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, Bobbie (6th)!
10:00-10:45	Music & Spirituality/ Men's Group/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: UNO	Music Ball/ Personal Workshop	Happy Independence Day!	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ 100 or Bust/ Penny Ante	Breakout Exercise & Wellness Groups	Life Stories/ 100 or Bust/ Headbandz/ Target Toss		Breakout Exercise & Wellness Groups
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	HAPPY BIRTHDAY, LINDA J!!	Lunch & Breakout Group/Relaxation
2:00-2:45	Breakout Exercise & Wellness Group	Chimes/ Bingo	Breakout Exercise & Wellness Group		Art Appreciation
3:00	Refreshments	Refreshments	Refreshments		Refreshments
3:30-4:15	Hangman/ Connect 4	Bean Bag Toss	Midweek Matinee		Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee		Friday Frolic
	8	9	10	11	12
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	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 Happy Pecan Pie Day
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/ Target Toss/ Best 10	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/ Penny Ante	Manicures & Hand Massage
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Bean Bag Toss	Name That Person	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation	Midweek Matinee	Connect 4/ Personal Workshop	Friday Frolic

	15	16	17	18	19
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Mary!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	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, Dorene!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
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	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Headbandz/ 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	Chimes/ Bingo	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Roundtable Talk	Art Appreciation
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Hangman/ Bowling	Connect 4/ Big Words Small Words	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Shuffleboard/ Personal Workshop	Friday Frolic
	22	23	24	25	26
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Hammock Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Amelia Earhart Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, Barbara C & Marilyn Heath!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Aunt & Uncle Day
10:00-10:45	Music & Spirituality/ Men's Group/ 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/ 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	Bean Bag Toss	Midweek Matinee	Trivia Groups/ Big Words Small Words	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Lawn Darts/ Personal Workshop	Friday Frolic
	29	30	31	1	2
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Lasagna Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Cheesecake 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
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, Penny Ante, Ring 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	Origami/ Lawn Darts	Bean Bag Toss	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Connect 4/ Personal Workshop	Friday Frolic

July is...

- National Blueberry Month
- National Hot Dog Month
- National Ice Cream Month
- National Picnic Month
- National Watermelon Month
- National Baked Bean Month
- National Cell Phone Courtesy Month
- National Culinary Arts Month
- National Horseradish Month
- Independent Retailer Month
- National Grilling Month
- National Anti-Boredom 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