



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
9:00-9:45	CLOSED LABOR DAY	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines U.S. Bowling League 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
10:00-10:45		Tea Party/ Expressive Art/ Card Sharps Club: Crazy Eights	Jeopardy/ Personal Workshop	Old Time Music/Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45		Breakout Exercise & Wellness Groups	Life Stories/100 or Bust/ Best 10	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
2:00-2:45		Bowling Game	Breakout Exercise & Wellness Group	Manicure/Crossword Puzzle/ Expressive Art	Chimes/Bingo
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15		Music Ball/Penny Ante	Midweek Matinee	Trivia Groups	Friday Frolic
4:30		Conversation Ball/Personal Workshop	Midweek Matinee	Piano Appreciation/ Personal Workshop	Friday Frolic
	9	10	11	12	13
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 National Chocolate Milkshake Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Uncle Sam Day
10:00-10:45	Music & Spirituality/ Men's Group	Tea Party/ Expressive Art/ Card Sharps Club: Crazy Eights	Drum Circle/ Personal Workshop	Old Time Music/ 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/ 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/ Expressive Art/ Penny Ante	Musical Jeopardy/ Personal Workshop
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Karaoke	Name that Landscape	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/Personal Workshop	Midweek Matinee	Q-Chord/ Personal Workshop	Friday Frolic

	16	17	18	19	20
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Linda T!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Cheeseburger Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Birthday Party!
10:00-10:45	Music & Spirituality/ Men's Group	Tea Party/ Expressive Art/ Card Sharps Club: Go Fish	Breakout Exercise & Wellness Group	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	Chimes/Bingo	Hand Massage with Life Music	Crossword Puzzle/ Expressive Art/ Roundtable Talk	Karaoke & Dance Party!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Shuffleboard/Headbandz	Hangman	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Connect 4/Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Conversation Ball/ Personal Workshop	Friday Frolic
	23	24	25	26	27
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 Happy Birthday, Glenda!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Pancake Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Carnival Day
10:00-10:45	Music & Spirituality/ Men's Group	Tea Party/ Expressive Art/ Card Sharps Club: Old Maid	Price is Right	Old Time Music/Personal Workshop	Outdoor Carnival Activity
11:00-11:45	Crossword Puzzle/Bean Bag Toss/Penny Ante	Breakout Wellness & Exercise Groups	Life Stories/ Headbandz/ 100 or Bust	Cycling/ Chair Yoga	Outdoor Carnival Activity
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	Music Performance & Ice Cream Social	Breakout Exercise & Wellness Group	Crossword Puzzle/Expressive Art/Rock & Relax Outside	Karaoke
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Music Performance	Hangman/Manicures	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
	30				
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Love People Day				
10:00-10:45	Music & Spirituality/ Men's Group				
11:00-11:45	Crossword Puzzle/ Penny Ante/Bean Bag Toss				
12:00	Lunch & Breakout Group/Relaxation				

-1:45					
2:00-2:45	Breakout Wellness & Exercise Groups				
3:00	Refreshments				
3:30 - 4:15	Best 10/Story Writing				
4:30	Conversation Ball/ Personal Workshop				

September is...

- Baby Safety Month
- Better Breakfast Month
- Classical Music Month
- Fall Hat Month
- Intergeneration Month
- Little League Month
- National Americana Month
- National Square Dance Month
- National Blueberry Popsicle Month
- National Chicken Month
- National Courtesy Month
- National Italian Cheese Month
- National Potato Month
- National Sewing 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
Thera-band
Hand Grippers

Wellness (Mind & Body):

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