



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
9:00-9:45		Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, Marie!	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Walk To School Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, Denny (4th), Jane (5th), & Elsie (6th)
10:00-10:45		Tea Party/ Expressive Art/ Card Sharps Club: UNO	Jeopardy/ Personal Workshop	Musical Jeopardy/Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45		Breakout Exercise & Wellness Groups	Life Stories/Big Words Small Words/ Bean Bag Toss	Breakout Exercise & Wellness Group	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		Karaoke Time	Breakout Exercise & Wellness Group	Roundtable Talk/ Crossword Puzzle/ Expressive Art	Bingo Game
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15		Shuffleboard	Midweek Matinee	Trivia Groups	Friday Frolic
4:30		Conversation Ball/Personal Workshop	Midweek Matinee	Pick a Song Sing Along	Friday Frolic
	7	8	9	10	11
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, Ruth!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, Dana!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, Vicki (12th)	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Uncle Sam Day
10:00-10:45	Musical Hangman/ Men's Conversation Group	Tea Party/ Expressive Art/ Card Sharps Clubs: Crazy Eights	Have Fun in Karaoke/ Personal Workshop	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ 100 or Bust/ Jenga Game	Breakout Exercise & Wellness Groups	Life Stories/ Target Toss/ Headbandz	Breakout Exercise & Wellness Group	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	Cycling Group & Chair Yoga	Bingo Game/ Personal Workshop	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Penny Ante	Drum Circle/ Personal Workshop
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Bean Bag Toss/ Connect 4	Story Writing/ Word Chart	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Pick a Song Sing Along	Midweek Matinee	Piano appreciation/ Personal Workshop	Friday Frolic

	14	15	16	17	18
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Columbus Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National I Love Lucy Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Pasta Day
10:00-10:45	Music & Spirituality/ Men's Group	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/ Bean Bag Toss/ Penny Ante	Breakout Exercise & Wellness Groups	Life Stories/ Word Chart/ Target Toss	Breakout Exercise & Wellness Group	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	Cycling & Chair Yoga	Chimes/ Bingo	Hand Massage with Life Music	Crossword Puzzle/ Expressive Art/ Kitchen Delight: Cinnamon Apples	Karaoke & Dance Party!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Shuffleboard/ Connect 4	Fall Hangman	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Headbandz/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Conversation Ball/ Personal Workshop	Friday Frolic
	21	22	23	24	25
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Pumpkin Cheesecake Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Boston Cream Pie Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Pancake Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines Happy Birthday, Kevin (27th)
10:00-10:45	Music & Spirituality/ Men's Group	Tea Party/ Expressive Art/ Card Sharps Club: Old Maid	Breakout Exercise & Wellness Group	Songs A to Z/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Ring Toss/ Penny Ante	Breakout Wellness & Exercise Groups	Life Stories/ Headbandz/ 100 or Bust	Breakout Exercise & Wellness Group	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	Cycling & Chair Yoga	Chimes/ Bingo	Hand Massage with Live Music	Crossword Puzzle/ Expressive Art/ Roundtable Talk	Birthday Party for October!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Bean Bag Toss/ Origami	Hangman/ Manicures	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Best 10/ Personal Workshop	Friday Frolic
	28	29	30	31	
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines National Chocolate 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 Happy Halloween	
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	
11:00-11:45	Crossword Puzzle/ Penny Ante/ Target Toss	Breakout Wellness & Exercise Groups	Life Stories/ A to Z Theme/ Tic-Tac Toss	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	Cycling & Chair Yoga	Chimes/ Bingo	Breakout Exercise & Wellness Group	Roundtable Talk/ Crossword Puzzle/ Expressive Art	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30 - 4:15	Music Performance	Halloween Hangman	Midweek Matinee	Halloween Fashion Show Party!	
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Best 10/ Personal Workshop	

October is...

- Adopt a Shelter Dog Month
- American Cheese Month
- Bat Appreciation Month
- Breast Cancer Awareness Month
- Church Library Month
- Eat Better, Eat Together Month
- Emotional Wellness Month
- Financial Planning Month
- German-American Heritage Month
- Halloween Safety Month
- Italian-American Heritage Month
- National Apple Month
- National Book Month
- National Caramel 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