



**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>1</b>
9:00-9:40					Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>Happy Birthday, Marilyn!</b>
10:00-10:40					Intergenerational/ Personal Workshop
11:00-11:45					Breakout Exercise & Wellness Groups
12:00-1:50					Lunch & Breakout Group/Relaxation
2:00-2:40					Karaoke Friday
3:00					Refreshments
3:30-4:15					Friday Frolic
4:30					Friday Frolic
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:00-9:40	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>Color the World Orange Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Doughnut Day</b>	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>Happy Birthday, Edith!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Cappuccino Day</b>
10:00-10:40	Music & Spirituality/ Men's Conversation Group	Tea Party/ Expressive Art/ Card Sharps Clubs: Crazy Eights	Drum Circle/ Personal Workshop	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40	Crossword Puzzle/ 100 or Bust/ Penny Ante	Breakout Exercise & Wellness Groups	Life Stories/ Target Toss/ Headbandz	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00-1:50	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:40	Cycling Group & Chair Yoga	Bingo Game/ Chimes	Breakout Exercise & Wellness Groups	Crossword Puzzle/ Expressive Art/ Jenga Game	Art appreciation/ Manicures
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Music Ball	Bean Bag Toss/ Connect 4	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Virtual Bowling / Personal Workshop	Piano appreciation/ Personal Workshop	Midweek Matinee	Best 10/ Personal Workshop	Friday Frolic
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:00-9:40	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Veterans Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>World Kindness Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Drummer Day</b>

10:00-10:40	Music & Spirituality/ Men's Conversation Group	Expressive Art/ Card Sharps Club: Go Fish	Music A to Z/ Personal Workshop	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40	Crossword Puzzle/ Bean Bag Toss/ Penny Ante	Breakout Exercise & Wellness Groups	Life Stories/ Word Chart/ Target Toss	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00-1:50	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:40	Cycling & Chair Yoga	Bath Salt making / Bingo Game	Breakout Exercise & Wellness Groups	Crossword Puzzle/ Expressive Art/ Art craft: Leaf painting	Playing as a professional drummer in Drum Circle
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Hangman/ Big Words Small Words	Name that person	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Headbandz/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Conversation Ball/ Personal Workshop	Friday Frolic
	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:00-9:40	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>Happy Birthday, Cynthia!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>World Television Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>Happy Birthday, Sarah! Happy Birthday, Mauretta (23<sup>rd</sup>)!</b>
10:00-10:40	Music & Spirituality/ Men's Conversation Group	Tea Party/ Expressive Art/ Card Sharps Club: Old Maid	Music Ball/ Personal Workshop	Jeopardy Game celebrating World Television Day	Intergenerational/ Personal Workshop
11:00-11:40	Crossword Puzzle/ Ring Toss/ Penny Ante	Breakout Wellness & Exercise Groups	Life Stories/ Headbandz/ 100 or Bust	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00-1:50	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:40	Cycling & Chair Yoga	Chimes/ Bingo	Breakout Exercise & Wellness Groups	Crossword Puzzle/ Expressive Art/ Roundtable Talk	Birthday Party Karaoke!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Bean Bag Toss/ Origami	Thanksgiving (Fall) recipe 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
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9:00-9:40	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Cake Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	<b>CLOSED Happy Thanksgiving!</b>	<b>CLOSED Happy Thanksgiving!</b>
10:00-10:40	Music & Spirituality/ Men's Conversation Group	Tea Party/ Expressive Art/ Card Sharps Club: UNO	Price is Right		
11:00-11:40	Crossword Puzzle/ Penny Ante/ Bean Bag Toss	Breakout Wellness & Exercise Groups	Life Stories/ A to Z Thanksgiving Theme/ Target Toss		
12:00-1:50	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation		
2:00-2:40	Cycling & Chair Yoga	Chimes/ Bingo Game	Breakout Exercise & Wellness Groups		
3:00	Refreshments	Refreshments	Refreshments		
3:30 - 4:15	Music Performance	Thanksgiving Hangman	Midweek Matinee		
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee		

November is...

- Aviation History Month
- Banana Pudding Lovers Month
- Family Stories Month
- Military Family Month
- National Adoption Month
- National Alzheimer's Disease Month
- National Family Caregivers Month
- National Gratitude Month
- National Home Care & Hospice Month
- Appreciation Month
- National Native American Heritage Month
- National Peanut Butter Lovers Month
- National Scholarship Month
- Spinach and Squash 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