



**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>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</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	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
10:00-10:40	Music & Spirituality/ Men's Conversation Group	Tea Party/ Expressive Art/ Card Sharps Clubs: Crazy Eights	Jeopardy Game / Personal Workshop	Old Time Music/ Conversation Group with Linda	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ 100 or Bust	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	Breakout Exercise & Wellness Groups	Bingo Game/ Chimes	Breakout Exercise & Wellness Groups	Crossword Puzzle/ Expressive Art/ Penny Ante	Christmas song sing-along with wheel of fortune
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Name That Person	Christmas Best 10/ Personal Workshop	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Bean Bag Toss/ Personal Workshop	Piano appreciation/ Personal Workshop	Midweek Matinee	Connect 4/ Personal Workshop	Friday Frolic
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:00-9:40	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Llama Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>International Mountain Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Ding-A-Ling Day</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>National Ice Cream day</b>
10:00-10:40	Music & Spirituality/ Men's Conversation Group	Tea Party/ Expressive Art/ Card Sharps Clubs: Old Maid	Old Time Music/ Personal Workshop	Drum Circle/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40	Crossword Puzzle/ Tic-Tac Toss	Breakout Exercise & Wellness Groups	Life Stories/ Ring Toss/ Big Words Small Words	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/ Bath Bomb making	Hand Massage with life music	Crossword Puzzle/ Expressive Art/ Jenga Game	Ice Cream Social for National Ice Cream Day
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Music Ball/ Personal Workshop	Christmas Hangmen/ Word Chart	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano appreciation/ Personal Workshop	Midweek Matinee	Q-Chord/ Personal Workshop	Friday Frolic
	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:00-9:40	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 <b>Christmas Party at 5:30pm</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>Happy Birthday, Louise!</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword <b>National Ugly Sweater Day</b>

10:00-10:40	Music & Spirituality/ Men's Conversation Group	Expressive Art/ Card Sharps Club: Go Fish	Musical Jeopardy/ Personal Workshop	Drum Circle/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40	Crossword Puzzle/ Bean Bag Toss	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	Cinnamon Stick Christmas Ornaments	Breakout Exercise & Wellness Groups	Crossword Puzzle/ Acorn Painting/ Christmas Receipt Round Table Talk	Karaoke with dance social
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Indoor snow fight/ Manicures	Bingo Game/ Personal Workshop	Midweek Matinee	Trivia Groups	Friday Frolic
4:30	Headbandz/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Bowling Game/ Personal Workshop	Friday Frolic
	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00-9:40	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	<b>Merry Christmas Closed</b>	<b>Merry Christmas Closed</b>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword/Magazines <b>Happy Birthday, John H. (29th)!</b>
10:00-10:40	Music & Spirituality/ Men's Conversation Group			Price Is Right/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40	Crossword Puzzle/ Ring 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
2:00-2:40	Bob's Cookies and Carols time Enjoy Cookies & Hot Chocolate			Crossword Puzzle/ / Bingo Game	Karaoke for Birthday and New Year
3:00	Refreshments			Refreshments	Refreshments
3:30 - 4:15	Cycling & Chair Yoga			Trivia Groups	Friday Frolic
4:30	Connect 4/ Personal Workshop			New Year Best 10/ Personal Workshop	Friday Frolic
	<b>30</b>	<b>31</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 New Year's Eve</b>			
10:00-10:40	Music & Spirituality/ Men's Conversation Group	Tea Party/ Expressive Art/ Card Sharps Club: UNO			
11:00-11:40	Crossword Puzzle/ Target Toss	Breakout Wellness & Exercise Groups			
12:00-1:50	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation			
2:00-2:40	Cycling & Chair Yoga	Chimes/ New Year Hangman			
3:00	Refreshments	Refreshments			
3:30 - 4:15	Story writing/ Events Reviewing slide show /Manicures	Bingo Game			
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop			

December is...

- National Car Donation Month
- National Pear Month
- Bingo's Birthday Month
- National Human Rights Month
- National Tie Month
- National Write A Business Plan Month
- Root Vegetables & Exotic Fruits Month
- Safe Toys and Gifts Month
- Spiritual Literacy Month
- Worldwide Food Service Safety 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