Adult Care Center of the Northern Shenandoah Valley, Inc.



	Activity Calendar 2020							
	MONDAY	THEODAY	MEDNICOLAY	THUDODAY	EDIDAY			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
			1	2	3			
9:00-			CLOSED	Morning News Hour/ Participants	Happy Birthday, Paul!			
9:45				Choice: Puzzles, Word	Morning News Hour/ Participants			
			Happy New Year!	Find/Crossword, Magazines	Choice: Puzzles, Word Find/Crossword, Magazines			
					Find/Crossword, Magazines			
10:00-				New Year Drum Circle/ Personal	Intergenerational/ Personal Workshop			
10:40				Workshop	1			
11:00-				Breakout Exercise & Wellness	Breakout Exercise & Wellness			
11:40				Groups	Groups			
12:00-				Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation			
1:50				-	-			
				Crossword Puzzle/ Pine cone	Music Performance			
2:00-				painting/ Penny Ante				
2:40				2.0	7.0			
3:00				Refreshments	Refreshments			
3:30- 4:15				Trivia Group/ Scrabble Game	Friday Frolic			
4:30				Best 10/ Personal Workshop	Friday Frolic			
					I Huay I Tonc			
	6	7	8	•				
	6	7	8 Hanny Elvis Bussley Day	9	10			
9:00-	Morning News Hour/ Participants	Happy Birthday, Whitney!	Happy Elvis Presley Day	9 Morning News Hour/ Participants	10 Morning News Hour/ Participants			
	Morning News Hour/ Participants Choice: Puzzles, Word	Happy Birthday, Whitney! Morning News Hour/ Participants	Happy Elvis Presley Day Morning News Hour/ Participants	Morning News Hour/ Participants Choice: Puzzles, Word	Morning News Hour/ Participants Choice: Puzzles, Word			
9:00-	Morning News Hour/ Participants	Happy Birthday, Whitney!	Happy Elvis Presley Day	9 Morning News Hour/ Participants	10 Morning News Hour/ Participants			
9:00- 9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	Happy Elvis Presley 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			
9:00- 9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word	Morning News Hour/ Participants Choice: Puzzles, Word	10 Morning News Hour/ Participants Choice: Puzzles, Word			
9:00- 9:45 10:00- 10:40	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's Conversation Group	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop			
9:00- 9:45 10:00- 10:40 11:00-	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid Breakout Exercise & Wellness	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop Life Stories/ Bean Bag Toss/	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop Breakout Exercise & Wellness	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop Breakout Exercise & Wellness			
9:00- 9:45 10:00- 10:40 11:00- 11:40	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's Conversation Group Crossword Puzzle/ 100 or Bust	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid Breakout Exercise & Wellness Groups	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop Life Stories/ Bean Bag Toss/ Headbandz	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop Breakout Exercise & Wellness Groups	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop Breakout Exercise & Wellness Groups			
9:00- 9:45 10:00- 10:40 11:00-	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's Conversation Group	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid Breakout Exercise & Wellness	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop Life Stories/ Bean Bag Toss/	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop Breakout Exercise & Wellness	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop Breakout Exercise & Wellness			
9:00- 9:45 10:00- 10:40 11:00- 11:40 12:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's Conversation Group Crossword Puzzle/ 100 or Bust	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid Breakout Exercise & Wellness Groups	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop Life Stories/ Bean Bag Toss/ Headbandz	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop Breakout Exercise & Wellness Groups	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop Breakout Exercise & Wellness Groups			
9:00- 9:45 10:00- 10:40 11:00- 11:40 12:00 -1:50	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's Conversation Group Crossword Puzzle/ 100 or Bust Lunch & Breakout Group/Relaxation Cycling Group & Chair Yoga	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Bingo Game with Kay/ Chimes	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop Life Stories/ Bean Bag Toss/ Headbandz Lunch & Breakout Group/Relaxation	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Crossword Puzzle/ Expressive Art/ Round Table Talk	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation			
9:00- 9:45 10:00- 10:40 11:00- 11:40 12:00 -1:50 2:00- 2:40 3:00	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's Conversation Group Crossword Puzzle/ 100 or Bust Lunch & Breakout Group/Relaxation Cycling Group & Chair Yoga Refreshments	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Bingo Game with Kay/ Chimes Refreshments	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop Life Stories/ Bean Bag Toss/ Headbandz Lunch & Breakout Group/Relaxation Breakout Exercise & Wellness Groups Refreshments	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Crossword Puzzle/ Expressive Art/ Round Table Talk Refreshments	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Name That Person/Personal Workshop Refreshments			
9:00- 9:45 10:00- 10:40 11:00- 11:40 12:00- 2:00- 2:40 3:00 3:30-	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's Conversation Group Crossword Puzzle/ 100 or Bust Lunch & Breakout Group/Relaxation Cycling Group & Chair Yoga	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Bingo Game with Kay/ Chimes	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop Life Stories/ Bean Bag Toss/ Headbandz Lunch & Breakout Group/Relaxation Breakout Exercise & Wellness Groups	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Crossword Puzzle/ Expressive Art/ Round Table Talk	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Name That Person/Personal Workshop			
9:00- 9:45 10:00- 10:40 11:00- 11:40 12:00- 2:00- 2:40 3:00 3:30- 4:15	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's Conversation Group Crossword Puzzle/ 100 or Bust Lunch & Breakout Group/Relaxation Cycling Group & Chair Yoga Refreshments Bowling Game/ Personal Workshop	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Bingo Game with Kay/ Chimes Refreshments Big Words Small Words/ Hangman	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop Life Stories/ Bean Bag Toss/ Headbandz Lunch & Breakout Group/Relaxation Breakout Exercise & Wellness Groups Refreshments Midweek Matinee	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Crossword Puzzle/ Expressive Art/ Round Table Talk Refreshments Trivia Group/ Virtual Bowling	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Name That Person/Personal Workshop Refreshments Friday Frolic			
9:00- 9:45 10:00- 10:40 11:00- 11:40 12:00- 2:00- 2:40 3:00 3:30-	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's Conversation Group Crossword Puzzle/ 100 or Bust Lunch & Breakout Group/Relaxation Cycling Group & Chair Yoga Refreshments	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Bingo Game with Kay/ Chimes Refreshments	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop Life Stories/ Bean Bag Toss/ Headbandz Lunch & Breakout Group/Relaxation Breakout Exercise & Wellness Groups Refreshments	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Crossword Puzzle/ Expressive Art/ Round Table Talk Refreshments	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Name That Person/Personal Workshop Refreshments			
9:00- 9:45 10:00- 10:40 11:00- 11:40 12:00- 2:00- 2:40 3:00 3:30- 4:15	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Spirituality/ Men's Conversation Group Crossword Puzzle/ 100 or Bust Lunch & Breakout Group/Relaxation Cycling Group & Chair Yoga Refreshments Bowling Game/ Personal Workshop	Happy Birthday, Whitney! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Bingo Game with Kay/ Chimes Refreshments Big Words Small Words/ Hangman	Happy Elvis Presley Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Jeopardy Game / Personal Workshop Life Stories/ Bean Bag Toss/ Headbandz Lunch & Breakout Group/Relaxation Breakout Exercise & Wellness Groups Refreshments Midweek Matinee	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Old Time Music/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Crossword Puzzle/ Expressive Art/ Round Table Talk Refreshments Trivia Group/ Virtual Bowling	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Intergenerational/ Personal Workshop Breakout Exercise & Wellness Groups Lunch & Breakout Group/Relaxation Name That Person/Personal Workshop Refreshments Friday Frolic			

	13	14	15	16	17
9:00- 9:45	Happy Birthday, Dawn! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	National Hat 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- 10:40	Music & Spirituality/ Men's Conversation Group	Penny Ante/ Expressive Art/ Card Sharps Clubs: Go Fish	Breakout Exercise & Wellness Groups	Drum Circle/ Personal Workshop	Intergenerational/ Personal Workshop
11:00- 11:40	Crossword Puzzle/ Bean Bag Toss	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 with Kay/ Aromatherapy:	Hand Massage with live music	Crossword Puzzle/ Expressive Art/ UNO	Chimes/ Mandala Drawing
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30- 4:15	Baseball Toss/ Personal Workshop	Hangman/ Word Chart	Midweek Matinee	Trivia Group/ Manicure	Friday Frolic
4:30	Music Ball Toss/ Personal Workshop	Piano Appreciation: Singing with friends	Midweek Matinee	Spelling Wheel of Fortune	Friday Frolic
	20	21	22	23	24
9:00- 9:45	Martin Luther King Jr. Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	National Banana Bread 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	National Peanut Butter Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines
10:00- 10:40	Music & Spirituality/ Men's Conversation Group	Penny Ante/ Expressive Art/ Card Sharps Clubs: Slap Jack	Musical Jeopardy/ Personal Workshop	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00- 11:40	Crossword Puzzle/ Ring Toss	Breakout Exercise & Wellness Groups	Life Stories/ Bean Bag Toss/ Winter A to Z	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 with Kay/ Jenga	Breakout Exercise & Wellness Groups	Crossword Puzzle/ Expressive Art/ Round Table Talk	Have fun on Friday Karaoke
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Indoor Snow Battle/ MLK trivia	Story writing/ Big Words Small Words	Midweek Matinee	Trivia Groups/ Hangmen	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation	Midweek Matinee	Name That Tune/ Personal Workshop	Friday Frolic
	2 7	28	29	30	31
9:00- 9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	National Daisy Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	Happy Birthday, Alice! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	Birthday Party! Happy Birthday, John K.! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	National Hot Chocolate Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines
10:00- 10:40	Hangman/ Men's Conversation Group	Penny Ante/ Expressive Art/ Card Sharps Clubs: Crazy Eight	Price is Right/ Personal Workshop	January Birthday Celebration! Music and Dance social	Intergenerational/ Personal Workshop
11:00- 11:40	Crossword Puzzle/ Tic-Tac Toss	Breakout Exercise & Wellness Groups	Life Stories/ 100 or Bust/ Headbandz	Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups

12:00	Lunch & Breakout Group/Relaxation				
-1:50					
2:00-	Cycling Group & Chair Yoga	Bingo Game with Kay/ Manicure	Breakout Exercise & Wellness	Crossword Puzzle/ Expressive Art/	Art Appreciation
2:40			Groups	Penny Ante	11
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 -	Bean Bag Toss	Story writing/ Big Words Small	Midweek Matinee	Trivia Groups	Friday Frolic
4:15	_	Words		-	·
4:30	Connect 4/ Conversation ball	Singing Wheel of Fortune	Midweek Matinee	Word Chart	Friday Frolic

January is...

- Adopt a rescued bird month
- Bath safety month
- Be kind to food servers month
- Black diamond month
- Book blitz month
- Clap 4 health month

- Get organized month
- International creativity month
- Learn to ski and snowboard month
- National braille literacy month
- National hot tea month
- National mentoring 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 on a daily basis

Core Focus: Body Blades

Upper Body: Weight lifting Medicine Balls Thera band

Hand Grippers

Wellness (Mind & Body):

Tai Chi

Lower Extremity: Virtual Cycling Club

Active ROM: Parachute Fun band Armchair Exercise