

Adult Care Center of the Northern Shenandoah Valley, Inc.



Activity Calendar 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
9:00-9:45			CLOSED <i>Happy New Year!</i>	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	Happy Birthday, Paul! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines
10:00-10:40				New Year Drum Circle/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40				Breakout Exercise & Wellness Groups	Breakout Exercise & Wellness Groups
12:00-1:50				Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:40				Crossword Puzzle/ Pine cone painting/ Penny Ante	Music Performance
3:00				Refreshments	Refreshments
3:30-4:15				Trivia Group/ Scrabble Game	Friday Frolic
4:30				Best 10/ Personal Workshop	Friday Frolic
	6	7	8	9	10
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
10:00-10:40	Music & Spirituality/ Men's Conversation Group	Penny Ante/ Expressive Art/ Card Sharps Clubs: Old Maid	Jeopardy Game / Personal Workshop	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40	Crossword Puzzle/ 100 or Bust	Breakout Exercise & Wellness Groups	Life Stories/ Bean Bag 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/ Chimes	Breakout Exercise & Wellness Groups	Crossword Puzzle/ Expressive Art/ Round Table Talk	Name That Person/Personal Workshop
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Bowling Game/ Personal Workshop	Big Words Small Words/ Hangman	Midweek Matinee	Trivia Group/ Virtual Bowling	Friday Frolic
4:30	Connect 4/ Personal Workshop	Singing with piano appreciation	Midweek Matinee	Word Chart/ Pictionary	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
	27	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 -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/ Manicure	Breakout Exercise & Wellness Groups	Crossword Puzzle/ Expressive Art/ Penny Ante	Art Appreciation
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Bean Bag Toss	Story writing/ Big Words Small Words	Midweek Matinee	Trivia Groups	Friday Frolic
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