

Adult Care Center of the Northern Shenandoah Valley, Inc.



2020

Activity Calendar

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:00-9:45	<b>Groundhog Day (2nd)</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>National Singing Day</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>National Send a Card to A Friend Day</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines
10:00-10:40	Music & Devotion/ Men's Conversation Group	Expressive Art/ Card Sharps Clubs: Old Maid	Karaoke for National Singing Day/ Personal Workshop	Love A to Z/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40	Crossword/ Target Toss	Breakout Exercise & Wellness Groups	Life stories/ Best 10/ 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	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:40	Cycling Group & Chair Yoga	Bingo Game with Kay/ Scenery Group	Breakout Exercise & Wellness Groups	Expressive Art/ Crossword/ Penny Ante	Making a card for a friend
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Bean Bag Toss/ Bowling Game	Hangman Game/ Word Chart	Midweek Matinee	Trivia Group/ Jenga Group	Friday Frolic
4:30	Connect 4/ Conversation Ball	Hits Radio Time	Midweek Matinee	Headbenz/ Sing along wheel of fortune	Friday Frolic
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>National Inventors' Day</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>Abraham Lincoln's Day</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>National Tortellini Day</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>Valentine's Day</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines
10:00-10:40	Music & Devotion/ Men's Conversation Group	Expressive Art/ Card Sharps Clubs: Crazy Eight	Breakout Exercise & Wellness Groups	Valentine's Musical Jeopardy Game / Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40	Crossword/ Ring Toss	Breakout Exercise & Wellness Groups	Life Stories/ Target Toss/ Word Chart	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	Valentine Big Word Small Word/ Manicure	Hand massage with Trivia	Expressive Art/ Crossword/ Penny Ante	Karaoke for Valentine party
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	<b>BINGO!</b>	Name that Old Thing	Midweek Matinee	Trivia Group/	Pick a romantic movie Friday Frolic

4:15				Valentine Origami: Heart	
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	17	18	19	20	21
9:00-9:45	<b>Presidents' Day</b> 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	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>Birthday Party!</b> <b>Happy Birthday, Rudy!</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines
10:00-10:40	Music & Devotion/ Men's Conversation Group	Expressive Art/ Card Sharps Clubs: Go Fish	Jeopardy Game / Personal Workshop	Celebrity Hangman / Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40	Crossword/ 100 or Bust	Breakout Exercise & Wellness Groups	Life Stories/ Best 10/ 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 Group & Chair Yoga	Bingo Game with Kay/ Penny Ante	Breakout Exercise & Wellness Groups	Expressive Art/ Crossword	Birthday Party Time!!!!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Name That President	Old Sayings Wheel of Fortune/ President Big Words Small Words	Midweek Matinee	Trivia Group/ UNO Game	Friday Frolic
4:30	Connect 4/ Conversation ball	Hits Radio Time	Midweek Matinee	Headbenz/Pictionary	Friday Frolic
	24	25	26	27	28
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>Happy Birthday, Len!</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>Ash Wednesday</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>National Protein Day</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	<b>National Chocolate Souffle Day</b> Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines
10:00-10:40	Music & Devotion/ Men's Conversation Group	Expressive Art/ Card Sharps Clubs: UNO	Price is Right!/ Personal Workshop	Hangman Game/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:40	Crossword/ Tic-Tac Toss	Breakout Exercise & Wellness Groups	Life Stories/ Ring Toss/ Headbenz	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	Hangman/Manicure	Breakout Exercise & Wellness Groups	Expressive Art/ Crossword/ Penny Ante	BINGO!
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Baseball Toss/ 100 or Bust	Big Words & Small Words/ Bowling on the iPad	Midweek Matinee	Trivia Group/ Scrabble Game	Friday Frolic
4:30	Connect 4/ Conversation ball	Hits Radio Time	Midweek Matinee	Best 10/ Art Appreciation	Friday Frolic

February is...

- National Self Check Month
- American Heart Month
- Black History Month
- Canned Food Month
- Great American Pies Month
- National Bird Feeding Month
- National Cherry Month
- National Children's Dental Health Month
- National Grapefruit Month
- National Heart Month
- National Hot Breakfast Month
- National Weddings Month
- National Snack Food Month
- National Library Lover's 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  
Theraband  
Hand Grippers

Wellness (Mind & Body):

Lower Extremity:  
Virtual Cycling Club  
Active ROM: Parachute  
Fun band  
Armchair Exercise