Adult Care Center of the Northern Shenandoah Valley, Inc.



Activity Calendar

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	MONDAY	THEODAY	MEDNIEGDAN	THIDODAY	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
9:00-	Groundhog Day (2nd)	Morning News Hour/ Participants	National Singing Day	Morning News Hour/ Participants	National Send a Card to A Friend
9:45	Morning News Hour/ Participants	Choice: Puzzles, Word	Morning News Hour/ Participants	Choice: Puzzles, Word	Day
	Choice: Puzzles, Word	Find/Crossword, Magazines	Choice: Puzzles, Word	Find/Crossword, Magazines	Morning News Hour/ Participants
	Find/Crossword, Magazines		Find/Crossword, Magazines		Choice: Puzzles, Word
					Find/Crossword, Magazines
10:00-	Music & Devotion/ Men's	Expressive Art/ Card Sharps Clubs:	Karaoke for National Singing Day/	Love A to Z/ Personal Workshop	Intergenerational/ Personal Workshop
10:40	Conversation Group	Old Maid	Personal Workshop		intergenerational, reisonal (reinshop
11:00-	Crossword/ Target Toss	Breakout Exercise & Wellness	Life stories/ Best 10/ Ring Toss	Breakout Exercise & Wellness	Breakout Exercise & Wellness
11:40		Groups		Groups	Groups
12:00-	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
1:50 2:00-	Cycling Group & Chair Yoga	Bingo Game with Kay/ Scenery	Breakout Exercise & Wellness	Expressive Art/ Crossword/ Penny	Malaina a condition o fuice d
2:00-2:40	Cycling Group & Chair Toga	Group	Groups	Ante	Making a card for a friend
2.10		Group	Croups	1 1110	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Bean Bag Toss/ Bowling Game	Hangman Game/ Word Chart	Midweek Matinee	Trivia Group/ Jenga Group	Friday Frolic
4:15					
4:30	Connect 4/ Conversation Ball	Hits Radio Time	Midweek Matinee	Headbenz/ Sing along wheel of fortune	Friday Frolic
	10	11	12	13	14
9:00-	Morning News Hour/ Participants	National Inventors' Day	Abraham Lincoln's Day	National Tortellini Day	Valentine's Day
9:45	Choice: Puzzles, Word	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
	Find/Crossword, Magazines	Choice: Puzzles, Word	Choice: Puzzles, Word	Choice: Puzzles, Word	Choice: Puzzles, Word
		Find/Crossword, Magazines	Find/Crossword, Magazines	Find/Crossword, Magazines	Find/Crossword, Magazines
10:00-	Music & Devotion/ Men's	Expressive Art/ Card Sharps Clubs:	Breakout Exercise & Wellness	Valentine's Musical Jeopardy Game /	Intergenerational/ Personal Workshop
10:40	Conversation Group	Crazy Eight	Groups	Personal Workshop	-
11:00-	Crossword/ Ring Toss	Breakout Exercise & Wellness	Life Stories/ Target Toss/ Word Chart	Breakout Exercise & Wellness	Breakout Exercise & Wellness
11:40		Groups		Groups	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-	Cycling Group & Chair Yoga	Valentine Big Word Small Word/	Hand massage with Trivia	Expressive Art/ Crossword/ Penny	Karaoke for Valentine party
2:40		Manicure		Ante	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	BINGO!	Name that Old Thing	Midweek Matinee	Trivia Group/	Pick a romantic movie Friday Frolic

4:15		Valentine Origami: Heart	

	17	18	19	20	21
9:00- 9:45	Presidents' 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	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	Birthday Party! Happy Birthday, Rudy! 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
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	24	25	26	27	28
9:00- 9:45				•	•
9:00-	24 Morning News Hour/ Participants Choice: Puzzles, Word	25 Happy Birthday, Len! Morning News Hour/ Participants Choice: Puzzles, Word	26 Ash Wednesday Morning News Hour/ Participants Choice: Puzzles, Word	27 National Protein Day Morning News Hour/ Participants Choice: Puzzles, Word	28 National Chocolate Souffle Day Morning News Hour/ Participants Choice: Puzzles, Word
9:00- 9:45	24 Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Music & Devotion/ Men's	25 Happy Birthday, Len! Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines Expressive Art/ Card Sharps Clubs:	26 Ash Wednesday Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	27 National Protein Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines	28 National Chocolate Souffle Day Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword, Magazines
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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