



Adult Care Center of the Northern Shenandoah Valley, Inc.
2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Watermelon Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Chocolate Chip Cookie Day	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword National Oyster Day	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword	Morning News Hour/Participants Choice: Puzzles, Word Find, Crossword Purple Heart Day
10:00-10:30	Music & Spirituality ^{Sen,R} - Whitney Conversation Group ^{S,C} - Katie	Drum Circle ^{P,S,C} - Whitney Expressive Art ^{C,S} - Katie Word Scrambles ^{C,S} - Staff	Coloring Group ^{C,S} - Whitney Conversation Group ^{C,S} - Katie Crossword Puzzle ^C - Staff	Jeopardy ^{C,S} - Katie Song Discussion ^{C,S,Sen} - Whitney Bingo ^{S,Pr} - Staff	Bingo ^{S,Pr} - Katie Chimes ^{Pr,S} - Whitney
11:00-11:30	Crossword Puzzle ^C - Katie Rise up hand ^{C,S} - Whitney	Devotions ^{S,C,R} - Katie Hangmen ^{C,S} - Whitney Headbandz ^C - staff	Headbands ^C - Staff Word Scramble ^C - Katie Name That Person ^{C,S} - Whitney	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} / One on one projects ^{Pr} .
2:00-2:30	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Regular Exercise ^{P,S} - Katie Whitney Cycling ^{P,S} - Linda S.	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.	Crossword Puzzle ^{C,S,Pr} - Linda S. Expressive Art ^{C,S,Pr} - Whitney 100 Or Bust ^{C,S} - Katie	Bingo ^{S,Pr} - Whitney Big Word Small Word ^{C,S} - Katie Trivia ^{S,C} - Staff
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Wheels of Fortune ^{C,S} - Katie 100 or Bust ^{C,S} - Whitney Music Listening ^{Sen,R} - Staff	Go Traveling ^C - Katie Best 10 ^{C,S} - Linda S. Name That Tune ^{C,S} - Whitney	Midweek Movie Matinee ^R - Katie & Whitney	Trivia ^{S,C} - Katie, Linda S. Piano Appreciation ^{Sen} - Whitney	Friday Frolic ^R - Katie & Whitney
4:15-4:30	Say a Story Group ^{C,S} - Whitney Bible Trivia ^{S,C} - Katie	Piano Appreciation ^R - Whitney Conversation Group ^{S,C} - Katie	Midweek Movie Matinee ^R - Katie & Whitney	A- Z ^{C,Pr} - Katie Conversation Group ^{S,C} - Whitney	Friday Frolic ^R - Katie & Whitney
	10	11	12	13	14
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword All Melon Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:30	Music & Spirituality ^{Sen,R} - Whitney Melon Painting ^{C,S} - Katie Newspaper Group ^{R,S} - Staff	Word Scrambles ^{C,S} - Katie Expressive Art ^{C,S} - Whitney Conversation Group ^{S,C} - Staff	Coloring Group ^{C,S} - Whitney Big Word Small Word ^{C,S} - Katie	Book Club ^{S,C,R} - Katie Chimes ^{Pr,S} - Whitney Hangman ^{C,S} - Staff	Bingo ^{S,Pr} - Katie Drum Circle ^{P,S,C} - Whitney
11:00-11:30	Crossword Puzzle ^C - Katie Pictionary ^{C,S} - Whitney	Regular Exercise ^{P,S} Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Jeopardy ^{C,S} - Katie 100 or Bust ^{C,S} - Staff Music Listening ^R - Whitney	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .
2:00-2:30	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Name That Tune ^{C,S} - Whitney Story Writing ^C - Katie Headbandz ^C - Linda S.	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.	Crossword Puzzle ^C - Linda S. Expressive Art ^{C,S} - Whitney Succor- Katie	Bingo ^{S,Pr} - Whitney A-Z ^{C,S} - Katie
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Conversation Ball ^{C,S} - Katie Wheels of Fortune ^{C,S} - Whitney	Hangman ^{C,S} - Whitney Trivia ^{C,S} - Linda S.	Midweek Movie Matinee ^R - Katie & Whitney	Trivia ^{C,S} - Linda S., Katie Pictionary ^{C,S} - Whitney	Friday Frolic ^R - Katie & Whitney

		100 Or Bust ^{C,S} - Katie			
4:15-4:30	Trivia ^{C,S} - Katie & Whitney	Music Ball with Piano Playing ^{C,R} - Whitney Best 10 ^{C,S} - Katie	Midweek Movie Matinee ^R - Katie & Whitney	Wheels of Fortune ^{C,S} - Katie Conversation Group ^{S,C} Whitney	Friday Frolic ^R - Katie & Whitney
	17	18	19	20	21
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Cupcake Day	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 National Radio Day National Lemonade Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:30	Music & Spirituality ^{Sen,R} - Whitney Cupcake Hangmen ^{S,C} - Katie	Hangmen ^{C,S} - Katie Coloring Group ^{C,S} – Staff Conversation Group ^{S,C} -	A-Z ^C - Katie Expressive Art ^{C,S} - Whitney	Musical Jeopardy ^{S,C} - Katie Chimes ^{Pr,S} – Whitney Bingo ^{S,Pr} - Staff	Drum Circle ^{P,S,C} - Whitney Big Words Small Words ^{C,S} - Katie
11:00-11:30	Crossword Puzzle ^C - Katie Name That President ^C - Whitney	Regular Exercise ^{P,S} - Katie Cyclings ^{P,S} - Staff Exercise ^{P,S} -	Word Chart ^{C,S} - Katie Headbenz ^{C,S} - Staff Connect 4 ^C - Whitney	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} -	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .
2:00-2:30	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercis ^{P,S} - Staff	Devotions ^{S,C,R} - Katie Trivia ^{C,S} - Linda S. Pictionary ^{C,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chiar Yoga ^{P,S} - Dana A.	Expressive Art ^{C,S} - Whitney Roundtable Talk ^{S,R,C} - Katie Bingo ^{S,Pr} - Linda S.	Headbenz ^C - Katie Name That Tune ^C - Whitney
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	A-Z Group ^C - Whitney Best 10 ^C – Katie	Best 10 ^{C,S} - Linda s. Wheels of Fortune ^{C,S} - Whitney 100 or Bust ^{P,S,C} - Katie	Midweek Movie Matinee ^R - Katie & Whitney	Trivia ^{S,C} - Katie Crossword Puzzle ^C - Linda S. Rise up hand ^{C,S} - Whitney	Friday Frolic ^R : Singing in the Rain - Katie & Whitney
4:15-4:30	Go Traveling ^C / One on one projects ^{Pr} .	Piano Appreciation ^R - Whitney Relaxing and Chatting ^S - Katie	Midweek Movie Matinee ^R - Katie & Whitney	Conversation Group ^{S,C} - Katie & Whitney	Friday Frolic ^R : Singing in the Rain - Katie & Whitney
	24	25	26	27	28
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Peach Pie Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, David!	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 National Red Wine Day
10:00-10:30	Music & Spirituality ^{Sen,R} - Whitney Newspaper Group ^{C,S} - Katie Life Stories Conversation ^C - Staff	Word Chart ^{C,S} - Katie Expressive Art ^{C,S} - Whitney	Word Scrambles ^{C,S} - Katie Coloring Group ^{C,S} - Whitney Conversation Group ^{C,S} - Staff	Drum Circle ^{P,S,C} - Whitney Bingo ^{S,Pr} - Katie	How old are they ^{S,C} - Whitney Headbenz ^{C,S} - Katie
11:00-11:30	Crossword Puzzle ^C - Katie Headbenz ^{C,S} – Whitney	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Connect 4 ^{S,C} - Katie Chimes ^{Pr,S} - Whitney Wheels of Fortune ^{C,S} - Staff	Regular Exercise ^{P,S} - Katie Cycling ^{P,S} - Whitney Exercise ^{P,S} - Staff	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} s	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr} .
2:00-2:30	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Book Club ^{S,C,R} - Katie Hangman ^C - Linda S. Pictionary ^{C,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chiar Yoga ^{P,S} - Dana A.	Crossword Puzzle ^C - Linda S. Expressive Art ^{C,S} - Whitney Rise up hand ^{C,S} - Katie	Story Writing ^C - Katie Bingo Groups ^{S,Pr} - Whitney
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Listening ^{C,R} - Whitney Big Words-Small Words ^C - Katie	100 Or Bust ^{P,C} - Katie Conversation ^C - Linda S. Piano Appreciation ^R - Whitney	Midweek Movie Matinee ^R - Katie & Whitney	Trivia ^{S,C} - Katie, Linda S. Name That Tune ^C - Whitney	Friday Frolic ^R - Katie & Whitney

4:15-4:30	Conversation Ball ^{S, C} / One on one projects ^{Pr.}	Music listening and relaxing ^R / One on one projects ^{Pr.}	Midweek Movie Matinee ^R - Katie & Whitney	Conversation Group ^{S, C} - Katie & Whitney	Friday Frolic ^R - Katie & Whitney
	31				
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	<ul style="list-style-type: none"> • Music Room- Red • Nature Room- Blue • Living Room- Orange • Big Area-purple 	<ul style="list-style-type: none"> • Outdoor- Green • The maximum number of each activity is 6 people 		
10:00-10:30	Music & Spirituality ^{Sen, R} - Whitney Conversation Group ^{S, C} - Katie				
11:00-11:30	Crossword Puzzle ^C - Katie Rise up hand ^{C, S} - Whitney				
12:00-1:50	Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}				
2:00-2:30	Regular Exercise ^{P, S} - Katie Cycling ^{P, S} - Whitney Exercise ^{P, S} - Staff				
3:00	Refreshments				
3:30-4:00	Word Chart ^C - Katie Headbenz ^{C, S} - Whitney				
4:15-4:30	Conversation Group ^S / One on one projects ^{Pr.}				

August is...

- International Peace Month
- National Wellness Month
- National Sandwich Month
- National Golf Month
- National Immunization Awareness Month
- National Panini Month
- National Goat Cheese Month

<p><u>Personal Workshop</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Reminisce</p> <p>Coloring</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Music & Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants daily*</p> <p>Core Focus: Body Blades</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind & Body): Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
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