

Adult Care Center of the Northern Shenandoah Valley, Inc.



2019

Activity Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Peanut Butter and Jelly Day	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword National Find a Rainbow Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Vitamin C Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Karaoke/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: UNO	Jeopardy/ Personal Workshop	Drum Circle / Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/Qwirkle/ 100 or Bust	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz/ Farkle	Cycling Group/ Chair Yoga	Breakout Exercise & Wellness Group
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45	Breakout Exercise & Wellness Group	Chimes/ Bingo	Breakout Exercise & Wellness Group	Crossword Puzzle/ Expressive Art/ Penny Ante	Music Ball/ Word Chart
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Movie star Hangman/ Story Writing	Bean Bag Toss/ Name That Tune	Midweek Matinee/ Small Word Group	Trivia/ Connect 4	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	Piano Appreciation/ Virtual Bowling League	Friday Frolic
	8	9	10	11	12
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Cherish an Antique Day	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword National Siblings Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Crazy Eights	Breakout Exercise & Wellness Group	Drum Circle / Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Farkle/ Q-Chord	Breakout Exercise & Wellness Groups	Life Stories/ Headbandz/ Music Lounge	Cycling Group/ Chair Yoga	Breakout Exercise & Wellness Groups
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45	Breakout Exercise & Wellness Group	Karaoke Dance	Art Appreciation/ Sensory Aprons	Crossword Puzzle/ Expressive Art/ Roundtable Talk	Chimes/ Bingo
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Name That Person/ Target Toss	Movie A to Z/ Bean Bag Toss	Midweek Matinee/ Scrabble	Trivia groups/ 1—or Bust	Friday Frolic
4:30	Connect 4/ Personal Workshop	Relaxing Piano Music/ Personal Workshop	Midweek Matinee	Conversation Ball/ Personal Workshop	Friday Frolic

	15	16	17	18	19
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Titanic Remembrance Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Wear Your Pajamas to Work 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 Good Friday
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Old Maid	Breakout Exercise & Wellness Groups	Drum Circle/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Headbandz/ Virtual Bowling League	Breakout Exercise & Wellness Groups	Life Stories/ Big Words or Small Words/ Target Toss	Cycling/ Chair Yoga	Breakout Exercise & Wellness Groups
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45	Breakout Exercise & Wellness Groups	Old Time Music/ Personal Workshop	Manicures & Hand Massage along with Piano Appreciation	Crossword Puzzle/ Expressive Art/ Penny Ante	Friday Karaoke
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15	Bean Bag Toss/ Story Writing	Spring Hangman/ Origami Workshop	Midweek Matinee	Trivia Groups/ Connect 4	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee	100 or Bust/ Personal Workshop	Friday Frolic
	22	23	24	25	26
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Easter (Sunday)	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Picnic Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Telephone Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Rummy	Price is Right!/ Personal Workshop	Old Time Music/ Personal Workshop	Intergenerational/ Personal Workshop
11:00-11:45	Crossword Puzzle/ Penny Ante/ 100 or Bust	Breakout Wellness & Exercise Groups	Life Stories/ Headbandz/ Music A-Z	Cycling/ Chair Yoga	Breakout Exercise & Wellness Group
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation
2:00-2:45	Breakout Wellness & Exercise Groups	Chimes/ Bingo	Bingo/ Manicures & Hand Massages	Crossword Puzzle/ Expressive Art/ Roundtable Talk	Drum Circle/ Personal Workshop
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30 - 4:15	Hangman/ Scrabble	Collage Quilt	Midweek Matinee/ Scrabble	Trivia/ Bean Bag Toss	Friday Frolic
4:30	Conversation Ball/ Personal Workshop	Piano Appreciation/ Personal Workshop	Midweek Matinee/ Personal Workshop	Connect 4/ Personal Workshop	Friday Frolic
	29	30			
9:00-9:45	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword			
10:00-10:45	Music & Spirituality/ Personal Workshop	Tea Party/ Expressive Art/ Card Sharps Club: Crazy Eights			
11:00-11:45	Crossword Puzzle/ Headbandz/ Virtual Bowling League	Breakout Exercise & Wellness Group			
12:00-1:45	Lunch & Breakout Group/Relaxation	Lunch & Breakout Group/Relaxation			

2:00-2:45	Breakout Exercise & Wellness Group	Drum Circle/ Personal Workshop			
3:00	Refreshments	Refreshments			
3:30 - 4:15	Art Appreciation/ Hangman	Music Performance			
4:30	Conversation Ball/ Personal Workshop	Relaxing with Music/ Personal Workshop			

April is...

- English Language Month
- Month of Hope
- National Canine Fitness Month
- Distracted Driving Awareness Month
- National Donate Life Awareness Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Autism Awareness Month
- National Couple Appreciation Month
- National Decorating Month
- National Garden Month
- National Humor Month
- National Jazz Appreciation Month
- National Soft Pretzel Month
- National Volunteer Month

<p><u>Personal Workshop</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Hand Massage</p> <p>Reminisce</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Nail Care</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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