



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	4
9:00-9:30		Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Pie Day	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 Happy Birthday, Marilyn B.(5th)
10:00-10:30		Word Chart ^{C,S} - Diane Expressive Art ^{C,S} - Katie Conversation Group ^{S,C} - Dana A.	Chimes ^{Pr,S} - Whitney Word Scrambles ^{C,S} - Katie	Drum Circle ^{P,S,C} - Whitney Big Words Small Words ^{C,S} - Katie Conversation Group ^{S,C} - Dana A.	100 Or Bust ^{C,S} - Whitney Jeopardy ^{C,S} - Katie Headbandz ^C - Dana A.
11:00-11:30		Word Scrambles ^{C,S} - Katie Connect 4 ^{C,S} - Whitney Headbandz ^C - Diane	Wheels of Fortune ^{S,C} - Katie Coloring ^{C,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Dana A.	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Dana A.
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} .
2:10-2:40		Regular Exercise ^{P,S} - Whitney Cycling Groups ^{P,S} - Linda S. & Katie	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie	Crossword Puzzle ^{C,S,Pr} - Katie Name That President ^{S,C} - Whitney Pictionary ^{C,S} - Whitney	Bingo Groups ^{S,Pr} - Whitney & Katie Reading group One on one projects ^{Pr} .
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:15		Bingo Groups ^{S,Pr} - Katie & Linda S. One on one projects ^{Pr} .	Midweek Movie Matinee ^R - Katie & Whitney One on one projects ^{Pr} .	Trivia ^{S,C} - Whitney Rise up Hand ^{C,S} - Katie Hangman ^{S,C} - Dana A.	Friday Frolic ^R - Katie & Whitney
4:15-4:30		Conversation Group ^{S,C} - Linda S. Shake a Memory ^{C,S} - Katie	Midweek Movie Matinee ^R - Katie & Whitney	A- Z ^{C,Pr} - Katie Conversation Group ^{S,C} - Whitney	Friday Frolic ^R - Katie & Whitney
	7	8	9	10	11
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Pearl Harbor Remembrance Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Chicken Soup for the Soul Stories/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Carol!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Nobel Prize Day	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword
10:00-10:30	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.	Hangman ^{C,S} - Katie Coloring Group ^{C,S} - Whitney	Expressive Art ^{C,S} - Whitney Best 10 ^C - Rosalie Word Scrambles ^{C,S} - Katie	Drum Circle ^{P,S,C} - Whitney Big Word Small Word ^{C,S} - Katie Conversation Group ^{C,S} - Staff	Jeopardy ^{C,S} - Katie Chimes ^{Pr,S} - Whitney Conversation Group ^{C,S} - Rosalie
11:00-11:30	Newspaper Group ^{R,S} - Katie Rise Up Hand ^{S,C} - Dana A. Devotion ^{Sen, R} - Whitney	Regular Exercise ^{P,S} Whitney Cycling ^{P,S} - Katie	Connect 4 ^{S,C} - Whitney Hangman ^{C,S} - Rosalie Best 10 ^C - Katie	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Bingo Groups ^{S,Pr} - Whitney & Katie & Rosalie
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} .
2:10-2:40	Write a letter to Santa ^{C,S} - Whitney Word Chart ^C - Katie 100 OR Bust ^{C,S} - Dana A.	Crossword Puzzle ^C - Linda S. Trivia ^C - Katie Name That Place ^C - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.	Crossword Puzzle ^C - Linda S. Wheels of Fortune ^{C,S} - Katie Music Lisenting ^{R,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Appreciation- Katie Connect 4 ^{C,S} - Whitney Wheels of Fortune ^{S,C} - Dana A.	Bingo Groups ^{S,Pr} - Katie & Linda S. Reading Group ^C - Whitney One on one projects ^{Pr}	Midweek Movie Matinee ^R - Katie & Whitney One on one projects ^{Pr} .	Rise Up Hand ^{C,S} - Whitney Word Chart ^{C,S,Pr} - Katie 100 Or Bust ^{C,S} - Linda S.	Friday Frolic ^R - Katie & Whitney One on one projects ^{Pr} .

4:15-4:30	Relaxing Conversation ^C / One on one projects ^{Pr}	Music Appreciation ^R - Whitney Shake a Memory ^{C,S} - Katie	Midweek Movie Matinee ^R - Katie & Whitney	Conversation Ball ^{S,C} - Katie & Whitney	Friday Frolic ^R - Katie & Whitney
	14	15	16	17	18
9:00-9:30	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	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword National Ugly Christmas Sweater Day (Wear your sweater)	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, Louise(19th)
10:00-10:30	Newspaper Group ^{R,S} - Katie Hangman ^{S,C} - Whitney Rise Up Hand ^C - Dana A.	Coloring Group ^{C,S} - Whitney Conversation Group ^{S,C} - Staff Jeopardy ^{C,S} - Katie	Expressive Art ^{C,S} - Whitney Headbenz ^{C,S} - Dana A Word Chart ^{C,S} - Katie	Word Scrambles ^{C,S} - Katie Christmas Trivia ^{C,S} - Linda S. Drum Circle ^{Pr,S} - Whitney	Drum Circle ^{P,S,C} - Whitney Big Words Small Words ^{C,S} - Katie Conversation Group ^{C,S} - Staff
11:00-11:30	Crossword Puzzle ^C - Katie Headbenz ^{C,S} - Whitney Christmas A-Z ^{S,C} - Dana A.	Regular Exercise ^{P,S} - Whitney Cyclings ^{P,S} - Katie Exercise ^{P,S} - Staff	Name That Person ^{S,C} - Whitney Connect 4 ^C - Katie Knitting w/ conversation ^{Sen,C} - Diane	Crossword Puzzle ^C - Linda S. Pictionary ^C - Whitney Holiday Hangman ^{S,C} - Katie	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 Chair Yoga ^{P,S} - Dana A.	100 Or Bust ^{P,S} - Linda S. Big Words Small Words ^{S,C} - Katie Connect 4 ^{C,S} - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Bingo ^{S,Pr} - Whitney & Katie One on one projects ^{Pr}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Best 10 ^C - Katie Word Scrambles ^{C,S} - Whitney Conversation Group ^{S,C} - Dana A.	Bingo Groups ^{S,Pr} - Linda S. & Katie One on one projects ^{Pr}	Midweek Movie Matinee ^R - Katie & Whitney One on one projects ^{Pr}	Wheels of Fortune ^{S,C} - Katie Name That Tune ^{C,S} - Whitney One on one projects ^{Pr}	Friday Frolic: Movies ^R - Katie & Whitney One on one projects ^{Pr}
4:15-4:30	Conversation Ball ^C / One on one projects ^{Pr}	Piano Appreciation ^R - Whitney Relaxing and Chatting ^S - Katie	Midweek Movie Matinee ^R - Katie & Whitney One on one projects ^{Pr}	Roundtable Talk ^{S,R,C} -Katie & Whitney	Friday Frolic: Movies ^R - Katie & Whitney One on one projects ^{Pr}
	21	22	23	24	25
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Winter Solstice (20th&23rd)	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 Merry Christmas Eve!	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Merry Christmas!
10:00-10:30	Chimes ^{Pr,S} - Whitney Conversation Group: ^{S,C} - Dana A. Word Scrambles ^{C,S} - Katie	Jeopardy ^{C,S} - Katie Drum Circle ^{Pr,S} - Whitney Conversation Group: ^{S,C} - Staff	Christmas Song appreciation ^R - Whitney Big Words & Small Words ^{C,S} - Katie Conversation ^{C,S} - Dana A.		
11:00-11:30	Crossword Puzzle ^C - Katie Headbenz ^C - Whitney Rise Up Hands ^S - Dana A.	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie	Expressive Art ^C - Whitney Connect 4 ^{S,C} - Katie Knitting w/ conversation ^{Sen,C} - Diane		
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}		
2:00-2:30	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.	Crossword Puzzle ^{C,S,Pr} - Linda S. 100 Or Bust ^{P,S} - Katie Shake a Memory ^C - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.		
3:00	Refreshments	Refreshments	Refreshments		

3:30-4:00	Christmas Hangman ^{C,S} - Katie Christmas Tree Decoration ^{C,S} - Whitney One on one projects ^{Pr} .	Bingo Groups ^{S,Pr} - Linda S. & Katie Reading Group ^C - Whitney One on one projects ^{Pr} .	Midweek Movie Matinee ^R : Christmas Movie - Katie & Whitney One on one projects ^{Pr}		
4:15-4:30	Conversation Ball ^{S,C} / One on one projects ^{Pr} .	Piano Appreciation ^R / One on one projects ^{Pr} .	Midweek Movie Matinee ^R : Christmas Movie - Katie & Whitney		
	28	29	30	31	
9:00-9:30	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy Birthday, John H.	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword	Morning News Hour/ Participants Choice: Puzzles, Word Find/Crossword Happy New Year's Eve!	
10:00-10:30	Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.	Word Chart ^{C,S} - Katie Expressive Art ^{C,S} - Whitney Conversation Group ^{S,C} - Staff	Chimes ^{Pr,S} - Whitney 100 Or Bust ^{C,S} - Katie Conversation Group ^{C,S} - Dana A.	Drum Circle ^{P,S,C} - Whitney Conversation Group ^{S,C} - Katie Hangman ^{S,C} - Linda S.	
11:00-11:30	Crossword Puzzle ^C - Katie Headbenz ^{C,S} - Dana A. Conversation Group ^C - Staff	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Exercise ^{P,S} - Staff	Knitting w/ conversation ^{Sen,C} - Diane Wheels of Fortune ^{S,C} - Katie Pictionary ^{C,S} - Whitney	Crossword Puzzle ^{C,S,Pr} - Linda S. Name That Person ^{S,C} - Whitney 100 Or Bust ^{C,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} .	
2:10-2:40	A to Z ^{C,S} - Dana A. Newspaper Group ^{S,R} - Katie Trivia ^{S,C} - Staff	Word Scrambles ^{C,S} - Katie Connect 4 ^{C,S} - Linda S. Headbandz ^C - Whitney	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie Chair Yoga ^{P,S} - Dana A.	Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Music Listening ^{C,R} - Katie Word Chart ^C - Dana A.	Bingo Groups ^{S,Pr} - Katie & Linda S. One on one projects ^{Pr} - Whitney	Midweek Movie Matinee ^R - Katie & Whitney One on one projects ^{Pr} .	Trivia ^{S,C} - Whitney Big Words Small Words ^{C,S} - Katie	
4:15-4:30	Conversation Group ^S / One on one projects ^{Pr} .	Conversation Group ^S / One on one projects ^{Pr} .	Conversation Group ^S / One on one projects ^{Pr} .	Conversation Group ^S / One on one projects ^{Pr} .	

December is...

- National Tie Month
- National Human Rights Month
- Safe Toys and Gifts Month
- Bingo's Birthday Month
- Root Vegetables and Exotic Fruits Month
- Worldwide Food Service Safety Month

Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Exercise & Wellness Groups:

2 choices are offered to participants daily

Core Focus: Body Blades

Upper Body: Weight lifting
Medicine Balls
Theraband
Hand Grippers

Wellness (Mind & Body):

Music & Memory
Offered throughout the day to ensure person centered care

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

- Music Room- Red
- Nature Room- Blue
- Frist Room- Brown
- Outdoor- Green
- Living Room- Orange
- Big Area-purple

- The maximum number of each activity is 6 people