



**Adult Care Center of the Northern Shenandoah Valley, Inc.
2021**



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--|---|--|---|--|
| | 1 | 2 | 3 | 4 | 5 |
| 9:00-9:45 | Morning News Hour/ Participants Choice: Word search/Crossword | Morning News Hour/ Participants Choice: Word search/Crossword National Groundhog Day | Morning News Hour/ Participants Choice: Word search/Crossword | Morning News Hour/ Participants Choice: Word search/Crossword National Thank a Mail Carrier Day | Morning News Hour/ Participants Choice: Word search/Crossword Bubble Gum Day |
| 10:00-10:40 | Crossword Puzzle ^C - Katie Coloring Group ^{C,S} - Whitney | Coloring Group ^{C,S} - Whitney Word Scrambles ^{C,S} - Katie | Name That Person ^{C,S} - Whitney Big Words Small Words ^{C,S} - Katie | Drum Circle ^{P,S,C} - Whitney Hangman ^{C,S} - Katie | Chimes ^{Pr,S} - Whitney Jeopardy ^{C,S} - Katie |
| 10:50-11:20 | Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie | Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie | Crochet w/ conversation ^{Sen,C} - Diane Connect 4 ^{C,S} - Katie Conversation ^{S,C} - Whitney | Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie | Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie |
| 11:30-1:50 | 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} . |
| 2:00-2:40 | A-Z ^{S,C} - Katie Music Listening ^{S, R} - Whitney | Crossword Puzzle ^C - Linda 100 Or Bust ^{P,S} - Katie | Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie | Word Chart ^{C,S} - Linda Pictionary ^{C,S} - Whitney One on one projects ^{Pr} . | Bingo ^{S,Pr} - Whitney & Katie One on one projects ^{Pr} . |
| 3:00 | Refreshments | Refreshments | Refreshments | Refreshments | Refreshments |
| 3:30-4:00 | Trivia ^{C,S} - Whitney Call-in-mind ^{C,S} - Katie | Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr} . | Midweek Movie Matinee ^R / One on one projects ^{Pr} . | Shake a Memory ^{C,S} - Whitney Best 10 ^C - Linda One on one projects ^{Pr} . | Friday Frolic ^R / One on one projects ^{Pr} . |
| 4:10-4:30 | Relaxing Conversation ^C / One on one projects ^{Pr} | Relaxing Conversation ^C / One on one projects ^{Pr} . | Midweek Movie Matinee ^R / One on one projects ^{Pr} . | Roundtable Talk ^{S,R,C} / One on one projects ^{Pr} . | Friday Frolic ^R / One on one projects ^{Pr} . |
| | 8 | 9 | 10 | 11 | 12 |
| 9:00-9:45 | Morning News Hour/ Participants Choice: Word search/Crossword National Boy Scouts Day | Morning News Hour/ Participants Choice: Word search/Crossword | Morning News Hour/ Participants Choice: Word search/Crossword | Morning News Hour/ Participants Choice: Word search/Crossword National White Shirt Day | Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentines Day (14th) |
| 10:00-10:40 | Hangman ^{C,S} - Katie Devotions ^C - Whitney | Word Chart ^{C,S} - Katie Coloring Group ^{C,S} - Whitney | Coloring Group ^{C,S} Big Words Small Words ^{C,S} | Drum Circle ^{P,S,C} Valentine A-Z ^C | Valentine Hangman ^{C,S} Chimes ^{Pr,S} |
| 10:50-11:20 | Regular Exercise ^{P,S} - Whitney Cycling ^{P,S} - Katie | Regular Exercise ^{P,S} Whitney Cycling ^{P,S} - Katie | Crochet w/ conversation ^{Sen,C} - Diane Headbenz ^{S,C} Conversation ^{S,C} | Regular Exercise ^{P,S} Cycling ^{P,S} | Regular Exercise ^{P,S} Cycling ^{P,S} |
| 11:30-1:50 | 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 | Rise Up Hand ^{C,S} - Katie Wheels of Fortune ^{C,S} - Whitney | Crossword Puzzle ^C - Linda Conversation ^{S,C} - Whitney | Regular Exercise ^{P,S} Cycling ^{P,S} | Rise Up Hand ^{S,C} - Whitney Crossword Puzzle ^C - Linda | Bingo Groups ^{S,Pr} One on one projects ^{Pr} . |
| 3:00 | Refreshments | Refreshments | Refreshments | Refreshments | Refreshments |
| 3:30-4:00 | Connect 4 ^C - Katie Trivia ^{C,S} - Whitney | Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr} | Midweek Movie Matinee ^R / One on one projects ^{Pr} . | Music Listening ^{S, R} - Whitney Word Train ^C - Linda | Friday Frolic ^R / One on one projects ^{Pr} . |
| 4:10-4:30 | Relaxing Conversation ^C / One on one projects ^{Pr} . | Shake a Memory ^{C,S} / One on one projects ^{Pr} . | Midweek Movie Matinee ^R / One on one projects ^{Pr} . | Conversation Group ^S / One on one projects ^{Pr} . | Friday Frolic ^R / One on one projects ^{Pr} . |

| | 15 | 16 | 17 | 18 | 19 |
|-------------|---|---|---|---|--|
| 9:00-9:45 | Morning News Hour/ Participants Choice: Word search/Crossword Presidents Day | Morning News Hour/ Participants Choice: Word search/Crossword | Morning News Hour/ Participants Choice: Word search/Crossword Ash Wednesday | Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Bob! | Morning News Hour/ Participants Choice: Word search/Crossword National Caregivers Day |
| 10:00-10:40 | Word Scrambles ^{C,S} Coloring Group ^{C,S} | Coloring Group ^{C,S} Name That Pleace ^{S,C} | Coloring Group ^{C,S} Big Words Small Words ^{C,S} | Drum Circle ^{Pr,S} Hangman ^C | Headbenz ^{S,C} Jeopardy ^{C,S} |
| 10:50-11:20 | Regular Exercise ^{P,S} Cycling ^{P,S} | Regular Exercise ^{P,S} Cyclings ^{P,S} | Connect 4 ^{C,S} Crochet w/ conversation ^{Sen,C} - Diane Conversation ^{S,C} | Regular Exercise ^{P,S} Cycling ^{P,S} | Regular Exercise ^{P,S} Cycling ^{P,S} |
| 11:30-1:50 | 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} . |
| 2:00-2:40 | Shack Memory ^{S,C} Word Chart ^{C,S} | Crossword Puzzle ^C - Linda Yes or No ^{C,S} - Whitney | Regular Exercise ^{P,S} Cycling ^{P,S} | Crossword Puzzle ^C - Linda Music Listening ^{R,S} - Whitney | Bingo Groups ^{S,Pr} One on one projects ^{Pr} . |
| 3:00 | Refreshments | Refreshments | Refreshments | Refreshments | Refreshments |
| 3:30-4:00 | Hangman ^{C,S} Wheels of Fortune ^{C,S} | Bingo Groups ^{S,Pr} - Linda & Kay One on one projects ^{Pr} . | Midweek Movie Matinee ^R / One on one projects ^{Pr} . | 100 or Bust ^{P,S} - Whitney Word Train ^{C,S} - Linda | Friday Frolic ^R / One on one projects ^{Pr} . |
| 4:10-4:30 | Relaxing Conversation ^C / One on one projects ^{Pr} | Relaxing Conversation ^C / One on one projects ^{Pr} . | Midweek Movie Matinee ^R / One on one projects ^{Pr} . | Roundtable Talk ^{S,R,C} / One on one projects ^{Pr} | Friday Frolic ^R / One on one projects ^{Pr} . |
| | 22 | 23 | 24 | 25 | 26 |
| 9:00-9:45 | Morning News Hour/ Participants Choice: Word search/Crossword | Morning News Hour/ Participants Choice: Word search/Crossword | Morning News Hour/ Participants Choice: Word search/Crossword | Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day | Morning News Hour/ Participants Choice: Word search/Crossword |
| 10:00-10:40 | Hangman ^{C,S} Devotions ^C | Connect 4 ^{C,S} Coloring Group ^{C,S} | Coloring Group ^{C,S} Big Words Small Words ^{C,S} | Drum Circle ^{Pr,S} Word Chart ^{C,S} | Chimes ^{Pr,S} Hangman ^{C,S} |
| 10:50-11:20 | Regular Exercise ^{P,S} Cycling ^{P,S} | Regular Exercise ^{P,S} Cycling ^{P,S} | Headbenz ^C Word Scrambles ^{C,S} Crochet w/ conversation ^{Sen,C} - Diane | Regular Exercise ^{P,S} Cycling ^{P,S} | Regular Exercise ^{P,S} Cycling ^{P,S} |
| 11:30-1:50 | 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} . |
| 2:00-2:40 | Best 10 ^{S,C} Chimes ^{Pr,S} | Crossword Puzzle ^{C,S,Pr} - Linda Shake a Memory ^C - Whitney | Regular Exercise ^{P,S} Cycling ^{P,S} | Crossword Puzzle ^C - Linda 100 or Bust ^{P,S} - Whitney | Bingo Groups ^{S,Pr} One on one projects ^{Pr} . |
| 3:00 | Refreshments | Refreshments | Refreshments | Refreshments | Refreshments |
| 3:30-4:00 | Trivia/Simile Game ^{S,C} Conversation ^{S,C} | Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr} | Midweek Movie Matinee ^R / One on one projects ^{Pr} . | Wheels of Fortune ^{C,S} - Linda Conversation ^{S,C} - Whitney | Friday Frolic ^R / One on one projects ^{Pr} . |
| 4:10-4:30 | Relaxing Conversation ^C / One on one projects ^{Pr} | Shake a Memory ^{C,S} / One on one projects ^{Pr} . | Midweek Movie Matinee ^R / One on one projects ^{Pr} . | Conversation Group ^S / One on one projects ^{Pr} . | Friday Frolic ^R / One on one projects ^{Pr} . |

February is...

- American Heart Month
- Creative Romance Month
- National Heart Month
- National Library Lover's Month
- National Snack Food Month
- National Weddings Month

Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Music & Memory

Offered throughout the day to ensure person centered care

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):

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