



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



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Minnesota Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Old stuff Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Marching Music Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Linda S.! (6th)</b>
10:00-10:40	Word Scrambles <sup>C,S</sup> Chimes <sup>Pr,S</sup>	Coloring Group <sup>C,S</sup> Headbenz <sup>S,C</sup> - Lily	Big Words Small Words <sup>C,S</sup> Drum Circle <sup>P,S,C</sup>	Rise Up Hand <sup>C,S</sup> Word Chart <sup>C,S</sup> - Lily	Conversation <sup>S,C</sup> Hangman <sup>C,S</sup>
10:50-11:20	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup> - Lily	Connect 4 <sup>C,S</sup> Conversation <sup>S,C</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>
11:30-1:50	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .
2:00-2:40	Name That Person <sup>S,C</sup> Wheels of Fortune <sup>C,S</sup>	Crossword Puzzle <sup>C</sup> - Linda 100 Or Bust <sup>P,S</sup> - Sophia	Chair Yoga <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword Puzzle <sup>C</sup> - Linda Crochet w/ conversation <sup>Sen,C</sup> - Diane Coloring Group <sup>C,S</sup>	Bingo <sup>S,Pr</sup> - Lily One on one projects <sup>Pr</sup> .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia <sup>C,S</sup> Pictionary <sup>C,S</sup>	Bingo Groups <sup>S,Pr</sup> Kay & Linda One on one projects <sup>Pr</sup> .	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Shake a Memory <sup>C,S</sup> Best 10 <sup>C</sup> - Linda One on one projects <sup>Pr</sup> .	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .
4:10-4:30	Relaxing Conversation <sup>C</sup> / One on one projects <sup>Pr</sup>	Relaxing Conversation <sup>C</sup> / One on one projects <sup>Pr</sup> .	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Roundtable Talk <sup>S,R,C</sup> / One on one projects <sup>Pr</sup> .	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Meatball Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National 311 Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Clare! (13th)</b>
10:00-10:40	Devotions <sup>C</sup> Hangman <sup>C,S</sup>	Word Chart <sup>C,S</sup> - Lily Coloring Group <sup>C,S</sup>	Coloring Group <sup>C,S</sup> Big Words Small Words <sup>C,S</sup>	Drum Circle <sup>P,S,C</sup> Word Scrambles <sup>C,S</sup> - Lily	Headbenz <sup>S,C</sup> Chimes <sup>Pr,S</sup>
10:50-11:20	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup> - Lily	Connect 4 <sup>C,S</sup> Conversation <sup>S,C</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>
11:30-1:50	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .
2:10-2:40	Jeopardy <sup>C,S</sup> Wheels of Fortune <sup>C,S</sup>	Crossword Puzzle <sup>C</sup> -Linda Call-in-mind <sup>S,C</sup> - Sophia	Chair Yoga <sup>P,S</sup> Cycling <sup>P,S</sup>	Rise Up Hand <sup>S,C</sup> Crossword Puzzle <sup>C</sup> -Linda Crochet w/ conversation <sup>Sen,C</sup> - Diane	Bingo Groups <sup>S,Pr</sup> - Lily One on one projects <sup>Pr</sup> .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	100 Or Bust <sup>P,S</sup> - Trivia <sup>C,S</sup>	Bingo Groups <sup>S,Pr</sup> - Kay & Linda One on one projects <sup>Pr</sup>	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Music Listening <sup>S,R</sup> Word Train <sup>C</sup> -Linda	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .
4:10-4:30	Relaxing Conversation <sup>C</sup> / One on one projects <sup>Pr</sup> .	Shake a Memory <sup>C,S</sup> / One on one projects <sup>Pr</sup> .	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Conversation Group <sup>S</sup> / One on one projects <sup>Pr</sup> .	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .

	15	16	17	18	19
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Daylight Savings Day (14th)</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>St. Patrick's Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Certified Nurses Day Happy Birthday, Kay! (21st)</b>
10:00-10:40	Name That Pleace <sup>S,C</sup> Conversation <sup>S,C</sup>	Coloring Group <sup>C,S</sup> Word Scrambles <sup>C,S</sup> - Lily	Coloring Group <sup>C,S</sup> Big Words Small Words <sup>C,S</sup>	Drum Circle <sup>Pr,S</sup> Hangman <sup>C</sup> - Lily	Word Chart <sup>C,S</sup> Chimes <sup>Pr,S</sup>
10:50-11:20	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cyclings <sup>P,S</sup> - Lily	Connect 4 <sup>C,S</sup> Conversation <sup>S,C</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>
11:30-1:50	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .
2:00-2:40	Shack Memory <sup>S,C</sup> Headbenz <sup>S,C</sup>	Crossword Puzzle <sup>C</sup> - Linda 100 Or Bust <sup>P,S</sup> - Sophia	Chair Yoga <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword Puzzle <sup>C</sup> - Linda Music Listening <sup>R,S</sup> Crochet w/ conversation <sup>Sen,C</sup> - Diane	Jeopardy <sup>S,Cr</sup> - Lily Best 10 <sup>S,C</sup> One on one projects <sup>Pr</sup> .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Hangman <sup>C,S</sup> Wheels of Fortune <sup>C,S</sup>	Bingo Groups <sup>S,Pr</sup> - Linda & Kay One on one projects <sup>Pr</sup> .	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Bingo Groups <sup>S,P</sup> - Linda Word Train <sup>C,S</sup>	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .
4:10-4:30	Relaxing Conversation <sup>C</sup> / One on one projects <sup>Pr</sup>	Relaxing Conversation <sup>C</sup> / One on one projects <sup>Pr</sup> .	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Roundtable Talk <sup>S,R,C</sup> / One on one projects <sup>Pr</sup>	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .
	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 <b>National Puppy Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Hangman <sup>C,S</sup> Devotions <sup>C</sup>	Connect 4 <sup>C,S</sup> Coloring Group <sup>C,S</sup>	Coloring Group <sup>C,S</sup> Big Words Small Words <sup>C,S</sup>	Drum Circle <sup>Pr,S</sup> Word Chart <sup>C,S</sup> - Lily	Chimes <sup>Pr,S</sup> Hangman <sup>C,S</sup>
10:50-11:20	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Headbenz <sup>C</sup> Word Scrambles <sup>C,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>
11:30-1:50	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .
2:00-2:40	Best 10 <sup>S,C</sup> Chimes <sup>Pr,S</sup>	Crossword Puzzle <sup>C,S,Pr</sup> - Linda Rise Up Hand <sup>C,S</sup> - Sophia	Chair Yoga <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword Puzzle <sup>C</sup> - Linda 100 or Bust <sup>P,S</sup> Crochet w/ conversation <sup>Sen,C</sup> - Diane	Bingo Groups <sup>S,Pr</sup> - Lily One on one projects <sup>Pr</sup> .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia/A-Z <sup>S,C</sup> Conversation <sup>S,C</sup>	Bingo Groups <sup>S,Pr</sup> - Kay & Linda One on one projects <sup>Pr</sup>	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Wheels of Fortune <sup>C,S</sup> - Linda Conversation <sup>S,C</sup>	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .
4:10-4:30	Relaxing Conversation <sup>C</sup> / One on one projects <sup>Pr</sup>	Shake a Memory <sup>C,S</sup> / One on one projects <sup>Pr</sup> .	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Conversation Group <sup>S</sup> / One on one projects <sup>Pr</sup> .	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .

	29	30	31		
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Talk A Walk in the Park Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword		
10:00-10:40	Word Chart <sup>S,C</sup> Devotions <sup>C</sup>	Word Scrambles <sup>C,S</sup> Coloring Group <sup>C,S</sup>	Coloring Group <sup>C,S</sup> Big Words Small Words <sup>C,S</sup>		
10:50-11:20	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Headbenz <sup>C</sup> Conversation <sup>S,C</sup> .		
11:30-1:50	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Music and Memory <sup>Sen</sup> One on one projects <sup>Pr</sup> .		
2:00-2:40	Connect 4 <sup>C,S</sup> Chimes <sup>Pr,S</sup>	Crossword Puzzle <sup>C,S,Pr</sup> - <b>Linda</b> 100 Or Bust <sup>P,S</sup> - <b>Sophia</b>	Chair Yoga <sup>P,S</sup> Cycling <sup>P,S</sup>		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Trivia <sup>S,C</sup> Hangman <sup>C,S</sup>	Bingo Groups <sup>S,Pr</sup> - <b>Kay &amp; Linda</b> One on one projects <sup>Pr</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr</sup> .		
4:10-4:30	Relaxing Conversation <sup>C/</sup> One on one projects <sup>Pr</sup>	Shake a Memory <sup>C,S/</sup> One on one projects <sup>Pr</sup> .	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr</sup> .		

March is...

- Irish-American Heritage Month
- National Athletic Month
- National Caffeine Awareness Month
- National Cheerleading Safety Month
- National Craft Month
- National Nutrition 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

- The maximum number of each activity is 6 people