



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
9:00-9:45				Morning News Hour/ Participants Choice: Word search/Crossword April Fool's Day	Morning News Hour/ Participants Choice: Word search/Crossword Good Friday
10:00-10:40				Rise Up Hand ^{C,S} - Lily Chimes ^{Pr,S}	Drum Circle ^{P,S,C} Conversation ^{S,C}
10:50-11:20				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.}
2:00-2:40				Crossword Puzzle ^C - Linda Hangman ^{C,S}	Bingo ^{S,Pr} - Lily One on one projects ^{Pr.}
3:00				Refreshments	Refreshments
3:30-4:00				Shake a Memory ^{C,S} Best 10 ^C One on one projects ^{Pr.}	Friday Frolic ^R / One on one projects ^{Pr.}
4:10-4:30				Roundtable Talk ^{S,R,C} / One on one projects ^{Pr.}	Friday Frolic ^R / One on one projects ^{Pr.}
	5	6	7	8	9
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dorothy (4th)! Happy Easter (4th)!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National No Housework Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Coloring Group ^{C,S} Jeopardy ^{C,S}	Word Chart ^{C,S} Coloring Group ^{C,S}	Devotions ^C Big Words Small Words ^{C,S}	Hangman ^{C,S} - Lily Chimes ^{Pr,S}	Word Scrambles ^{C,S} Drum Circle ^{P,S,C}
10:50-11:20	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Connect 4 ^{C,S} Pictionary ^{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	Wheel of Fortune ^{C,S} Crossword Puzzle ^C	Conversation ^C -Linda Call-in-mind ^{S,C} - Sophia	Regular Exercise ^{P,S} Cycling ^{P,S}	Rise Up Hand ^{S,C} Crossword Puzzle ^C -Linda Crochet w/ conversation ^{Sen,C} - Diane	Name That Person ^{C,S} - Lily Best 10 ^C
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Hedbanz ^{S,C} Trivia ^{C,S}	Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Bingo Groups ^{S,Pr} - 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.}	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.}

	12	13	14	15	16
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Thomas Jefferson Day	Morning News Hour/ Participants Choice: Word search/Crossword National Gardening Day	Morning News Hour/ Participants Choice: Word search/Crossword Tax Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Ralph!
10:00-10:40	Big Words Small Words ^{C,S} Devotions ^C	Drum Circle ^{Pr,S} Hangman ^{C,S}	Coloring Group ^{C,S} Word Scrambles ^{C,S}	Jeopardy ^C - Lily Coloring Group ^{C,S}	Word Chart ^{C,S} Chimes ^{Pr,S}
10:50-11:20	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cyclings ^{P,S}	Wheel of Fortune ^{C,S} Rise Up Hand ^{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	Music Listening ^{S,C} A-Z ^{S,C}	Crossword Puzzle ^C - Linda 100 Or Bust ^{P,S} - Sophia	Regular Exercise ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Music Listening ^{R,S} Crochet w/ conversation ^{Sen,C} - Diane	Bingo Groups ^{S,P} - Lily One on one projects ^{Pr} .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bingo Groups ^{S,Pr} One on one projects ^{Pr} .	Price Is Right ^{C,S} - Linda One on one projects ^{Pr} .	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Connect 4 ^{C,S} Word Train ^{C,S}	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} .
	19	20	21	22	23
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Katie (18th)! Happy Birthday, Marilynne!	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 Earth Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Conversation ^{S,C} Word Scrambles ^{C,S}	Hangman ^{C,S} Coloring Group ^{C,S}	Drum Circle ^{Pr,S} Big Words Small Words ^{C,S}	Word Chart ^{C,S} - Lily Chimes ^{Pr,S}	Jeopardy ^{C,S} Coloring Group ^{C,S}
10:50-11:20	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Trivia ^{C,S} Wheel of Fortune ^{C,S}	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	Art Appreciation ^{S,C,R} Crossword Puzzle ^C	Crossword Puzzle ^{C,S,Pr} - Linda Hedbanz ^{C,S} - Sophia	Regular Exercise ^{P,S} Cycling ^{P,S}	Origami ^{C,S} Conversation ^{S,C} - Linda Crochet w/ conversation ^{Sen,C} - Diane	Bingo Groups ^{S,Pr} - Lily One on one projects ^{Pr} .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	100 or Bust ^{C,S} Pictionary ^{C,S}	Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Connect 4 ^{C,S} - Linda Rise Up Hand ^{S,C}	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} .

	26	27	28	29	30
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Happy Apple Blossom!
10:00-10:40	Hangman ^{C,S} Devotions ^{C,R}	Word Chart ^{C,S} Chimes ^{Pr,S}	Coloring Group ^{C,S} Jeopardy ^{C,S}	Word Scrambles ^{C,S} - Lily Drum Circle ^{Pr,S}	
10:50-11:20	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Conversation ^{S,C} . Connect 4 ^{C,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} .	
2:00-2:40	Big Words Small Words ^{C,S} Trivia ^{S,C}	Crossword Puzzle ^{C,S,Pr} - Linda 100 Or Bust ^{P,S} - Sophia	Regular Exercise ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane Hedbanz ^C	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Name That Landscape ^{S,C} Music Listening ^R	Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Bingo Groups ^{S,Pr} - Linda 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} .	

April is...

- National Month of Hope
- National Garden Month
- National Jazz Appreciation Month
- National Straw Hat Month
- National Volunteer Month
- National Autism Awareness 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
- Fgfgfgfgfgfgg
- How are you?