

$\begin{tabular}{ll} Adult Care Center of the Northern Shenandoah Valley, Inc. \\ 2021 \end{tabular}$



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				IHUKSDAI	FRIDAI
	3	4	5	6	7
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:45	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword
		National Star Wars Day		National Day of Prayer	Happy Mother's Day (9th)
10:00-	Devotions ^C	Chimes ^{Pr,S}	Big Words Small Words ^{C,S}	Word Scrambles ^{C,S}	Drum Circle P,S,C
10:40	Hangman ^{C,S}	Word Charts ^{C,S}	Coloring Group ^{C,S}	Expressive Art ^{C,S} - Lily	Jeopardy ^{C,S}
10:50-	Wheel of Fortune ^{C,S}	Regular Exercise ^{P,S}	Headbenz ^{C,S}	Regular Exercise ^{P,S}	Regular Exercise ^{P,S}
11:20	Trivia ^{C,S}	Cycling ^{P,S}	Rise Up Hand ^{S,C}	Cycling ^{P,S}	Cycling ^{P,S}
11:30-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:50	Music and Memory ^{Sen}	Music and Memory ^{Sen}	Music and Memory ^{Sen}	Music and Memory ^{Sen}	Music and Memory ^{Sen}
	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}
2:00-	Chair Yoga ^{P,S}	Crossword Puzzle ^C	Chair Yoga ^{P,S}	Crossword Puzzle ^C - Linda	Bingo ^{S,Pr} - Lily
2:45	Cycling ^{P,S}	Expressive Art ^{C,S} - Sophia	Cycling ^{P,S}	Crochet w/ conversation Sen,C - Diane	One on one projects ^{Pr.}
				One on one projects ^{Pr.} – Whtiney, Katie	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Connect 4 ^{C,S}	Bingo Groups ^{S,Pr} - Kay	Midweek Movie Matinee ^R /	Shake a Memory ^{C,S}	Friday Frolic ^R /
4:00	100 or Bust ^{C,S,P}	One on one projects ^{Pr}	One on one projects ^{Pr.}	Best 10 ^C	One on one projects ^{Pr.}
				One on one projects ^{Pr.}	
4:10-	Relaxing Conversation ^C /	Shake a Memory ^{C,S} /	Midweek Movie Matinee ^R /	Roundtable Talk ^{S,R,C} /	Friday Frolic ^R /
4:30	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}
	10	11	12	13	14
9:00-				Morning News Hour/ Participants	14 Morning News Hour/ Participants
9:00- 9:45	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:00- 9:45				Morning News Hour/ Participants Choice: Word search/Crossword	-
	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants	Morning News Hour/ Participants Choice: Word search/Crossword
9:45 10:00-	Morning News Hour/ Participants	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword
9:45	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S}	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 Apple Pie Day	Morning News Hour/ Participants Choice: Word search/Crossword
9:45 10:00-	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle P,S,C Connect 4 ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S}
9:45 10:00- 10:40	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle ^{P,S,C}	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S}
9:45 10:00- 10:40 10:50-	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle P,S,C Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S}
9:45 10:00- 10:40 10:50- 11:20	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle P,S,C Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen}	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S}
9:45 10:00- 10:40 10:50- 11:20 11:30-	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle P,S,C Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}
9:45 10:00- 10:40 10:50- 11:20 11:30-	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle P,S,C Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Chair Yoga ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Name That Landscape ^{C,S} - Lily
9:45 10:00- 10:40 10:50- 11:20 11:30- 1:50	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle P,S,C Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.}
9:45 10:00- 10:40 10:50- 11:20 11:30- 1:50 2:00- 2:45	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} May photography ^R with Jo (1:45-3pm)	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Expressive Art ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle ^{P,S,C} Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr.} Whtiney, Katie	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Name That Landscape ^{C,S} - Lily Music Listening ^R
9:45 10:00- 10:40 10:50- 11:20 11:30- 1:50 2:00-	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} May photography ^R with Jo (1:45-3pm) Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Expressive Art ^{C,S} Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle ^{P,S,C} Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr.} Whtiney, Katie Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Name That Landscape ^{C,S} - Lily Music Listening ^R Refreshments
9:45 10:00- 10:40 10:50- 11:20 11:30- 1:50 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} May photography ^R with Jo (1:45-3pm) Refreshments Trivia ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Expressive Art ^{C,S} Refreshments Bingo Groups ^{S,Pr} - Kay & Linda	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle ^{P,S,C} Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Cycling ^{P,S} Refreshments Midweek Movie Matinee ^R /	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr.} — Whtiney, Katie Refreshments Bingo Groups ^{S,Pr} - Linda	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Name That Landscape ^{C,S} - Lily Music Listening ^R Refreshments Friday Frolic ^R /
9:45 10:00- 10:40 10:50- 11:20 11:30- 1:50 2:00- 2:45 3:00	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} May photography ^R with Jo (1:45-3pm) Refreshments Trivia ^{C,S} Pictionary ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Expressive Art ^{C,S} Refreshments Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle ^{P,S,C} Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Refreshments Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr.} – Whtiney, Katie Refreshments Bingo Groups ^{S,Pr} - Linda One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Name That Landscape ^{C,S} - Lily Music Listening ^R Refreshments Friday Frolic ^R / One on one projects ^{Pr.}
9:45 10:00- 10:40 10:50- 11:20 11:30- 1:50 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} May photography ^R with Jo (1:45-3pm) Refreshments Trivia ^{C,S} Pictionary ^{C,S} Relaxing Conversation ^C /	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Expressive Art ^{C,S} Refreshments Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr} Shake a Memory ^{C,S} /	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle ^{P,S,C} Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Refreshments Midweek Movie Matinee ^R / One on one projects ^{Pr.} Midweek Movie Matinee ^R /	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr.} — Whtiney, Katie Refreshments Bingo Groups ^{S,Pr} - Linda One on one projects ^{Pr.} Conversation Group ^S /	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Name That Landscape ^{C,S} - Lily Music Listening ^R Refreshments Friday Frolic ^R / One on one projects ^{Pr.} Friday Frolic ^R /
9:45 10:00- 10:40 10:50- 11:20 11:30- 1:50 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} May photography ^R with Jo (1:45-3pm) Refreshments Trivia ^{C,S} Pictionary ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Expressive Art ^{C,S} Refreshments Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle ^{P,S,C} Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Refreshments Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr.} – Whtiney, Katie Refreshments Bingo Groups ^{S,Pr} - Linda One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Name That Landscape ^{C,S} - Lily Music Listening ^R Refreshments Friday Frolic ^R / One on one projects ^{Pr.}
9:45 10:00- 10:40 10:50- 11:20 11:30- 1:50 2:00- 2:45 3:00 3:30- 4:00 4:10-	Morning News Hour/ Participants Choice: Word search/Crossword Big Words Small Words ^{C,S} Devotions ^C Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} May photography ^R with Jo (1:45-3pm) Refreshments Trivia ^{C,S} Pictionary ^{C,S} Relaxing Conversation ^C /	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Word Scrambles ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Expressive Art ^{C,S} Refreshments Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr} Shake a Memory ^{C,S} /	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Drum Circle ^{P,S,C} Connect 4 ^{C,S} Best 10 ^C Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Refreshments Midweek Movie Matinee ^R / One on one projects ^{Pr.} Midweek Movie Matinee ^R /	Morning News Hour/ Participants Choice: Word search/Crossword National Apple Pie Day Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr.} — Whtiney, Katie Refreshments Bingo Groups ^{S,Pr} - Linda One on one projects ^{Pr.} Conversation Group ^S /	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{C,S} Coloring Group ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Music and Memory ^{Sen} One on one projects ^{Pr.} Name That Landscape ^{C,S} - Lily Music Listening ^R Refreshments Friday Frolic ^R / One on one projects ^{Pr.} Friday Frolic ^R /

	17	18	19	20	21
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	Morning News Hour/ Participants Choice: Word search/Crossword
9.43	Choice. Word search/Crossword	Choice. Word search/Clossword	Choice. Word search/Crossword	Choice. Word search/Crossword	Choice, word search/Crossword
10:00-	Devotions ^C	Chimes Pr,S	Big Words Small Words ^{C,S}	Word Scrambles ^{C,S}	Jeopardy ^{C,S}
10:40 10:50-	Hangman ^{C,S} Trivia ^{.C,S}	Word Charts ^{C,S} Regular Exercise ^{P,S}	Coloring Group ^{C,S} Origami ^{C,S}	Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S}	Drum Circle P,S,C Regular Exercise P,S
11:20	Headbandz ^{C,S}	Cyclings ^{P,S}	Rise Up Hand ^{S,C}	Cycling ^{P,S}	Cycling ^{P,S}
11.20	1 1 0 D 1	I 10 D 1 11 /	I 10 D 1	I 10 D 1	I I O D I di d
11:30- 1:50	Lunch & Relaxation/ Music and Memory ^{Sen}	Lunch & Relaxation/ Music and Memory ^{Sen}	Lunch & Relaxation/ Music and Memory ^{Sen}	Lunch & Relaxation/ Music and Memory ^{Sen}	Lunch & Relaxation/ Music and Memory ^{Sen}
1.50	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}
2:00-	Chair Yoga ^{P,S}	Crossword Puzzle ^C - Linda	Chair Yoga ^{P,S}	Crossword Puzzle ^C - Linda	Bingo Groups ^{S,P} - Lily
2:45	Cycling ^{P,S}	Expressive Art ^{C,S}	Cycling ^{P,S}	Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr} .— Whtiney, Katie	One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Name That Person ^{C,S}	Bingo Groups ^{S,Pr} - Kay & Linda	Midweek Movie Matinee ^R /	Connect 4 ^{C,S}	Friday Frolic ^R /
4:00	Music Listening ^R	One on one projects ^{Pr}	One on one projects ^{Pr.}	Shake a Memeory ^{C,S}	One on one projects ^{Pr.}
4:10-	Relaxing Conversation ^C /	Relaxing Conversation ^C /	Midweek Movie Matinee ^R /	Roundtable Talk ^{S,R,C} /	Friday Frolic ^R /
4:30	One on one projects ^{Pr}	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr}	One on one projects ^{Pr.}
	24	25	26	2 7	28
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:45	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword National Senior Health & Fitness Day	Choice: Word search/Crossword Happy Birthday, Marilyn S.!	Choice: Word search/Crossword
10:00-	Big Words Small Words ^{C,S}	Chimes ^{Pr,S}	Hangman ^{C,S}	Expressive Art ^{C,S} - Lily	Jeopardy ^{C,S}
10:40	Devotions ^C	Word Scrambles ^{C,S}	Drum Circle P,S,C	Word Charts ^{C,S}	Coloring Group ^{C,S}
10:50-	Headbandz ^{C,S}	Regular Exercise ^{P,S}	Conversation ^{C,S}	Regular Exercise ^{P,S}	Regular Exercise ^{P,S}
11:20	Rise Up Hand ^{S,C}	Cycling ^{P,S}	Wheel of Fortune ^{C,S} -	Cycling ^{P,S}	Cycling ^{P,S}
11:30-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:50	Music and Memory ^{Sen}	Music and Memory ^{Sen}	Music and Memory ^{Sen}	Music and Memory ^{Sen}	Music and Memory ^{Sen}
	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr}	One on one projects ^{Pr.}	One on one projects ^{Pr.}
2:00-	Chair Yoga ^{P,S}	Crossword Puzzle ^{C,S,Pr.} - Linda	Chair Yoga ^{P,S}	Crossword Puzzle ^C - Linda	Price Is Right ^{C,S,R}
2 :45	Cycling ^{P,S}	Expressive Art ^{C,S}	Cycling ^{P,S}	Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr} - Whtiney, Katie	One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Art Appreciation ^{S,C,R}	Bingo Groups ^{S,Pr} - Kay &Linda	Midweek Movie Matinee ^R /	Bingo Groups ^{S,Pr} - Lily	Friday Frolic ^R /
4:00	Best 10 ^{C,S}	One on one projects ^{Pr}	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}
4:10-	Relaxing Conversation ^C /	Shake a Memory ^{C,S} /	Midweek Movie Matinee ^R /	Conversation Group ^S /	Friday Frolic ^R /
4:30	One on one projects ^{Pr}	One on one projects ^{Pr.}	One on one projects ^{Pr.}		One on one projects ^{Pr.}
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9:00- 9:45	Howard Monarial David
9:43	Happy Memorial Day!
10:00-	
10:40	
10:50-	
11:20	
11:30-	
1:50	
2:00-	
2:45	
3:00	
3:30-	
4:00	
4:10-	
4:30	

May is...

- ALS Awareness Month
- International Drum Month
- National Military Appreciation Month
- National Stroke Awareness Month
- National Mental Health Awareness Month
- National Photography 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