



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



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

	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
10:00-10:40	Devotions ^C Hangman ^{C,S}	Chimes ^{Pr,S} Word Charts ^{C,S}	Big Words Small Words ^{C,S} Coloring Group ^{C,S}	Word Scrambles ^{C,S} Expressive Art ^{C,S} - Lily	Jeopardy ^{C,S} Drum Circle ^{P,S,C}
10:50-11:20	Trivia ^{C,S} Headbandz ^{C,S}	Regular Exercise ^{P,S} Cyclings ^{P,S}	Origami ^{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.}
2:00-2:45	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Expressive Art ^{C,S}	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr.} - Whitney, Katie	Bingo Groups ^{S,P} - Lily One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Name That Person ^{C,S} Music Listening ^R	Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Connect 4 ^{C,S} Shake a Memory ^{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.}
	24	25	26	27	28
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 National Senior Health & Fitness Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Marilyn S.!	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Big Words Small Words ^{C,S} Devotions ^C	Chimes ^{Pr,S} Word Scrambles ^{C,S}	Hangman ^{C,S} Drum Circle ^{P,S,C}	Expressive Art ^{C,S} - Lily Word Charts ^{C,S}	Jeopardy ^{C,S} Coloring Group ^{C,S}
10:50-11:20	Headbandz ^{C,S} Rise Up Hand ^{S,C}	Regular Exercise ^{P,S} Cycling ^{P,S}	Conversation ^{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.}
2:00-2:45	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^{C,S,Pr.} - Linda Expressive Art ^{C,S}	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr.} - Whitney, Katie	Price Is Right ^{C,S,R} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Art Appreciation ^{S,C,R} Best 10 ^{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} - Lily 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.}

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9:00-9:45	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

<p><u>Personal Workshop</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Reminisce</p> <p>Coloring</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Music & Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants daily*</p> <p>Core Focus: Body Blades</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind & Body): Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
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