

Adult Care Center of the Northern Shenandoah Valley, Inc.





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
9:00-		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
10:00-		Chimes ^{Pr,S}	Hangman ^{C,S}	Word Scrambles ^{C,S}	Drum Circle P,S,C
10:40		Word Charts ^{C,S}	Coloring ^{C,S}	Expressive Art ^{C,S} - Lily	Jeopardy ^{C,S}
10:50-		Regular Exercise ^{P,S}	Headbandz ^{C,S}	Regular Exercise ^{P,S}	Regular Exercise ^{P,S}
11:20		Cycling ^{P,S}	Raise Your Hand ^{S,C}	Cycling ^{P,S}	Cycling ^{P,S}
11:30-		Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:50		Relaxing rocking chair/	Relaxing rocking chair/	Relaxing rocking chair/	Relaxing rocking chair/
		One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}	One on one projects ^{Pr.}
2:00-		Crossword Puzzle ^C - Linda	Chair Yoga ^{P,S}	Crossword Puzzle ^C - Linda	Bingo Groups ^{S,Pr} Lily
2:45		Expressive Art ^{C,S}	Cycling ^{P,S}	Crochet w/ conversation ^{Sen,C} - Diane	One on one projects ^{Pr.}
				One on one projects ^{Pr}	
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-		Bingo Groups ^{S,Pr} - Kay	Midweek Movie Matinee ^R /	Best 10 ^C	Friday Frolic ^R /
4:00		One on one projects ^{Pr}	One on one projects ^{Pr.}	Connect 4 ^{C,S}	One on one projects ^{Pr.}
				One on one projects ^{Pr.}	
4:10-		Shake a Memory ^{C,S} /	Midweek Movie Matinee ^R /	Shake a Memory ^{C,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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	7	8	9	10	11
9:00-	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		-		
9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Louise!	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
9:45 10:00-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Louise! Big Words Small Words ^{C,S}	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 Word Charts ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C
9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Louise!	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
9:45 10:00- 10:40	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy C.S
9:45 10:00- 10:40 10:50-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr.S} Crossword Puzzle ^C Word Scrambles ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy C.S Regular Exercise P.S
9:45 10:00- 10:40 10:50- 11:20	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy 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 Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S} Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword 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 Drum Circle P,S,C Jeopardy C,S Regular Exercise P,S Cycling P,S Lunch & Relaxation/
9:45 10:00- 10:40 10:50- 11:20	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/ Relaxing rocking chair/	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy 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 Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S} Lunch & Relaxation/ Relaxing rocking chair/	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Crossword Puzzle ^C - Linda	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P,S,C Jeopardy C,S Regular Exercise P,S Cycling P,S Lunch & Relaxation/ Relaxing rocking chair/
9:45 10:00- 10:40 10:50- 11:20 11:30- 1:50	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} .	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ Relaxing rocking chair/ 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 Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Name That Landscape ^{C,S} Raise Your Hand ^{S,C}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Regular Exercise ^{P,S} Outdoor Cycling ^{P,S} - Linda	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} . Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ Relaxing rocking chair/ One on one projects Pr. Bingo Groups S.Pr. 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	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Name That Landscape ^{C,S} Raise Your Hand ^{S,C} Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} . Regular Exercise ^{P,S} Outdoor Cycling ^{P,S} - Linda Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr} Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ Relaxing rocking chair/ One on one projects Pr. Bingo Groups S.Pr. One on one projects Pr. 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 Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Name That Landscape ^{C,S} Raise Your Hand ^{S,C} Refreshments Trivia ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} Regular Exercise ^{P,S} Outdoor Cycling ^{P,S} - Linda Refreshments Bingo Groups ^{S,Pr} - Kay & Linda	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/ Relaxing rocking chair/ 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 Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr} Refreshments Connect 4 ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ Relaxing rocking chair/ One on one projects Pr. Bingo Groups S.Pr. One on one projects Pr. 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 Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Name That Landscape ^{C,S} Raise Your Hand ^{S,C} Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} . Regular Exercise ^{P,S} Outdoor Cycling ^{P,S} - Linda Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr} Refreshments Connect 4 ^{C,S} Wheel of fortune ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ Relaxing rocking chair/ One on one projects Pr. Bingo Groups S.Pr. One on one projects Pr. Refreshments
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 Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Name That Landscape ^{C,S} Raise Your Hand ^{S,C} Refreshments Trivia ^{C,S} 100 or Bust ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} Regular Exercise ^{P,S} Outdoor Cycling ^{P,S} - Linda Refreshments Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Cycling ^{P,S} Refreshments Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} . Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr} Refreshments Connect 4 ^{C,S} Wheel of fortune ^{C,S} One on one projects ^{Pr} .	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ Relaxing rocking chair/ One on one projects Pr. Bingo Groups S.Pr. One on one projects Pr. 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 Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Name That Landscape ^{C,S} Raise Your Hand ^{S,C} Refreshments Trivia ^{C,S} 100 or Bust ^{C,S} Relaxing Conversation ^C /	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} . Regular Exercise ^{P,S} Outdoor Cycling ^{P,S} - Linda 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} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Cycling ^{P,S} Refreshments Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} . Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr} Refreshments Connect 4 ^{C,S} Wheel of fortune ^{C,S} One on one projects ^{Pr} . Conversation Group ^S /	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C JeopardyC.S Regular ExerciseP.S CyclingP.S Lunch & Relaxation/ Relaxing rocking chair/ One on one projectsPr. Bingo GroupsS.Pr. One on one projectsPr. Refreshments Friday FrolicR/ One on one projectsPr.
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 Happy Birthday, Louise! Big Words Small Words ^{C,S} Expressive Art ^{C,S} Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Name That Landscape ^{C,S} Raise Your Hand ^{S,C} Refreshments Trivia ^{C,S} 100 or Bust ^{C,S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes ^{Pr,S} Crossword Puzzle ^C Word Scrambles ^{C,S} Headbenz ^{C,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} Regular Exercise ^{P,S} Outdoor Cycling ^{P,S} - Linda Refreshments Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr}	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C,S} Origami ^{C,S} Roundtable Conversation ^{C,S} Best 10 ^C Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.} Chair Yoga ^{P,S} Cycling ^{P,S} Cycling ^{P,S} Refreshments Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C,S} Expressive Art ^{C,S} - Lily Regular Exercise ^{P,S} Cycling ^{P,S} Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} . Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr} Refreshments Connect 4 ^{C,S} Wheel of fortune ^{C,S} One on one projects ^{Pr} .	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle P.S.C Jeopardy C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ Relaxing rocking chair/ One on one projects Pr. Bingo Groups S.Pr. One on one projects Pr. Refreshments Friday Frolic R/ One on one projects Pr.

	14	15	16	17	18
9:00- 9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Father's Day! (20th)			
10:00- 10:40	Big Words Small Words ^{C,S} Headbenz ^{C,S}	Chimes ^{Pr,S} Word Charts ^{C,S}	Hangman ^{C,S} Origami ^{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} Raise Your Hand ^{S,C}	Regular Exercise ^{P,S} Cyclings ^{P,S}	Best 10 ^{S,C} Name That Person ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}
11:30- 1:50	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Relaxing rocking chair/ 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.}	Bingo Groups ^{S,P} - Lily One on one projects ^{Pr.}
3:00	Refreshments Art Appreciation ^{C,S}	Refreshments Bingo Groups ^{S,Pr} - Kay & Linda	Refreshments	Refreshments 100 or Bust ^{C,S}	Refreshments Friday Frolic ^R /
3:30- 4:00	Connect 4 ^{C,S}	One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Shake a Memeory ^{C,S}	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.}
	21	22	23	24	25
9:00- 9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword			
10:00- 10:40	Big Words Small Words ^{C,S} Headbandz ^{C,S}	Chimes ^{Pr,S} Word Scrambles ^{C,S}	Hangman ^{C,S} Water Color ^{C,S}	Expressive Art ^{C,S} - Lily Word Charts ^{C,S}	Drum Circle ^{P.S.C} Jeopardy ^{C.S}
10:50- 11:20	Best 10 ^{C,S} Conversation ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Wheels of Fortune ^{C,S} Raise Your Hand ^{S,C}	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}
11:30- 1:50	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Relaxing rocking chair/ 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}	Price Is Right ^{C,S,R} 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}	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.}

	28	29	30	
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	
10:00- 10:40	Big Words Small Words ^{C,S} Headbandz ^{C,S}	Chimes ^{Pr,S} Word Charts ^{C,S}	Hangman ^{C,S} Coloring ^{C,S}	
10:50- 11:20	Wheels of Fortune ^{C,S} - Raise Your Hand ^{S,C}	Regular Exercise ^{P,S} Cycling ^{P,S}	Connect 4 ^{C,S} Conversation ^{C,S}	
11:30- 1:50	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Relaxing rocking chair/ 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}	
3:00	Refreshments	Refreshments	Refreshments	
3:30- 4:00	Pictionary ^{C,S} Trivia ^{C,S}	Bingo Groups ^{S,Pr} - Kay &Linda One on one projects ^{Pr}	Midweek Movie Matinee ^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.}	

June is...

- National Zoo and Aquarium Month
- National Accordion Awareness Month
- National Camping Month

- National Great Outdoor Month
- Rose Month
- National Soul Food Month

Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Music & Memory

 $\ensuremath{^{**}}\xspace$ Offered throughout the day to ensure person centered care $\ensuremath{^{**}}\xspace$

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