



Adult Care Center of the Northern Shenandoah Valley, Inc.

2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
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
10:00-10:40		Chimes ^{Pr,S} Word Charts ^{C,S}	Hangman ^{C,S} Coloring ^{C,S}	Word Scrambles ^{C,S} Expressive Art ^{C,S} - Lily	Drum Circle ^{P,S,C} Jeopardy ^{C,S}
10:50-11:20		Regular Exercise ^{P,S} Cycling ^{P,S}	Headbandz ^{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} .
2:00-2:45		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,Pr} Lily One on one projects ^{Pr} .
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Bingo Groups ^{S,Pr} - Kay One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Best 10 ^C Connect 4 ^{C,S} One on one projects ^{Pr} .	Friday Frolic ^R / One on one projects ^{Pr} .
4:10-4:30		Shake a Memory ^{C,S} / One on one projects ^{Pr} .	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Shake a Memory ^{C,S} One on one projects ^{Pr} .	Friday Frolic ^R / One on one projects ^{Pr} .
	7	8	9	10	11
9:00-9:45	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
10:00-10:40	Big Words Small Words ^{C,S} Expressive Art ^{C,S}	Chimes ^{Pr,S} Crossword Puzzle ^C	Hangman ^{C,S} Origami ^{C,S}	Word Charts ^{C,S} Expressive Art ^{C,S} - Lily	Drum Circle ^{P,S,C} Jeopardy ^{C,S}
10:50-11:20	Regular Exercise ^{P,S} Cycling ^{P,S}	Word Scrambles ^{C,S} Headbenz ^{C,S}	Roundtable Conversation ^{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/ 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	Name That Landscape ^{C,S} Raise Your Hand ^{S,C}	Regular Exercise ^{P,S} Outdoor Cycling ^{P,S} - Linda	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,Pr} One on one projects ^{Pr} .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia ^{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} .	Connect 4 ^{C,S} Wheel of fortune ^{C,S} 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} .

	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	Morning News Hour/ Participants Choice: Word search/Crossword	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	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Art Appreciation ^{C,S} Connect 4 ^{C,S}	Bingo Groups ^{S,Pr} - Kay & Linda One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	100 or Bust ^{C,S} Shake a Memeory ^{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.}
	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	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 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

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