



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
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 Chocolate Chip Cookie Day	Morning News Hour/ Participants Choice: Word search/Crossword National Oyster Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Jeopardy ^{C,S} Expressive Art ^{C,S} Raise Your Hand ^{S,C}	Chimes ^{Pr,S} Word Charts ^{C,S}	Word Scrambles ^{C,S} Origami ^{C,S}	Big Words Samll Words ^{C,S} Expressive Art ^{C,S}	Hangman ^{C,S} Drum Circle ^{P,S,C} Conversation ^{S,C}
10:50-11:20	Headbanz ^{C,S} Pictionary ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Raise Your Hand ^{S,C} Dessert A to Z ^{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} - Linda 100 Or Bust ^{C,S}	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen.C} - Diane Coloring ^C / 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	Connect 4 ^{C,S} Coloring ^C	Bingo Groups ^{S,Pr} One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Best 10 ^C Conversation ^{S,C}	Friday Frolic ^R / One on one projects ^{Pr.}
4:10-4:30	Conversation Ball ^C / One on one projects ^{Pr}	Trivia ^C / One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Wheel of Fortune ^C / One on one projects ^{Pr.}	Friday Frolic ^R / One on one projects ^{Pr.}
	9	10	11	12	13
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 International Left Handers Day
10:00-10:40	Expressive Art ^{C,S} Word Charts ^{C,S} Headbanz ^{C,S}	Chimes ^{Pr,S} Jeopardy ^{C,S}	Hangman ^{C,S} Watercolor ^{C,S}	Name That Person ^{C,S} Word Scrambles ^{C,S}	Drum Circle ^{P,S,C} Big Words Samll Words ^{C,S} Conversation ^{S,C}
10:50-11:20	Raise Your Hand ^{S,C} Connect 4 ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	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	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^{C,S} - Linda Headbanz ^{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} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Hangman ^{C,S} Shake a Memory ^{S,C}	Bingo Groups ^{S,Pr} One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Wheels of fortune ^{C,S} 100 Or Bust ^{C,S}	Friday Frolic ^R / One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^C / One on one projects ^{Pr}	Trivia ^C /Pictionary ^{C,S} / One on one projects ^{Pr.}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Conversation Ball ^S / One on one projects ^{Pr.}	Friday Frolic ^R / One on one projects ^{Pr.}

	16	17	18	19	20
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Nonprofit Day	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 Birthday, Janie! Happy Birthday, Charlie (21)!
10:00-10:40	Word Scrambles ^{C,S} Headbanz ^{C,S} Trivia ^{C,S}	Chimes ^{Pr,S} Big Words Small Words ^{C,S}	Paint by Sticker ^{C,S} Word Charts ^{C,S}	Jeopardy ^{C,S} Expressive Art ^{C,S} Trivia ^{C,S}	Hangman ^{C,S} Drum Circle ^{P,S,C} Conversation ^{S,C}
10:50-11:20	Raise Your Hand ^{S,C} Crossword Puzzle ^C A to Z ^{S,C}	Regular Exercise ^{P,S} Cyclings ^{P,S}	Conversation ^{C,S} Best 10 ^{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 - Linda Expressive Art ^{C,S}	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane 100 or Bust ^{C,S}	Bingo Groups ^{S,P} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Name That Landmark ^{C,S} Connect 4 ^{C,S}	Bingo Groups ^{S,Pr} One on one projects ^{Pr}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Shake a Memeory ^{C,S} Wheels of Fortune ^{C,S}	Friday Frolic ^{R/} One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^{C/} One on one projects ^{Pr}	Art Appreciation ^{C,S/} Relaxing Conversation ^{C/} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Pictionary/Roundtable Talk ^{S,R,C/} One on one projects ^{Pr}	Friday Frolic ^{R/} One on one projects ^{Pr.}
	23	24	25	26	27
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 Dog Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Headbanz ^{C,S} Big Words Small Words ^{C,S} Music Appreciation ^{C,S}	Chimes ^{Pr,S} Word Scrambles ^{C,S}	Hangman ^{C,S} Origami ^{C,S}	Word Charts ^{C,S} Raise Your Hand ^{S,C}	Drum Circle ^{P,S,C} Jeopardy ^{C,S} Conversation ^{S,C}
10:50-11:20	Best 10 ^{C,S} Conversation ^{C,S} Coloring ^{S,C}	Regular Exercise ^{P,S} Cycling ^{P,S}	Trivia ^{C,S} Pictionary ^{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,S} - Linda 100 Or Bust ^{C,S}	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane Expressive Art ^{C,S}	Bingo Groups ^{S,P} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Connect 4 ^{C,S} Wheels of Fortune ^{C,S}	Bingo Groups ^{S,Pr} One on one projects ^{Pr}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Bingo Groups ^{S,Pr} 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.}

	30	31		
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Beach Day	Morning News Hour/ Participants Choice: Word search/Crossword National Matchmaker Day		
10:00-10:40	Big Words Small Words ^{C,S} Wheels of Fortune ^{C,S} Conversation ^{S,C}	Chimes ^{Pr,S} Word Charts ^{C,S}		
10:50-11:20	Raise Up Hand ^{S,C} Beach A to Z ^{C,S} Crossword Puzzle ^{C,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.}		
2:00-2:45	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^{C,S} - Linda 100 Or Bust ^{C,S}		
3:00	Refreshments	Refreshments		
3:30-4:00	Pictionary ^{C,S} Trivia ^{C,S}	Bingo Groups ^{S,Pr} 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.}		

August is...

- National Dog Month
- International Peace Month
- National Sandwich Month
- National Eye Exam Month
- National Golf Month
- National Wellness 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