



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<b>1</b>
9:00-9:45					Morning News Hour/ Participants Choice: Word search/Crossword <b>World Smile Day</b> 😊
10:00-10:40					Hangman <sup>C,S</sup> - Lily Coloring <sup>C,S</sup> - Whitney Connect 4 <sup>C</sup> - Sarah
10:50-11:20					Regular Exercise <sup>P,S</sup> - Whitney Cycling groups <sup>P,S</sup> - Lily/Sarah
11:30-1:50					Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr.</sup>
2:00-2:45					Bingo Groups <sup>S,Pr</sup> One on one projects <sup>Pr.</sup>
3:00					Refreshments
3:30-4:00					Friday Frolic <sup>R/</sup> One on one projects <sup>Pr.</sup>
4:10-4:30					Friday Frolic <sup>R/</sup> One on one projects <sup>Pr.</sup>
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
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 <b>National Inner Beauty Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Dana A. (10th)</b>
10:00-10:40	Word Scrambles <sup>C,S</sup> - Sarah Drum Circle <sup>P,S,C</sup> - Whitney	Word Charts <sup>S,C</sup> - Sarah Price is Right! <sup>C,S</sup> - Whitney/ Katie	Jeopardy <sup>C,S</sup> - Sarah Chimes <sup>Pr,S</sup> - Whitney	Expressive Art <sup>S,C</sup> - Whitney Hangman <sup>C,S</sup> - Sarah	Big Words Small Words <sup>C,S</sup> - Lily Headbanz <sup>C,S</sup> - Dana A. Conversation <sup>S,C</sup> - Sarah
10:50-11:20	Join the group <sup>S,C</sup> - Whitney Conversation <sup>C,S</sup> - Sarah	Regular Exercise <sup>P,S</sup> - Katie Cycling <sup>P,S</sup> - Sarah	Raise Your Hand <sup>S,C</sup> - Whitney Best 10 <sup>C</sup> - Sarah	Regular Exercise <sup>P,S</sup> - Katie Cycling <sup>P,S</sup> - Sarah	Chair Yoga <sup>P,S</sup> - Dana A. Regular Exercise <sup>P,S</sup> - Sarah Cycling groups <sup>P,S</sup> - Lily
11:30-1:50	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr.</sup>
2:00-2:45	Regular Exercise <sup>P,S</sup> - Katie Cycling <sup>P,S</sup> - Sarah	Crossword Puzzle <sup>C,S</sup> - Linda Price is Right! <sup>C,S</sup> - Sarah/ Whitney	Regular Exercise <sup>P,S</sup> - Sarah Cycling <sup>P,S</sup> - Whitney	Crossword Puzzle <sup>C</sup> - Linda Crochet w/ conversation <sup>Sen,C</sup> - Diane 100 Or Bust <sup>C,S/</sup> One on one projects <sup>Pr</sup>	Bingo Group <sup>S,Pr.</sup> - Sarah Crossword Puzzle <sup>C</sup> - Dana A. One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Hangman <sup>C,S</sup> - Katie Trivia <sup>C</sup> - Sarah	Bingo Groups <sup>S,Pr</sup> One on one projects <sup>Pr</sup>	Midweek Movie Matinee <sup>R/</sup> One on one project <sup>sPr.</sup>	Brain Exercise <sup>C,S</sup> - Linda Connect 4 <sup>C,S</sup> - Sarah	Friday Frolic <sup>R/</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Relaxing Conversation <sup>C/</sup> One on one projects <sup>Pr.</sup>	Art Appreciation <sup>C,S/</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Wheel of fortune <sup>C,S/</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R/</sup> One on one projects <sup>Pr.</sup>

	11	12	13	14	15
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Columbus Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Dessert Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Word Charts <sup>C,S</sup> -Sarah Headbanz <sup>C,S</sup> -Dana	Origami <sup>C,S</sup> - Whitney/Katie Big Words Small Words <sup>C,S</sup> - Sarah	Jeopardy <sup>C,S</sup> -Sarah Chimes <sup>Pr,S</sup> -Whitney	Connect 4 <sup>C,S</sup> -Sarah Word Scrambles <sup>C,S</sup> -Katie	Hangman <sup>C,S</sup> -Lily Raise Your Hand <sup>S,C</sup> -Dana A. Headbanz <sup>S,C</sup> - Sarah
10:50-11:20	Shake Your Memory <sup>S,C</sup> -Sarah Crossword Puzzle <sup>C</sup> -Dana	Regular Exercise <sup>P,S</sup> -Katie Cycling <sup>P,S</sup> -Sarah	Best 10 <sup>C,S</sup> -Sarah Paint by Sticker <sup>C,S</sup> -Whitney	Regular Exercise <sup>P,S</sup> -Katie Cycling <sup>P,S</sup> -Sarah	Chair Yoga <sup>P,S</sup> -Dana A. Regular Exercise <sup>P,S</sup> -Sarah Cycling groups <sup>P,S</sup> -Lily
11:30-1:50	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one project <sup>sPr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .
2:00-2:45	Regular Exercise <sup>P,S</sup> -Katie Cycling <sup>P,S</sup> -Sarah	Crossword Puzzle <sup>C</sup> -Linda Expressive Art <sup>C,S</sup> -Sarah/Whitney	Chair Yoga <sup>P,S</sup> -Dana Cycling groups <sup>P,S</sup> -Sarah	Crossword Puzzle <sup>C</sup> -Linda Crochet w/ conversation <sup>Sen,C</sup> -Diane 100 or Bust <sup>C,S</sup> / One on one projects <sup>Pr</sup>	Crossword Puzzle <sup>C</sup> -Dana A. Bingo Groups <sup>S,P</sup> -Sarah One on one projects <sup>Pr</sup> .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Name That Person <sup>C,S</sup> -Katie Raise Your Hand <sup>S,C</sup> -Sarah	Bingo Groups <sup>S,Pr</sup> One on one projects <sup>Pr</sup>	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Conversation Ball <sup>S</sup> -Linda Wheel of Fortune <sup>C,S</sup> -Sarah	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .
4:10-4:30	Relaxing Conversation <sup>C</sup> / One on one projects <sup>Pr</sup>	Art Appreciation <sup>C,S</sup> / Relaxing Conversation <sup>C</sup> / One on one projects <sup>Pr</sup> .	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Pictionary/Roundtable Talk <sup>S,R,C</sup> / One on one projects <sup>Pr</sup>	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .
	18	19	20	21	22
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 <b>National Color Day</b>
10:00-10:40	Big Words Small Words <sup>C,S</sup> -Sarah Drum Circle <sup>P,S</sup> -Whitney	Word Scrambles <sup>C,S</sup> Sarah Watercolor <sup>S,C</sup> -Whitney	Chimes <sup>P,S,C</sup> -Whitney Hagman <sup>S,C</sup> -Sarah	Art Craft <sup>C,S</sup> -Whitney/Katie Jeopardy <sup>C,S</sup> -Sarah	Word Charts <sup>C,S</sup> -Lily Conversation Ball <sup>S,C</sup> -Sarah Coloring <sup>C,S</sup> -Whitney
10:50-11:20	Conversation <sup>C,S</sup> -Sarah Coloring <sup>S,C</sup> -Whitney	Regular Exercise <sup>P,S</sup> -Sarah Cycling <sup>P,S</sup> -Whitney	Best 10 <sup>C,S</sup> -Sarah Headbanz <sup>C,S</sup> -Whitney	Regular Exercise <sup>P,S</sup> -Katie Cycling <sup>P,S</sup> -Sarah	Regular Exercise <sup>P,S</sup> -Sarah Cycling <sup>P,S</sup> -Lily/Whitney
11:30-1:50	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .
2:00-2:45	Chair Yoga <sup>P,S</sup> -Dana Cycling <sup>P,S</sup> -Sarah	Crossword Puzzle <sup>C,S</sup> -Linda Story writing <sup>C,S</sup> -Sarah/Whitney	Regular Exercise <sup>P,S</sup> -Whitney Cycling <sup>P,S</sup> -Sarah	Crossword Puzzle <sup>C</sup> -Linda Crochet w/ conversation <sup>Sen,C</sup> -Diane 100 or Bust <sup>C,S</sup> / One on one projects <sup>Pr</sup>	Bingo Groups <sup>S,P</sup> One on one projects <sup>Pr</sup> .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Raise Your Hand <sup>S,C</sup> Wheel of Fortune <sup>C,S</sup>	Bingo Groups <sup>S,Pr</sup> One on one projects <sup>Pr</sup>	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Connect 4 <sup>C,S</sup> -Linda Pictionary <sup>C,S</sup> -Sarah	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .
4:10-4:30	Round table talk:Receipt sharing <sup>C,S,R</sup> One on one projects <sup>Pr</sup>	Shake a Memory <sup>C,S</sup> / One on one projects <sup>Pr</sup> .	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Conversation Group <sup>S</sup> / One on one projects <sup>Pr</sup> .	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .

	25	26	27	28	29
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Pumpkin Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Halloween (31st)!</b>
10:00-10:40	Word Charts <sup>C,S</sup> -Sarah Drum Circle <sup>P,S</sup> -Whitney	Jeopardy <sup>C,S</sup> -Sarah Paint by Sticker <sup>C,S</sup> -Whitney	Chimes <sup>Pr,S</sup> -Whitney Big Words Small Words <sup>C,S</sup> -Sarah	Word Scrambles <sup>C,S</sup> -Sarah Expressive Art <sup>C,S</sup> -Whitney/Katie	Hagman <sup>S,C</sup> -Lily Conversation Ball <sup>S,C</sup> -Sarah Headbanz <sup>C,S</sup> -Whitney
10:50-11:20	Raise Up Hand <sup>S,C</sup> -Whitney Crossword Puzzle <sup>C,S</sup> -Sarah	Regular Exercise <sup>P,S</sup> -Sarah Cycling <sup>P,S</sup> -Whitney	Conversation <sup>C,S</sup> -Whitney Name That Landmark <sup>C,S</sup> -Sarah	Regular Exercise <sup>P,S</sup> -Whitney Cycling <sup>P,S</sup> -Sarah	Regular Exercise <sup>P,S</sup> -Whitney Cycling <sup>P,S</sup> -Lily/Sarah
11:30-1:50	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one project <sup>sPr</sup> .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects <sup>Pr</sup> .
2:00-2:45	Regular Exercise <sup>P,S</sup> -Katie Cycling <sup>P,S</sup> -Sarah	Crossword Puzzle <sup>C,S</sup> -Linda 100 Or Bust <sup>C,S</sup> -Sarah	Regular Exercise <sup>P,S</sup> -Sarah Cycling <sup>P,S</sup> -Whitney	Crossword Puzzle <sup>C</sup> -Linda Crochet w/ conversation <sup>Sen,C</sup> -Diane Headbanz <sup>C,S</sup> /One on one projects <sup>Pr</sup>	Bingo Groups <sup>S,P</sup> One on one projects <sup>Pr</sup> .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Pictionary <sup>C,S</sup> -Katie Trivia <sup>C,S</sup> -Sarah	Bingo Groups <sup>S,Pr</sup> One on one projects <sup>Pr</sup>	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Best 10 <sup>S,C</sup> -Linda Connect 4 <sup>C,S</sup> -Sarah	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .
4:10-4:30	Relaxing Conversation <sup>C</sup> / One on one projects <sup>Pr</sup> .	Shake a Memory <sup>C,S</sup> / One on one projects <sup>Pr</sup> .	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr</sup> .	Pictionary/Roundtable Talk <sup>S,R,C</sup> / One on one projects <sup>Pr</sup>	Friday Frolic <sup>R</sup> / One on one projects <sup>Pr</sup> .

October is...

- National Apple Month
- National Book Month
- National Cookbook Month
- National Dessert Month
- National Protect your Hearing Month
- National Work and Family Month

<p><b><u>Personal Workshop</u></b></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 &amp; Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><b><u>Exercise &amp; Wellness Groups:</u></b></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 &amp; Body): Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>	<ul style="list-style-type: none"> <li>• Music Room- Red</li> <li>• Nature Room- Blue</li> <li>• Frist Room- Brown</li> <li>• Outdoor- Green</li> <li>• Living Room- Orange</li> <li>• Big Area-purple</li> </ul>
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