



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
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 Happy Birthday, Dana S. (5th)
10:00-10:40			Labor Day Conversation ^{S,C} -Sarah Chimes ^{Pr,S} -Whitney	Labor Day Word Scrambles ^{C,S} Expressive Art ^{C,S}	Labor Day Hangman ^{C,S} -Lily Coloring ^{C,S} -Whitney Wheel of Fortune ^C -Sarah
10:50-11:20			Raise Your Hand ^{S,C} -Sarah Watercolor ^{C,S} -Whitney	Regular Exercise ^{P,S} -Whitney Cycling ^{P,S} -Sarah	Regular Exercise ^{P,S} -Sarah Cycling groups ^{P,S} -Lily
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			Regular Exercise ^{P,S} -Sarah Cycling ^{P,S} -Whitney	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
3:30-4:00			Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Labor Day Trivia/conversation ^{C,S} -Linda Headbanz ^{C,S} -Sarah	Friday Frolic ^R / One on one projects ^{Pr.}
4:10-4:30			Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Conversation ^{S,C} / One on one projects ^{Pr.}	Friday Frolic ^R / One on one projects ^{Pr.}
	6	7	8	9	10
9:00-9:45	Happy Labor Day! CLOSED	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		Jeopardy ^{C,S} -Sarah Drum Circle ^{P,S,C} -Whitney	Hangman ^{C,S} -Sarah Chimes ^{Pr,S} -Whitney	Name That Landmark ^{C,S} -Whitney Word Scrambles ^{C,S} -Sarah	Big Words Small Words ^{C,S} -Lily Watercolor ^{C,S} -Whitney Conversation ^{S,C} -Sarah
10:50-11:20		Regular Exercise ^{P,S} -Whitney Cycling ^{P,S} -Sarah	Raise Your Hand ^{S,C} -Whitney Best 10 ^C -Sarah	Regular Exercise ^{P,S} -Whitney Cycling ^{P,S} -Sarah	Regular Exercise ^{P,S} -Sarah Cycling groups ^{P,S} -Lily
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,S} -Linda Headbanz ^{C,S} -Sarah	Regular Exercise ^{P,S} -Sarah Cycling ^{P,S} -Whitney	Crossword Puzzle ^C -Linda Crochet w/ conversation ^{Sen,C} -Diane Coloring ^C / One on one projects ^{Pr}	Bingo Groups ^{S,Pr} Crossword Puzzle ^C One on one projects ^{Pr.}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Bingo Groups ^{S,Pr} -Linda One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{sPr.}	Conversation Ball ^S -Linda 100 Or Bust ^{C,S} -Sarah	Friday Frolic ^R / One on one projects ^{Pr.}
4:10-4:30		Trivia ^C /Pictionary ^{C,S} / One on one projects ^{Pr.}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Wheel of fortune ^{C,S} / One on one projects ^{Pr.}	Friday Frolic ^R / One on one projects ^{Pr.}

	13	14	15	16	17
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 Happy Birthday, Linda T.!	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Word Scrambles ^{C,S} -Sarah Headbanz ^{C,S} -Dana	Drum Circle ^{P,S,C} -Whitney Big Words Small Words ^{C,S} -Sarah	Word Charts ^{C,S} -Sarah Chimes ^{Pr,S} -Whitney	Jeopardy ^{C,S} -Sarah Coloring ^{C,S} -Whitney	Hangman ^{C,S} -Lily Raise Your Hand ^{S,C} -Sarah Origami ^{C,S} -Whitney
10:50-11:20	Connect 4 ^{C,S} -Sarah Crossword Puzzle ^C -Dana	Regular Exercise ^{P,S} -Whitney Cycling ^{P,S} -Sarah	Best 10 ^{S,C} -Sarah Paint by Sticker ^{C,S} -Whitney	Regular Exercise ^{P,S} -Sarah Cycling ^{P,S} -Whitney	Regular Exercise ^{P,S} -Sarah Cycling groups ^{P,S} -Lily
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 project ^{sPr} .	Lunch & Relaxation/ Relaxing rocking chair/ One on one projects ^{Pr} .
2:00-2:45	Chair Yoga ^{P,S} -Dana Cycling ^{P,S} -Sarah	Crossword Puzzle ^C -Linda Expressive Art ^{C,S} -Sarah	Chair Yoga ^{P,S} -Dana Cycling groups ^{P,S}	Crossword Puzzle ^C -Linda Crochet w/ conversation ^{Sen,C} -Diane 100 or Bust ^{C,S} / One on one projects ^{Pr}	Bingo Groups ^{S,P} One on one projects ^{Pr} .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Name That Person ^{C,S} -Sarah Raise Your Hand ^{S,C} -Dana	Bingo Groups ^{S,Pr} One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Fill in the Blank ^{C,S} -Linda Wheel of Fortune ^{C,S} -Sarah	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} .
	20	21	22	23	24
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	Jeopardy ^{C,S} -Sarah Chimes ^{Pr,S} -Whitney	Coloring ^{C,S} -Sarah Price is Right! ^{C,S} -Whitney	Drum Circle ^{P,S,C} -Whitney Word Scrambles ^{C,S} -Sarah	Origami ^{C,S} -Whitney Big Words Small Words ^{C,S} -Sarah	Word Charts ^{C,S} -Lily Conversation Ball ^{S,C} -Sarah Headbanz ^{C,S} -Whitney
10:50-11:20	Conversation ^{C,S} -Sarah Coloring ^{S,C} -Whitney	Regular Exercise ^{P,S} -Sarah Cycling ^{P,S} -Whitney	Best 10 ^{C,S} -Sarah Pictionary ^{C,S} -Whitney	Regular Exercise ^{P,S} -Whitney Cycling ^{P,S} -Sarah	Regular Exercise ^{P,S} -Sarah Cycling ^{P,S} -Lily
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} -Dana Cycling ^{P,S} -Sarah	Crossword Puzzle ^{C,S} -Linda Price is Right! ^{C,S} -Sarah	Regular Exercise ^{P,S} -Whitney Cycling ^{P,S} -Sarah	Crossword Puzzle ^C -Linda Crochet w/ conversation ^{Sen,C} -Diane Expressive Art ^{C,S} / One on one projects ^{Pr}	Bingo Groups ^{S,P} One on one projects ^{Pr} .
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Raise Up Hand ^{S,C} Wheels of Fortune ^{C,S}	Bingo Groups ^{S,Pr} One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Connect 4 ^{C,S} -Linda Hangman ^{C,S} -Sarah	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} .

	27	28	29	30	
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Nancy K.!	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} - Whitney Wheel of Fortune ^{C.S} - Sarah	Chimes ^{Pr.S} - Whitney Word Charts ^{C.S} - Sarah	Paint by Sticker ^{C.S} - Whitney Word Scrambles ^{C.S} - Sarah	Jeopardy ^{C.S} - Sarah Expressive Art ^{C.S} - Whitney	
10:50-11:20	Raise Up Hand ^{S.C} - Whitney Crossword Puzzle ^{C.S} - Sarah	Regular Exercise ^{P.S} - Sarah Cycling ^{P.S} - Whitney	Conversation ^{C.S} - Whitney Best 10 ^{S.C} - Sarah	Regular Exercise ^{P.S} - Whitney Cycling ^{P.S} - Sarah	
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 project s ^{Pr.}	
2:00-2:45	Regular Exercise ^{P.S} - Whitney Cycling ^{P.S} - Sarah	Crossword Puzzle ^{C.S.} - Linda 100 Or Bust ^{C.S} - Sarah	Chair Yoga ^{P.S} - Dana Cycling ^{P.S} - Sarah	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen.C.} - Diane Headbanz ^{C.S/One on one projects} ^{Pr}	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Pictionary ^{C.S} - Whitney Trivia ^{C.S} - Sarah	Bingo Groups ^{S.Pr} One on one projects ^{Pr}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Hangman ^{C.S} - Linda Connect 4 ^{C.S} - Sarah	
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.}	Pictionary/Roundtable Talk ^{S.R.C/} One on one projects ^{Pr}	

September is...

- Classical Music Month
- Intergenerational Month
- National Square Dance Month
- National Piano Month
- National Sewing Month
- National Courtesy 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

- Music Room- Red
- Nature Room- Blue
- Frist Room- Brown
- Outdoor- Green
- Living Room- Orange
- Big Area-purple