



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
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 Birthday, Edith (6th)!
10:00-10:40	Music Appreciation ^{R, S} Big Words Small Words ^{C, S}	Word Scramble ^{C, S} Chimes ^{Pr., S, C}	Jeopardy ^{C, S} Headbanz ^{C, S}	Word Chart ^{C, S} Expressive Art ^{S, C, Pr.}	Watercolor ^{S, C, Pr.} Hangman ^{C, S}
10:50-11:20	Raise Up Hand ^{S, C} Join the Group ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Drum Circle ^{Pr., S} Connect 4 ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Chair Yoga ^{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	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Coloring ^{C, S}	Chair Yoga ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Crochet ^{Sen, C/100 Or Bust C, S} One on one projects ^{Pr.}	Bingo Groups ^{S, Pr.} Crossword Puzzle ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Hangman ^{S, C} Trivia ^{S, C}	Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Best 10 ^{S, C} Origami ^{C, S}	Friday Frolic ^{R/} One on one projects ^{Pr.}
4:00-4:30	Art Appreciation ^{S, C} One on one projects ^{Pr.}	Bingo Groups ^{S, Pr./} Relaxing Piano Music ^{R, 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.}	Friday Frolic ^{R/} One on one projects ^{Pr.}
	8	9	10	11	12
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Daylight Saving Time Ends (7th).	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Veterans Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Music Appreciation ^{R, S} Name That Person ^{S, C}	Word Scramble ^{C, S} Chimes ^{Pr., S, C}	Jeopardy ^{C, S} Headbanz ^{C, S}	Word Chart ^{C, S} Expressive Art ^{S, C, Pr.}	Big Words Small Words ^{C, S} Conversation ^{S, C}
10:50-11:20	Raise Up Hand ^{S, C} Paint by Sticker ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Drum Circle ^{Pr., S} Connect 4 ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Chair Yoga ^{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	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Story Writing ^{C, S}	Chair Yoga ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Crochet ^{Sen, C/100 Or Bust C, S} One on one projects ^{Pr.}	Hangman ^{C, S} Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Conversation Ball ^{S, C} Hangman ^{S, C}	Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Best 10 ^{C, S} Origami ^{C, S}	Friday Frolic ^{R/} One on one projects ^{Pr.}
4:10-4:30	Art Appreciation ^{S, C} One on one projects ^{Pr.}	Bingo Groups ^{S, Pr./} Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Wheels of fortune ^{C, S/} One on one projects ^{Pr.}	Friday Frolic ^{R/} One on one projects ^{Pr.}

	15	16	17	18	19
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	Music Appreciation ^{R, S} Big Words Small Words ^{C, S}	Word Scramble ^{C, S} Chimes ^{Pr., S, C}	Jeopardy ^{C, S} Headbanz ^{C, S}	Word Chart ^{C, S} Expressive Art ^{S, C, Pr.}	Watercolor ^{S, C, Pr.} Hangman ^{C, S}
10:50-11:20	Raise Up Hand ^{S, C} Paint by Sticker ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Drum Circle ^{Pr., S} Connect 4 ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Chair Yoga ^{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	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Coloring ^{C, S}	Chair Yoga ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Crochet ^{Sen, C/100 Or Bust} ^{C, S} One on one projects ^{Pr.}	Bingo Groups ^{S, Pr.} Crossword Puzzle ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Hangman ^{S, C} Trivia ^{S, C}	Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Brain Exercise ^{S, C} 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}	Bingo Groups ^{S, Pr/} Relaxing Piano Music ^{R, 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}	Friday Frolic ^{R/} One on one projects ^{Pr.}
	22	23	24	25	26
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 Thanksgiving! We are closed!	Black Friday We are closed!
10:00-10:40	Music Appreciation ^{R, S} Big Words Small Words ^{C, S} Family Feud ^{C, S}	Word Scramble ^{C, S} Chimes ^{Pr., S, C}	Jeopardy ^{C, S} Headbanz ^{C, S}		
10:50-11:20	Raise Up Hand ^{S, C} Join the Group ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Drum Circle ^{Pr., S} Connect 4 ^{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	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Story Writing ^{C, S}	Chair Yoga ^{P, S} Cycling ^{P, S}		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Hangman ^{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.}		
4:10-4:30	Round table talk ^{C, S, R} One on one projects ^{Pr}	Bingo Groups ^{S, Pr/} Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}		

	29	30			
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Cyber Monday	Morning News Hour/ Participants Choice: Word search/Crossword			
10:00-10:40	Music Appreciation ^{R, S} Big Words Small Words ^{C, S} Price Is Right! ^{C, S}	Word Scramble ^{C, S} Chimes ^{Pr., S, C}			
10:50-11:20	Raise Up Hand ^{S, C} Paint by Sticker ^{S, C}	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	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Coloring ^{C, S}			
3:00	Refreshments	Refreshments			
3:30-4:00	Hangman ^{S, C} Trivia ^{S, C}	Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}			
4:10-4:30	Relaxing Conversation ^{C/} One on one projects ^{Pr.}	Bingo Groups ^{S, Pr./} Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}			

November is...

- Family Stories Month
- National Alzheimer's Disease Month
- National COPD Month
- National Family Caregivers Month
- National Gratitude Month
- National Inspirational Role Models Month

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