



# 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 <b>Happy Birthday, Marilyn! (5th)</b>
10:00-10:40			Jeopardy <sup>C, S</sup> Headbanz <sup>C, S</sup>	Coloring <sup>C, S</sup> Hangman <sup>C, S</sup>	Watercolor <sup>S, C, Pr.</sup> Word Chart <sup>C, S</sup>
10:50-11:20			Conversation Ball <sup>S, C</sup> Connect 4 <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
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>
2:00-2:45			Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Crochet <sup>Sen, C/</sup> Wheel of fortune <sup>S, C, Pr.</sup> One on one projects <sup>Pr.</sup>	Bingo Groups <sup>S, Pr.</sup> Crossword Puzzle <sup>C, S</sup> One on one projects <sup>Pr.</sup>
3:00			Refreshments	Refreshments	Refreshments
3:30-4:00			Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Best 10 <sup>S, C</sup> 100 Or Bust <sup>C, S</sup>	Friday Frolic <sup>R/</sup> One on one projects <sup>Pr.</sup>
4:00-4:30			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>
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</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>Happy Birthday, Carol!</b>	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Big Words Small Words <sup>C, S</sup> Raise Your Hand <sup>S, C</sup>	Word Scramble <sup>C, S</sup> Chimes <sup>Pr., S, C</sup>	Jeopardy <sup>C, S</sup> Conversation <sup>S, C</sup>	Word Chart <sup>C, S</sup> Expressive Art <sup>S, C, Pr.</sup>	Hangman <sup>S, C</sup> Drum Circle <sup>Pr., S</sup>
10:50-11:20	Pictionary <sup>S, C</sup> Headbanz <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Join the Group <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
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> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Story Writing <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Crochet <sup>Sen, C/</sup> 100 Or Bust <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Name That Person <sup>C, S</sup> Bingo Groups <sup>S, Pr.</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Conversation Ball <sup>S, C</sup> Best 10 <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> Origami <sup>C, S</sup>	Friday Frolic <sup>R/</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Wheel of fortune <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Bingo Groups <sup>S, Pr./</sup> Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Art Appreciation <sup>S, C/</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R/</sup> One on one projects <sup>Pr.</sup>

	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</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	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Big Words Small Words <sup>C, S</sup> Conversation <sup>C, S</sup>	Word Scramble <sup>C, S</sup> Chimes <sup>Pr., S, C</sup>	Jeopardy <sup>C, S</sup> Headbanz <sup>C, S</sup>	Word Chart <sup>C, S</sup> Expressive Art <sup>S, C, Pr.</sup>	Watercolor <sup>S, C, Pr.</sup> Hangman <sup>C, S</sup>
10:50-11:20	Raise Your Hand <sup>S, C</sup> Paint by Sticker <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Drum Circle <sup>Pr., S</sup> Connect 4 <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
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> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Wrapped Wreath Ornament making <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Crochet <sup>Sen, C/100 Or Bust</sup> <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Bingo Groups <sup>S, Pr.</sup> Crossword Puzzle <sup>C, S</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Appreciation <sup>R, S</sup> Hangman <sup>S, C</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>	Brain Exercise <sup>S, C</sup> Wheels of Fortune <sup>C, S</sup>	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>	Bingo Groups <sup>S, Pr/</sup> Relaxing Piano Music <sup>R, 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>
	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</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	<b>Merry Christmas! We are closed!</b>	<b>Merry Christmas! We are closed!</b>
10:00-10:40	Hangman <sup>S, C</sup> Price Is Right! <sup>C, S</sup>	Word Scramble <sup>C, S</sup> Chimes <sup>Pr., S, C</sup>	Jeopardy <sup>C, S</sup> Music Appreciation <sup>R, S</sup>		
10:50-11:20	Raise Up Hand <sup>S, C</sup> Join the Group <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>		
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>		
2:00-2:45	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Story Writing <sup>C, S</sup>	Bingo Groups <sup>S, Pr.</sup> One on one projects <sup>Pr.</sup>		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Wheel of Fortune <sup>C, S</sup> Headbanz <sup>C, S</sup>	Connect 4 <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>		
4:10-4:30	Round table talk <sup>C, S, R</sup> One on one projects <sup>Pr</sup>	Bingo Groups <sup>S, Pr/</sup> Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>		

	27	28	29	30	31
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 <b>Happy Birthday, John H.!</b>	Morning News Hour/ Participants Choice: Word search/Crossword	<b>Happy New Year! We are closed</b>
10:00-10:40	Hangman <sup>S,C</sup> Family Feud <sup>C,S</sup>	Word Scramble <sup>C,S</sup> Chimes <sup>Pr., S,C</sup>	Jeopardy <sup>C,S</sup> Paint by Sticker <sup>S,C</sup>	Word Chart <sup>C,S</sup> Expressive Art <sup>S,C,Pr.</sup>	
10:50-11:20	Raise Up Hand <sup>S,C</sup> Headbanz <sup>C,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Drum Circle <sup>Pr.,S</sup> Connect 4 <sup>C,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	
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>	
2:00-2:45	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword Puzzle <sup>C,S</sup> Coloring <sup>C,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword Puzzle <sup>C,S</sup> Crochet <sup>Sen,C/100 Or Bust</sup> <sup>C,S</sup> One on one projects <sup>Pr.</sup>	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Music Appreciation <sup>R,S</sup> Trivia <sup>S,C</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>	Brain Exercise <sup>S,C</sup> Wheels of Fortune <sup>C,S</sup>	
4:10-4:30	Relaxing Conversation <sup>C/</sup> One on one projects <sup>Pr.</sup>	Bingo Groups <sup>S,Pr./</sup> Relaxing Piano Music <sup>R,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>	

December is...

- Bingo's Birthday Month
- National Human Rights Month
- Spiritual Literacy Month
- Safe Toys and Gifts Month
- Root Vegetables and Exotic Fruits Month
- National Tie 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