



Adult Care Center of the Northern Shenandoah Valley, Inc.

2022



January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy New Year (1st)!	Morning News Hour/ Participants Choice: Word search/Crossword National Trivia 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, Whitney!
10:00-10:40	Big Words Small Words ^{C, S} Raise Your Hand ^{S, C}	Word Scramble ^{C, S} Chimes ^{Pr., S, C}	Word Chart ^{C, S} Shake a memory ^{C, S}	Jeopardy ^{C, S} Headbanz ^{C, S}	Watercolor ^{S, C, Pr.} Hangman ^{C, S}
10:50-11:20	Story Writing ^{C, S} Join the Group ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Conversation Ball ^{S, C} Connect 4 ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
11:30-1:50	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Coloring ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Crochet ^{Sen, C/ 100 Or Bust} ^{C, S} One on one projects ^{Pr.}	Name That Place ^{C, S} Crossword Puzzle ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Conversation Ball ^{S, C} Music Appreciation ^{R, S}	Trivia ^{S, C} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Best 10 ^{S, C} Wheel of fortune ^{S, C, Pr.}	Friday Frolic ^{R/} One on one projects ^{Pr.}
4:00-4:30	Pictionary ^{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.}
	10	11	12	13	14
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Cut Your Energy Costs Day	Morning News Hour/ Participants Choice: Word search/Crossword National Milk Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn!	Morning News Hour/ Participants Choice: Word search/Crossword Ratification Day
10:00-10:40	Big Words Small Words ^{C, S} Raise Your Hand ^{S, C}	Word Scramble ^{C, S} Chimes ^{Pr., S, C}	Jeopardy ^{C, S} Shake a Memory ^{S, C}	Word Chart ^{C, S} Conversation ^{S, C}	Hangman ^{S, C} Drum Circle ^{Pr., S}
10:50-11:20	Pictionary ^{S, C} Headbanz ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Join the Group ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
11:30-1:50	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Coloring ^{S, C, Pr.}	Regular Exercise ^{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	Conversation Ball ^{S, C} Best 10 ^{C, S}	Story Writing ^{C, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Connect 4 ^{C, S} Brain Exercise ^{S, C}	Friday Frolic ^{R/} One on one projects ^{Pr.}
4:10-4:30	Wheel of fortune ^{C, S} 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.}	Art Appreciation ^{S, C/} One on one projects ^{Pr.}	Friday Frolic ^{R/} One on one projects ^{Pr.}

	17	18	19	20	21
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Martin Luther King, Jr. Day Happy Birthday, Betts!	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 ^{C, S} Conversation ^{C, S}	Word Scramble ^{C, S} Chimes ^{Pr., S, C}	Word Chart ^{C, S} Shake a Memory ^{C, S}	Jeopardy ^{C, S} Headbanz ^{C, S}	Watercolor ^{S, C, Pr.} Hangman ^{C, S}
10:50-11:20	Raise Your 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}	Regular Exercise ^{P, S} Cycling ^{P, S}
11:30-1:50	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Expressive Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Crochet ^{Sen, C/100 Or Bust} ^{C, S} One on one projects ^{Pr.}	Family Feud ^{C, S} Crossword Puzzle ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Appreciation ^{R, S} Hangman ^{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.}
	24	25	26	27	28
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, Alice(29th)!
10:00-10:40	Family Feud ^{C, S} One on one projects ^{Pr}	Word Chart ^{C, S} Connect 4 ^{C, S}	Jeopardy ^{C, S} Origami ^{S, C, Pr.}	Word Scramble ^{C, S} Chimes ^{Pr., S, C}	Expressive Art ^{S, C, Pr.} Hangman ^{C, S}
10:50-11:20	Raise Your Hand ^{S, C} Headbanz ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Join the Group ^{S, C} Drum Circle ^{Pr., S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
11:30-1:50	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Coloring ^{S, C, Pr.}	Regular Exercise ^{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	Wheel of Fortune ^{C, S} Music Appreciation ^{R, S}	Story Writing ^{C, S} Conversation ^{C, S}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Big Words Small Words ^{C, S} Perpetual Calendar ^{C, S, Pr.}	Friday Frolic ^{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.}	Pictionary/Roundtable Talk ^{S, R, C/} One on one projects ^{Pr}	Friday Frolic ^{R/} One on one projects ^{Pr.}

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9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Inspire Your Heart With Art Day				
10:00-10:40	Price Is Right! ^{C, S} One on one projects ^{Pr}				
10:50-11:20	Raise Your Hand ^{S, C} Trivia ^{S, C}				
11:30-1:50	Lunch & Relaxation/ One on one projects ^{Pr} .				
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}				
3:00	Refreshments				
3:30-4:00	Music Appreciation ^{R, S} Best 10 ^{C, S}				
4:10-4:30	Relaxing Conversation ^{C/} One on one projects ^{Pr} .				

January is...

- National Hobby Month
- National Hot Tea Month
- Spiritual Oatmeal Month
- National Slow Cooking Month
- National Soup Month
- National Sunday Supper 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