



Adult Care Center of the Northern Shenandoah Valley, Inc.

2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
9:00-9:45		Morning News Hour/ Participants Choice: Word search/Crossword Chinese New Year	Morning News Hour/ Participants Choice: Word search/Crossword National Groundhog Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40		Chimes ^{Pr., S, C} Word Chart ^{C, S}	Big Words and Small Words ^{C, S} Origami ^{S, C, Pr}	Jeopardy ^{C, S} Drum Circle ^{Pr., S} Raise Your Hand ^{S, C}	Watercolor ^{S, C, Pr.} Hangman ^{C, S}
10:50-11:20		Crossword Puzzle ^{C, S} Coloring ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Join the Group ^{S, C} February A-Z ^{S, C} Crossword Puzzle ^C	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.}
2:00-2:45		Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Chimes ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo Groups ^{S, Pr./} Crossword Puzzle ^{C, S} One on one projects ^{Pr.}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Best 10 ^{S, C} Headbanz ^{C, S} Wheel of fortune ^{S, C, Pr.}	Friday Frolic ^{R/} One on one projects ^{Pr.}
4:00-4:30		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.}
	7	8	9	10	11
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 National Make A Friend Day
10:00-10:40	Hangman ^{C, S} Raise Your Hand ^{S, C}	Word Chart ^{C, S} Drum Circle ^{Pr., S}	Love A-Z ^{C, S} Shake a Memory ^{S, C}	Big Words and Small Words ^{C, S} Conversation ball ^{S, C} Coloring ^{S, C, Pr.}	Word Scramble ^{C, S} Beaded Votive ^{S, C, Pr.}
10:50-11:20	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} Connect 4 ^{C, S} Song A-Z ^{C, 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	Fading Hearts Painting ^{S, C, Pr.} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Chimes ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Family Feud ^{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} Bowling Game ^{P, S}	Bingo Groups ^{S, Pr./} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Story writing ^{C, S} Best 10 ^{C, S}	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.}

	14	15	16	17	18
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Valentine's 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	Morning News Hour/ Participants Choice: Word search/Crossword National Caregivers Day
10:00-10:40	Family Feud ^{C, S} Conversation ^{C, S}	Chimes ^{Pr., S, C} Word Chart ^{C, S}	Word Scramble ^{C, S} Origami ^{S, C, Pr.}	Jeopardy ^{C, S} Headbanz ^{C, S}	Expressive Art ^{S, C, Pr.} Hangman ^{C, S}
10:50-11:20	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} Coloring ^{S, C, Pr.} Raise Your Hand ^{S, C}	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	Valentine's Picture Frame Decoration ^{Pr.} Big Words and Small Words ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Chimes ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo Groups ^{S, Pr.} 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.}	100 Or Bust ^{S, C} Wheel 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.}
	21	22	23	24	25
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword President 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	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Family Feud ^{C, S} One on one projects ^{Pr}	Word Chart ^{C, S} Connect 4 ^{C, S}	Jeopardy ^{C, S} Shake a Memory ^{C, S}	Name That President ^{C, S} Chimes ^{Pr., S, C}	Expressive Art ^{S, C, Pr.} Word Scramble ^{C, S} Drum Circle ^{Pr., S}
10:50-11:20	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} 100 Or Bust ^{S, C} Connect 4 ^{C, 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	Expressive Art ^{S, C, Pr.} Wheel of Fortune ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Chimes ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Big Words Small Words ^{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 ^{C, S}	Story Writing ^{C, S} Conversation ^{C, S}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Family Feud ^{C, S} Best 10 ^{C, S}	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 Floral Design Day				
10:00-10:40	Price Is Right! ^{C, S} One on one projects ^{Pr.}				
10:50-11:20	Word Scramble ^{C, S} Conversation ^{C, S}				
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.}				

February is...

- National Heart Month
- Black History Month
- Creative Romance Month
- National Bake for Family Fun Month
- National Weddings Month
- National Library Lover's 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