



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	Morning News Hour/ Participants Choice: Word search/Crossword Ash Wednesday	Morning News Hour/ Participants Choice: Word search/Crossword National I Want You Be Happy Day	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S. (6th)!
10:00-10:40		Word Chart ^{C, S} One on one projects ^{Pr.}	Jeopardy ^{C, S} Origami ^{S, C, Pr}	Big Words and Small Words ^{C, S} Drum Circle ^{Pr., S}	Watercolor ^{S, C, Pr.} Hangman ^{C, S}
10:50-11:20		Trivia ^{S, C} Conversation ball ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Pictionary ^{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.}
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		Headbanz ^{C, S} Best 10 ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30		Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Connect 4 ^{S, 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 International Women'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 Daylight Saving Time (13th)
10:00-10:40	Hangman ^{C, S} Raise Up Hand ^{S, C}	Word Chart ^{C, S} Coloring ^{S, C, Pr.}	March A-Z ^{C, S} Shake a Memory ^{S, C}	Big Words and Small Words ^{C, S} Conversation ball ^{S, C}	Word Scramble ^{C, S} Wheels of Fortune ^{S, C}
10:50-11:20	Trivia ^{C, S} Headbanz ^{C, S}	Crossword Puzzle ^{C, S} Drum Circle ^{Pr., S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Songs 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	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Chimes ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Best 10 ^{S, C/} Crossword Puzzle ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Appreciation ^{Pr., S, C} Bean Bag Toss ^{P, S}	Family Feud ^{S, Pr./} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Wheels of fortune ^{C, S} One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	100 Or Bust ^{S, Pr.} 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 Happy Birthday, Clare (13th)!	Morning News Hour/ Participants Choice: Word search/Crossword World Social Work Day	Morning News Hour/ Participants Choice: Word search/Crossword National Panda Day	Morning News Hour/ Participants Choice: Word search/Crossword St. Patrick's Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Big Words and Small Words ^{C, S} Conversation ^{C, S}	Expressive Art ^{S, C, Pr.} Word Chart ^{C, S}	Jeopardy ^{C, S} Origami ^{S, C, Pr.}	Word Scramble ^{C, S} Coloring ^{S, C, Pr.}	Expressive Art ^{S, C, Pr.} Hangman ^{C, S}
10:50-11:20	Wheels of Fortune ^{S, C} Raise Up Hand ^{S, C}	Crossword Puzzle ^{C, S} Pictionary ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Headbanz ^{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	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Chimes ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Appreciation ^{R, S} Headbanz ^{S, C}	100 Or Bust ^{S, C} Connect 4 ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^C One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bingo Groups ^{S, Pr.} 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 First Day of Spring (20th)	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Puppy Day	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} Coloring ^{S, C, Pr.}	Jeopardy ^{C, S} Shake a Memory ^{C, S}	Family Feud ^{C, S} Chimes ^{Pr., S, C}	Expressive Art ^{S, C, Pr.} Word Scramble ^{C, S}
10:50-11:20	Wheels of Fortune ^{C, S} Best 10 ^{S, C}	Crossword Puzzle ^{C, S} Connect 4 ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} 100 Or Bust ^{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	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Chimes ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Headbanz ^{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.}	Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Round table talk ^{C, S, R} One on one projects ^{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.}

	28	29	30	31	
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Vietnam War Veterans Day	Morning News Hour/ Participants Choice: Word search/Crossword National Doctors Day	Morning News Hour/ Participants Choice: Word search/Crossword	
10:00-10:40	Word Scramble ^{C, S} One on one projects ^{Pr.}	Word Chart ^{C, S} Coloring ^{S, C, Pr.}	Big Words Small Words ^{C, S} One on one projects ^{Pr.}	Jeopardy ^{C, S} Headbanz ^{C, S}	
10:50-11:20	Conversation ball ^{C, S} One on one projects ^{Pr.}	Trivia ^{S, C} Pictionary ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Raise Up Hand ^{S, C}	
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}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Chimes ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Music Appreciation ^{R, S} Best 10 ^{C, S}	Wheels of Fortune ^{C, S} Family Feud ^{C, S}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}	
4:10-4:30	Relaxing Conversation ^{C/} One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Bingo Groups ^{S, Pr.} One on one projects ^{Pr.}	

March is...

- Irish-American Heritage Month
- National Craft Month
- National Credit Education Month
- National Nutrition Month
- National Women's History Month
- National Social Work 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