



Adult Care Center of the Northern Shenandoah Valley, Inc.
2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
9:00-9:45					Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40					Happy April Fools' Day Spring Art & Craft ^{S, C, Pr.} April Fool's Hangman ^{C, S}
10:50-11:20					Regular Exercise ^{P, S} Cycling ^{P, S}
11:30-1:50					Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45					Hedbanz ^{S, Pr.} Crossword Puzzle ^{C, S}
3:00					Refreshments
3:30-4:00					Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30					Friday Frolic ^R One on one projects ^{Pr.}
	4	5	6	7	8
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	Hangman ^{C, S} Raise Up Hand ^{S, C}	Word Chart ^{C, S} Conversation ^{C, S} Art & Craft ^{S, C, Pr.}	Spring A-Z ^{C, S} Shake a Memory ^{S, C}	Big Words and Small Words ^{C, S} Conversation Ball ^{S, C} Chimes ^{Pr., S, C}	Expressive of Art ^{S, C, Pr.} Jeopardy ^{S, C}
10:50-11:20	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Drum Circle ^{Pr., S} Bean Bag Toss ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Brain Exercise: Fill the Blank ^{C, S} Story Writing ^{C, S}	Best 10 ^{S, C} Crossword Puzzle ^{C, 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	Group Online Scramble ^{C, S} Connect 4 ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C 100 Or Bust ^{S, C} Nail Art ^{C, Sen}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Appreciation ^{Pr., S, C} Trivia ^{S, C}	Family Feud ^{S, Pr} Hedbanz ^{C, S}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Bingo Groups ^{S, Pr.} Bowling Game ^{S, P}	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.}	Bingo Groups ^{S, Pr.} Conversation ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}

	11	12	13	14	15
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 Birthday, Judith!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Good Friday Happy Birthday, Ralph(16th)! Happy Easter (17th)!
10:00-10:40	Big Words and Small Words ^{C, S} Conversation ^{C, S}	Expressive Art ^{S, C, Pr.} Word Chart ^{C, S}	Easter Jeopardy ^{C, S} Origami ^{S, C, Pr.}	Word Scramble ^{C, S} Coloring ^{S, C, Pr.} Name That Tune ^{C, S}	Art & Craft ^{S, C, Pr.} Easter A-Z ^{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} Bowling Game ^{S, Pr.} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Appreciation ^{R, S} Bean Bag Toss ^{C, S, P}	Egg Decoration: Art & Craft ^{S, C, Pr.} 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.}
	18	19	20	21	22
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Katie D!	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, Katie K(24th)!
10:00-10:40	Family Feud ^{C, S} One on one projects ^{Pr.}	Word Chart ^{C, S} Art & Craft ^{S, C, Pr.}	Jeopardy ^{C, S} Watercolor ^{S, C, Pr.}	Big Words and Small Words ^{C, S} Chimes ^{Pr., S, C}	Expressive of 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}	Hangman ^{C, S} Bean Bag Toss ^{C, S, P}
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}	Regular Exercise ^{P, S} Cycling ^{P, S}
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.}

	25	26	27	28	29
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	Happy Apple Blossom! We are closed.
10:00-10:40	Price Is Right ^{C, S} One on one projects ^{Pr.}	Word Chart ^{C, S} Art & Craft ^{S, C, Pr.}	Big Words Small Words ^{C, S} Chimes ^{Pr., S, C}	Jeopardy ^{C, S} Headbanz ^{C, S}	
10:50-11:20	Conversation ball ^{C, S} Music Appreciation ^{R, S}	Raise Up Hand ^{S, C} Crossword Puzzle ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Name That Tunes ^{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 Origami ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Pictionary ^{C, 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.}	

April is...

- National Parkinson's Awareness Month
- English Language Month
- National Month of Hope
- Keep America Beautiful Month
- National Autism Awareness Month
- National Jazz Appreciation 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