



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



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</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 <b>National Nurses Day</b>
10:00-10:40	Hangman: Mother's Day <sup>S,C</sup> Target Toss <sup>S,C,Pr.</sup>	Word Charts: Purse <sup>S,C</sup> Expressive Art <sup>S,C,Pr.</sup>	Jeopardy <sup>S,C</sup> Chimes <sup>Pr.,S,C</sup>	Name That Place <sup>S,C</sup> Word Scramble: Mother's Day <sup>S,C</sup>	Big Words Small Words <sup>S,C</sup> Art & Craft: Bracelet <sup>Pr.C,S</sup>
10:50-11:20	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword <sup>S,C</sup> Drum Circle <sup>Pr.,S,C</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword <sup>S,C</sup> History Line <sup>S,C</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>
11:30-1:50	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	100 Or Bust <sup>S,C</sup> Art & Craft: Fingerprint heart <sup>Pr.C,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword <sup>S,C</sup> Hedbanz <sup>S,C</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Story Writing <sup>C,S</sup> 100 Or Bust <sup>S,C,Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Mother's Day A-Z <sup>Pr.,S,C</sup> Bowling <sup>Pr.,S,C</sup>	Connect 4 <sup>S,C</sup> Best 10 <sup>S,C</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Bean Bag Toss <sup>S,C,Pr.</sup> Bingo Groups <sup>S,Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30	Trivia <sup>S,C</sup> One on one projects <sup>Pr.</sup>	Name That Tune <sup>R,S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Bingo Groups <sup>S,Pr.</sup> Conversation	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Mother's Day (8th)!</b>	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>National Apple Pie Day</b>
10:00-10:40	Hangman: Fruits & Veggies <sup>C,S</sup> Drum Circle <sup>Pr.,S</sup>	Word Charts: Basil <sup>C,S</sup> Art & Craft <sup>S,C,Pr.</sup>	Word Scramble: Herbs <sup>S,C</sup> Shake a Memory <sup>S,C</sup>	Plants A-Z <sup>C,S</sup> Conversation Ball <sup>S,C</sup>	100 Or Bust <sup>S,C</sup> Jeopardy <sup>S,C</sup>
10:50-11:20	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword Puzzle <sup>C,S</sup> Bean Bag Toss <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword Puzzle <sup>C,S</sup> Story Writing <sup>C,S</sup>	Best 10 <sup>S,C</sup> Raise Your Hand <sup>S,C</sup>
11:30-1:50	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Group Online Scramble <sup>C,S</sup> Connect 4 <sup>C,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Crossword Puzzle <sup>C</sup> Expressive Art <sup>S,C,Pr.</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>	Regular Exercise <sup>P,S</sup> Cycling <sup>P,S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Appreciation <sup>Pr.,S,C</sup> Trivia <sup>S,C</sup>	Family Feud <sup>S,Pr</sup> Hedbanz <sup>C,S</sup>	Midweek Movie Matinee <sup>R/</sup> One on one projects <sup>Pr.</sup>	Bingo Groups <sup>S,Pr.</sup> Bowling Game <sup>S,P</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>	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>	Bingo Groups <sup>S,Pr.</sup> Wheels of Fortune <sup>S,C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	16	17	18	19	20
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Do Something Good For Your Neighbor Day</b>	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 and Small Words: Do Something Good for Your Neighbor <sup>C, S</sup> Conversation <sup>C, S</sup>	Chimes <sup>Pr., S, C</sup> Word Charts: Flame <sup>C, S</sup>	Jeopardy <sup>C, S</sup> Origami <sup>S, C, Pr.</sup>	Word Scramble <sup>C, S</sup> Coloring <sup>S, C, Pr.</sup>	Art & Craft <sup>S, C, Pr.</sup> Name That Person <sup>C, S</sup>
10:50-11:20	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Pictionary <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Brain Exercise: Fill the Blank <sup>C, S</sup> Headbanz <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
11:30-1:50	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Music Appreciation <sup>R, S</sup> Bean Bag Toss <sup>C, S, P</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Target Toss <sup>S, Pr.</sup> One on one projects <sup>Pr.</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Wheel of Fortune <sup>S, C</sup> Raise Your Hand <sup>S, C</sup>	Art & Craft <sup>S, C, Pr.</sup> Connect 4 <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bingo Groups <sup>S, Pr.</sup> One on one projects <sup>Pr.</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>	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>	Bingo Groups <sup>S, Pr.</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	23	24	25	26	27
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Brother's Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Wine Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Jeopardy: Memorial Day <sup>C, S</sup> Chimes <sup>Pr., S, C</sup>	Word Charts: Valor <sup>C, S</sup> Art & Craft <sup>S, C, Pr.</sup>	Price is Right <sup>S, C</sup> Chimes <sup>Pr., S, C</sup>	Big Words and Small Words <sup>C, S</sup> Family Feud <sup>C, S</sup>	Expressive of Art <sup>S, C, Pr.</sup> Word Scramble: Memorial Day <sup>C, S</sup>
10:50-11:20	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Connect 4 <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Best 10 <sup>S, C</sup> Bean Bag Toss <sup>C, S, P</sup>
11:30-1:50	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Wheel of Fortune <sup>C, S</sup> Hangman: Memorial Day <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Appreciation <sup>R, S</sup> Headbanz <sup>C, S</sup>	Story Writing <sup>C, S</sup> Conversation <sup>C, S</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bingo Groups <sup>S, Pr.</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <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>	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>30</b>	<b>31</b>			
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Smile Day</b>			
10:00-10:40	<b>Happy Memorial Day!</b> <b>We are closed</b>	Word Charts: June <sup>C, S</sup> Art & Craft: Bird food <sup>S, C, Pr.</sup>			
10:50-11:20		Connect 4 <sup>S, C</sup> Crossword Puzzle <sup>C, S</sup>			
11:30-1:50		Lunch & Relaxation/ One on one projects <sup>Pr.</sup>			
2:00-2:45		Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>			
3:00		Refreshments			
3:30-4:00		Wheel of Fortune <sup>C, S</sup> Family Feud <sup>C, S</sup>			
4:10-4:30		Bowling Game <sup>C, S, P</sup> Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>			

May is...

- National Inventors Month
- Older Americans Month
- International Drum Month
- National Stroke Awareness Month
- National Military Appreciation Month
- National Get Caught Reading 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