



Adult Care Center of the Northern Shenandoah Valley, Inc.

2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
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
10:00-10:45			Jeopardy ^{S, C} Chimes ^{Pr., S, C}	Big Words Small Words ^{S, C} Coloring ^{Pr. C, S}	Word Scramble: Milky Way Galaxy ^{S, C} Art & Craft: ^{Pr. C, S}
10:55-11:40			Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
12:00-1:55			Lunch & Relaxation/ Outdoor Rocking Chair One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45			Crossword ^{S, C} Hedbanz ^{S, C}	Year of Event ^{S, C} Bean Bag Toss ^{S, C, Pr.}	Story Writing ^{C, S} 100 Or Bust ^{S, C, Pr.}
3:00			Refreshments	Refreshments	Refreshments
3:30-4:00			Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Hangman: Dairy Foods ^{C, S} Bingo Groups ^{S, Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30			Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Bingo Groups ^{S, Pr.} Conversation	Friday Frolic ^R One on one projects ^{Pr.}
	6	7	8	9	10
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Hazel!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Best Friends Day	Morning News Hour/ Participants Choice: Word search/Crossword National Strawberry Rhubarb Pie Day	Morning News Hour/ Participants Choice: Word search/Crossword National Movie Night
10:00-10:45	Hangman: June ^{C, S} Shake a Memory ^{S, C}	Crossword Puzzle ^{C, S} Expressive Art ^{S, C, Pr.}	Word Scramble ^{S, C} Coloring ^{S, C, Pr.}	Fruit A-Z ^{C, S} Conversation Ball ^{S, C} Father's Day photo day	Regular Exercise ^{P, S} Cycling ^{P, S}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Story Writing ^{C, S}	Best 10 ^{S, C} Raise Up Hand ^{S, C.}
12:00-1:55	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	Trivia ^{S, C} Connect 4 ^{C, S}	Word Charts ^{C, S} Bean Bag Toss ^{P, S}	Crossword Puzzle ^C Expressive Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	100 Or Bust ^{S, C} Jeopardy: Flag Day ^{S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Music Appreciation ^{Pr., S, C} Wheels of fortune ^{C, S}	Family Feud: June ^{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	Words of Wisdom ^{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.} Wheels of Fortune ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	13	14	15	16	17
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Flag 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 National CNA Week! Happy Father's Day (18th)!
10:00-10:45	Hangman: Flag Day ^{C, S} Conversation ^{C, S}	Word Scramble ^{C, S} : Flag Day Chimes ^{Pr., S, C}	Big Words & Small Words ^{C, S} Origami ^{S, C, Pr.}	Jeopardy: Father's Day ^{C, S} Coloring ^{S, C, Pr.}	Art & Craft ^{S, C, Pr.} Hangman: Things Dad Loves ^{C, S}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Brain Exercise: Fill the Blank ^{C, S} Headbanz ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
12:00-1:55	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	Pictionary ^{C, S} Music Appreciation ^{R, S}	Crossword Puzzle ^{C, S} Bean Bag Toss ^{C, S, P}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Target Toss ^{S, Pr.} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Wheels of Fortune ^{S, C} Raise Your Hand ^{S, C}	Art & Craft ^{S, C, Pr.} Connect 4 ^{S, C}	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	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.}
	20	21	22	23	24
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword First Day of Summer	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, Sarah!
10:00-10:45	Word Scramble ^{C, S} : Father's Day Drum Circle ^{Pr., S}	Word Charts ^{C, S} Art & Craft ^{S, C, Pr.}	Chimes ^{Pr., S, C} Hangman: Summer ^{C, S}	Jeopardy: Summer ^{C, S} Family Feud ^{C, S}	Expressive of Art ^{S, C, Pr.} Big Words and Small Words ^{C, S}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C}	Best 10 ^{S, C} Bean Bag Toss ^{C, S, P}
12:00-1:55	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	Wheels of Fortune ^{C, S} Connect 4 ^{S, C}	Crossword Puzzle ^{C, S} Target Toss ^{C, S, P}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	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} Headbanz ^{C, S}	Story Writing ^{C, S} Conversation ^{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	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.}

	27	28	29	30	
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Sunglasses 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	
10:00-10:45	Word Scramble ^{C, S} Drum Circle ^{Pr., S}	Word Charts: Swim ^{C, S} Coloring ^{S, C, Pr.}	Price is Right ^{S, C} One on one projects ^{Pr.}	Chimes ^{Pr., S, C} Hangman ^{C, S}	
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Pictionary ^{C, S}	
12:00-1:55	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	Connect 4 ^{S, C} Name That Tunes ^{S, C}	Crossword Puzzle ^{C, S} Wheels of Fortune ^{C, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Year of Invention ^{C, S} Conversation ^{C, S}	Bean Bag Toss ^{C, P, S} Family Feud ^{C, S}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Best 10 ^{S, C} Bowling Game ^{C, S, P}	
4:10-4:30	Words of Wisdom ^{C, S} One on one projects ^{Pr.}	Piano Music ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Roundtable Talk ^{S, R, C/} One on one projects ^{Pr.}	

June is...

- African American Music Appreciation Month
- National Camping Month
- National Iced Tea Month
- National Country Cooking Month
- National Great Outdoors Month
- National Rose 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