



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
10:00-10:45					Regular Exercise ^{P, S} Cycling ^{P, S}
10:55-11:40					Family Feud ^{S, C, Pr.} Art & Craft ^{Pr. C, S}
12:00-1:55					Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45					Story Writing ^{C, S} Raise Your Hand ^{S, C}
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	Happy Independence Day! We are closed! Happy Birthday, Linda J.!	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 Macaroni Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45		Crossword Puzzle ^{C, S} Hedbanz ^{C, S}	Word Scrambles ^{S, C} Coloring ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Drum Circle ^{S, C, Pr.} Jeopardy ^{S, C}
10:55-11:40		Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Story Writing ^{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.}
2:00-2:45		Word Charts ^{C, S} Bean Bag Toss ^{P, S}	Crossword Puzzle ^C Expressive Art ^{S, C, Pr.}	July A-Z ^{C, S} Conversation Ball ^{S, C}	100 Or Bust ^{S, C} Raise Your Hand ^{S, C}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Family Feud ^{S, C} Trivia ^{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.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Relaxing Conversation ^{S, C} Wheels of Fortune ^{S, C}	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 All American Pet Photo 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 Happy Birthday, Mary!
10:00-10:45	Best 10 ^{C, S} Conversation ^{C, S}	Crossword Puzzle ^{C, S} Chimes ^{Pr., S, C}	Big Words & Small Words ^{C, S} Drum Circle ^{S, C, Pr.}	Jeopardy ^{C, S} Coloring ^{S, C, Pr.}	Origami ^{S, C, Pr.} 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} 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} Bean Bag Toss ^{C, S, P}	Art & Craft ^{Pr. C, S} Name That Jobs ^{C, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Family Feud ^{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}	Connect 4 ^{S, C} Trivia ^{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	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.}	Music Appreciation ^{R, S} 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, Lester (17th)!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Hot Dog Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Hangman ^{C, S} Drum Circle ^{Pr., S, C}	Word Charts ^{C, S} Art & Craft ^{S, C, Pr.}	Chimes ^{Pr., S, C} Word Scramble ^{C, S}	Jeopardy ^{C, S} Family Feud ^{C, S}	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} 100 Or Bust ^{S, C}	Best 10 ^{S, C} Big Words and Small Words ^{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.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Music Appreciation ^{R, S} Connect 4 ^{S, C}	Story Writing ^{C, S} Crossword Puzzle ^{C, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Expressive of Art ^{S, C, Pr.} Bean Bag Toss ^{C, S, P}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Wheels of Fortune ^{C, S} Hedbanz ^{C, S}	Target Toss ^{C, S, P} 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.}

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 National Love is Kind Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Renée!
10:00-10:45	Word Scramble ^{C, S} Drum Circle ^{Pr., S, C}	Word Charts ^{C, S} Coloring ^{S, C, Pr.}	Guess the Words ^{C, S} Price is Right ^{S, C}	Chimes ^{Pr., S, C} Crossword Puzzle ^{C, S}	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}	Hangman ^{C, S} Pictionary ^{C, S}	Jeopardy ^{C, S} Origami ^{C, S, Pr.}
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	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}	100 Or Bust ^{C, S} Art Appreciation ^{C, S}
3:00	Refreshments	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}	Friday Frolic ^R One on one projects ^{Pr.}
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}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

July is...

- National Ice-Cream Month
- National Peach Month
- World Watercolor Month
- National Blueberry Month
- National Hot Dog Month
- National Picnic Month

<p><u>Personal Workshop</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Reminisce</p> <p>Coloring</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Music & Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants daily*</p> <p>Core Focus: Body Blades</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind & Body): Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
--	---