



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Coloring Book Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Chocolate Chip Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Hangman ^{C, S} Drum Circle ^{S, C, Pr.}	Crossword Puzzle ^{C, S} Coloring ^{S, C, Pr.}	Story Writing ^{C, S} Origami ^{S, C, Pr.}	Word Charts ^{C, S} Hedbanz ^{C, S}	Bingo Game ^{S, Pr.} Chimes ^{Pr., S, C}
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} Art & Craft ^{Pr, 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	100 Or Bust ^{S, C} Name That Tunes ^{C, Pr.}	Connect 4 Best 10 ^{C, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Jeopardy ^{S, C} Raise Your Hand ^{S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia ^{C, S} Bean Bag Toss ^{P, S}	Family Feud ^{S, C, Pr.} Target Toss ^{S, P}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Big Words & Small Words ^{C, S} Conversation ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Relaxing Conversation ^{C, S} One on one projects ^{Pr}	Word of Wisdom ^C One on one projects ^{Pr}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Bowling Game ^{S, P} One on one projects ^{Pr}	Friday Frolic ^R One on one projects ^{Pr.}
	8	9	10	11	12
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Happiness Happens Day	Morning News Hour/ Participants Choice: Word search/Crossword National Book Lovers 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 Happy Birthday, Pamela!
10:00-10:45	Hangman ^{C, S} Hedbanz ^{C, S}	Word Charts ^{C, S} Coloring ^{S, C, Pr.}	Word Scrambles ^{S, C} Chimes ^{Pr., S, C}	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}	Crossword Puzzle ^{C, S} Bingo Game ^{S, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Connect 4 ^{S, C}	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	Wheel of Fortune ^{C, S} One on one projects ^{Pr}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Expressive Art ^{S, C, Pr.}	August A-Z ^{C, S} Conversation Ball ^{S, C}	100 Or Bust ^{S, C} Bowling Game ^{S, P}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Family Feud ^{S, C, Pr.} One on one projects ^{Pr}	Raise Your Hand ^{S, C} Trivia ^{C, S}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Big Words & Small Words ^{C, S} Story Writing ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^C One on one projects ^{Pr}	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.}

	15	16	17	18	19
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 Thrift Shop Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Charlie (21)!
10:00-10:45	Drum Circle ^{S, C, Pr.} Hangman ^{C, S}	Crossword Puzzle ^{C, S} Art & Craft ^{Pr, C, S}	Origami ^{S, C, Pr.} Word Scrambles ^{S, C}	Chimes ^{Pr., S, C} Word Charts ^{C, S}	Family Feud ^{C, S} 100 Or Bust ^{S, C}
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} Bean Bag Toss ^{C, S, P}	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	Wheel of Fortune ^{S, C} Connect 4 ^{S, C}	Name That Jobs ^{C, S} Conversation Ball ^{C, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Jeopardy ^{C, S} Target Toss ^{S, Pr.} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Pictionary ^{C, S} States Quiz ^{C, S}	Big Words & Small Words ^{C, S} Raise Your Hand ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Best 10 ^{C, S} / Bingo ^{S, Pr.} Trivia ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Music Appreciation ^{R, 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.}	Relaxing Conversation ^C One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	22	23	24	25	26
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Be An Angel 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 National Dog Day
10:00-10:45	Hangman ^{C, S} Hedbanz ^{C, S}	Wheel of Fortune ^{C, S} Coloring ^{S, C, Pr.}	Chimes ^{Pr., S, C} Word Charts ^{C, S}	Guess the Words ^{C, S} Brain Exercise ^{C, S}	Jeopardy ^{C, S} 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}	Crossword Puzzle ^{C, S} Bean Bag Toss ^{C, S, P}	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	Music Appreciation ^{R, S} Connect 4 ^{S, C}	Drum Circle ^{Pr., S, C} Word Scramble ^{C, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Art Appreciation ^{C, S} Best 10 ^{S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia Family Feud ^{C, S}	Bingo Groups ^{S, Pr.} Target Toss ^{C, S, P}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bowling Game ^{S, P} Big Words and Small Words ^{C, S}	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.}	Words of Wisdom ^{C, S} / One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	29	30	31		
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Beach Day	Morning News Hour/ Participants Choice: Word search/Crossword		
10:00-10:45	Hangman ^{C, S} Conversation Ball ^{C, S}	Word Charts ^{C, S} Art/Craft ^{S, C, Pr.}	Price is Right ^{S, C} One on one projects ^{Pr.}		
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Chimes ^{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.}		
2:00-2:45	Connect 4 ^{S, C} Drum Circle ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Trivia ^{C, S} Hedbanz ^{S, C}	Lawn Darts ^{C, P, S} Family Feud ^{C, S}	Midweek Movie Matinee ^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.}		

*Alternative activities will be offered as requested

August is...

- National Dog Month
- National Family Fun Month
- National Sandwich Month
- National Golf Month
- Happiness Happens Month
- International Peace 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