



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
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 Word Smile Day
10:00-10:45	Hangman ^{C, S} Conversation Ball ^{C, S}	Word Charts ^{C, S} Wheels of Fortune ^{C, S}	Word Scramble ^{C, S} Chimes ^{Pr., S, C}	Best 10 ^{C, S} Coloring ^{S, C, Pr.}	Jeopardy ^{S, C} Origami ^{S, C, Pr.}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Art/Craft: Leaf Rubbing ^{S, C, Pr.}	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/ Rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ 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	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.}	100 Or Bust ^{S, C} Book Club ^{S, C} Wheel of Fortune ^{C, S}	Raise up Hand ^{S, C} Hedbanz ^{S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Family Feud ^{C, S} Pictionary ^{S, C}	Lawn Darts ^{C, P, S} Trivia ^{C, S}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Big Words & Small Words ^{C, S} Conversation Ball ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	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.}	Bowling Game ^{S, P} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	10	11	12	13	14
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Columbus 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 Navy Birthday	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	A-Z Game ^{C, S} Conversation Ball ^{C, S}	Word Charts ^{C, S} Raise up Hand ^{S, C}	Jeopardy ^{S, C} Drum Circle ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Origami ^{S, C, Pr.} 100 Or Bust ^{S, C}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Art/Craft ^{S, C, Pr.} : Yarn Pumpkins	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/ Rocking chair/ 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} Chimes ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Beer Trivia ^{C, S/} Expressive Art ^{S, C, Pr.}	Bingo ^{S, Pr.} Shake a memory ^{S, C}	Word Scramble ^{C, S} Bowling Game ^{S, P}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia ^{C, S} Pictionary ^{S, C}	Trivia ^{C, S} Bingo Game ^{S, Pr.}	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	Words of Wisdom ^{C, S} 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.}

	17	18	19	20	21
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 National Chicken & Waffles Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Best 10 ^{C, S} Raise Up Hand ^{S, C}	Word Charts ^{C, S} Art & Craft ^{Pr. C, S:} Pumpkin painting	Jeopardy ^{C, S} Watercolor ^{Pr. C, S}	Hangman ^{C, S} Coloring ^{Pr. C, S}	Chimes ^{Pr., S, C} 100 Or Bust ^{S, C}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Pictionary ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Hedbanz ^{S, C} Bowling ^{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	Wheels of Fortune ^{S, C} Connect 4 ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Big Words & Small Words ^{C, S} Expressive of Art ^{S, C, Pr.}	Bingo ^{S, Pr.} Bean Bag Toss ^{C, S, P}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bingo ^{S, Pr.} Target Toss ^{C, S}	Family Feud ^{C, S} Story Writing ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Conversation Ball ^{C, S} 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, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	24	25	26	27	28
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, David!	Morning News Hour/ Participants Choice: Word search/Crossword National Pumpkin Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Chocolate Day
10:00-10:45	Raise Up Hand ^{S, C} Hedbanz ^{C, S}	Word Charts ^{C, S} Coloring ^{Pr. C.}	Chimes ^{Pr., S, C} Wheels of Fortune ^{C, S}	Big Words & Small Words ^{C, S} Bean Bag Toss ^{C, S, P}	Origami ^{S, C, Pr.} Hangman: Halloween ^{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}	Regular Exercise ^{P, S} Cycling ^{P, 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	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.}	Art & Craft: Mummy Mason Jar ^{S, C, Pr.;} Best 10 ^{S, C} Book Club ^{S, C}	Name Five ^{C, S} Price is Right ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia Family Feud ^{C, S}	Bingo ^{S, Pr.} Target Toss ^{C, S, P}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bowling Game ^{S, P} Bingo ^{S, C.}	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.}

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9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Halloween				
10:00-10:45	Jeopardy: Halloween ^{C, S} Drum Circle ^{Pr., S, C}				
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}				
12:00-1:55	Lunch & Relaxation/ Rocking chair/ One on one projects ^{Pr.}				
2:00-2:45	Halloween Bowling Game ^{S, C} Conversation Ball ^{C, S}				
3:00	Refreshments				
3:30-4:00	Trivia ^{C, S} Pictionary ^{S, C}				
4:10-4:30	Words of Wisdom ^{C, S} One on one projects ^{Pr.}				

*Alternative activities will be offered as requested

October is...

- National Apple Month
- National Book Month
- National Cookie Month
- National Dessert Month
- National Popcorn Poppin' Month
- International Walk to School 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

Upper Body: Weight lifting
Medicine Balls
Theraband
Hand Grippers

Wellness (Mind & Body): Chair Yoga
Core Focus: Chair Pilates
Lower Extremity: Virtual Cycling Club
Active ROM: Parachute
Fun band
Armchair Exercise