



Adult Care Center of the Northern Shenandoah Valley, Inc.

2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
9:00-9:45				Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45				Best 10 ^{C, S} Expressive Art ^{S, C, Pr.}	Jeopardy: Labor Day ^{S, C} Chimes: Jobs ^{Pr., S, C}
10:55-11:40				Regular Exercise ^{P, S} Cycling ^{P, S} (Conversation: Rather A or B ^{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.}
2:00-2:45				100 Or Bust ^{S, C} Wheel of Fortune ^{C, S}	Name that Job ^{S, C} Raise Your Hand ^{S, C}
3:00				Refreshments	Refreshments
3:30-4:00				Big Words & Small Words ^{C, S} Conversation Ball ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30				Bowling Game ^{S, P} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	5	6	7	8	9
9:00-9:45	Happy Labor Day! We are closed.	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Beer Lover's Day	Morning News Hour/ Participants Choice: Word search/Crossword ACC Picture Day! <i>Please Dress Up!!</i>	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45		Word Charts: Labor ^{C, S} Coloring ^{S, C, Pr.}	Word Charts: Drink ^{C, S} Origami ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Chimes ^{Pr., S, C} Jeopardy ^{S, C}
10:55-11:40		Crossword Puzzle ^{C, S} Raise Your Hand ^{S, C}	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.}
2:00-2:45		Regular Exercise ^{P, S} Cycling ^{P, S}	Beer Trivia ^{C, S/} Bingo ^{S, Pr.} Expressive Art ^{S, C, Pr.}	September A-Z ^{C, S} Shake a memory ^{S, C}	100 Or Bust ^{S, C} Bowling Game ^{S, P}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		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.}	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.}

	12	13	14	15	16
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Uncle Sam Day	Morning News Hour/ Participants Choice: Word search/Crossword National Virginia Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Mayflower Day
10:00-10:45	Best 10 ^{C, S} Raise Your Hand ^{S, C}	Crossword Puzzle ^{C, S} Art & Craft ^{Pr, C, S}	Jeopardy ^{C, S} Watercolor ^{Pr, C, S}	Word Charts ^{C, S} Name Five ^{C, S}	Chimes: Appreciation ^{Pr., S, C} 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}	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	Wheels of Fortune ^{S, C} Connect 4 ^{S, C}	Drum Circle ^{S, C, Pr.} Conversation Ball ^{C, S}	Big Words & Small Words ^{C, S} Expressive of Art ^{S, C, Pr.}	Bingo ^{S, Pr.} Bean Bag Toss ^{C, S, P}	Hangman: Mayflower ^{C, S} Target Toss ^{S, Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Pictionary ^{C, S} A-Z Game ^{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.}
	19	20	21	22	23
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 First Day of Autumn	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Hangman: Fall ^{C, S} Hedbanz ^{C, S}	Wheel of Fortune ^{C, S} Coloring ^{S, C, Pr.}	Word Charts ^{C, S} Origami ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Jeopardy: Fall ^{C, S} Chimes: Apple ^{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} 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.}	Bingo ^{S, C.} Brain Exercise ^{C, S}	Best 10 ^{S, C} Guess the Words ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia ^{S, Pr.} 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} 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.}

	26	27	28	29	30
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Family Day <i>Bring a family photo to share!</i>	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Nancy!	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 People Day
10:00-10:45	Autumn A-Z Game ^{C, S} Conversation Ball ^{C, S}	Word Charts ^{C, S} Wheel of Fortune ^{C, S}	Word Scramble ^{C, S} Origami ^{S, C, Pr.}	Hangman ^{C, S} Price is Right ^{S, C}	Jeopardy: Love & Kindness ^{C, S} Chimes: Love ^{C, S}
10:55-11:40	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Art/Craft ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Chair Pilates ^{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/ Rocking chair/ One on one projects ^{Pr.}	Lunch & Relaxation/ Rocking chair/ One on one projects ^{Pr.}
2:00-2:45	Connect 4 ^{S, C} Drum Circle ^{Pr., S, C}	Chair Yoga ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Hedbanz ^{C, S} Bingo ^{C, S}	Art Appreciation ^{C, S} Best 10 ^{S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia ^{C, S} Pictionary ^{S, C}	Lawn Darts ^{C, P, S} Family Feud ^{C, S}	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	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.}	Round table talk ^{C, S, R} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

*Alternative activities will be offered as requested

September is...

- National Better Breakfast Month
- National Classical Music Month
- National Intergeneration Month
- National Square Dance Month
- National Honey Month
- International Sewing Month

Personal Workshop

Jigsaw Puzzles
Crossword/Word Search
Reminisce
Coloring
Indoor/Outdoor Walks (depending on temperature)
Music & Memory

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

Offered throughout the day to ensure person centered care