



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
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
10:00-10:45		Word Charts <sup>C, S</sup> Wheels of Fortune <sup>C, S</sup>	Word Scramble <sup>C, S</sup> Chimes <sup>Pr., S, C</sup>	Big Words & Small Words <sup>C, S</sup> Art/Craft: Leaf Rubbing <sup>S, C, Pr.</sup>	Jeopardy <sup>S, C</sup> Origami <sup>S, C, Pr.</sup>
10:55-11:40		Crossword Puzzle <sup>C, S</sup> Coloring <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Bean Bag Toss <sup>C, P, S</sup> Hedbanz <sup>S, C</sup>
12:00-1:55		Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45		Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Lawn Darts <sup>C, P, S</sup> Trivia <sup>C, S</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Best 10 <sup>C, S</sup> Conversation Ball <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30		Words of Wisdom <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bowling Game <sup>S, P</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	7	8	9	10	11
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Cappuccino Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Veterans Day</b>
10:00-10:45	Raise up Hand <sup>S, C</sup> Pictionary <sup>S, C</sup>	Word Charts <sup>C, S</sup> Raise up Hand <sup>S, C</sup>	Big Words & Small Words <sup>C, S</sup> Drum Circle <sup>Pr., S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Chimes <sup>Pr., S, C</sup> Hagman <sup>C, S</sup>
10:55-11:40	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Bean Bag Toss <sup>C, S, P</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Art/Craft <sup>S, C, Pr.</sup> : Autumn Wreath	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Best 10 <sup>C, S</sup> Music Appreciation <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Jeopardy <sup>S, C</sup> 100 Or Bust <sup>S, C</sup>	Word Scramble <sup>C, S</sup> Bowling Game <sup>S, P</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia <sup>C, S</sup> Connect 4 <sup>S, C</sup>	Shake the memory <sup>C, S</sup> Bingo Game <sup>S, Pr.</sup>	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr.</sup>	Book Club <sup>S, C</sup> Family Feud <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Words of Wisdom <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr.</sup>	Relaxing Conversation <sup>S, C</sup> Wheels of Fortune <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	14	15	16	17	18
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
10:00-10:45	Best 10 <sup>C, S</sup> Raise Up Hand <sup>S, C</sup>	Word Charts <sup>C, S</sup> Art/Craft <sup>S, C, Pr.</sup> : Pumpkin Chalkboard	Jeopardy <sup>C, S</sup> Watercolor <sup>Pr. C, S</sup>	Hangman <sup>C, S</sup> Coloring <sup>Pr. C, S</sup>	Chimes <sup>Pr., S, C</sup> 100 Or Bust <sup>S, C</sup>
10:55-11:40	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C, S</sup> Bean Bag Toss <sup>C, S, P</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Hedbanz <sup>S, C</sup> Conversation Ball <sup>C, S</sup>
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Wheels of Fortune <sup>S, C</sup> Connect 4 <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Bingo <sup>S, Pr.</sup> Pictionary <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bingo <sup>S, Pr.</sup> Target Toss <sup>C, S</sup>	Family Feud <sup>C, S</sup> Story Writing <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bowling <sup>S, Pr.</sup> Trivia <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Music Appreciation <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Relaxing Conversation <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
	21	22	23	24	25
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Gingerbread Cookie Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Selma!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Jukebox Day</b>	<b>Happy Thanksgiving!</b> <b>We are closed!</b>	<b>Happy Thanksgiving!</b> <b>We are closed!</b>
10:00-10:45	Hedbanz <sup>S, C</sup> Hangman <sup>C, S</sup>	Word Charts <sup>C, S</sup> Coloring <sup>Pr. C.</sup>	Music & Spirituality <sup>Pr., C, S</sup> Price is Right <sup>C, S</sup>		
10:55-11:40	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>		
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>		
2:00-2:45	Salt Dough decoration <sup>C, S, Pr.</sup> Connect 4 <sup>S, C</sup>	Drum Circle <sup>Pr., S, C</sup> Word Scramble <sup>C, S</sup>	Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Trivia Family Feud <sup>C, S</sup>	Bingo <sup>S, C, Pr.</sup> Target Toss <sup>C, S, P</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>		
4:10-4:30	Round table talk <sup>C, S, R</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>		

	<b>28</b>	<b>29</b>	<b>30</b>		
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Cyber Monday</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword		
10:00-10:45	Jeopardy: Thanksgiving <sup>C, S</sup> Raise Up Hand <sup>S, C</sup>	Hangman <sup>C, S</sup> Art & Craft <sup>Pr. C, S:</sup> Cinnamon Ornaments	Chimes <sup>Pr., S, C</sup> Conversation Ball <sup>C, S</sup>		
10:55-11:40	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Bean Bag Toss <sup>S, C</sup> Crossword Puzzle <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>		
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>		
2:00-2:45	Bowling Game <sup>S, C</sup> Conversation Ball <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Trivia <sup>C, S</sup> Family Feud <sup>C, S</sup>	Bingo <sup>S, C, Pr.</sup> Pictionary <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>		
4:10-4:30	Words of Wisdom <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Relaxing Piano Music <sup>R, S</sup> One on one projects <sup>Pr.</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>		

\*Alternative activities will be offered as requested

November is...

- National Alzheimer's Disease Month
- National COPD Month
- National Family Caregivers Month
- National Peanut Butter Lovers Month
- National Raisin Bread Month
- National Gratitude 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