



Adult Care Center of the Northern Shenandoah Valley, Inc.

2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:00-9:45	<b>Happy New Year! We are closed!</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Trivia Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Whitney (7th)!</b>
10:00-10:45		Big Words & Small Words <sup>C, S</sup> Art/Craft <sup>S, C, Pr.</sup> ; New Year Fortune Cookie Message	Word Scramble <sup>C, S</sup> Origami <sup>S, C, Pr.</sup>	Word Charts <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Jeopardy <sup>S, C</sup> Drum Circle <sup>Pr., S, C</sup>
10:55-11:40		Crossword Puzzle <sup>C, S</sup> Target Toss <sup>C, S, P</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> Connect 4 <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>	Trivia <sup>C, S</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		Family Feud <sup>C, S</sup> Bowling <sup>S, Pr.</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		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>	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>
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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 <b>Happy Birthday, Dawn!</b>
10:00-10:45	Raise up Hand <sup>S, C</sup> Best 10 <sup>C, S</sup>	Word Charts <sup>C, S</sup> Coloring <sup>S, C, Pr.</sup>	Chimes <sup>Pr., S, C</sup> Hagman <sup>C, S</sup>	Big Words & Small Words <sup>C, S</sup> Art/Craft <sup>S, C, Pr.</sup>	Drum Circle <sup>Pr., S, C</sup> Word Scramble <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> 100 Or Bust <sup>S, C</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>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Pictionary <sup>S, C</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>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Baseball 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>

	16	17	18	19	20
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword <b>Martin Luther King, Jr. Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Betts !</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
10:00-10:45	Hangman: MLK Day <sup>C, S</sup> Raise Up Hand <sup>S, C</sup>	Word Charts <sup>C, S</sup> Art/Craft <sup>S, C, Pr.</sup>	Jeopardy <sup>C, S</sup> Watercolor <sup>Pr. C, S</sup>	Word Scramble <sup>C, S</sup> Coloring <sup>Pr. C, S</sup>	100 Or Bust <sup>S, C</sup> Best 10 <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> Target 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>	Chimes <sup>Pr., S, C</sup> Family Feud <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Name That Tunes <sup>S, Pr.</sup> Trivia <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> Pictionary <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>
	23	24	25	26	27
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>Global Belly Laugh 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
10:00-10:45	Hedbanz <sup>S, C</sup> - Sarah Hangman <sup>C, S</sup> - Marilyn	Word Charts <sup>C, S</sup> - Linda S. Art/Craft <sup>S, C, Pr.</sup> ; Scratch - Sarah	Jeopardy <sup>S, C</sup> - Sarah Conversation <sup>S, C</sup> - Rosalie	Word Scramble <sup>C, S</sup> - Linda S. Coloring <sup>C, S</sup> - Sarah	Jeopardy <sup>S, C</sup> - Sarah Bingo <sup>S, C</sup> - Diane
10:55-11:40	Regular Exercise <sup>P, S</sup> - Sarah Cycling <sup>P, S</sup> - Marilyn	Crossword Puzzle <sup>C, S</sup> - Linda S. Bean Bag Toss <sup>S, Pr.</sup> - Sarah	Regular Exercise <sup>P, S</sup> - Sarah Cycling <sup>P, S</sup> - Rosalie	Bingo Games <sup>S, Pr.</sup> - Sarah Conversation Ball <sup>C, S</sup> - Linda S.	100 Or Bust <sup>S, C</sup> - Sarah Crossword Puzzle <sup>C, S</sup> - Diane
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>S, C</sup> Conversation ball <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> - Sarah Cycling <sup>P, S</sup> - Pat	Crossword Puzzle <sup>C</sup> - Diane Book Club <sup>S, C</sup> - Sarah	Regular Exercise <sup>P, S</sup> - Sarah Cycling <sup>P, S</sup> - Pat	Regular Exercise <sup>P, S</sup> - Sarah Cycling <sup>P, S</sup> - Kelly
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Connect 4 <sup>C, S</sup> Family Feud <sup>C, S</sup>	Lawn Darts <sup>C, P, S</sup> Pictionary <sup>C, S</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bowling Game <sup>S, C</sup> Book Club <sup>S, C</sup>	Friday Frolic <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>	Words of Wisdom <sup>C, S</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	<b>30</b>	<b>31</b>			
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Hot Chocolate Day</b>			
10:00-10:45	Word Chart <sup>C, S</sup> -Marilyn Hedbanz <sup>S, C</sup> -Sarah	Raise Up Hand <sup>S, C</sup> – Linda S. Price is Right <sup>C, S</sup> - Sarah			
10:55-11:40	Regular Exercise <sup>P, S</sup> - Sarah Cycling <sup>P, S</sup> - Marilyn	Bean Bag Toss <sup>S, C</sup> - Sarah Crossword Puzzle <sup>C, S</sup> – Linda S.			
12:00-1:55	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>			
2:00-2:45	Hangman <sup>S, C</sup> - Pat Wheels of Fortune <sup>S, C</sup> - Sarah	Regular Exercise <sup>P, S</sup> - Sarah Cycling <sup>P, S</sup> - Pat			
3:00	Refreshments	Refreshments			
3:30-4:00	Bowling Game <sup>S, Pr.</sup> Shake a memory <sup>S, C</sup>	Trivia <sup>C, S</sup> - Pat Pictionary <sup>S, C</sup> - Sarah			
4:10-4:30	Round table talk <sup>C, S, R</sup> One on one projects <sup>Pr.</sup>	Relax Conversation <sup>R, S</sup> One on one projects <sup>Pr.</sup>			

\*Alternative activities will be offered as requested

<p>January is...</p> <ul style="list-style-type: none"> <li>• Learn A Foreign Language Month</li> <li>• Bingo's Birthday Month</li> <li>• Universal Human Rights Month</li> </ul>	<ul style="list-style-type: none"> <li>• Spiritual Literacy Month</li> <li>• Safe Toys and Gifts Month</li> <li>• International Sharps Injury Prevention Awareness Month</li> </ul>
---	---

<p><b><u>Personal Workshop</u></b></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 &amp; Memory</p> <p>**Offered throughout the day to ensure person centered care**</p>	<p><b><u>Exercise &amp; Wellness Groups:</u></b></p> <p>*2 choices are offered to participants daily*</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind &amp; Body): Chair Yoga Core Focus: Chair Pilates Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
--	---