

$\begin{tabular}{ll} Adult Care Center of the Northern Shenandoah Valley, Inc. \\ 2023 \end{tabular}$



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
9:00-	Happy New Year!	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:45	We are closed!	Choice: Word search/Crossword	Choice: Word search/Crossword National Trivia Day	Choice: Word search/Crossword	Choice: Word search/Crossword Happy Birthday, Whitney (7th)!
10:00-		Big Words & Small Words C, S	Word Scramble C,S	Word Charts ^{C, S}	Jeopardy ^{S, C}
10:45		Art/Craft S, C, Pr.: New Year Fortune Cookie Message	Origami ^{S, C, Pr.}	Hedbanz ^{S, C}	Drum Circle Pr., S, C
10:55- 11:40		Crossword Puzzle ^{C, S} Target Toss ^{C, S, P}	Regular Exercise P, S Cycling P, S	Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C}	Bean Bag Toss ^{C, P, S} Connect 4 ^{S, C}
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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.
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2:00-		Regular Exercise ^{P, S} Cycling ^{P, S}	Trivia ^{C, S} Expressive of Art ^{S, C, Pr.}	Regular Exercise P, S Cycling P, S	Regular Exercise P, S
2:45		Cycling	Expressive of Art	Cycling	Cycling P, S
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-		Family Feud C, S	Midweek Movie Matinee R/	Best 10 ^{C, S}	Friday Frolic R
4:00 4:00-		Bowling S, Pr. Relaxing Piano Music R, S	One on one projects Pr. Midweek Movie Matinee R/	Conversation Ball ^{C, S} Bowling Game ^{S, P}	One on one projects Pr. Friday Frolic R
4:30		One on one projects Pr.	One on one projects Pr.	One on one projects Pr	One on one projects Pr.
			1 3	1 3	1 3
	9	10	11	12	13
9:00-	9 Morning News Hour/ Participants	10 Morning News Hour/ Participants	11 Morning News Hour/ Participants	12 Morning News Hour/ Participants	13 Morning News Hour/ Participants
9:00- 9:45	-				Morning News Hour/ Participants Choice: Word search/Crossword
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 Happy Birthday, Dawn!
	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants Choice: Word search/Crossword
9:45 10:00- 10:45 10:55-	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand S. C Best 10 C. S Regular Exercise P. S	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{S, C, Pr.} Crossword Puzzle ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words ^{C, S} Art/Craft ^{S, C, Pr.} Crossword Puzzle ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S Regular Exercise P, S
9:45 10:00- 10:45	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand ^{S, C} Best 10 ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{S, C, Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words ^{C, S} Art/Craft ^{S, C, Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S
9:45 10:00- 10:45 10:55-	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand S, C Best 10 C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{S, C, Pr.} Crossword Puzzle ^{C, S} Bean Bag Toss ^{C, S, P} Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words ^{C, S} Art/Craft ^{S, C, Pr.} Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C} Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S Regular Exercise P, S
9:45 10:00- 10:45 10:55- 11:40	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand S, C Best 10 C, S Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{S, C, Pr.} Crossword Puzzle ^{C, S} Bean Bag Toss ^{C, S, P}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S Regular Exercise P, S Cycling P, S	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words ^{C, S} Art/Craft ^{S, C, Pr.} Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C}	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S Regular Exercise P, S Cycling P, S
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00-	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand S.C Best 10 C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ One on one projects Pr. Pictionary S.C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{S, C, Pr.} Crossword Puzzle ^{C, S} Bean Bag Toss ^{C, S, P} Lunch & Relaxation/ One on one projects ^{Pr.} Regular Exercise ^{P, S}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words C, S Art/Craft S, C, Pr. Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand S, C Best 10 C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{S, C, Pr.} Crossword Puzzle ^{C, S} Bean Bag Toss ^{C, S, P} Lunch & Relaxation/ One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words ^{C, S} Art/Craft ^{S, C, Pr.} Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C} Lunch & Relaxation/ One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr.
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00-	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand S.C Best 10 C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ One on one projects Pr. Pictionary S.C Music Appreciation S.C.Pr. Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Coloring S, C, Pr. Crossword Puzzle C, S Bean Bag Toss C, S, P Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S Regular Exercise P, S Cycling P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Expressive of Art S, C, Pr. Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words C, S Art/Craft S, C, Pr. Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Baseball Game S. P Refreshments
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand S.C Best 10 C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ One on one projects Pr. Pictionary S.C Music Appreciation S.C.Pr. Refreshments Trivia C.S	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Coloring S, C, Pr. Crossword Puzzle C, S Bean Bag Toss C, S, P Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Shake the memory C, S	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S Regular Exercise P, S Cycling P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Expressive of Art S, C, Pr. Refreshments Midweek Movie Matinee R/	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words C, S Art/Craft S, C, Pr. Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Book Club S, C	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Baseball Game S. P Refreshments Friday Frolic R
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand S.C Best 10 C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ One on one projects Pr. Pictionary S.C Music Appreciation S.C.Pr. Refreshments Trivia C.S Connect 4 S.C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Coloring S, C, Pr. Crossword Puzzle C, S Bean Bag Toss C, S, P Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Shake the memory C, S Bingo Game S, Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S Regular Exercise P, S Cycling P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Expressive of Art S, C, Pr. Refreshments Midweek Movie Matinee R/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words C, S Art/Craft S, C, Pr. Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Book Club S, C Family Feud C, S	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Baseball Game S. P Refreshments Friday Frolic R One on one projects Pr.
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00 4:10-	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand S.C Best 10 C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ One on one projects Pr. Pictionary S.C Music Appreciation S.C.Pr. Refreshments Trivia C.S Connect 4 S.C Words of Wisdom C.S	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Coloring S, C, Pr. Crossword Puzzle C, S Bean Bag Toss C, S, P Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Shake the memory C, S Bingo Game S, Pr. Relaxing Piano Music R, S	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S Regular Exercise P, S Cycling P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Expressive of Art S, C, Pr. Refreshments Midweek Movie Matinee R/ One on one projects Pr. Midweek Movie Matinee R/ Midweek Movie Matinee R/	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words C, S Art/Craft S, C, Pr. Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Book Club S, C	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Baseball Game S. P Refreshments Friday Frolic R One on one projects Pr. Friday Frolic R
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Raise up Hand S.C Best 10 C.S Regular Exercise P.S Cycling P.S Lunch & Relaxation/ One on one projects Pr. Pictionary S.C Music Appreciation S.C.Pr. Refreshments Trivia C.S Connect 4 S.C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Coloring S, C, Pr. Crossword Puzzle C, S Bean Bag Toss C, S, P Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Shake the memory C, S Bingo Game S, Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Hagman C, S Regular Exercise P, S Cycling P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Expressive of Art S, C, Pr. Refreshments Midweek Movie Matinee R/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Big Words & Small Words C, S Art/Craft S, C, Pr. Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Book Club S, C Family Feud C, S Relaxing Conversation S, C	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Dawn! Drum Circle Pr., S, C Word Scramble C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Baseball Game S. P Refreshments Friday Frolic R One on one projects Pr.

	16	17	18	19	20
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:45	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword
10:00-	Martin Luther King, Jr. Day Hangman: MLK Day ^{C, S}	Happy Birthday, Betts! Word Charts C, S	Jeopardy ^{C, S}	Word Scramble C, S	100 Or Bust ^{S, C}
10:45	Raise Up Hand S, C	Art/Craft S, C, Pr.	Watercolor Pr. C. S	Coloring Pr. C. S	Best 10 C, S
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10:55-	Regular Exercise P, S	Crossword Puzzle C, S	Regular Exercise P, S	Regular Exercise P, S	Hedbanz ^{S, C}
11:40	Cycling P, S	Target Toss ^{C, S, P}	Cycling P, S	Cycling P, S	Conversation Ball C, S
12:00-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:55	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.
2:00-	Wheels of Fortune S, C	Regular Exercise P, S	Crossword Puzzle ^C	Chimes Pr., S, C	Regular Exercise P, S
2:45	Connect 4 S, C	Cycling P, S	Expressive of Art S, C, Pr.	Family Feud S, C	Cycling P, S
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3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Name That Tunes S, Pr.	Family Feud C, S	Midweek Movie Matinee R	Bowling S, Pr.	Friday Frolic R
4:00	Trivia ^{C, S}	Story Writing S, C	One on one projects Pr.	Pictionary ^{C, S}	One on one projects Pr.
4:10-	Music Appreciation R, S	Relaxing Piano Music R, S	Midweek Movie Matinee R	Relaxing Conversation C, S	Friday Frolic R
4:30	One on one projects Pr	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.
	23	24	25	26	2 7
9:00-	23 Morning News Hour/ Participants	24 Morning News Hour/ Participants	25 Morning News Hour/ Participants	26 Morning News Hour/ Participants	27 Morning News Hour/ Participants
9:00- 9:45		<u>-</u>	_	-	,
9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh 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
9:45	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz ^{S, C} - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts ^{C, S} – Linda S.	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble ^{C, S} – Linda S.	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} – Sarah
9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh 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
9:45 10:00- 10:45	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz ^{S, C} - Sarah Hangman ^{C, S} – Marilyn	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C, S – Linda S. Art/Craft S, C, Pr.: Scratch - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S. C} - Sarah Conversation ^{S. C} - Rosalie	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble ^{C, S} – Linda S. Coloring ^{C, S} - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} – Sarah Bingo ^{S, C} - Diane
9:45	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz ^{S, C} - Sarah Hangman ^{C, S} – Marilyn Regular Exercise ^{P, S} - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts ^{C, S} – Linda S.	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S. C} - Sarah Conversation ^{S. C} - Rosalie Regular Exercise ^{P, S} - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble ^{C, S} – Linda S.	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} – Sarah
9:45 10:00- 10:45 10:55- 11:40	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz ^{S, C} - Sarah Hangman ^{C, S} - Marilyn Regular Exercise ^{P, S} - Sarah Cycling ^{P, S} - Marilyn	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts ^{C, S} – Linda S. Art/Craft ^{S, C, Pr.} : Scratch - Sarah Crossword Puzzle ^{C, S} – Linda S. Bean Bag Toss ^{S, Pr.} - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S. C} - Sarah Conversation ^{S. C} - Rosalie Regular Exercise ^{P. S} - Sarah Cycling ^{P. S} - Rosalie	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble ^{C, S} – Linda S. Coloring ^{C, S} - Sarah Bingo Games ^{S, Pr.} - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} – Sarah Bingo ^{S, C} - Diane 100 Or Bust ^{S, C} - Sarah Crossword Puzzle ^{C, S} - Diane
9:45 10:00- 10:45 10:55- 11:40	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C - Sarah Hangman C, S - Marilyn Regular Exercise P, S - Sarah Cycling P, S - Marilyn Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C. S – Linda S. Art/Craft S. C. Pr.: Scratch - Sarah Crossword Puzzle C. S – Linda S. Bean Bag Toss S. Pr Sarah Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S. C} - Sarah Conversation ^{S. C} - Rosalie Regular Exercise ^{P. S} - Sarah Cycling ^{P. S} - Rosalie Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble C, S - Linda S. Coloring C, S - Sarah Bingo Games S, Pr Sarah Conversation Ball C, S - Linda S. Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S. C - Sarah Bingo S. C - Diane 100 Or Bust S. C - Sarah Crossword Puzzle C. S - Diane Lunch & Relaxation/
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C - Sarah Hangman C, S - Marilyn Regular Exercise P, S - Sarah Cycling P, S - Marilyn Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C, S – Linda S. Art/Craft S, C, Pr.: Scratch - Sarah Crossword Puzzle C, S – Linda S. Bean Bag Toss S, Pr Sarah Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} - Sarah Conversation ^{S, C} - Rosalie Regular Exercise ^{P, S} - Sarah Cycling ^{P, S} - Rosalie Lunch & Relaxation/ One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble C, S - Linda S. Coloring C, S - Sarah Bingo Games S, Pr Sarah Conversation Ball C, S - Linda S. Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S. C - Sarah Bingo S. C - Diane 100 Or Bust S. C - Sarah Crossword Puzzle C. S - Diane Lunch & Relaxation/ One on one projects Pr.
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00-	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C - Sarah Hangman C, S - Marilyn Regular Exercise P, S - Sarah Cycling P, S - Marilyn Lunch & Relaxation/ One on one projects Pr. Best 10 S, C	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C, S - Linda S. Art/Craft S, C, Pr.: Scratch - Sarah Crossword Puzzle C, S - Linda S. Bean Bag Toss S, Pr Sarah Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} - Sarah Conversation ^{S, C} - Rosalie Regular Exercise ^{P, S} - Sarah Cycling ^{P, S} - Rosalie Lunch & Relaxation/ One on one projects ^{Pr.} Crossword Puzzle ^C - Diane	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble C, S - Linda S. Coloring C, S - Sarah Bingo Games S, Pr Sarah Conversation Ball C, S - Linda S. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} – Sarah Bingo ^{S, C} - Diane 100 Or Bust ^{S, C} - Sarah Crossword Puzzle ^{C, S} - Diane Lunch & Relaxation/ One on one projects ^{Pr.} Regular Exercise ^{P, S} - Sarah
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S.C - Sarah Hangman C,S - Marilyn Regular Exercise P,S - Sarah Cycling P,S - Marilyn Lunch & Relaxation/ One on one projects Pr. Best 10 S,C Conversation ball S,C	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C, S - Linda S. Art/Craft S, C, Pr.: Scratch - Sarah Crossword Puzzle C, S - Linda S. Bean Bag Toss S, Pr Sarah Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} - Sarah Conversation ^{S, C} - Rosalie Regular Exercise ^{P, S} - Sarah Cycling ^{P, S} - Rosalie Lunch & Relaxation/ One on one projects ^{Pr.} Crossword Puzzle ^C - Diane Book Club ^{S, C} - Sarah	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble C, S - Linda S. Coloring C, S - Sarah Bingo Games S, Pr Sarah Conversation Ball C, S - Linda S. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} – Sarah Bingo ^{S, C} - Diane 100 Or Bust ^{S, C} - Sarah Crossword Puzzle ^{C, S} - Diane Lunch & Relaxation/ One on one projects ^{Pr.} Regular Exercise ^{P, S} - Sarah Cycling ^{P, S} - Kelly
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S.C - Sarah Hangman C,S - Marilyn Regular Exercise P,S - Sarah Cycling P,S - Marilyn Lunch & Relaxation/ One on one projects Pr. Best 10 S,C Conversation ball S,C Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C, S - Linda S. Art/Craft S, C, Pr.: Scratch - Sarah Crossword Puzzle C, S - Linda S. Bean Bag Toss S, Pr Sarah Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S.C Sarah Conversation S.C Rosalie Regular Exercise P.S Sarah Cycling P.S Rosalie Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Diane Book Club S.C Sarah Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble C, S - Linda S. Coloring C, S - Sarah Bingo Games S, Pr Sarah Conversation Ball C, S - Linda S. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} – Sarah Bingo ^{S, C} - Diane 100 Or Bust ^{S, C} - Sarah Crossword Puzzle ^{C, S} - Diane Lunch & Relaxation/ One on one projects ^{Pr.} Regular Exercise ^{P, S} - Sarah Cycling ^{P, S} - Kelly Refreshments
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S.C - Sarah Hangman C,S - Marilyn Regular Exercise P,S - Sarah Cycling P,S - Marilyn Lunch & Relaxation/ One on one projects Pr. Best 10 S,C Conversation ball S,C Refreshments Connect 4 C,S	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C, S - Linda S. Art/Craft S, C, Pr.: Scratch - Sarah Crossword Puzzle C, S - Linda S. Bean Bag Toss S, Pr Sarah Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments Lawn Darts C, P, S	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S.C Sarah Conversation S.C Rosalie Regular Exercise P.S Sarah Cycling P.S Rosalie Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Diane Book Club S.C Sarah Refreshments Midweek Movie Matinee R.	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble C, S - Linda S. Coloring C, S - Sarah Bingo Games S, Pr Sarah Conversation Ball C, S - Linda S. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments Bowling Game S, C	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S.C – Sarah Bingo S.C – Diane 100 Or Bust S.C – Sarah Crossword Puzzle C.S – Diane Lunch & Relaxation/ One on one projects Pr. Regular Exercise P.S – Sarah Cycling P.S – Kelly Refreshments Friday Frolic R
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S.C - Sarah Hangman C,S - Marilyn Regular Exercise P,S - Sarah Cycling P,S - Marilyn Lunch & Relaxation/ One on one projects Pr. Best 10 S,C Conversation ball S,C Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C, S - Linda S. Art/Craft S, C, Pr.: Scratch - Sarah Crossword Puzzle C, S - Linda S. Bean Bag Toss S, Pr Sarah Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S.C Sarah Conversation S.C Rosalie Regular Exercise P.S Sarah Cycling P.S Rosalie Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Diane Book Club S.C Sarah Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble C, S - Linda S. Coloring C, S - Sarah Bingo Games S, Pr Sarah Conversation Ball C, S - Linda S. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy ^{S, C} – Sarah Bingo ^{S, C} - Diane 100 Or Bust ^{S, C} - Sarah Crossword Puzzle ^{C, S} - Diane Lunch & Relaxation/ One on one projects ^{Pr.} Regular Exercise ^{P, S} - Sarah Cycling ^{P, S} - Kelly Refreshments
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S.C - Sarah Hangman C.S - Marilyn Regular Exercise P.S - Sarah Cycling P.S - Marilyn Lunch & Relaxation/ One on one projects Pr. Best 10 S.C Conversation ball S.C Refreshments Connect 4 C.S Family Feud C.S	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C, S - Linda S. Art/Craft S, C, Pr.: Scratch - Sarah Crossword Puzzle C, S - Linda S. Bean Bag Toss S, Pr Sarah Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments Lawn Darts C, P, S Pictionary C, S	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S.C Sarah Conversation S.C Rosalie Regular Exercise P.S Sarah Cycling P.S Rosalie Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Diane Book Club S.C Sarah Refreshments Midweek Movie Matinee R One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble C, S - Linda S. Coloring C, S - Sarah Bingo Games S, Pr Sarah Conversation Ball C, S - Linda S. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments Bowling Game S, C Book Club S, C	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S, C - Sarah Bingo S, C - Diane 100 Or Bust S, C - Sarah Crossword Puzzle C, S - Diane Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Kelly Refreshments Friday Frolic R One on one projects Pr.
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S.C - Sarah Hangman C,S - Marilyn Regular Exercise P,S - Sarah Cycling P,S - Marilyn Lunch & Relaxation/ One on one projects Pr. Best 10 S,C Conversation ball S,C Refreshments Connect 4 C,S	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C, S - Linda S. Art/Craft S, C, Pr.: Scratch - Sarah Crossword Puzzle C, S - Linda S. Bean Bag Toss S, Pr Sarah Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments Lawn Darts C, P, S	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S.C Sarah Conversation S.C Rosalie Regular Exercise P.S Sarah Cycling P.S Rosalie Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Diane Book Club S.C Sarah Refreshments Midweek Movie Matinee R. One on one projects Pr. Midweek Movie Matinee R.	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble C, S - Linda S. Coloring C, S - Sarah Bingo Games S, Pr Sarah Conversation Ball C, S - Linda S. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments Bowling Game S, C	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S, C - Sarah Bingo S, C - Diane 100 Or Bust S, C - Sarah Crossword Puzzle C, S - Diane Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Kelly Refreshments Friday Frolic R
9:45 10:00- 10:45 10:55- 11:40 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C - Sarah Hangman C, S - Marilyn Regular Exercise P, S - Sarah Cycling P, S - Marilyn Lunch & Relaxation/ One on one projects Pr. Best 10 S, C Conversation ball S, C Refreshments Connect 4 C, S Family Feud C, S Round table talk C, S, R	Morning News Hour/ Participants Choice: Word search/Crossword Global Belly Laugh Day Word Charts C, S - Linda S. Art/Craft S, C, Pr.: Scratch - Sarah Crossword Puzzle C, S - Linda S. Bean Bag Toss S, Pr Sarah Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments Lawn Darts C, P, S Pictionary C, S Relaxing Piano Music R, S	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S.C Sarah Conversation S.C Rosalie Regular Exercise P.S Sarah Cycling P.S Rosalie Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Diane Book Club S.C Sarah Refreshments Midweek Movie Matinee R One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Word Scramble C, S - Linda S. Coloring C, S - Sarah Bingo Games S, Pr Sarah Conversation Ball C, S - Linda S. Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Pat Refreshments Bowling Game S, C Book Club S, C Words of Wisdom C, S	Morning News Hour/ Participants Choice: Word search/Crossword Jeopardy S, C - Sarah Bingo S, C - Diane 100 Or Bust S, C - Sarah Crossword Puzzle C, S - Diane Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S - Sarah Cycling P, S - Kelly Refreshments Friday Frolic R One on one projects Pr. Friday Frolic R

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

^{*}Alternative activities will be offered as requested

January is...

- Learn A Foreign Language Month
- Bingo's Birthday Month
- Universal Human Rights Month

- Spiritual Literacy Month
- Safe Toys and Gifts Month
- International Sharps Injury Prevention Awareness 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