



Adult Care Center of the Northern Shenandoah Valley, Inc.

2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
9:00-9:50			Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Groundhog Day	Morning News Hour/ Participants Choice: Word search/Crossword Four Chaplains Day
10:00-10:50			Big Words & Small Words ^{C, S} – Sarah Trivia ^{C, S} - Rosalie	Hangman ^{C, S} – Linda S. Coloring ^{S, C, Pr.} - Sarah	Jeopardy ^{S, C} - Sarah Bingo ^{S, C} - Diane
11:00-11:45			Regular Exercise ^{P, S} - Sarah Cycling ^{P, S} - Rosalie	Crossword Puzzle ^{C, S} – Linda S. 100 Or Bust ^{S, C} - Sarah	Bean Bag Toss ^{C, P, S} -Sarah Best 10 ^{C, S} - Diane
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.}
2:00-2:45			Crossword Puzzle ^C - Diane Expressive of Art ^{S, C, Pr.} - Sarah	Regular Exercise ^{P, S} - Sarah Cycling ^{P, S} - Pat	Regular Exercise ^{P, S} - Sarah Cycling ^{P, S} - Carol
3:00			Refreshments	Refreshments	Refreshments
3:30-4:00			Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Hedbanz ^{S, C} Conversation Ball ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30			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.}
	6	7	8	9	10
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Send A Card To A Friend Day	Morning News Hour/ Participants Choice: Word search/Crossword National Boy Scouts Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Raise up Hand ^{S, C} Best 10 ^{C, S}	Word Charts ^{C, S} Art/Craft ^{S, C, Pr.} : Love bookmarks	Name That Person ^{S, C} Drum Circle ^{Pr., S, C}	Big Words & Small Words ^{C, S} Coloring ^{S, C, Pr.}	Chimes ^{Pr., S, C} Word Scramble ^{C, S}
11:00-11:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Bean Bag Toss ^{C, S, P}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} 100 Or Bust ^{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.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Pictionary ^{S, C} Music Appreciation ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Hagman ^{C, S} Bowling Game ^{S, P}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia ^{C, S} Connect 4 ^{S, C}	Shake the memory ^{C, S} Bingo Game ^{S, Pr.}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Book Club ^{S, C} Family Feud ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Words of Wisdom ^{C, 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 ^{S, C} Wheels of Fortune ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	13	14	15	16	17
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Valentine's 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 National Caregivers Day
10:00-10:50	Best 10 ^{C, S} Raise Up Hand ^{S, C}	Crossword Puzzle ^{C, S} Art/Craft ^{S, C, Pr.} : Soap making	Watercolor ^{Pr, C, S} Word Scramble ^{C, S}	Hangman ^{C, S} Coloring ^{Pr, C, S}	100 Or Bust ^{S, C} Chimes ^{Pr., S, C}
11:00-11:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Word Charts ^{C, S} Target Toss ^{C, S, P}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{S, C} Conversation Ball ^{C, 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}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Jeopardy ^{C, S} Family Feud ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Name That Tunes ^{S, Pr.} Trivia ^{C, S}	Family Feud ^{C, S} Story Writing ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bowling ^{S, Pr.} Pictionary ^{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.}
	20	21	22	23	24
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword Presidents' Day	Morning News Hour/ Participants Choice: Word search/Crossword National Pancake Day	Morning News Hour/ Participants Choice: Word search/Crossword Ash Wednesday	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Hedbanz ^{S, C} Hangman ^{C, S}	Word Charts ^{C, S} Coloring ^{Pr, C.}	Big Words & Small Words ^{C, S} Origami ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Chimes ^{Pr., S, C} Word Scramble ^{C, S}
11:00-11:45	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} 100 Or Bust ^{S, C}	Wheels of Fortune ^{S, C} Pictionary ^{C, 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	Best 10 ^{S, C} Bingo Games ^{S, Pr}	Drum Circle ^{Pr., S, C} Jeopardy ^{C, S}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Big Words & Small Words ^{C, S} Connect 4 ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia Family Feud ^{C, S}	Conversation Ball ^{C, S} Lawn Darts ^{C, P, S}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bowling Game ^{S, C} Book Club ^{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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9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword			
10:00-10:50	Word Chart ^{C, S} Raise Up Hand ^{S, C}	Price is Right ^{C, S} One on one projects ^{Pr.}			
11:00-11:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Bean Bag Toss ^{S, C} Crossword Puzzle ^{C, S}			
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}			
2:00-2:45	Bingo ^{S, Pr.} Best 10 ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}			
3:00	Refreshments	Refreshments			
3:30-4:00	Bowling ^{S, Pr.} Trivia ^{C, S}	Trivia ^{C, S} Name that Tunes ^{S, C}			
4:10-4:30	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}			

*Alternative activities will be offered as requested

February is...

- American Heart Month
- Black History Month
- National Bird Feeding Month
- National Library Lover's Month
- National Heart Month
- National Hot Breakfast 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