



**Adult Care Center of the Northern Shenandoah Valley, Inc.**  
**2023**



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
			<b>1</b>	<b>2</b>	<b>3</b>
9:00-9:50			Morning News Hour/ Participants Choice: Word search/Crossword <b>World Music Therapy Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50			Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Best 10 <sup>C, S</sup> Coloring <sup>S, C, Pr.</sup>	Hangman <sup>C, S</sup> Drum Circle <sup>Pr., S, C</sup>
11:00-11:45			Big Words & Small Words <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Crossword Puzzle <sup>C, S</sup> Hedbanz <sup>S, C</sup>	Bean Bag Toss <sup>C, P, S</sup> Jeopardy <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>
2:00-2:45			Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup> / Trivia <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>
3:00			Refreshments	Refreshments	Refreshments
3:30-4:00			Midweek Movie Matinee <sup>R</sup> / One on one projects <sup>Pr.</sup>	Bingo <sup>S, C</sup> Conversation Ball <sup>C, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:00-4:30			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>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Linda S.!</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>International Women's Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Hedbanz <sup>S, C</sup> Best 10 <sup>C, S</sup>	Word Charts <sup>C, S</sup> Art/Craft <sup>S, C, Pr.</sup>	Name That Landmark <sup>S, C</sup> Raise up Hand <sup>S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Chimes <sup>Pr., S, C</sup> Origami <sup>S, C, Pr.</sup>
11:00-11:45	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	Connect 4 <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>	Word Scramble <sup>C, S</sup> Coloring <sup>S, C, Pr.</sup>	Hagman <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> Pictionary <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>	Family Feud <sup>C, S</sup> Book Club <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Relaxing Conversation <sup>S, C</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> Wheels of Fortune <sup>S, C</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

	13	14	15	16	17
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword <b>Happy Birthday, Clare!</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Learn About Butterflies Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword <b>National Panda Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>St. Patrick's Day</b>
10:00-10:50	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> : Ladybug Painted Rocks	Watercolor <sup>Pr, C, S</sup> Jeopardy <sup>C, S</sup>	Hangman <sup>C, S</sup> Coloring <sup>Pr, C, S</sup>	100 Or Bust <sup>S, C</sup> Chimes <sup>Pr., S, C</sup>
11:00-11:45	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>	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	Wheels of Fortune <sup>S, C</sup> Drum Circle <sup>Pr., S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Connect 4 <sup>S, C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Word Scramble <sup>C, S</sup> Family Feud <sup>S, C</sup>	Bingo <sup>S, C</sup> Conversation Ball <sup>C, S</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Pictionary <sup>C, S</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>	Name That Tunes <sup>S, Pr.</sup> Bowling <sup>S, Pr.</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>
	20	21	22	23	24
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword <b>Spring Begins</b>	Morning News Hour/ Participants Choice: Word search/Crossword <b>World Poetry 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
10:00-10:50	Hedbanz <sup>S, C</sup> Hangman <sup>C, S</sup>	Word Charts <sup>C, S</sup> Coloring <sup>Pr., C., S.</sup>	Flower Wreath <sup>Pr., C., S.</sup> Chimes <sup>Pr., S, C</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Word Scramble <sup>C, S</sup> Origami <sup>S, C, Pr.</sup>
11:00-11:45	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>	Crossword Puzzle <sup>C, S</sup> 100 Or Bust <sup>S, C</sup>	Wheels of Fortune <sup>S, C</sup> Pictionary <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	Best 10 <sup>S, C</sup> Bingo Games <sup>S, Pr.</sup>	Drum Circle <sup>Pr., S, C</sup> Jeopardy <sup>C, S</sup>	Crossword Puzzle <sup>C</sup> Expressive of Art <sup>S, C, Pr.</sup>	Big Words & Small Words <sup>C, S</sup> Connect 4 <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	Book Club <sup>S, C</sup> Family Feud <sup>C, S</sup>	Conversation Ball <sup>C, S</sup> Lawn Darts <sup>C, P, S</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Bowling Game <sup>S, C</sup> Trivia <sup>C, S</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>

	27	28	29	30	31
9:00-9:50	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>National Vietnam War Veterans Day</b>	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Word Chart <sup>C, S</sup> Art/Craft <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>	Price is Right <sup>C, S</sup> One on one projects <sup>Pr.</sup>
11:00-11:45	Hangman <sup>C, S</sup> Target Toss <sup>S, C</sup>	Bean Bag Toss <sup>S, C</sup> Crossword Puzzle <sup>C, S</sup>	Chimes <sup>Pr., S, C</sup> Wheels of Fortune <sup>S, C</sup>	Expressive of Art <sup>S, C, Pr.</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>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>	Lunch & Relaxation/ One on one projects <sup>Pr.</sup>
2:00-2:45	Drum Circle <sup>Pr., S, C</sup> Best 10 <sup>C, S</sup>	Regular Exercise <sup>P, S</sup> Cycling <sup>P, S</sup>	Big Words & Small Words <sup>C, S</sup> Trivia <sup>C, S</sup>	Hedbanz <sup>S, C</sup> Jeopardy <sup>C, S</sup>	Bingo <sup>S, Pr.</sup> Raise Up Hand <sup>S, C</sup>
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bowling <sup>S, Pr.</sup> Bingo <sup>S, Pr.</sup>	Connect 4 <sup>S, C</sup> Name that Tunes <sup>S, C</sup>	Midweek Movie Matinee <sup>R</sup> One on one projects <sup>Pr.</sup>	Family Feud <sup>C, S</sup> Relaxing Piano Music <sup>R, S</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>
4:10-4:30	Relaxing Conversation <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>	Book Club <sup>S, C</sup> One on one projects <sup>Pr.</sup>	Friday Frolic <sup>R</sup> One on one projects <sup>Pr.</sup>

\*Alternative activities will be offered as requested

March is...

- Developmental Disabilities Awareness Month
- National Brain Injury Awareness Month
- Irish American Heritage Month
- National Craft Month
- National Women's History Month
- National Social Work Month

<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><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</p> <p>Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
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\*\*Offered throughout the day to ensure person centered care\*\*