

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
9:00-			Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:50			Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword
			World Music Therapy Day		0.0
10:00-			Regular Exercise ^{P, S} Cycling ^{P, S}	Best 10 ^{C, S} Coloring ^{S, C, Pr.}	Hangman ^{C, S} Drum Circle ^{Pr., S, C}
10:50 11:00-			Big Words & Small Words ^{C, S}	Crossword Puzzle ^{C, S}	Bean Bag Toss C, P, S
11:45			100 Or Bust ^{S, C}	Hedbanz S, C	Jeopardy ^{S, C}
			200 01 2 000		,
12:00-			Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:55			One on one projects Pr	One on one projects Pr	One on one projects Pr.
2:00-			Crossword Puzzle ^C	Regular Exercise P, S	Regular Exercise P, S
2:45			Expressive of Art S, C, Pr.	Cycling P, S/ Trivia C, S	Cycling P, S
2			Zinpressive of the	e joining / 111/11	Cyemig
3:00			Refreshments	Refreshments	Refreshments
3:30-			Midweek Movie Matinee R/	Bingo S, C	Friday Frolic R
4:00			One on one projects Pr.	Conversation Ball C, S	One on one projects Pr.
4:00-			Midweek Movie Matinee R/	Bowling Game S. P	Friday Frolic R
4:30			One on one projects Pr.	One on one projects Pr	One on one projects Pr.
	6	7	8	9	10
9:00-	6 Morning News Hour/ Participants	7 Morning News Hour/ Participants	8 Morning News Hour/ Participants	9 Morning News Hour/ Participants	10 Morning News Hour/ Participants
9:00- 9:50	Morning News Hour/ Participants Choice: Word search/Crossword		Morning News Hour/ Participants Choice: Word search/Crossword	I and the second se	
9:50	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword International Women's Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
9:50 10:00-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz ^{S, C}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword International Women's Day Name That Landmark ^{S, C}	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword
9:50 10:00- 10:50	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz ^{S. C} Best 10 ^{C. S}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Art/Craft ^{S, C, Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword International Women's Day Name That Landmark S, C Raise up Hand S, C	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P. S Cycling P. S	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Origami S, C, Pr.
9:50 10:00- 10:50 11:00-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz S. C Best 10 C. S Regular Exercise P. S	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Art/Craft ^{S, C, Pr.} Crossword Puzzle ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword International Women's Day Name That Landmark S, C Raise up Hand S, C Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Crossword Puzzle C, S	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S. C Origami S. C. Pr. Regular Exercise P, S
9:50 10:00- 10:50	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz ^{S. C} Best 10 ^{C. S}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Art/Craft ^{S, C, Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword International Women's Day Name That Landmark S, C Raise up Hand S, C	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P. S Cycling P. S	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S. C Origami S. C. Pr.
9:50 10:00- 10:50 11:00- 11:45 12:00-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz 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} Art/Craft ^{S, C, Pr.} Crossword Puzzle ^{C, S} Bean Bag Toss ^{C, S, P} Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword International Women's Day Name That Landmark S, C Raise up Hand S, C Regular Exercise P, S Cycling P, S Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Cycling P, S Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Origami S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz 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} Art/Craft ^{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 International Women's Day Name That Landmark S, C Raise up Hand S, C Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P.S Cycling P.S Cycling P.S 100 Or Bust S.C Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Origami S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr.
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz S. C Best 10 C. S Regular Exercise P. S Cycling P. S Lunch & Relaxation/ One on one projects Pr. Connect 4 S. C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Art/Craft ^{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 International Women's Day Name That Landmark ^{S, C} Raise up Hand ^{S, C} 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 Regular Exercise P.S Cycling P.S Cycling P.S Crossword Puzzle C.S 100 Or Bust S.C Lunch & Relaxation/ One on one projects Pr. Word Scramble C.S	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Origami S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Hagman C, S
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz 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} Art/Craft ^{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 International Women's Day Name That Landmark S, C Raise up Hand S, C Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P.S Cycling P.S Cycling P.S 100 Or Bust S.C Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Origami S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr.
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz S. C Best 10 C. S Regular Exercise P. S Cycling P. S Lunch & Relaxation/ One on one projects Pr. Connect 4 S. C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Art/Craft ^{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 International Women's Day Name That Landmark ^{S, C} Raise up Hand ^{S, C} 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 Regular Exercise P.S Cycling P.S Cycling P.S Crossword Puzzle C.S 100 Or Bust S.C Lunch & Relaxation/ One on one projects Pr. Word Scramble C.S	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Origami S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Hagman C, S
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz S. C Best 10 C. S Regular Exercise P. S Cycling P. S Cycling P. S Lunch & Relaxation/ One on one projects Pr. Connect 4 S. C Music Appreciation S. C. Pr. Refreshments Trivia C. S	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Art/Craft 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 International Women's Day Name That Landmark S, C Raise up Hand S, C Regular Exercise 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 Regular Exercise P.S Cycling P.S Crossword Puzzle C.S 100 Or Bust S.C Lunch & Relaxation/ One on one projects Pr. Word Scramble C.S Coloring S.C.Pr. Refreshments Family Feud C.S	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Origami S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Hagman C, S Bowling Game S. P Refreshments Friday Frolic R
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz S. C Best 10 C. S Regular Exercise P. S Cycling P. S Cycling P. S Lunch & Relaxation/ One on one projects Pr. Connect 4 S. C Music Appreciation S. C. Pr. Refreshments Trivia C. S Pictionary S. C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Art/Craft 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 International Women's Day Name That Landmark S, C Raise up Hand S, C Regular Exercise 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 Regular Exercise P.S Cycling P.S Crossword Puzzle C.S 100 Or Bust S.C Lunch & Relaxation/ One on one projects Pr. Word Scramble C.S Coloring S.C.Pr. Refreshments Family Feud C.S Book Club S.C	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Origami S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Hagman C, S Bowling Game S. P Refreshments Friday Frolic R One on one projects Pr.
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00 4:10-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz S. C Best 10 C. S Regular Exercise P. S Cycling P. S Cycling P. S Lunch & Relaxation/ One on one projects Pr. Connect 4 S. C Music Appreciation S. C. Pr. Refreshments Trivia C. S Pictionary S. C Relaxing Conversation S. C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Art/Craft 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 International Women's Day Name That Landmark S, C Raise up Hand S, C Regular Exercise 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/	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Word Scramble C, S Coloring S, C, Pr. Refreshments Family Feud C, S Book Club S, C Words of Wisdom C, S	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Origami S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Hagman C, S Bowling Game S. P Refreshments Friday Frolic R One on one projects Pr. Friday Frolic R
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz S. C Best 10 C. S Regular Exercise P. S Cycling P. S Cycling P. S Lunch & Relaxation/ One on one projects Pr. Connect 4 S. C Music Appreciation S. C. Pr. Refreshments Trivia C. S Pictionary S. C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Art/Craft 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 International Women's Day Name That Landmark S, C Raise up Hand S, C Regular Exercise 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 Regular Exercise P.S Cycling P.S Crossword Puzzle C.S 100 Or Bust S.C Lunch & Relaxation/ One on one projects Pr. Word Scramble C.S Coloring S.C.Pr. Refreshments Family Feud C.S Book Club S.C	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S. C Origami S. C. Pr. Regular Exercise P. S Cycling P. S Lunch & Relaxation/ One on one projects Pr. Hagman C. S Bowling Game S. P Refreshments Friday Frolic R One on one projects Pr.
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00 4:10-	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Linda S.! Hedbanz S. C Best 10 C. S Regular Exercise P. S Cycling P. S Cycling P. S Lunch & Relaxation/ One on one projects Pr. Connect 4 S. C Music Appreciation S. C. Pr. Refreshments Trivia C. S Pictionary S. C Relaxing Conversation S. C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Art/Craft 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 International Women's Day Name That Landmark S, C Raise up Hand S, C Regular Exercise 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/	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Word Scramble C, S Coloring S, C, Pr. Refreshments Family Feud C, S Book Club S, C Words of Wisdom C, S	Morning News Hour/ Participants Choice: Word search/Crossword Chimes Pr., S, C Origami S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Hagman C, S Bowling Game S. P Refreshments Friday Frolic R One on one projects Pr. Friday Frolic R

	13	14	15	16	17
9:00- 9:50	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Clare!	Morning News Hour/ Participants Choice: Word search/Crossword National Learn About Butterflies Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Panda Day	Morning News Hour/ Participants Choice: Word search/Crossword St. Patrick's Day
10:00- 10:50	Best 10 ^{C, S} Raise Up Hand ^{S, C}	Word Charts ^{C, S} Art/Craft ^{S, C, Pr.} : Ladybug Painted Rocks	Watercolor Pr. C. S Jeopardy ^{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}	Crossword Puzzle ^{C, S} Target Toss ^{C, S, P}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise P, S Cycling P, S	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	Wheels of Fortune ^{S, C} Drum Circle ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Connect 4 ^{S, C} Expressive of Art ^{S, C, Pr.}	Word Scramble ^{C, S} Family Feud ^{S, C}	Bingo ^{S, C} Conversation Ball ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30- 4:00	Pictionary ^{C, S} Trivia ^{C, S}	Family Feud ^{C, S} Story Writing ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Name That Tunes ^{S, Pr.} Bowling ^{S, Pr.}	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 Spring Begins	Morning News Hour/ Participants Choice: Word search/Crossword World Poetry 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
10:00-	Hedbanz S, C	Word Charts C, S	Flower Wreath Pr., C., S.	Regular Exercise P, S	Word Scramble C, S
10:50	Hangman ^{C, S}	Coloring Pr., C., S.	Chimes Pr., S, C	Cycling P, S	Origami ^{S, C, Pr.}
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-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:55	One on one projects ^{Pr.} Best 10 ^{S, C}	One on one projects Pr. Drum Circle Pr., S, C	One on one projects Pr.	One on one projects Pr.	One on one projects Pr
2:00- 2:45	Best 10 s. c Bingo Games S, Pr	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	Book Club ^{S, C} 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} Trivia ^{C, S}	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.

	27	28	29	30	31
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:50	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword
			National Vietnam War Veterans		
			Day		
10:00-	Regular Exercise P, S	Word Chart ^{C, S}	Regular Exercise P, S	Regular Exercise P, S	Price is Right C, S
10:50	Cycling P, S	Art/Craft ^{S, C, Pr.}	Cycling P, S	Cycling P, S	One on one projects Pr.
11.00	II CS	D D T SC	Cl. Pr.S.C	E · CAASCPr	D 1 E . PS
11:00-	Hangman ^{C, S}	Bean Bag Toss S, C	Chimes Pr., S, C	Expressive of Art S, C, Pr.	Regular Exercise P, S
11:45	Target Toss S, C	Crossword Puzzle ^{C, S}	Wheels of Fortune S, C	Crossword Puzzle ^{C, S}	Cycling P, 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-	Drum Circle Pr., S, C	Regular Exercise P, S	Big Words & Small Words C, S	Hedbanz ^{S, C}	Bingo ^{S, Pr.}
2:45	Best 10 ^{C, S}	Cycling P, S	Trivia ^{C, S}	Jeopardy ^{C, S}	Raise Up Hand S, C
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Bowling S, Pr.	Connect 4 S, C	Midweek Movie Matinee R	Family Feud C, S	Friday Frolic R
4:00	Bingo S, Pr.	Name that Tunes S, C	One on one projects Pr.	Relaxing Piano Music R, S	One on one projects Pr.
				_	
4:10-	Relaxing Conversation C, S	Relaxing Piano Music R, S	Midweek Movie Matinee R	Book Club S, C	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.
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^{*}Alternative activities will be offered as requested

March is...

• Developmental Disabilities Awareness Month

Offered throughout the day to ensure person centered care

- National Brain Injury Awareness Month
- Irish American Heritage Month

- National Craft Month
- National Women's History Month

Armchair Exercise

National Social Work Month

Personal Workshop	Exercise & Wellness Groups:
	2 choices are offered to participants daily
Jigsaw Puzzles	
	Upper Body: Weight lifting
Crossword/Word Search	Medicine Balls
	Theraband
Reminisce	Hand Grippers
Coloring	Wellness (Mind & Body): Chair Yoga
	Core Focus: Chair Pilates
Indoor/Outdoor Walks (depending on temperature)	Lower Extremity: Virtual Cycling Club
	Active ROM: Parachute
Music & Memory	Fun band