

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
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 Find a Rainbow Day	National Vitamin C Day	Passover		Good Friday/ Happy Easter
10:00-	Hangman ^{C, S}	Word Charts ^{C, S}	Regular Exercise P, S	Regular Exercise P, S	(9th)! Jeopardy ^{S, C}
10:50	Raise Up Hand S, C	Art/Craft ^{S, C, Pr} .: Easter	Cycling P, S	Cycling P, S	Pictionary S, C
11:00-	Regular Exercise P, S	Crossword Puzzle ^{C, S}	Hedbanz ^{S, C}	Crossword Puzzle ^{C, S}	Regular Exercise P, S
11:45	Cycling P, S	100 Or Bust ^{S, C}	Ring Toss S. P	Hedbanz S, C	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-	Trivia ^{C, S}	Regular Exercise P, S	Best 10 ^{C, S}	Big Words & Small Words C, S	Bean Bag Toss C, P, S
2:45	Drum Circle Pr., S, C	Cycling P, S	Expressive of Art S, C, Pr.	Shake the memory ^{C, S}	Trivia ^{C, S}
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3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Connect 4 S, C	Family Feud ^{C, S}	Midweek Movie Matinee R/	Bingo ^{S, C}	Friday Frolic ^R
4:00	Wheels of Fortune S, C	Bowling Game S. P	One on one projects Pr.	Conversation Ball C, S	One on one projects Pr.
4:00-	Relaxing Conversation S, C	Relaxing Piano Music R, S	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.	One on one projects Pr	One on one projects Pr.
	10	11	12	13	14
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
10.00	Hedbanz S, C	National Pet Day	WH : 1 C S	Happy Birthday, Judith!	Chimes Pr., S, C
10:00- 10:50	Connect 4 S, C	Big Words & Small Words ^{C, S} Coloring ^{Pr. C. S}	Which one ^{C, S} Origami ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Jeopardy ^{C, S}
10:30	Connect 4	Coloring	Origanii "	Cycling	Jeopardy ***
11:00-	Regular Exercise P, S	Regular Exercise P, S	Regular Exercise P, S	Crossword Puzzle ^{C, S}	Regular Exercise P, S
11:45	Cycling P,	Cycling P, S	Cycling P, S	100 Or Bust S, C	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-	Best 10 ^{C, S} Music Appreciation ^{S, C, Pr.}	Bingo Game ^{S, Pr.} Raise up Hand ^{S, C}	Crossword Puzzle C	Word Scramble ^{C, S}	Hagman ^{C, S}
2:45	Willsic Appreciation 5, C, 11.	Raise iin Hand 5, C	Expressive of Art S, C, Pr.	Ring Toss C, S, P	Bowling Game S. P
					D.C. 1
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Refreshments Shake the memory ^{C, S}	Refreshments Word Charts ^{C, S}	Refreshments Midweek Movie Matinee ^R /	Refreshments Family Feud ^{C, S}	Friday Frolic R
3:30- 4:00	Refreshments Shake the memory ^{C, S} Trivia ^{C, S}	Refreshments Word Charts ^{C, S} Pictionary ^{S, C}	Refreshments Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Refreshments Family Feud ^{C, S} Book Club ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
3:30- 4:00 4:10-	Refreshments Shake the memory ^{C, S} Trivia ^{C, S} Relaxing Conversation ^{S, C}	Refreshments Word Charts ^{C, S} Pictionary ^{S, C} Relaxing Piano Music ^{R, S}	Refreshments Midweek Movie Matinee ^R / One on one projects ^{Pr.} Midweek Movie Matinee ^R /	Refreshments Family Feud ^{C, S} Book Club ^{S, C} Words of Wisdom ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.} Friday Frolic ^R
3:30- 4:00	Refreshments Shake the memory ^{C, S} Trivia ^{C, S}	Refreshments Word Charts ^{C, S} Pictionary ^{S, C}	Refreshments Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Refreshments Family Feud ^{C, S} Book Club ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}

	17	18	19	20	21
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	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
7.50		Happy Birthday, Katie!			
10:00-	Best 10 ^{C, S}	Word Charts C, S	Origami ^{S, C, Pr.}	100 Or Bust ^{S, C}	Chimes Pr., S, C
10:50	Raise Up Hand S, C	Art/Craft ^{S, C, Pr.}	Jeopardy ^{C, S}	Crossword Puzzle ^{C, S}	Hangman ^{C, S}
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
11.43	Cycling	Target 1033	Cycling	Cycling	Cycling
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- 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.}	Family Feud ^{S, C} Name That Tunes ^{S, Pr.}	Bingo ^{S, C} Conversation Ball ^{C, S}
2.43	Druin Chele	Cyching	Expressive of Art	Name That Tunes	Conversation Ban
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Bean Bag Toss C, S, P	Family Feud C, S	Midweek Movie Matinee R	Word Scramble C, S	Friday Frolic R
4:00	Trivia ^{C, S}	Story Writing S, C	One on one projects Pr.	Bowling S, Pr.	One on one projects Pr.
4:10-	Pictionary ^{C, 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.
	24	25	26	2 7	28
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:00- 9:50	Morning News Hour/ Participants Choice: Word search/Crossword		Morning News Hour/ Participants Choice: Word search/Crossword	,	
9:50	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle Pr., S, C	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword
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	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day	Morning News Hour/ Participants Choice: Word search/Crossword
9:50	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C Hangman C, S Best 10 S, C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{Pr., C., S.} Crossword Puzzle ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle Pr., S, C A-Z: April C, S Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day Regular Exercise P, S Cycling P, S Crossword Puzzle C, S	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right ^{C, S} Chimes ^{Pr., S, C} Regular Exercise ^{P, S}
9:50 10:00- 10:50	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz ^{S, C} Hangman ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{Pr., C., S.}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle Pr., S, C A-Z: April C, S	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day Regular Exercise P. S Cycling P. S	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right ^{C, S} Chimes ^{Pr., S, C}
9:50 10:00- 10:50 11:00-	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C Hangman C, S Best 10 S, C	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{Pr., C., S.} Crossword Puzzle ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle Pr., S, C A-Z: April C, S Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day Regular Exercise P, S Cycling P, S Crossword Puzzle C, S	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right ^{C, S} Chimes ^{Pr., S, C} Regular Exercise ^{P, S}
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C Hangman C, S Best 10 S, C Bingo Games S, Pr Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{Pr., C., S.} Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C} Lunch & Relaxation/ One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle Pr., S, C A-Z: April C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day Regular Exercise P.S Cycling P.S Crossword Puzzle C.S Lawn Darts C.P.S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right C, S Chimes Pr., S, C 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 Hedbanz S, C Hangman C, S Best 10 S, C Bingo Games S, Pr Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{Pr., C., S.} 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 Drum Circle Pr., S, C A-Z: April 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 National Babe Ruth Day Regular Exercise P.S Cycling P.S Crossword Puzzle C.S Lawn Darts C.P.S Lunch & Relaxation/ One on one projects Pr. Jeopardy C.S	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right C, S Chimes Pr., S, C Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Bingo S, C
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C Hangman C, S Best 10 S, C Bingo Games S, Pr Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts ^{C, S} Coloring ^{Pr., C., S.} Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C} Lunch & Relaxation/ One on one projects ^{Pr.}	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle Pr., S, C A-Z: April C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day Regular Exercise P.S Cycling P.S Crossword Puzzle C.S Lawn Darts C.P.S Lunch & Relaxation/ One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right C, S Chimes Pr., S, C 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 Hedbanz S, C Hangman C, S Best 10 S, C Bingo Games S, Pr Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Coloring Pr., C., S. 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 Drum Circle Pr., S, C A-Z: April 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 National Babe Ruth Day Regular Exercise P, S Cycling P, S Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/ One on one projects Pr. Jeopardy C, S Connect 4 S, C Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right C, S Chimes Pr., S, C Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Bingo S, C Origami S, C, Pr. Refreshments
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C Hangman C, S Best 10 S, C Bingo Games S, Pr Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P Refreshments Family Feud C, S	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Coloring Pr., C., S. Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Big Words & Small Words C, S	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle Pr., S, C A-Z: April C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Indoor Garden S, C, Pr. Refreshments Midweek Movie Matinee R	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day Regular Exercise P,S Cycling P,S Crossword Puzzle C,S Lawn Darts C,P,S Lunch & Relaxation/ One on one projects Pr. Jeopardy C,S Connect 4 S, C Refreshments Bowling Game S, C	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right C, S Chimes Pr., S, C Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Bingo S, C Origami S, C, Pr. Refreshments Friday Frolic R
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C Hangman C, S Best 10 S, C Bingo Games S, Pr Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Coloring Pr., C., S. 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 Drum Circle Pr., S, C A-Z: April C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Indoor Garden S, C, Pr. Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day Regular Exercise P, S Cycling P, S Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/ One on one projects Pr. Jeopardy C, S Connect 4 S, C Refreshments	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right ^{C, S} Chimes ^{Pr., S, C} Regular Exercise ^{P, S} Cycling ^{P, S} Lunch & Relaxation/ One on one projects ^{Pr} Bingo ^{S, C} Origami ^{S, C, Pr.} Refreshments
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword Hedbanz S, C Hangman C, S Best 10 S, C Bingo Games S, Pr Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P Refreshments Family Feud C, S	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Coloring Pr., C., S. Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Big Words & Small Words C, S	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle Pr., S, C A-Z: April C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Indoor Garden S, C, Pr. Refreshments Midweek Movie Matinee R	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day Regular Exercise P,S Cycling P,S Crossword Puzzle C,S Lawn Darts C,P,S Lunch & Relaxation/ One on one projects Pr. Jeopardy C,S Connect 4 S, C Refreshments Bowling Game S, C	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right ^{C, S} Chimes ^{Pr., S, C} Regular Exercise ^{P, S} Cycling ^{P, S} Lunch & Relaxation/ One on one projects ^{Pr} Bingo ^{S, C} Origami ^{S, C} , Pr. 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 Hedbanz S, C Hangman C, S Best 10 S, C Bingo Games S, Pr Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P Refreshments Family Feud C, S Pictionary C, S	Morning News Hour/ Participants Choice: Word search/Crossword Word Charts C, S Coloring Pr., C, S. Crossword Puzzle C, S 100 Or Bust S, C Lunch & Relaxation/ One on one projects Pr. Regular Exercise P, S Cycling P, S Refreshments Big Words & Small Words C, S Book Club S, C	Morning News Hour/ Participants Choice: Word search/Crossword Drum Circle Pr., S, C A-Z: April C, S Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr. Crossword Puzzle C Indoor Garden S, C, Pr. Refreshments Midweek Movie Matinee R One on one projects Pr.	Morning News Hour/ Participants Choice: Word search/Crossword National Babe Ruth Day Regular Exercise P,S Cycling P,S Crossword Puzzle C,S Lawn Darts C,P,S Lunch & Relaxation/ One on one projects Pr. Jeopardy C,S Connect 4 S,C Refreshments Bowling Game S,C Trivia C,S	Morning News Hour/ Participants Choice: Word search/Crossword Price is Right C, S Chimes Pr., S, C Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Bingo S, C Origami S, C, Pr. Refreshments Friday Frolic R One on one projects Pr.

^{*}Alternative activities will be offered as requested

April is...

- Parkinson's Awareness Month
- National Month of Hope
- National Volunteer Month

- National Jazz Appreciation Month
- Stress Awareness Month
- National Autism 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