



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword National Find a Rainbow Day	Morning News Hour/ Participants Choice: Word search/Crossword National Vitamin C Day	Morning News Hour/ Participants Choice: Word search/Crossword Passover	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Good Friday/ Happy Easter (9th)!
10:00-10:50	Hangman ^{C, S} Raise Up Hand ^{S, C}	Word Charts ^{C, S} Art/Craft ^{S, C, Pr.} : Easter	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Jeopardy ^{S, C} Pictionary ^{S, C}
11:00-11:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C}	Hedbanz ^{S, C} Ring Toss ^{S, P}	Crossword Puzzle ^{C, S} Hedbanz ^{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	Trivia ^{C, S} Drum Circle ^{Pr., S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Best 10 ^{C, S} Expressive of Art ^{S, C, Pr.}	Big Words & Small Words ^{C, S} Shake the memory ^{C, S}	Bean Bag Toss ^{C, P, S} Trivia ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Connect 4 ^{S, C} Wheels of Fortune ^{S, C}	Family Feud ^{C, S} Bowling Game ^{S, P}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Bingo ^{S, C} Conversation Ball ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30	Relaxing Conversation ^{S, C} One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	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.}
	10	11	12	13	14
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Pet Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Judith!	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Hedbanz ^{S, C} 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}	Chimes ^{Pr., S, C} Jeopardy ^{C, S}
11:00-11:45	Regular Exercise ^{P, S} Cycling ^{P.}	Regular Exercise ^{P, S} Cycling ^{P, S}	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	Best 10 ^{C, S} Music Appreciation ^{S, C, Pr.}	Bingo Game ^{S, Pr.} Raise up Hand ^{S, C}	Crossword Puzzle ^C Expressive of Art ^{S, C, Pr.}	Word Scramble ^{C, S} Ring Toss ^{C, S, P}	Hagman ^{C, S} Bowling Game ^{S, P}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Shake the memory ^{C, S} Trivia ^{C, S}	Word Charts ^{C, S} Pictionary ^{S, C}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Family Feud ^{C, S} Book Club ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^{S, C} 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} Wheels of Fortune ^{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 Happy Birthday, Katie!	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	Best 10 ^{C, S} Raise Up Hand ^{S, C}	Word Charts ^{C, S} Art/Craft ^{S, C, Pr.}	Origami ^{S, C, Pr.} Jeopardy ^{C, S}	100 Or Bust ^{S, C} Crossword Puzzle ^{C, S}	Chimes ^{Pr., S, C} 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}
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.}	Family Feud ^{S, C} Name That Tunes ^{S, Pr.}	Bingo ^{S, C} Conversation Ball ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bean Bag Toss ^{C, S, P} Trivia ^{C, S}	Family Feud ^{C, S} Story Writing ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Word Scramble ^{C, S} Bowling ^{S, Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Pictionary ^{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 ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	24	25	26	27	28
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 National Babe Ruth Day	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., S.}	Drum Circle ^{Pr., S, C} A-Z: April ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Price is Right ^{C, S} Chimes ^{Pr., S, C}
11:00-11:45	Best 10 ^{S, C} Bingo Games ^{S, Pr}	Crossword Puzzle ^{C, S} 100 Or Bust ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Lawn Darts ^{C, 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	Regular Exercise ^{P, S} Cycling ^P	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Indoor Garden ^{S, C, Pr.}	Jeopardy ^{C, S} Connect 4 ^{S, C}	Bingo ^{S, C} Origami ^{S, C, Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Family Feud ^{C, S} Pictionary ^{C, S}	Big Words & Small Words ^{C, S} Book Club ^{S, C}	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.}

*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